GET AWAY while you stay!
“Armchair Travel” takes you to Southeast Asia, England, and Yucatan peninsula.
page 9

A Taste of…

Germany and Japan,
Explore the delicious culture, language, and cuisine.

WELLNESS, page 6
www.parkland.edu/communityed • 217/353-2055
Frank Lloyd Wright in Oak Park

Your tour includes:
• Guided tour of Frank Lloyd Wright home and studio
• Several Wright-designed homes
• Unity Temple
• Other Oak Park landmarks by Frank Lloyd Wright
• *NOTE: This tour is a WALKING tour.

Friday, April 15, 7am-6:30pm
• Fee: $90 (box lunch included)
• Register by March 28
• Co-led by Laura O’Donnell, Parkland art faculty and Lisa Costello, director, Parkland Art Gallery

This bus trip is a collaborative fundraising effort between Community Education and Parkland Art Gallery to assist with art gallery exhibits and programming. Please contact Community Education at 217/353-2055 for tickets.

Location Key
Bayern Stube 209 N Sangamon Ave Gibson City • BTCE Parkland College Business Training & Community Education 1315 N Mattis Ave Champaign • CPL Champaign Public Library 200 W Green St Champaign • Christie Clinic 1801 W Windsor Rd Champaign • CU Wood CU Woodshop 1401 Parkland Ct Champaign • HP Parkland College Health Professions 1309 N Mattis Ave Champaign • Kamakura 71 S Neil St Champaign • Needle & I 801 Arends Blvd Suite 102 Rantoul • PC Parkland College 2400 W Bradley Ave Champaign • UFL Urbana Free Library 210 W Green St Urbana
**Drawing in Color**

Under the guidance of Faith Heller, 30-year art instructor, you will understand color, light, and composition, while learning prismacolor drawing techniques. Work in translucent layers of pencil, blending colors to produce opaque luminous surfaces. Projects will include large-scale, complex, still life compositions using realistic light, color, texture, and depth.

Fri Jan 28-Mar 18 9am-noon  
WCE 707-001 Deadline Jan 21  
Fee: $125  
Location: PC-D017

**Chinese Brush Painting**

Enjoy a day learning about and painting in the styles of both ancient and contemporary Chinese Masters. Learn ancient Asian art techniques with Stella Dobbins, art historian and signature member of the National Watercolor Society. You will learn how to use your brushes, ink, and rice paper to create orchid with dragonflies, egrets with bamboo, goldfish with lily pads, and landscape with willow, pond, and bridge.

Sat Apr 16 10am-5pm  
WCE 636-001 Deadline Apr 8  
Fee: $70  
Location: PC-D244

“I have taken this class several times and always enjoy it.”

**Beginning String Band**

Learn old-time and traditional Appalachian music. All acoustic stringed instruments are welcome — autoharp, guitar, banjo, fiddle, dulcimer, mandolin. If you can tune your instrument, know D-G-C-A chords, and can strum along or play melodies of simple songs, you are ready for this class. Led by old-time musicians Rebecca Grosser and Hilary Valentine.

Mon Feb 7, 21, Mar 7, 21 7:30-8:30pm  
WCE 430-001 Deadline Jan 31  
Fee: $35  
Location: PC-D244

**Intermediate Mountain Dulcimer**

Learn new dulcimer techniques and build your musical repertoire with folk music enthusiast and musician Hilary Valentine.

Some dulcimer experience or musical ability necessary.

Mon Apr 4-25 7-8:30pm  
WCE 875-001 Deadline Mar 28  
Fee: $35  
Location: PC-D244

“Wonderful class. I learned so much.”

**Writing for New Beginnings**

Have you always wanted to write for reflection, relief or release? Are you timid about writing and don’t know where to begin EXACTLY? Or are you tired of writing in isolation after a long winter and just want to connect with other writers in the Champaign-Urbana community? Award-winning playwright (Tangled), Nicole Anderson-Cobb, PhD, will help you explore the process of writing as a tool for personal growth, self expression and renewal; write in community with others; and develop writing habits that support your writing goals now and into the future. Text included. Notebooks, journals and/or laptops welcome.

Tue Mar 29-Apr 19 6-8pm  
WCE 423-001 Deadline Mar 22  
Fee: $65  
Location: PC-B124

**Memoir Writing**

Share your unique life story with your family and for posterity. Shirley Splittstoesser has published her memoirs and written for several magazines. Select the memoir style that’s perfect for you and learn tips on successful writing and self-publishing. Please bring a pack of index cards to class.

Tue Mar 22 & 29 10am-noon  
WLI 429-001 Deadline Mar 15  
Fee: $30  
Location: PC-D151

“Shirley is wonderful.”
**Creative Expressions**

**Quilting with Kathy**

Make a pieced throw. Learn rotary cutting and fast piecing methods with Kathy Bushley, owner/instructor of Needle & I in Rantoul. For beginners.

Thu Feb 17-Mar 17 6:30-9pm  
WCE 969-001 Deadline Feb 10  
Fee: $65 Location: Needle & I

**T-Shirt Quilt**

Make your own t-shirt quilt using rag quilting techniques. This style allows you to take the quilt from start to finish by yourself with soft cozy fringed edges. Evon Long of Expressions in Bloomington will help you use your spring break to complete an entire quilt. You will need to bring your sewing machine and have basic sewing skills. Ages 10 and older.

Mon-Thu Mar 21-24 8:30am-4pm  
WCE 978-001 Deadline Mar 14  
Fee: $100 Location: PC-D105

**Basic Woodworking**

Learn basic woodworking skills necessary to make your own projects with woodworker Ken Seneca. Includes emphasis on the safe use of hand/power tools, and an introduction to basic joinery techniques such as dados, rabbits, and biscuits with demonstrations and hands-on learning.

Wed Jan 12-Feb 16 6-9pm  
WCE 615-001 Deadline Jan 5  
Fee: $135 Location: CU Wood

**Introduction to Woodturning**

Skilled craftsmen have been using the lathe for woodturning for centuries. Join Jerry Rhoads at the CU Woodshop Dream Shop to learn how you can turn a piece of wood into a beautiful work of art. Recommended text: *Woodturning, a Foundation Course*, by Keith Rowley.

Tue/Wed Feb 22-Mar 9 6-8:30pm  
WCE 316-001 Deadline Feb 15  
Tue/Wed Apr 26-May 11 6-8:30pm  
WCE 316-002 Deadline Apr 19  
Fee: $140 Location: CU Wood

**Introduction to Woodworking and Safety**

Learn the safety and instruction of hand tools, portable power tools and stationery power tools with Alex Ramirez, Central High School woodshop and building construction instructor. You will create a small to medium project while learning basic wood joinery, clamping, gluing, and finishing techniques.

Wed Mar 23-Apr 20 6-9pm  
WCE 929-001 Deadline Mar 16  
Fee: $135 Location: CU Wood

**How to Use Your Digital Camera**

Do you have a point and shoot digital camera, but aren’t sure what all the buttons and features are for? James Albrecht will show you how to make the most of your digital camera. Bring your camera to class and learn how to take better pictures. SLR cameras will NOT be covered.

Thu Jan 27 6-8:30pm  
WCE 671-001 Deadline Jan 20  
Thu Feb 10 6-8:30pm  
WCE 671-002 Deadline Feb 3  
Thu Feb 24 6-8:30pm  
WCE 671-003 Deadline Feb 17  
Fee: $20 Location: PC-D209

**How to Organize Your Digital Photos**

You have mastered taking digital pictures but now need to get them to your computer. Where do they go once you upload? James Albrecht, a Savannah College of Art and Design graduate in photography, will show you how to organize your pictures using Windows.

Thu Mar 10 & 17 6-8:30pm  
WCE 651-001 Deadline Mar 3  
Fee: $40 Location: PC-D209
Digital Photo Fun
Taking photos is only half the fun! You want to attach your photos in an e-mail, upload them to a website for printing, and perform basic edits like color, contrast, cropping, and resizing. **James Albrecht** will show you how.

Thu Apr 21 & 28 6-8:30pm
WCE 631-001 Deadline Apr 14
Fee: $40 Location: PC-D231

**Beginner, Beginner Computers**
Start with the basics—learn how to turn on a computer, what it is, and what it does. You'll also learn what to look for when buying a computer. Students rave about instructor **Jane Bateman**'s patience and warm, helpful manner.

Thu Jan 20-Feb 10 1-3pm
WLI 822-001 Deadline Jan 13
Fee: $55 Location: BTCE

**Beginner Computers**
If you have a nodding acquaintance with the computer, try this class. **Jane Bateman**, who is great at giving students all the individual attention they need, will show you how to format a document; cut, copy, and paste; save and find files; and more.

Tue Feb 22-Mar 15 1-3pm
WLI 821-001 Deadline Feb 15

Tue Mar 29-Apr 26 (no class Apr 12)
WLI 821-002 Deadline Mar 22

Wed Apr 20-May 11 1-3pm
WLI 821-003 Deadline Apr 13
Fee: $55 Location: BTCE

**Intermediate Computers**
Go beyond computer basics, with instructor **Jane Bateman**. Learn how to navigate around the computer; how to find a “lost” file; what happens to files that are deleted; how to create address labels, insert clip art, and make columns.

Thu Apr 14-28 1-3pm
WLI 832-001 Deadline Apr 7
Fee: $45 Location: BTCE

You’ve Got Mail: An Intro to E-mail and Using the Internet
Learn Internet terminology, explore interesting websites, search for information, download files or graphics, and discover the “ins and outs” of e-mail with favorite instructor, **Jane Bateman**. You’ll need to be familiar with Windows and be able to use the mouse.

Tue May 3-17 1-3pm
WLI 833-001 Deadline Apr 26
Fee: $45 Location: BTCE

**How to Organize Your Computer Files**
Have you been looking for a more efficient way to organize (copy, move, etc.) your files and folders on the computer? **Jane Bateman** will help you learn the basics using Windows Explorer.

Thu May 12 & 19 1-3pm
WLI 417-001 Deadline May 5
Fee: $30 Location: BTCE

**Tips and Tricks for Online Job Applications**
“The last time I filled out a job application it was paper and pen!” **Jane Bateman** will show you how to navigate the process of applying for a job online. Discover how to create a web-friendly resume and cover letter; fill out an online job application; and attach your resume, cover letter, and other supporting documents in order to make your job search a success.

Wed Feb 2-16 1-3pm
WLI 836-001 Deadline Jan 26
Fee: $45 Location: BTCE

“Jane can teach at our level and makes it so interesting. I have already signed up for another class with her.”
Health & Wellness

Be Active, Stay Healthy in Your Daily Life
These sessions are intended to help persons with activity limitations maintain an active lifestyle. The Parkland College Health Professions facility located at 1309 North Mattis Avenue, Champaign is fully accessible, with nearby parking and a bus stop at the front door.

How Does this World Make You Feel?
Learn how everyday sensations of touch, movement, sound, sight, and taste can affect your attention and mood. Problems with sensory processing can make you feel uncomfortable. Designed for adults to become aware of how sensory sensitivity, avoidance, seeking, and/or low sensory registration may be affecting their daily living choices. Participants will complete a sensory preference questionnaire.

Sat Jan 29
WLI 806-001
10am-noon
Deadline Jan 21
Fee: $10
Location: HP-H122

Humor, Laughter & Mirth: Caring for the W“h”ole Person
Learn to laugh your way to health by understanding the physiology/psychology of laughter and participating in laughter exercises. You will practice applying humor to help reframe difficult situations and learn how to use gentle laughter and reframing exercises. Debra Joy Hart, RN, BFA, COL will have you laughing and asking for more.

Sat Feb 26 & Mar 5
WLI 828-001
10am-noon
Deadline Feb 18
Fee: $30
Location: HP-H122

Sensory Processing Strategies for Daily Living
A mismatch between your sensory processing pattern and your goals can be frustrating and add barriers to your performance. Develop use of effective sensorimotor strategies to help you negotiate ways to feel better prepared to do the things you want to do.

Prerequisite: How Does This World Make You Feel.

Sat Feb 5
WLI 747-001
10am-noon
Deadline Jan 28
Fee: $10
Location: HP-H122

Adaptive Gardening
Gardeners don’t need reasons for getting their hands dirty, but what if you have a health condition or disability that makes it difficult to garden? Rebecca Bahnke, OTR and avid gardener, will teach you ways to nurture your garden by using different tools and techniques.

Sat Mar 12
WLI 824-001
10am-noon
Deadline Mar 4
Fee: $10
Location: HP-H121

Labyrinth Walking for Health
Walking a labyrinth can be good for your body, mind and spirit. You can walk a labyrinth for pleasure, for balance and eye-foot coordination, for relaxation and renewal. Learn more about this ancient tool and its uses across the ages. Experiential activities include walking an indoor labyrinth and making a labyrinth for personal use and creative expression. Adults and children 8 years and older are welcome.

Sat Feb 19
WLI 771-001
10am-noon
Deadline Feb 11
Fee: $8
Location: HP-H121

Take Charge of Your Health: Live Well, Be Well
Learn how to live effectively with chronic conditions like arthritis, heart disease, asthma, lung disease, diabetes, and others. This evidence-based program was developed by researchers at Stanford University, who found that participants can expect an increased sense of control, improved energy levels, fewer hospital and ER visits, and overall better health. The program is led by two certified facilitators who have chronic health conditions.

Fri Apr 1-May 6
WLI 835-001
1-3:30pm
Deadline Mar 24
Fee: $30
Location: HP-H121

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Fri Apr 1-May 6
WLI 835-001
1-3:30pm
Deadline Mar 24
Fee: $30
Location: HP-H121
Whole Health Lecture Series
Bring your lunch and sit back to hear information from health professionals about various topics in complementary and alternative therapies.

Topics and speakers:
• January 11 — Why Dreams are Important, Pam Blosser
• February 8 — Benefits of Yoga, Deb Lister
• March 8 — PUSH Therapy for Chronic Pain and Injury, Michelle Morneau
• April 12 — The Alexander Technique, Jeff Tessler
• May 10 — Pearls from the Orient: Eastern Philosophies’ Influence on Western Psychology, Avis Bernstein

Tuesdays, 12-1pm (bring your lunch)
FREE Location: BTCE

Living Well Breakfast Series
Enjoy a delicious FREE breakfast while you gain practical tips for getting and staying healthy. Series sponsored by a grant from the Charles W. Christie Foundation, in collaboration with Parkland College.

Sign up now for:
• April 7 — New HealthCare Law
• April 14 — Vaccines: Not Just For Kids
• April 21 — Health Screenings You Need to Stay Healthy

Thursdays, 7:30-8:30am
Christie Clinic on Mattis and Windsor, Champaign

To register, call 217/353-2055 or e-mail communityed@parkland.edu. Space is limited.

T’ai Chi Ch’uan
It’s time to start feeling good and less stressed. You’ll enjoy learning gentle movements that harmonize breathing with mental concentration. Marla Mast has a second-degree black belt in martial arts and is one of our most requested instructors. No street shoes, please.

Wed Feb 2-Apr 27 10:30-11:45am
(no class Mar 23)
WLI 427-001 Deadline Jan 26
Fee: $55 Location: PC-P105

“T’ai Chi — good class, helped me learn to keep balance.”

Cavaliers and Roundheads: The English Civil Wars
In the 1640s the great struggle between King Charles I and Parliament brought war to the three kingdoms of the British Isles, and the military, political, and religious conflicts of these years shaped the future of the realm. Instructor-made films will portray crucial events: battles like Edgehill, Marston Moor, and Naseby, the siege of York, wartime life in London and Oxford, and the King’s execution in Westminster. Colorful and important personalities like Prince Rupert of the Rhine, Sir William Waller, and Oliver Cromwell will be revealed. This civil war, like our own, has its historical controversies, and Fred Christensen will review the most recent debates and disputes.

Sat Mar 19 10am-4:30pm
WLI 911-001 Deadline Mar 11
Fee: $40 Location: BTCE
Intermediate Genealogy Techniques

So often our emphasis in researching our genealogy is on finding more information. But at some point we need to deal with what we already have. Learn techniques for extracting information from records, analyzing it, and, finally, organizing the results with expert Nicole Miller. Among the topics discussed will be transcriptions, timelines, extraction forms of various types, as well as software that can help us get organized.

Sat Feb 5 10am-12:30pm
WCE 418-001 Deadline Jan 28
Fee: $25 Location: UFL

Explore German Genealogy

Discover the basics of German research, such as finding documents that list the German town of origin, and gain practical tips for finding German archives, getting documents translated, dealing with payments in Euros, and even hiring a paid researcher in the Vaterland. Instructor Nicole Wedemeyer Miller has successfully traced her German line back to 1600.

Sat Mar 5 10am-12:30 pm
WCE 337-001 Deadline Feb 25
Fee: $25 Location: UFL

Danish-American Research

Gain useful tips and sources in Danish-American research. Michele McNabb, Librarian at the Danish Immigrant Museum, Iowa, will provide an overview of key Danish resource groups and facilities in Denmark. Discover some of the most useful online resources for Danish genealogy as well as decipher common pitfalls and important U.S. resources.

Sat Apr 30 10am-3pm
WCE 302-001 Deadline Apr 22
Fee: $30 Location: UFL

Cemetery Care and Restoration

Learn cemetery care and grave stone repair, from simple to complex techniques of restoration. Locate unmarked graves, grave description, and cemetery layout. Gain knowledge about available related resources, laws, and support groups. John Heider will explain cemetery care, preservation, and marker restoration. Find your past and preserve it. There will be an optional, free cemetery tour from 1-4pm.

Sat May 7 9:30am-noon
WCE 326-001 Deadline Apr 29
Fee: $25 Location: UFL

Gravestone Repair

Outdoor and on-site cemetery gravestone repair that will include fixing simple breaks, resetting a marker, determining original location of broken gravestone, appropriate adhesives, mortar mixes, and filling cracks. Gain valuable hands-on experience repairing and resetting stones. John Heider will teach basic methods to preserve a grave marker and improve a cemetery’s appearance.

Prerequisite: Cemetery Care and Restoration.

Sat May 14 9:30am-4pm
WCE 341-001 Deadline May 6
Fee: $50 Location: UFL & Mount Hope Cemetery
A Taste of…

Join us for Parkland’s new series celebrating culture, language, and food. Here’s how it works: You’ll meet at a local ethnic restaurant where you’ll be treated to a discussion of the country’s art, music, people, and, of course, cuisine! Enjoy a delicious meal with plenty of time for questions. What a great way to sample the world’s cultures. Refunds will not be available after the registration deadline.

Germany: Bayern Stube, Gibson City

Fred Christensen, who most recently traveled to Germany in Spring 2010, will guide you on this journey revealing the diversity of Germany’s varied regions, each with its own traditions, dialect, and cuisine. A member of the proprietor’s family will make a special guest appearance in full traditional costume. A delicious meal will follow providing samples of several delicacies… and try to save room for dessert!

Tue Mar 29 6-9pm
WCE 909-001 Deadline Mar 15
Fee: $50 Location: Bayern Stube

Japan: Kamakura, Champaign

An ancient culture and an economic powerhouse, Japan is a fascinating blend of the old and new. Sarah Barbour, who worked in Japan for four years, will give a talk on the country’s culture and history. Enjoy a slide show of Japan’s magnificent sites along with an authentic Japanese dinner at Kamakura restaurant.

Thu Apr 7 6-9pm
WCE 909-002 Deadline: Mar 24
Fee: $50 Location: Kamakura

A Taste of…

Enjoy these afternoon “getaways” by sitting back with coffee and cookies and learning about the culture, history, and art of some of the most fascinating places on our planet! Preregistration is not required. Fee is payable at the door.

Two Sisters, Two Months: Southeast Asia on a Shoestring

Witness Cambodia, Thailand, and an island in Malaysia through the eyes of two sisters traveling by plane, train, and bus on a shoestring budget and a Lonely Planet guide book. Erin Thais Riley, who has traveled extensively throughout South America, Central America, Europe, and southeast Asia, will take you on a tour of the beaches of Thailand to the temples of Cambodia ending with elephant rides in the jungle. Check out the food of local Thai and Cambodians and learn a little about the horrors of the killing fields.

Tue Feb 15 1:30-3pm
WLI 801-001 Location: BTCE
Fee: $5

From Cornwall to Kent: Hiking Through History in the English Countryside

Much of England’s beautiful scenery can best be seen on foot. Last July Fred Christensen filmed historic sites giving you a chance to view and enjoy the results. The British have elevated countryside walking to a fine art, and Fred will reveal treasures such as pub lunches, the “Country Code” for hikers’ etiquette, and the use of Ordnance Survey maps. From the chalk cliffs of Dover to the granite cliffs of Cornwall, with stops at Glastonbury, Cheddar Gorge, Hay-on-Wye, and London’s Kensington neighborhood (this one definitely not rural!), you will experience southern England’s splendid sights.

Tue Mar 15 1:30-3pm
WLI 801-002 Location: BTCE
Fee: $5

Ancient Mayan Civilizations of the Yucatan and Copan

Walt Splittstoesser traveled to the Yucatan peninsula to explore its pre-Columbian civilizations. See the Olmec artifacts (8000 B.C.); Mayan ruins originating in the Yucatan around 2600 B.C.; the home of a modern Mayan doctor who chooses to live in a traditional home; Chichen Itza-Mayan built in 950 A.D.; unique Mayan architecture at Uxmal; the Totonac ritual of thanksgiving and prayer which begins atop a 90 foot pole; and Copan in Honduras, a Mayan center built around 465 A.D. which was geographically, economically and culturally distinct from other Mayan lowland sites.

Tue Apr 19 1:30-3pm
WLI 801-003 Location: BTCE
Fee: $5
Registration is EASY!

1. Fill out the registration form. **Submit one form for each participant.** Photocopy this form or call 353-2055 for additional forms.

2. Enroll in classes by entering the course number and title on the registration form.

3. Mail the completed form with payment.

**Mail form and payment to:**
Lifelong Learners
Parkland College on Mattis
1315 N. Mattis Avenue
Champaign, IL 61821-1818

**Questions? Call us at 217/353-2055.**

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**Lifelong Learners Spring 2011 Noncredit Registration**

### Please register me for:

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### Personal Information

- Name (last) (first)

- Address (street) (city/state/zip)

- Social Security number

- Birth date (mo/day/yr)

- Home telephone number

- Work telephone number

- Cell phone number

- E-mail address

### Payment

- Check (payable to Parkland College)
- Visa  
- Discover  
- MasterCard  

Exp. date: _____  Amount: $______

Card number:  

3-digit code on back of credit card

### Voluntary Information

- Gender  
  - Male
  - Female

- Ethnic/racial description:  
  - Nonresident Alien
  - Race/Ethnicity Unknown
  - Hispanics of any race

For Non-Hispanics only:  
  - American Indian or Alaskan Native
  - Asian
  - Black or African-American
  - Native Hawaiian or Other Pacific Islander
  - White/Caucasian
  - Two or more races

### Highest degree earned:

- GED
- High school diploma
- Certificate
- Associate’s degree
- Bachelor’s degree

- Master’s degree
- First professional degree
- Doctoral degree
- Other
- None
Parkland Campus Map

Questions? Call us at 217/353-2055.

LOCATION KEY
Bayern Stube
209 N Sangamon Ave Gibson City

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1315 N Mattis Ave Champaign

CPL
Champaign Public Library
200 W Green St Champaign

Christie Clinic
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CU Wood
CU Woodshop
1401 Parkland Ct Champaign

HP
Parkland College Health Professions
1309 N Mattis Ave Champaign

Kamakura
71 S Neil St Champaign

Needle & I
801 Arends Blvd Suite 102 Rantoul

PC
Parkland College
2400 W Bradley Ave Champaign

UFL
Urbana Free Library
210 W Green St Urbana

LEARNING IS FOREVER!
The mission of Parkland College is to engage the community in learning.

Lifelong Learners

Lifelong Learners @ the Library
A community collaboration between Parkland College and the Champaign Public Library

Enjoy FREE lectures on the 2nd Wednesday of every month, from 10 to 11am at the Champaign Public Library. Coffee and delicious cookies included!

To reserve your seat call 217/353-2055 or email communityed@parkland.edu.

January 12
Parkland has International Students?!?
Susan Short, program coordinator, Community College Initiative, Parkland College

February 9
My Cake Decorating in France
Buffy Vance, Madeline’s Confectionary Arts Studio & Gallery, Urbana

March 9
A Conversation with Parkland’s President
Tom Ramage, president, Parkland College

April 13
How to Grow a Family Tree: Starting Your Family History Research
Nicole Miller, genealogy instructor, Parkland Community Education

May 11
TBA

The mission of Parkland College is to engage the community in learning.