



Brighten Up - with our Illuminating Fall Classes



NEISD COMMUNITY EDUCATION

Fall 2007

657-8866

Sudoku

Afraid of math? No need to be. Sudoku is not math, just fun. The secret to success is a process of eliminating possibilities. Dr. Albert Smith, an adjunct professor at St. Phillips College, uses sudoku to teach critical thinking to his students. This form of mental stimulation will keep the brain active, no matter what your age. Come join the fun!

Stitchery Smorgasbord

Learn three traditional forms of stitchery and apply them to a take-home project. Ricky Therneau, who learned the art of stitchery from her great-grandmother, will show you how to cross-stitch, embroider and needlepoint. A \$25 kit fee covers the cost of needles, threads, hoops, small scissors and your choice of a project—such as a baby bib or pillowcase—to stitch on.

Fighting Fire Ants

Tired of fighting fire ants? This year, fire ants are expected to be worse than in the past due to heavy rains, so join this class and become an expert. You will learn where they came from, why they stay and, most important, how to get rid of them. We will discuss various methods for controlling them and compare their relative merits, ranging from efficacy to environmental effects. We will even offer some organic options. Molly Keck is an entomologist with the Texas Cooperative Extension.

Rosary Making

Here's your chance to make your very own rosary. Bonnie Shayne, owner of "Philomena's Rosaries," will teach basic rosary-making techniques using a selection of beads, crucifixes and centerpieces. A supply fee of \$15 covers cost of a take-home nickle silver rosary. A \$50 supply fee covers cost of a sterling silver rosary if you prefer. You will also take home a small one-decade pocket rosary that you will make first to learn the technique.

Zumba

Zumba, a fusion of Latin music and dance themes combined with aerobic fitness interval training, produces an exciting, high energy workout. Burn 500 calories an hour as you tone and sculpt your body while having so much fun you won't realize it's an aerobics fitness workout. No experience or partner needed. It's fun! It's a party! It's Zumba! Sandra Asher is a nationally certified Zumba instructor currently teaching it at Randolph AFB.

Beginning Harmonica

If you can hum it you can play it! Learn how to play rhythms and chords in the great blues harmonica tradition, jam with others and play your favorite song melodies, whether it's country-western, gospel, rock or Latin. No prior musical knowledge or harmonica experience is required. Dr. Don McRee is a clinical psychologist who has played harmonica since age five and participated in harmonica conferences and master classes around the country.

Home Repairs for Women: Simple Wiring

Don't be daunted by electrical work. Home repair experts Mary Bentley and Kay Heihn will show you how to take down an old light fixture and replace it safely. Bring a lamp if you wish and we'll show you how to rewire it.

Disc Golf

Discover the fast-growing sport of disc golf. Similar to traditional golf, the game is played with discs and catcher baskets. Let Orlando Pereida, a Professional Disc Golf Association certified official and nationally-ranked player, show you the rules of the game. As you play, he will teach techniques ranging from driving (throwing) to putting (close-up shots). Bring your own discs if you have some or plan to borrow from the instructor.

A Literary Study of Selected Biblical Narratives and Poetry

As we look at the Bible as literature and discuss biblical allusions in literature, we will study short stories such as Ruth and Johah; longer narratives, such as Job; and poetic forms like the psalms. The class format will include lecture, small group discussion, film analysis and creative writing. Text: Holy Bible: New Revised Standard Version (ISBN 13-UPC:X277225, \$10.80 + tax) is available at Barnes and Noble located at 18030 Hwy. 281 North. Or you can bring a Revised Standard Version or New International Version (NIV). Fran Everidge, retired English coordinator of North East ISD, was trained in teaching the Bible in public schools and colleges at Indiana University.

Selling (and Buying) on eBay, Craigslist—and Beyond!

Lupe Flores, who worked for a large local eBay business, will examine the pros and cons of selling on eBay, Craigslist and beyond. If you're buying, find out where the best dealers and most reliable sellers are. If you're a seller, learn how to determine if what you're wanting to sell WILL sell, how to write an effective description, and how to take the best photos. We will also discuss packaging and shipping, free software tools, free photo services, avoiding scams, and safely setting up and using an eBay and paypal account.

Ten Things You Need to Know Before You Renovate Your Bathroom

Does your bathroom need to be updated? Learn quick and easy ideas on how to remodel your bathroom and create your own personal spa area. Find out what latest designs and products are available. Misty Ricks, a kitchen and bathroom designer, will answer all of your questions.

Tailgate Tonight

Whether you plan to tailgate at the stadium or in front on the TV, try a healthy twist with fun recipes that pack in the vegetables and fruits. How about Zucchini Grinders, a veggie-rich Corn Dog Casserole, Apples and Walnuts Salad and 24K cupcakes? Healthy cooking expert Susan Hammond publishes Fizzy Meals online.



Lifelong Learning Lights Your Life



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