

SENIOR FOCUS

FALL 2023

**MOLLY AND
CARROLL SMITH**
PARTNERS IN MARRIAGE,
PARTNERS IN SERVICE



**WREATH-MAKING
MASTERY**

**STEP-BY-STEP INSTRUCTIONS
FOR CRAFTING STUNNING
WREATHS**

**SAN JAC HOSTING
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Questions about San Jacinto College programs and services described in this publication should be directed to the Contact Center at 281-998-6150. Comments or questions about the publication can be directed to the San Jacinto College External Relations Department at 281-998-6152.

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**Visit San Jacinto College online at sanjac.edu.
Call us at 281-998-6150.**



Follow us on Facebook @SanJacintoCollege and Instagram @SanJacCollege.

About San Jacinto College

Surrounded by monuments of history, evolving industries, maritime enterprises of today, and the space age of tomorrow, San Jacinto College has served the people of East Harris County, Texas, since 1961. The College is one of the top 10 community colleges in the nation as designated by the Aspen Institute and was named an Achieving the Dream Leader College of Distinction in 2020. The College is a Hispanic-Serving Institution that spans five campuses, serving approximately 41,000 credit and non-credit students annually. It offers more than 200 degrees and certificates across eight major areas of study that put students on a path to transfer to four-year institutions or enter the workforce. The College is fiscally sound, holding bond ratings of AA and Aa2 by Standard & Poor's and Moody's.

For more information about San Jacinto College, visit sanjac.edu.

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NEWS & NOTES

from around the College



Whirlwind honors Germany trip reflects on history, memory

Fifteen San Jacinto College students visited pivotal sites in German and world history during the honors program's first overseas trip since 2018.

From May 18-26, students and three faculty members toured Munich, Nuremberg, and Berlin to cap off the History and Memory in Germany honors class. Their tour highlighted the complexity of interpreting and remembering industrialization, colonization, the Holocaust, world wars, and more.

Dr. Abbie Grubb, history professor and trip coordinator, knew the trip was off to a good start



Davis Rouse re-elected, Cantú-Wilson elected to Board of Trustees

Erica Davis Rouse has been re-elected to Position 1, and Dr. Michelle Cantú-Wilson elected to Position 2 on the San Jacinto College Board of Trustees.

Davis Rouse founded Reach One 713 with her husband in 2016. She has volunteered with several non-profits — including Making It Better Texas.org, Yellowstone Academy, and Pasadena ISD — and is an advisory board member for the Smahrt Girl Foundation. Davis Rouse was first elected to the Board of Trustees in 2017.



when they arrived in Munich only to find local trains and buses had gone on strike. Students showed their ability to pivot.

“What should have been 10 minutes by local public transportation turned into a two-hour walk of over four miles with our luggage,” Grubb said. “The students’ attitudes remained fantastic for the whole thing.”

Among other sites, the group visited Brandenburg Gate, Charlottenburg Palace, Checkpoint Charlie and the Berlin Wall,



Cantú-Wilson is the creative director for Marquee Consulting Inc. and oversees the Luxlead Institute. Previously, Cantú-Wilson served the College for nearly 10 years. Most recently, she was director of teaching and learning initiatives and special projects, functioning as the College liaison to external education partners.

On June 5, the Board of Trustees approved a resolution to name Dr. Ruede Wheeler as a trustee emeritus. Wheeler has served on the Board since 1986 and chaired the San Jacinto College Finance Committee. Wheeler, who practiced dentistry in La Porte for more than 40 years, is also a member and past president of the La Porte Rotary Club.

► View more photos: bit.ly/SJCNewBoard.

the Pergamon and Neues Museum, the Nazi Rally Grounds of Nuremberg, Dachau Concentration Camp, and Neuschwanstein Castle.

Despite the whirlwind pace, students took time to stop and reflect.

“In their post-trip reflections, they wrote how much more they understood history when they had the opportunity to stand at places like Dachau Concentration Camp and see where the history took place,” Grubb said.

San Jac hosting Senior Wellness Expo

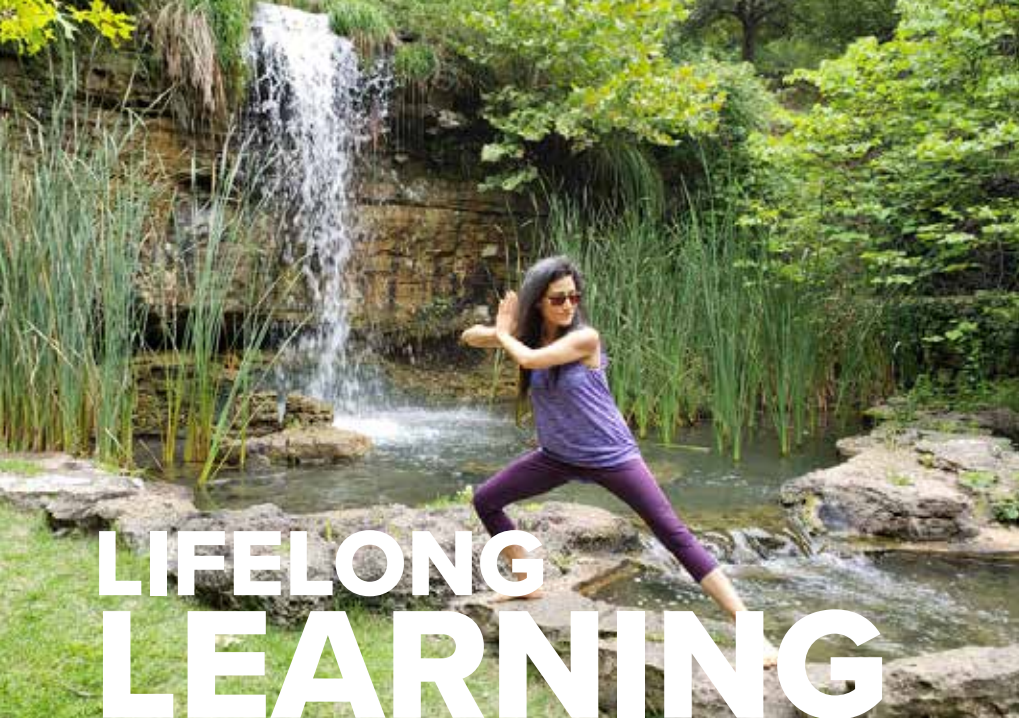
Area seniors will have the opportunity to receive free health screenings and vaccines at San Jacinto College's 2023 Senior Wellness Expo on Friday, Oct. 20. This free wellness event will be from 9 a.m. to 2 p.m. in the Central

Campus Interactive Learning Center (Building C1.102, 8060 Spencer Highway, Pasadena, Texas 77505).

The expo is geared toward residents ages 55 and older and their caregivers. Attendees can participate in health screenings and learn about health resources. The expo focuses not only on physical health but also on social, environmental, emotional, occupational, intellectual, and financial health. Plus, there are giveaways and free food.

The San Jacinto College Police Department will be on hand to assist with any parking congestion issues, and the event is wheelchair and walker accessible.

► To learn more or RSVP, call 281-478-2786 or email community.engagement@sjcd.edu.



LIFELONG LEARNING

YOGA CLASSES PROMOTE HEALTH AND CAMARADERIE

■ By Melissa Trevizo

Dr. Janice Sullivan, San Jacinto College dean of community engagement, continuing and professional development, teaches Gentle Yoga-Qi Gong and Qi Gong Flow for Balance and Strength in the lifelong learning wellness program at the Central Campus. She believes qi gong can be life-changing.

“Qi gong is a system of coordinated body postures, movements, breathing, and meditation used for the purposes of health and overall wellness,” Sullivan said. “It is similar to tai chi. Numerous studies have proven the remarkable benefits of qi gong.”

Sharing the wealth

“I have been practicing qi gong regularly since 2015 and wanted to share it with anyone who may benefit from this beautiful practice,” Sullivan said. “For that reason, I enrolled in a qi gong teaching certification with Lee Holden in California.”

Sullivan also took part in a research program conducted by Harvard University and Texas Woman’s University. Harvard instructors and researchers provided training focused on the benefits of qi gong for caregivers. She felt fortunate for the training as she was the caregiver to her terminally ill husband at the time.

Since 2018, Sullivan has been teaching qi gong at local community senior centers and taught in a program called Let’s Qi Gong, which was part of the College’s former employee wellness program.

Her new qi gong classes are offered through continuing and professional development open enrollment. The program offers a variety of other classes, including gentle yoga, therapeutic yoga, tai chi, and others, led by community instructors.

Sullivan says, with age, the body and mind change, and she believes her student Lorraine Smiley is a model of wellness proactivity.

“Lorraine remains active physically and mentally,” Sullivan said. “She comes to class ready, invests her time wisely, and makes good friends in the process. She knows that eating healthy and keeping an active lifestyle will bring her many years of strength and happiness.”

“The schedule is good, and it helps wind down the day. After I’ve taken this class, I come home feeling very relaxed, and I sleep well at night. I also like that it’s something I can do at home and doesn’t require special equipment.”

Lorraine Smiley

Student perspective

Smiley discovered the yoga classes after browsing through a San Jac publication she received in the mail.

“When you’re retired, you need to find things to do. Otherwise, you just sit around, and I don’t like to sit around,” Smiley said. “I liked the idea of a continuing education kind of thing — not degree specific but something to help me improve myself. I took a yoga class at San Jac last year and enjoyed it very much because it keeps me moving.”

When Sullivan suggested qi gong, Smiley decided to give it a shot and signed up for Gentle Yoga – Qi Gong Fusion one day a week from 6-7 p.m.

“The schedule is good, and it helps wind down the day,” Smiley said. “After I’ve taken this class, I come home feeling very relaxed, and I sleep well at night. I also like that it’s something I can do at home and doesn’t require special equipment.”

Aside from learning and performing the movements, Smiley also appreciates the friendly atmosphere of the group.

“It’s nice that people can take this class seriously and still laugh along the way,” she said. “I would definitely recommend the qi gong class to others because the more, the merrier. It’s comforting to know that others are experiencing the same soreness. You don’t feel like you’re all alone. Doing the exercise by yourself is good, but having others there inspires camaraderie.”



Lorraine Smiley

► Learn more at sanjac.edu/programs/community.

WREATH-MAKING MASTERY

STEP-BY-STEP INSTRUCTIONS FOR CRAFTING STUNNING WREATHS

■ By Melissa Trevizo



Wreaths are fun, versatile decorations that can be customized for any occasion or season. Making your own wreath allows you to infuse your personal style and originality into your creation.

San Jacinto College Continuing and Professional Development instructor Diana Johnson offers classes in both wreath making and bow making for community engagement.

“You don’t need crafting experience to join my course,” said Johnson. “Your most important tool is a positive attitude.”

Whether you’re a novice or an experienced DIY enthusiast, follow Johnson’s step-by-step guide to create a wreath that will add a touch of style to your space.

STEP 1

Select a theme or color scheme for your wreath. This could be based on a season, holiday, or your personal style. Wired wreath bases are available in many shapes and sizes. For a novice, Johnson suggests starting with a round frame. There’s also no need to break the bank on supplies.

“I buy the majority of my supplies at the Dollar Tree,” said Johnson. “If I can’t find what I need there, I will source items at Hobby Lobby and Michaels.”



STEP 2

Lay out your cutting mat, and make sure you have all your tools and materials handy.

“A crucial tool is a table to work on,” said Johnson. “Having proper space for all your materials, and taking your time is important. The process is time consuming but so much fun.”



STEP 3

Using your cutting mat's ruler, measure the mesh ribbon to size (about 18 inches long) and cut using the rotary tool or scissors. Once cut, begin rolling one end of the mesh until the raw edge is no longer visible. Use a crafting clamp to hold this rolled side and repeat on the other end.

Once you have your rolled ends, gather the mesh until both sides come together. At this point, you will use a chenille stem to twist tie the center of the mesh, creating a bow. With the remainder of the loose chenille stem, attach the bow to the wired wreath base. Repeat this process three times in each section of the base or until it begins to fill out.

"The longer your mesh is, the fluffier your wreath will be," said Johnson. "You have flexibility to make your wreath as full as you like. There is no wrong answer when creating a wreath."



STEP 4

Measure the mesh tubing and wired ribbon using your cutting mat. Cut them to the desired length and add them to the top of the mesh ribbon bow. You will attach these items using the remaining chenille stems from the mesh ribbon.

"A fun way to detail your wired ribbon is to dovetail the ends," said Johnson. "You get a perfect dovetail by folding the ribbon in half lengthwise. Then, cut from the fold at a right angle towards the open end."



STEP 5

Incorporate decorative accessories. Attach other accessories such as pinecones, ornaments, or other elements with hot glue. Johnson recommends using Gorilla Glue brand glue sticks for extra hold, especially for outdoor wreaths.

"One tip I learned the hard way is using silicone finger caps to protect from the hot glue," said Johnson. "They are available at most craft stores and will save you from those annoying burns."

STEP 6

Apply your final touches. Inspect the wreath for any loose decorations or glue strands. Make any necessary adjustments to ensure everything is secure, then hang and enjoy!

▶ To learn more about Johnson's classes on wreath and bow making, email amber.buras@sjcd.edu.

MATERIALS YOU WILL NEED:

- Wired wreath base
- Chenille stems (pipe cleaners)
- Wired and mesh ribbon
- Mesh tubing
- Glue gun
- Glue sticks
- Silicone finger caps
- Rotary cutter or scissors
- Crafting clamps
- Decorative accessories
- Cutting mat





MOLLY AND CARROLL SMITH

PARTNERS IN MARRIAGE, PARTNERS IN SERVICE

■ By Courtney Morris

When Molly and Carroll Smith married almost 10 years ago, Molly describes it like marrying her best friend. And like best friends, they built their relationship through shared passions — like community involvement.

Before the two tied the knot, they served on many community boards — from chambers of commerce to YMCA, Salvation Army, and more. In fact, they met through the Rotary Club and sat at the same Rotary table for a decade. At the time, Molly was serving as a justice of the peace, and Carroll managing Monument Chevrolet, which he founded in 1974.

“We had a mutual friend at Rotary who was a judge,” Molly said. “He tried to connect us, thinking Carroll could help with my political campaigns financially.”

But it was their mutual passion for making a difference in the community and beyond — plus a little chemistry — that drew them together.

The two also shared a connection to San Jacinto College. In 1975, Molly (née Essary), a Galena Park High School graduate, had attended San Jac on an athletic scholarship. She played on the golf team and performed Rockettes-style kicks with the San Jac Jans. Carroll has supported San Jac’s General Motors Automotive Service Education Program by hiring College interns and graduates to work at Monument Chevrolet.

Today, Carroll manages the dealership alongside his two sons, while Molly manages community relations. Carroll encourages his high school interns to continue their education at San Jac. In fact, most of Monument’s technicians hold associate degrees from the College.

“Involvement with San Jac is the gift that gives,” he said. “We’ve been blessed to use the College as a training platform. San Jac graduates have turned out to be our most qualified and most loyal employees.”

Beyond partnering with San Jac’s auto program, the Smiths have found a new way to partner with the College: giving as Promise Partners. At the San Jacinto College Foundation’s gala in 2022, they learned about the Promise @ San Jac Scholarship, which provides a debt-free certificate or degree to all high school seniors in the College’s taxing district.

Molly, who now serves on the Foundation’s Board of Directors, calls Promise @ San Jac “opportunity wrapped in dignity.” Her children attended San Jac, and now her granddaughter is attending too, thanks to the scholarship.

“She’s transferring next year to UHCL, and she’s able to do that because of this scholarship,”

Molly said. “Yes, we could have helped her ourselves, but she wanted to do it on her own.”

Carroll also sees the scholarship’s impact, helping students like the waitress they’ve befriended at a favorite restaurant. While not a Promise Scholar, this single mom is pursuing her GED so she can enroll at San Jac.

“Watching the excitement of this young woman getting her associate degree — that makes you understand why it’s so important,” he said.

For both Molly and Carroll, Promise @ San Jac represents generational change, transforming students’ and their families’ lives.

“This is a feel-good thing for us,” Molly said. “It’s balm for the soul when you know you’re doing something to change people’s lives.”

▶ Scan the QR code to learn more about becoming a Promise Partner.



HOLIDAY SAFETY

101

■ By Courtney Morris

It's the most wonderful time of year for many, criminals included. The season of bustling stores, big-ticket gifts, and distracted shoppers entices less-than-merry people to make their move.

Veteran police officer and San Jacinto College kickboxing instructor Perry Mayorga-Guerrero shares how to stay safe this holiday season and beyond.

Q: What makes people vulnerable during the holidays?

A: People have more on their minds: "What am I going to get my grandkids? Will they like it?" Also, people are buried on their phones. They don't stop to notice what's around them. When people should be more alert, the focus comes off personal safety.

Q: What are the biggest safety concerns for me as an older adult?

A: There's a relatively new crime called "jugging": Someone buys expensive stuff at a store or withdraws a lot of money at the bank. The criminal follows and robs.

The biggest time someone could rob you is when you're not aware of your surroundings or you're in your comfort zone. It happens in places you frequent — from Walmart to church to home — all hours of the day.

Q: How can I avoid putting myself at risk?

A: Go out in groups. Often, someone wanting to harm you would stop if you were with other people. Criminals are looking for easy targets, someone alone without protection. If you can deter at least one thing, the bad guy's justification goes down.

Q: How can I stay safe while shopping in public?

A: Besides taking people with you, you could



get a store security person to escort you to your car. Or talk to a manager: "Can y'all help me?"

Be open to ordering through a store's mobile app. Many stores offer curbside pickup and will load your car for you. Online shopping and banking can mitigate the risk of a wad of cash in your pocket.

Q: How do I know someone might be scamming me?

A: If someone wants your personal information immediately — "Verify this info today" or "I need this urgently" — it's probably a scam.

When it comes to handouts, be selfish. People can prey on your giving nature by showing a photo of hospitalized "family members." There have been times when the actual parents say, "That's our kid, but we don't know you."

Give to people you know and to established charities. People with emergency needs can go through appropriate channels rather than asking on the side of the road.

Q: If someone threatens me physically, what should I do?

A: Yell, "Fire!" Everyone loves to see a fire and will turn to look. The more eyes you can get, the more chances others can intervene.

If you're yelling and nobody is coming, go for soft body parts like the eyes, ears, or nose. Criminals want to attack a vulnerable person, get what they want, and leave. If the victim takes an active role, it breaks the crook's line of thinking and may give you time to get away.

Q: What about using self-defense tools?

A: Pepper spray and self-defense equipment are fine if you're trained to use them and the criminal doesn't take them and use them against you. But don't rely on a tool alone because it won't always work.

WANT MORE TIPS AND TRICKS?

Check out San Jac's kickboxing class.

"Last semester my oldest student was 55," Mayorga-Guerrero said. "While I expect everyone to give me 100%, your 100% will be different from an 18-year-old's. If you come in with a can-do attitude, you'll do well."

Perry Mayorga-Guerrero will share safety tips during the Senior Wellness Expo at the Central Campus on Friday, Oct. 20. Learn more about his Kickboxing for Fitness class at the North Campus by visiting sanjac.edu/programs/community or calling **281-542-2020**.

SAN JAC HAPPENINGS

Through Oct. 12

Art Exhibit: Helen Glazer - Walking in Antarctica

Varies

Free / South Campus Gallery, S15.143

(contact bradly.brown@sjcd.edu)

Oct. 19-22

"The Crucible"

7 p.m.

Arthur Miller's gripping play about the Salem witch trials / Tickets: sjcstheatreilm.ludus.com / South Campus Blackbox Theatre (S15.135)



Oct. 20

Senior Wellness Expo*

9 a.m.-2 p.m.

90 vendors + health resources, food, giveaways, and more / Central Campus Interactive Learning Center (C1.102)

Oct. 23-Dec. 1

Art Exhibit: Ominous Passages

1-3 p.m.

Free / North Campus Gallery, N1.106 (contact joe.clark@sjcd.edu)

Oct. 23-Dec. 7

Group Art Exhibit: Like Dust, I Lose All Form Once I Hit Water

Varies

Free / South Campus Gallery, S15.143 (contact bradly.brown@sjcd.edu)

Oct. 26

Art Reception: Like Dust, I Lose All Form Once I Hit Water

2-5 p.m.

Free / South Campus Gallery, S15.143

Oct. 26-29

"The Crucible"

7 p.m.

Tickets: sjcstheatreilm.ludus.com / South Campus Blackbox Theatre (S15.135)

Oct. 31

Art Reception: Ominous Passages

1-3 p.m.

Free / North Campus Gallery, N1.106 (contact joe.clark@sjcd.edu)

Nov. 2-16

Art Exhibit: Dia de los Muertos

Time TBA

Free / North Campus Gallery, N1.106 (contact joe.clark@sjcd.edu)

Nov. 2

Art Reception: Dia de Los Muertos

6-8 p.m.

Free / North Campus Gallery, N1.106

Nov. 17 & 18

World Dance Extravaganza Concerts

7 p.m.

Tickets: sanjacdance.ludus.com / South Campus Proscenium Theatre (S15.151)



Nov. 22-26

Thanksgiving Break

Closed

All campuses, online

Nov. 27-30

Art Exhibit: Jedmy Centeno

Time TBA

Free / North Campus Gallery, N1.106 (contact joe.clark@sjcd.edu)

Nov. 30

Art Reception: Jedmy Centeno

6-8 p.m.

Free / North Campus Gallery, N1.106

Dec. 7

Winter Art Sale

10 a.m.-8 p.m.

North Campus Gallery, N1.106 (contact joe.clark@sjcd.edu)

Dec. 17

Fall Commencement

2 p.m.

Minute Maid Park

Dec. 21-Jan. 1

Winter Holidays

Closed

No non-instructional activity

*For community engagement events, register at community.engagement@sjcd.edu or 281-476-1893. All times and event schedules listed are subject to change. For more information, visit sanjac.edu/calendar.

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