



# **SPRING 2018 Schedule**

A large, light purple, stylized graphic of a sailboat's sails, positioned behind the contact information.

**SAIL Program, Collin College  
4800 Preston Park Blvd., Plano, TX 75093  
Visit our website at [www.collin.edu/sail](http://www.collin.edu/sail)  
Office: 972-985-3789**

**SAIL is an educational program operated by and for individuals 55 years of age or better under the sponsorship of Collin College Continuing Education.**



## Collin College SAIL Spring 2018 Courses

<b>SAIL Schedule</b>	<a href="http://www.collin.edu/sail">www.collin.edu/sail</a>
<b>Registration</b>	Opens December 19, 2017
<b>Number of Courses</b>	Choose up to (7)
<b>Number of Guest Lecturers</b>	Unlimited
<b>Cost</b> (includes membership fee & course fee)	\$100.00 (per semester)

\*No Waitlist

Payment can be made online during registration, or in person at the Courtyard Center Cashiers office in Plano. Please have your order number available if paying in person.

Schedule confirmation of the courses you registered for will be emailed to you, as well as your payment receipt, if you paid online.

### Campus codes:

<b>CYC</b>	Courtyard Center 4800 Preston Park Blvd. Plano, TX 75093
<b>PRC</b>	Preston Ridge Campus 9700 Wade Blvd. Frisco, TX 75035
<b>CHEC</b>	Collin Higher Education Center 3452 Spur 399 McKinney, TX 75069

### Important Dates:

<b>Dec.19</b>	Registration opens. Link available online at <a href="http://www.collin.edu/sail">www.collin.edu/sail</a>
<b>Dec. 23-Jan. 2</b>	All Collin College campuses closed
<b>Jan. 15</b>	All Collin College campuses closed
<b>Jan. 16</b>	SAIL classes begin
<b>Mar. 16-18</b>	All Collin College campuses closed
<b>Mar. 30-Apr 1</b>	All Collin College campuses closed



## **Class Cancellations**

If a SAIL class has been cancelled due to low enrollment or instructor requested cancellation, the SAIL student may attend another course of their choice. Contact the SAIL office to be placed on the roster, so we can contact you if there are any changes in the course.

\*Please note that there are no refunds.

## **Emergency Closings**

The College President or designee has the authority to discontinue class sessions due to extreme weather or other emergency conditions. A decision is usually made by 6 am for day courses.

Collin College SAIL (Seniors Active in Learning)  
4800 Preston Park Blvd. Suite 116  
Plano, TX 75093  
(972) 985-3788 or (972) 985-3789    [www.collin.edu/sail](http://www.collin.edu/sail)

## ACTING/LITERATURE/FILM/MUSIC

### The Secret Life of Music

The music journey continues with new masterpieces and new problems in music structure and harmony to consider.

Wed. 3/28-4/25 11:00 -12:30 PM Campus: CYC Room 122  
Instructor: Steve Lund Sessions: 5

### Great Books Discussion Group

The Great Books Foundation was established 70 years ago to foster respectful, open discussions of enduring literature. Readings average 30 pages and include works by Poincare', Freud, Conrad, Veblen, Jung, Olsen, and Munro. Join us for an enthralling and intellectual discussion, discovering new ideas.

Wed. (alternating) 1/24, 2/7, 2/21, 3/7, 3/21, 4/4, 4/18 10:00-11:30 AM  
Instructor: Paul Dolliver Sessions: 7 Campus: CHEC Room 105

### The Great Depression and Steinbeck's "Of Mice and Men"

A depression era story of men who wander the country harvesting someone else's crops while dreaming of a place of their own.

Wed. 1/17-2/21 9:30-11:00 AM Campus: CYC Room 214  
Instructor: James W. Parker Sessions: 6

### **CANCELLED-Steinbeck's Unforgettable Characters-CANCELLED**

Discover the unforgettable characters and landscapes given to us by this well-loved Nobel and Pulitzer Prize winning author.

Mon. 2/26-4/2 1:00-2:30 PM Campus CYC Room 214  
Thur. 3/1-4/5 2:00-3:30 PM Campus PRC Room J120  
Instructor: Judith A. Levine Sessions: 6

### Law and Disorder: Wyatt Earp and Doc Holliday

The gunfight at the O.K. Corral brings social, legal, criminal, moral, and personal forces into conflict in the American West. Myth and reality blend in films and books depicting the "truth about two legendary figures and revealing surprising perspectives on western "law" and "disorder."

Mon. 1/22-2/12 11:00-12:30 PM Campus CYC Room 122  
Instructor: Dr. Janet Harris Sessions: 4

### From Mystery Novel to Film: Elizabeth George and Louise Penny

Based on the novels of two best-selling authors, Inspector Lynley and Chief Inspector Gamache, investigate murder and intrigue in England and Canada. Portrayed on film by the same actor, Nathaniel Parker, they share a passionate devotion to solving mysteries, often to the exclusion or at least complication of their personal lives. George and Penny combine mastery of literary prose with compelling narrative.

Tue. 3/6-3/27 11:00-12:30 PM Campus CYC Room 122  
Instructor: Dr. Janet Harris Sessions: 4

### Film Appreciation/Acting Insights

A detailed study & discussion of the of craft filmmaking script-to-screen. Class participants will discuss pre-selected films from the previous week and be taken behind the scenes to closely investigate the process of filmmaking. Our discussions will be centered around the Five Fundamental Elements of Film. 1.) Narrative 2.) Cinematography 3.) Sound 4.) Mise-en-scene and 5.) Editing. For some added fun and course participation we will ask any who are willing to participate, to "Act-Out" specific scenes from the film under the safe and comfortable guidance of professional actor, director, producer, Jim Blumetti. This part of the class is strictly voluntary but should be fun and exciting for everyone.

Thur. 1/25-3/1 1:30-3:30 PM Campus PRC Room J105  
Mon. 1/22-2/26 1:30-3:30 PM Campus CYC Room 228  
Instructor: Jim Blumetti Sessions: 6

## Silent Film Comedy

Before the movies learned to speak, they drew on talents from vaudeville, stage reviews and clowning to create a wealth of films in the late teens and the 1920s that became comic masterpieces. This class explores the sources for silent film comedy and how they translated onto the screen in the visions of producers such as Mack Sennett and Hal Roach. There will be particular focus on the four great comics (Charlie Chaplin, Harold Lloyd, Buster Keaton and the lesser-known Harry Langdon) and their features of the 1920s. While the headliners were often men, we will also examine the careers of female talents of the era. The legacy of what started as "slapstick" comedy influenced generation of stage and film comedians and is still seen in our entertainment today.

Mon.	2/26-4/2	2:00-3:30 PM	Campus PRC Room J106
Thur.	3/1-4/5	1:00-2:30 PM	Campus CHEC Room 106
Instructor:	Bernard Lane		Sessions: 6

## The Many Talents of Orson Wells

Orson Welles could do it all. And he did! Welles was an actor, director, writer, producer and voice-over artist. He worked in radio, live theater and films. This class will present a summary of his career starting with his precocious beginning in radio and stage. We will explore his innovations as a stage actor and pay particular attention to "Citizen Kane" (1941), which continues to be regarded as one of the greatest films of all time. The class will include a look at his other films as well as some of his work in television.

Thur.	1/18-2/22	1:00-2:15 PM	Campus CYC Room 214
Instructor:	Bernard Lane		Sessions: 6

## AGING/HEALTH/LIFESTYLE

### The Senior Experience: Making This the Best Time of Your Life

Make your life complete by adding adventures, connecting with your community, developing your spirituality, and becoming the very best you that you can be. I will share my story of how full my life is and why I am happier now than ever before!

Tue.	2/27- 3/20	1:30-2:30 PM	Campus PRC Room J108
Wed.	3/21- 4/11	11:00 -Noon	Campus CHEC Room 106
Instructor:	Sheila Williamson		Sessions: 4

### Plugging the Brain Drain-Part II

Join in on PART II of this 4 part series on memory loss and forgetfulness. In this course, we will be looking at the brain as we age, and discuss what we can do to keep it healthy and functioning.

Tue.	1/30-2/20	1:30-2:30 PM	Campus PRC Room J105
Thur.	2/15-3/08	10:30-11:30 AM	Campus CHEC Room 105

Instructor:	Sherry Christiaens		Sessions: 4
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### Your Amazing Mind and Body

Travel into the fascinating world of the human body and the miracle of how it works! We will discuss some common medical problems that can develop along the way. **\*No class 3/16**

Fri.	2/9-3/23	11:00-12:15 PM	Campus CYC Room 424&426
Instructor:	Dr. Paul Tobolowsky		Sessions: 6

### Senior Exercise Fundamentals and Fall Prevention

There is an increasingly greater attention placed on health and injury prevention in today's society. Despite the concern, many don't know where to begin in their quest for health and wellness. The senior population is included in this group. This course is designed to teach seniors basic fundamentals of exercise and fall prevention.

Wed.	2/28-3/7	1:30-2:30 PM	Campus PRC Room J106
Instructor:	Kyle Brookhart		Sessions: 2

## **Ignite Your Emotional Intelligence to Transform Your Future**

In this course, students will be introduced to emotional intelligence, and how this skill when strengthened can help transform their lives and careers.

Thur. 3/8-3/29 1:30-2:30 PM Campus PRC Room J105

Instructor: Jane Ryan Sessions: 4

## **Designing How We Think about Our Lives and our Futures at 55+**

This class will facilitate and discover the best of our lives for a renewed perspective. It's about identifying personal values and placing them by design into a new way of thinking. We will learn how to map a timeline of our happiest memories; reflect on and answer what we were doing that inspired us; and we will learn how to develop an action plan to find purpose and meaning with new goals and dreams for our lives.

Wed. 2/28-3/7 1:00-3:00 PM Campus CYC Room 214

Wed. 3/14-3/21 1:00-3:00 PM Campus CHEC Room 106

Wed. 3/28-4/4 12:30-2:30 PM Campus PRC Room J229

Instructor: Dana Young Sessions: 2

## **Will Mindfulness Work for You?**

Mindfulness is not one thing to all people. It's not a quick fix or a simple cure for stresses large and small. Can it be a meaningful part of your everyday life? Explore what mindfulness is, why it can be good for you, some mindfulness techniques and best practices, and what research tells us about the benefits of mindfulness.

Mon. 3/12-3/19 1:00-2:00 PM Campus PRC Room J106

Instructor: Barbara Walters Sessions: 2

## **Brain Health**

Learn ways to increase your brain's creativity, energy and focus. Based on the book by Sandra Chapman, PhD, *Make Your Brain Smarter*. Join us in a lively discussion where you will be presented with an opportunity to learn all the various ways to increase your brain's creativity, energy, and focus. This course will follow the guidelines of one of the world's most innovative cognitive neuroscientists.

Fri. 4/6-4/20 11:00 AM - 12:30 PM Campus CYC Room 214

Instructor: Barbara Walters Sessions: 3

## **Unmasking the Mysteries of Medicare**

Medicare is not that mysterious if you understand a little about the system. Our course will cover the A, B, C's and D's of Medicare. If you have a *Medigap* in knowledge, we will attempt to *supplement* what you understand. And we'll help you create a health care plan strategy that is to your *Advantage*. You'll laugh, you'll cry, you'll have fun! Really, it's government healthcare! How fun is that?

Tue. 3/6-3/27 10:00-11:10 AM Campus CYC Room 214

Tue. 4/3-4/24 11:00-12:10 PM Campus CHEC Room 106

Instructor: Andy Brooks Sessions: 4

## Sustainable Practices for Healthy Aging

The four pillars of healthy living and aging-nutrition, stress, brain health and sleep-are explained in simple yet captivating ways. Join me on a journey into the best practices for a healthier and happier quality of life.

Wed.	1/17-1/31	11:15-12:15 PM	Campus CYC Room 223
Instructor:	Sarita Malhotra		Sessions: 3
Mon.	1/22-2/12	2:30-3:30 PM	Campus PRC Room J106
Instructor:	Sarita Malhotra		Sessions: 4
Wed.	2/07-2/28	1:30-2:30 PM	Campus CHEC Room 106
			Sessions: 4

## Social Psychology-Why Do We Do What We Do!

This class will examine “why we do what we do” in a social context and how we are influenced by others. Do you act differently around others and does this behavior change based on who is in the room with you? Our thoughts, feelings and behaviors are all influenced by our society today.

Mon.	3/12-4/2	1:15-2:15 PM	Campus CHEC Room 106
Tue.	3/13-4/3	1:15-2:15 PM	Campus PRC Room J105
Instructor:	Sarita Malhotra		Sessions: 4

## Your Home, Your All; Organized & Safe!!

You are already independent, but are you organized? Let's see...when you walk into your home, do you feel clutter free and safe from fall? Have you ever misplace a bill or missed the time to take a pill? What about identity theft; seniors are prime targets. Do you take the necessary precautions to protect your ID? Join us for this 3-part series that will show you exactly how a little organization can go a long way when living independently.

*Session 1: Your Home, Your All; Organized & Safe from falls*

*Session 2: The Ills & Thrills of Organizing Bills & Pills*

*\*Supply List for this course -Desktop filer-Large size (Office Depot-10 3/4H x13 1/4W x5/8 D-\$12.79)*

*Session 3: Order Your Steps & Reduce Risk of Identity Theft*

Tue.	3/6-3/20	11:00-12:00 PM	Campus CHEC Room 106
Tue.	4/3-4/17	11:00-12:00 PM	Campus CYC Room 214
Instructor:	Shaila Parker		Sessions: 3

## ARTS/CRAFTS/WRITING

### The Artist's Way-A Path to Higher Creativity

Based on the highly acclaimed book by Julia Cameron that empowers aspiring and working artists and creatives to understand that creative expression is the natural direction of life. This class will lead students through a comprehensive program to recover your creativity from artist blocks.

Tue.	1/23-2/27	1:30-2:30 PM	Campus CHEC Room 106
Instructor:	Christine Smith		Sessions: 6

## Abstract Art: Origin, Evolution & Styles

This class will explore the history, artists, and movements of abstract art. Students will look at examples of art from each movement, and discuss its importance in the evolution of abstract art. This course offers a lecture/discussion format about the techniques and creative processes involved in various forms of abstract art.

Tue. 1/23-2/13 11:30-12:30 PM Campus CHEC Room 106  
Instructor: Christine Smith Sessions: 4

## Artistic Exercises: Developing Mind/Hand Connection

In this course, students will explore fun and interesting drawing exercise techniques to develop the mind to hand connection which is vital for artists to achieve automatism art- creating art without conscious thought.

**\*Sketchbooks, pencils, charcoal sticks required**

Tue. 1/23-2/27 10:00- 11:00 AM Campus CHEC Room 106  
Instructor: Christine Smith Sessions: 6

## Making Your Story Real: Exploring the Craft of Turning Your Life's Story into a Written Legacy

Explore a way to find your "inner writer's voice" and express on paper the core of what you really think in a way that feels liberating and real to you. Learn how easy it is to self-publish your life's legacy. This process might seem daunting to new authors, and it helps to hear from someone who has gone through the exact same experience. Explore some important facts about the self-publishing process. \*At the end of the 8<sup>th</sup> session class, we can publish the collective stories using the self-publishing platform of createspace.com, if the student chooses to do so.

*This course assumes no prior knowledge of writing in any particular genre or medium. (8 sessions)*

Maximum # of students for this course: 15

**\*Supply list for this course: (1) composition (wide-ruled) notebooks, pens, crayons**

Tue. 1/30-3/20 1:30-3:00 PM Campus CYC Room 228  
Instructor Marjorie R. Firmin Sessions: 8

## CULTURE/LANGUAGE

### Speak Spanish Creatively

Learn to converse in Spanish while having fun and playing real life simulation games. This course is for students with no knowledge or a limited knowledge of the language. At the end of the course, students will celebrate with a luncheon.

Tue. 1/16-3/06 1:00-2:15 PM Campus CHEC Room 105  
Wed. 1/17-3/07 1:00-2:15 PM Campus CYC Room 214  
Instructor: Chi Chi Hoquee Sessions: 8

### Cultural Awareness & Competence

Improve your ability to interact effectively with people from other cultural backgrounds. Become aware of your own cultural values, beliefs and world views and your attitudes towards cultural differences. Avoid cultural miscommunication and understand where the differences come from. Explore ways of bridging these differences.

Mon. 2/19-3/5 10:30- 11:45 AM Campus CYC Room 122  
Instructor: Christina Robinowitz Sessions: 3

## **Cultural Do's & Don'ts for International Travel**

Before you go on an international trip or interact with international guest, learn what faux pas and communication mistakes to avoid. What we think of as polite can be seen as strange, even rude in some countries.

Mon. 4/2-4/16 1:00- 2:30 PM Campus CYC Room 122

Instructor: Christina Robinowitz Sessions: 3

## **DISCUSSION**

### **Can We Talk? Historical Facts & Life Styles**

Each class in this series will explore anything from historical facts and lifestyles to current events and future possibilities. Subjects discussed each week may be generated by the class instructor or by the class participants. Hypothetical situations may be introduced as well as thought provoking mind games. One thing is for certain; no two classes will be alike.

Wed. 1/17-2/7 1:30-2:30 PM Campus PRC Room J106

Instructor: Stuart Sax Sessions: 4

### **Interfaith Communication**

This course is designed to bring out individual as well as shared beliefs between people of various religious backgrounds. Feelings will be explored and concepts discussed. No formal religious training or upbringing is required, just a willingness to share options with other curious class mates.

Tue. 3/20-4/10 10:00-11:00 AM Campus CHEC Room 106

Instructor: Stuart Sax Sessions: 4

### **Someone You Should Know**

This course is modeled after the critically acclaimed radio show of the same name on KVGI Radio in Frisco, which is hosted by the course instructor. Participants will learn about, and perhaps even meet, people they may know and even more that they don't. Many of the people are movers and shakers in our community and others have unique backgrounds, careers, hobbies, and stories to share. All are people you should know.

Tue. 2/27- 3/20 2:30-3:30 PM Campus PRC Room J105

Instructor: Stuart Sax Sessions: 4

### **Do You Remember?**

This course will NOT be about dementia or Alzheimer's. We will share and discuss the good old days of radio, music, movies, education, sports, and casual & fine dining along with any other topics the members of the class choose to remember and share. We may even throw in a few trivia challenges to stir your memories.

Thur. 2/8-3/15 1:00-2:00 PM Campus CHEC Room 105

Instructor: Stuart Sax Sessions: 6

### **Latin America-Contemporary History and Geopolitics**

Discuss current events in Latin America and provide to the extent that is reasonable, an explanation of the geopolitics. Some of what's taking place today is endemic to the region, why? We will discuss geography in context of the historical facts. We will also discuss timelines since 1492 as time allows: Argentina, Brazil, Mexico and Venezuela. The class is not centered around the memorization of names, places or dates as we were taught in school, but rather the challenges of how we went from five centuries of actions to the current "state of the region".

Thur. 1/18-2/1 10:00-11:00 AM Campus CYC Room 214

Instructor: Jose Figueroa Sessions: 3

## **Latin America-The Navigators that made up the Region**

We will cover the timelines of navigators from approximately mid of 1400's to mid-1500's that contributed most to what we know today as Latin America. It's a short period, but extremely rich in outcome; during the discovery of the unknown and beyond, like Star Trek of the old days!

Wed. 2/21-3/14 10:30-11:30 AM Campus CHEC Room 110

Instructor: Jose Figueroa Sessions: 4

## **Latin America-Collecting Rocks & Minerals**

Collecting minerals, rocks, and gems is a very nice hobby. The forms, shapes and origin become a passion very quickly. This is for those non-experts who want to share experiences with one another non-expert based on a methodology learned through various years of living and traveling to one of the mineral source regions on earth. There are innumerable minerals, so let's limit our knowledge to a few and understand them.

Tue. 3//27-4/17 1:30-2:30 PM Campus PRC Room J108

Instructor: Jose Figueroa Sessions: 4

## **The Middle East after the Arab Spring**

In 2011, much of the Arab world was in a state of uprising, and many expected that to be the moment when the Arab world will enter the age of democracy. However, in many places where there was a popular uprising, hopes have been dashed, many countries entering a period of bloodshed and turmoil. This course assesses the Middle East politics in the wake of the Arab Spring, what has changed, what is not so-changed, and what the future will look like for the region.

Tue. 1/16-2/20 10:30 AM-12:30 PM Campus CYC Room 122

Instructor: Dr. Lishan Desta Sessions: 6

## **The Power of Woman-Part 2**

Join us for Part 2 as we look at the revolutionary and incredible achievements of "Women". A woman revolutionized heart surgery. A woman was responsible for some of the earliest treatments of previously terminal cancers. A woman discovered the double helix structure of DNA. We shouldn't need to be reminded of their names, but we do. Although both men and women have the same thirst for knowledge, women have not always been given the same opportunities to explore the answers. This course is an eye-opening, much-needed exploration of the names that history would do well to remember. These are the names of women, who in the face of "No" replied with, "Try and stop me!" They changed science and other fields of endeavor— and in doing so, changed the world.

Tue. 2/6-2/27 11:00 AM – 12:20 PM Campus CYC Room 214

Instructor: Dr. Herb Weinstein Sessions: 4

## **Something of Interest**

In addition to keeping you abreast of world and national events, we want to keep you informed of new discoveries in science and medicine as they affect people in our stage of life. We will also seek your opinions on some of the state and local "hot topics." Join us and be a part of those "in the know."

Thur. 3/1-4/5 11:00 AM – 12:15 PM Campus CYC Room 122

Instructors: Dave Godinez & Bob Wacker Sessions: 6

## Current Events

Keep your mind open and your neurons firing by joining us for a lively discussion of the events of the day, events selected with input from the class. As always, the objective is to set forth both sides of the argument in a way that throws more light than heat on the issues. The class will be asked to participate in the topics for discussion each week.

Thur. 1/18-2/22 11:00 AM – 12:30 PM Campus CYC Room 122

Instructors: Bruce Eisen & Dr. James Lamb Sessions: 6

## The Role of the Grandparents in the Lives of Their Grandchildren

This course will focus on the important benefits of children's relationships with their grandparents. This will be a practical and theoretical class including some research literature relevant to psychological assumptions related to the dynamic relationship between grandparents and grandchildren. Participants will learn about growth and development of a normal child from infancy to adolescence and how grandparents have an important influence on the emotional and psychological development of their grandchildren.

Mon. 2/5-3/12 1:00– 2:00 PM Campus CYC Room 214

Instructor: Elizabeth Wallenberg Sessions: 6

## Human Development: Three Theoretical Approaches

Human Development will be examined from three theoretical approaches. Our focus will be on the theoretical contributions of the Neo-Freudian (Jung, Adler, Horney, and Erikson), Humanistic (Maslow and Rogers), and Cognitive (Kohlberg and Piaget) Theorists. Topics covered will include Personality, Moral, and Cognitive Development.

Thur. 3/1-4/19 1:30– 3:30 PM Campus CYC Rooms 422,424, 426

Instructor: Curtis McIntyre *No class on 3/8* Sessions: 7

## Genealogy: Discovering Your Roots

This class will give you an introduction to beginning your Genealogy search and discovery. We will discuss how to research through the library, checking an assortment of different records such as family history of military service records, naturalization records, ship passenger lists and your personal family history information. We will also discuss how to write a biography and assemble an account of your discoveries.

Mon. 3/12-4/09 11:00–12:30 PM Campus CYC Rooms 424,426

Instructor: Barbara Fix Sessions: 5

## GAMES/CARD GAMES

### Mah Jongg-Beginner I

In eight weeks, class participants will learn the basics of Mah Jongg -- the meaning of the tiles, varieties of the hands, course of play and interpretations of the annual card.

***Students must purchase their own playing cards-class limit-12 students***

***Rules card required for class participation-Write To:***

***Natl Mah Jongg League Incorp***

***450 7th Ave, NY,NY 10123***

***Small print \$8.00 Large print \$9.00***

Tue. 1/16-3/6 9:30-11:30 AM Campus CYC Room 229

Instructor: Lois Bir Sessions: 8

## Mah Jongg-Beginner II

This class is open to those who completed the Beginner I class, or have played before and wish to improve their skills.

**Students must purchase their own playing cards-class limit-12 students**

**Rules card required for class participation-Write To:**

**Natl Mah Jongg League Incorp**

**450 7th Ave, NY,NY 10123**

**Small print \$8.00 Large print \$9.00**

Wed. 1/17-2/21 9:30-11:30 AM Campus CYC Room 229

Instructor: Lois Bir Sessions: 6

## Bidding in the 21st Century (Beginning Bridge)

Beginning Bridge is a class which will teach you the language of Bridge, the role of partner, how to open the bidding, how to promote winning tricks, how to finesse winning tricks and how to trump losing tricks. It will teach you what "Weak Twos" are and the Stayman convention.

**Class limit-25 students**

**Course Book: "ACBL Bidding in the 21<sup>st</sup> Century". The student must have purchased the book by the start of class. All other books by this author will not be accepted.**

Fri. 1/19-4/13 10:00 AM – 12:00 PM Campus CYC Room 229

**\*\*No class 2/23, 3/2, 3/9, 3/16, 3/30**

Instructor: Judith Tyler Sessions: 8

## 2 Over 1 Game Force

2 over 1 Game force is an adaptation of Standard American bidding and is now considered mainstream by most players. The goal of this class is to share the techniques and wisdom of the champions in a way that is comfortable and understandable to players with a wide range of experience and skills. 2 over 1 became popular because it can simplify rather than complicate the auction. Making one change to standard methods enables us to get the best game contract and explore for slam with much more ease. Also you will learn how to use the response of 1NT as a forcing bid to improve partnership results.

This class is for Bridge players who have been playing Standard American Bridge. To take this course, you must have taken Play of the Hand in the 21<sup>st</sup> Century, play the Stayman, Jacoby Transfer, Blackwood, Gerber, and Weak 2's conventions or have been playing using the above techniques.

**Course Book: 2 over 1 Game Force by Audrey Grant and Eric Rodwell (book can be purchased on Amazon, Bridge Baron and Barnes and Nobel)**

**Class limit-12 students**

Fri. 1/19-4/13 1:00-3:00 PM Campus CYC Room 229

**\*\*No class 2/23, 3/2, 3/9, 3/16, 3/30**

Instructor: Judith Tyler Sessions: 8

## Supervised Bridge

Each class will begin with instruction in the basic fundamentals including the latest advances in bidding with or without competition, declarer's play and modern defense. The second hour will involve supervised play. Elective materials provided in class will include hand records with instruction on maximizing their benefits for each class member. Optional teaching materials will include instructional books and online Bridge apps.

**Class limit-24 students**

Wed. 2/28-4/18 9:00-11:00 AM Campus CYC Room 229

Instructor: Dr. Jerry Frankel Sessions: 8

## Beginning Card Sense

This class is an introduction to the basics of trick-taking card games. It is designed for students who have little or no experience with cards. Students will learn terminology, and fundamentals of card play, and practice playing "follow-me", whist and minibridge. Upon completion, students should have the foundation to transition to other trick-taking games like; spades, hearts, bridge and etc.

**Students must purchase their own playing cards.**

Tue. 1/16-2/20 2:30-4:00 PM Campus PRC Room J105  
Thur. 1/18-2/22 10:00 AM- 12:00 PM Campus CHEC Room 110

Instructor: Joette Daily Sessions: 6

## HISTORY

### The Women of the Wars of the Roses-Part 2

This course continues to examine the women who played a significant part in The Wars of the Roses, which were a series of civil wars for the throne of England between the two competing cousins of the House of York and House of Lancaster, both descended from the Plantagenet family. This class is historical fiction based on history.

Tue. 1/16-3/6 2:30-4:30 PM Campus CYC Room 422,424

Instructor: Sonia Meltzer Sessions: 8

\*Books: Philippa Gregory: *"The Kingmaker's Daughter"* (Anne Neville)  
*"The White Princess"* (Elizabeth of York)  
*"The King's Curse"* (Margaret Beaufort)

\*Movie: *The White Princess*

### Andrew Jackson-7<sup>th</sup> President, Indian Fighter, War of 1812 General

Explore the complex and dynamic man that was our 7<sup>th</sup> President of the United States. Learn about his diverse and sometimes controversial roles throughout his life.

Fri. 1/19-2/9 1:00-3:00 PM Campus CYC Room 122

Instructor Richard Cudlipp Sessions: 4

### Vanderbilts

Explore the fascinating and changing Vanderbilt generations. The first generation made the money, the second generation doubles the money, and the third generation spent the money!

Tue. 2/13-2/27 1:30-3:00 PM Campus CYC Room 122

Instructor: Richard Cudlipp Sessions: 3

### American Civil War (Major Leaders & Battles)

Learn about the changes brought by the war and the major battles from 1861-1865. We will also take a look at the major leaders!

Thur. 1/18-2/8 1:00-2:10 PM Campus PRC Room J120

Instructor Michael Smith Sessions: 4

### The Cherokee Trail of Tears-A Brief Overview of American Policy

A brief Overview of American Indian Policy, President Andrew Jackson and the Indian Removal Act of 1830.

Thur. 3/1-3/22 9:30-10:30 AM Campus CYC Room 122

Instructor: Dr. Kathryn Pinkney Sessions: 4

## **A Tale of Two Colonies**

This course will explore the founding and early years of two of England's thirteen North American colonies: Virginia (1607) and Massachusetts Bay (1630). While the experiences of these two colonies differed dramatically in terms of motivation, leadership, participating groups, and hardship, their ultimate success served England's overarching goals of establishing a firm foothold in a hemisphere previously dominated by Spain and France.

Thur. 2/22-3/15 1:30-2:30 PM Campus PRC Room J108  
Instructor: Dr. Kathryn Pinkney Sessions: 4

## **Age of Revolution-19<sup>th</sup> Century Europe-Part 2**

This course is Part 2 in the study of the 19<sup>th</sup> Century revolutions and power shifts in Europe. We will continue to concentrate on the changes brought on by the Industrial Revolution to include the political and diplomatic history of the great powers-Britain, France, Germany, Austria, Hungary, Russia and Italy, which led to World War I. This course will concentrate on the period 1871-1914. Students should gain an understanding of how, when, and where the modern world was shaped and how does this affect us today. *It is not necessary to have completed Part 1 before enrolling in Part 2.*

Mon. 1/22-2/12 2:30-4:30 PM Campus CYC Room 122  
Instructor: Fred Smith Sessions: 4

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Wed. 1/24-2/14 2:30-4:30 PM Campus CYC Room 122  
Instructor: Fred Smith Sessions: 4

## **1942: The Critical Year**

The seeds of victory in World War II were sown in 1942. This year, which started so badly for the Allies, ended with the American invading North Africa and a spit of land called Guadalcanal. How could so much happen so soon and what was the cost of this turnaround. These are subjects which will discuss in this four session course as we look at World War II in a year by year approach. Much of 1942 was in mobilizing a people previously divided by whether we should go to war in Europe.

Mon. 2/19-3/12 2:30-4:30 PM Campus CYC Room 122  
Instructor: Fred Smith Sessions: 4

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Wed. 2/21-3/14 2:30-4:30 PM Campus CYC Room 122  
Instructor Fred Smith Sessions: 4



## LEGAL/CONFLICT RESOLUTION/RETIREMENT

### The World of Resolving Conflict Without a Courtroom

There are many methods available to resolve contested cases without the need for a trial or significant court intervention. We will examine mediation, arbitration, collaborative law, private judging, and various settlement agreements used in divorce, custody, probate, guardianship and other types of law. (4 sessions)

Thur.	2/8-3/1	3:00-4:10 PM	Campus CYC Room 214
Tue.	4/3-4/24	3:00-4:10 PM	Campus PRC Room J105
Instructor:	Theodore Ogilvie		Sessions: 4

### Five Things You Should Know About Your Retirement

This course will provide an opportunity to learn how to pay for long-term care, reduce taxes on your retirement income, avoid estate-planning blind spots, maximize social security, and make smart choices regarding Medicare.

(2 sessions)

Wed.	3/7 & 3/14	1:30-3:30 PM	Campus PRC Room J229
Tue.	4/3 & 4/10	1:30-3:30 PM	Campus CHEC Room 105
Instructor	Paul Weathers		Sessions: 2

### Quick Conflict Resolution

95% of all conflict, arguments, frustration, annoyances, irritation and anger can be prevented or quickly resolved using one quick step! Unfortunately, most people don't use it because they don't know it exists. In this course, participants will be made aware of what that step is and learn how to implement it. As a result, they will have interactions that are far less stressful and much more successful.

Fri.	1/19-2/23	11:00-12:00 PM	Campus CYC Room 214
Wed.	2/21-3/28	2:30-3:30 PM	Campus PRC Room J106
Instructor:	Joseph Bazbaz		Sessions: 6

### Your Life, Your Legacy

What exactly is a "Life Plan", and "Estate Plan" and a "Family Protection Plan"? Why and how you pass on your legacy-your values (faith, education, wisdom, ethics, hard work, etc.) in addition to your valuables.

Mon.	1/22-2/5	1:00-2:00 PM	Campus PRC Room J106
Instructor:	Fred Haiman		Sessions: 3

## MATH/SCIENCE/TECHNOLOGY/STRUCTURES

### Scientific Theories, The Big Picture

Too often students learn the operational details of a scientific theory without grasping the big picture. This course lays out the historical context, logical structure, and evidential basis of four scientific theories: Mendel's Theory of Heredity, the Law of the Conservation of Energy, Theory of Climate Change and The Standard Model of Particle Physics. The emphasis is on the big picture, in particular on the idea that a scientific theory is defined by its postulates and supported or refuted by its predictions.

Thur.	3/29-4/19	1:00-2:10 PM	Campus CYC Room 122
Instructor:	Dr. James Lamb		Sessions: 4

### International Space Station

This class will discuss the history and design of the International Space Station and touch on the design, transportation and science objectives.

Wed.	1/17-1/31	12:30-1:40 PM	Campus CYC Room 422
Instructor:	Dr. Harvey Willenberg		Sessions: 3

## **Nuclear Reactors: Design, Operations and Environment**

Discover and discuss the fundamental design and operation of nuclear power plants, their operations and safety history. Explore breeder reactors and fusion, fuel disposal, storage and the effect on our environment.

Thur. 3/15-3/29 11:00-12:00 PM Campus CHEC Room 106  
Instructor: Dr. Harvey Willenberg Sessions: 3

## **Mathematical Advances Through the Ages-Part 3**

Enthusiastic discussion generated during the first 2 parts of this course has prompted the offering of Part 3. As before, we will do very little actual math. What we will do is continue to open your eyes to all new and even more exciting stories of what the human mind can create to further explain the world around us. So you can just sit back, relax, enjoy ... and allow yourself to soak in the beauty and elegance of minds at work.

Thur. 2/8-3/1 11:00-12:20 PM Campus CYC Room 214  
Instructor: Dr. Herb Weinstein Sessions: 4

## **Astronomy Made Easy**

This course will cover the beginnings of astronomy through modern day astronomy concepts to question.

Tue. 1/23-2/27 3:15-4:15 PM Campus CYC Room 122

Fri. 3/2-4/20 2:30-3:30 PM Campus PRC Room LH105

*(no Fri. class 3/16 or 3/30)*

Instructor Huey Stevens Sessions: 6

## **Bridges: The History and Logic from Ancient to Modern**

Learn about the history and logic of building bridge by illustrations from ancient stone arches to soaring steel cable systems and from pedestrian timber planks to concrete expressways. The American BRINSAP bridge safety program will be discussed and explained. (6 sessions)

Wed. 3/14-4/18 11:00-12:30 PM Campus CYC Room 424

Instructor: Dr. Richard Furlong Sessions: 6

## **ONE-TWO SESSION WONDERS**

### **Tesla: Thomas Edison's Rival and Competition**

The man who was in competition with Thomas Edison made Alternating Current the standard for America. He also gave us what we now today as "WI-FI". Tesla was the author of 111 patents.

Mon. 2/12 1:00-2:30 PM Campus CYC Room 422,424,426

Instructor: Richard Cudlipp Session: 1

### **Abigail's Revolt**

Learn about Mrs. Adams guerilla warfare for women's rights!

Thur. 3/15 1:30-3:30 PM Campus CYC Room 122

Instructor: Richard Cudlipp Session: 1

### **Ten Battles That Shaped America**

Get involved in a discussion of the ten most significant battles fought in U.S. wars.

Tue. 4/10 1:30-3:30 PM Campus CYC Room 122

Instructor: Richard Cudlipp Session: 1

## **No Time to Waste**

Once we pass age 60, time takes on new meaning and urgency; we don't want to waste a minute of it. This presentation examines five situations that we regularly encounter in our daily lives and how to make the most of them. They include; Crisis Times, Waiting Times, Time with Others, Active Personal Time, and Reflective Time.

Mon. 2/12 1:30-3:00 PM Campus PRC Room J106  
Instructor: Dr. Milo Benningfield Session: 1

## **What is Your Age?**

By the time we reach the second half of life, our psychological age is more significant and influential than our chronological age. This presentation addresses the psychological, physical and cultural reason some senior become old in body and mind early, event to the point of hastening their deaths—while others remain youthful and vibrant for years beyond their greatest expectations.

Wed. 2/28 11:00-12:30 PM Campus CYC Room 214  
Instructor: Dr. Milo Benningfield Session: 1

## **The Barbara and Larry Show!**

Barbara and Larry Stern are a rather miss-matched duo who visit SAIL each spring to offer a short and fun course-which is typically one long argument that focuses upon the fads, foibles and lunacy of the human species from their different disciplinary perspectives. In most cases, timely and consequential topics for exploration are suggested by members of the audience who, happily, are comfortable enough to engage in-and enjoy-a spirited discussion. During the course of this discussion, Larry and Barbara, who have turned public bickering into a fine art, square off, each trying to sway SAIL participants to see things "their" way. Thus far, after years of such presentations, Larry believes that he is ahead...Barbara, of course, thinks that she gets the nod most often (and that SAIL members really do like her best). Oh, well, come and see for yourself!

Wed. 2/28-3/7 10:00-12:00 PM Campus CYC Room 122  
Instructors: Larry and Barbara Stern Sessions: 2

## **Serial Killers**

First off-there will be only ONE picture and it is more funny than bloody. The FBI has not been able to make a representation of a serial killer that could identify every one-they are unique. We will discuss aspects that are found in some and other aspects found in others; such as age, IQ, "family life", and MO. We will listen to two or three interviews.

Fri. 1/19 & 1/26 1:30-2:30 PM Campus PRC Room J106  
Mon. 1/29 & 2/5 12:40-1:40 PM Campus CYC Room 422  
Instructor: Dr. David Plaut Sessions: 2

## **Serendipitous Discoveries**

Join in on a cruise to the islands of Penicillin, microwave cookers, Coca Cola, Dynamite, LSD, and Velcro. Each of these well-known inventions share a similar origin as their creation was due to an accidental event. Students will explore the origin and development of such inventions; for instance, LSD was discovered while a scientist was looking for a heart drug.

Wed. 2/7 & 2/14 11:00-12:00 PM Campus CHEC Room 110  
Instructor: Dr. David Plaut Sessions: 2

## **The Story of the Atomic Bomb Beginning to Japan**

We all know the atom bomb helped end WW II. In more detail, it is a fascinating story. Think of a dozen Nobel Prize winners and superb others designing the bomb. Imagine a brilliant physicist working together with an army officer (on his way to general). Imagine women making “donut holes”) to aid in making the bomb. These and other chapters will be discussed in this class.

Mon. 3/5 & 3/12 11:00-12:00 PM Campus CHEC Room 110  
Instructor: Dr. David Plaut Sessions: 2

## **Reading On An iPad**

Learn how to read books, magazines, and articles on an Apple iPad. Discover how to check out digital books from the Public Library, read them on an iPad, and return the book after reading it. Using your Apple ID, download iOS Apps for reading (free and premium) books, magazines, and articles.

Tue. 1/16-1/23 1:00-2:10 PM Campus CYC Room 204  
Instructor Daphne Lee Sessions: 2

## **Amazon Prime-What is it and How to Use It!**

Is Amazon Prime worth the annual \$99 subscription fee? What do you get as an Amazon Prime subscriber. Discover the shipping options offered with your Prime subscription. Learn how to use Amazon Prime grocery and pantry options. Make Amazon Prime streaming part of your entertainment-TV, movies, and music are available to Prime subscribers.

Wed. 1/31 11:30-12:40 PM Campus CHEC Room 105  
Session 1  
Thur. 2/8-2/15 1:30-2:40 PM Campus PRC Room J118  
Instructor: Daphne Lee Sessions: 2

## **Stock Market Performance changed Your Financial/Retirement Plan?**

Have you reviewed your Financial Plan to see if you are still on track to retire on time? Do you even have a plan? This class will cover why you need to establish a Financial/Retirement Plan, and how to monitor your plan as the market fluctuates. Topics covered in this class will include: Asset Allocation using option strategies to reduce risk in your portfolio, determining retirement needs, survivor protection and much more.

Thur. 2/8 2:45-4:00 PM Campus PRC Room J104  
Instructor: James Wigen Session: 1

## **Protect Your Net Worth from Stock Market Declines**

Whether you are currently in retirement or preparing for your retirement, the performance of the stock market could dramatically affect your Golden Years. This class is designed to help you answer important questions regarding your investments. Class topics include: asset allocation, creating income with your portfolio, simple estate planning techniques, real estate investing, avoid becoming over or under insured, and the importance of establishing or maintaining a good credit score.

Wed. 2/14 10:00-11:30 AM Campus CHEC Room 105 (one session)  
Fri. 3/2,3/9 1:30-3:00 PM Campus CYC Room 214 (two sessions)  
Instructor: James Wigen Sessions 1 or 2

## **CPR For Dummies**

In this course, you will learn what to do in an emergency-who to call and how to intervene. CPR and AED will be demonstrated as well.

Thurs. 4/12 11:00-12:00 PM Campus CYC Room 424  
Instructor: Lynn Hunter-Wilson Session 1

## VISITING PROFESSORS/GUEST LECTURERS

### COURTYARD CENTER (CYC)



**PAUL DOLLIVER**

#### *A NATURAL HISTORY OF THE TEXAS GULF COAST*

Wed. 1/31/18                      10:00-11:30 AM                      Room 122

#### *A DEEP TIME HISTORY OF TX FROM GULF COAST TO HIGH PLAINS*

Wed. 2/28/18                      10:00-11:30 AM                      Room 422

Paul Dolliver is a professional geologist and lifelong reader. He has led book discussion groups, great and otherwise for almost 30 years. He currently teaches geology courses at Collin College and Hill College.



**RABBI JEFFREY LEYNOR**

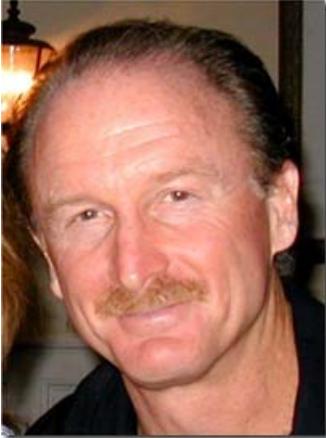
#### *MEDITATION, RELAXATION AND STRESS REDUCTION*

Thur. 3/8/18                      1:00-3:00 PM                      Room 122

Rabbi Leynor has in-depth training and experience in life's cycles of joys and sorrows-and everything in-between. Knowledgeable about varied faith traditions, Rabbi Leynor has a gift for being approachable and accessible. His door is open to all! "The Go to Rabbi"

## VISITING PROFESSORS/GUEST LECTURERS

### COURTYARD CENTER (CYC)



**MICHAEL BOOTH**

#### **FOUR FINANCIAL FUTURES: YOUR GREAT GRANDKID'S WORLD**

**Thur. 3/15/18**

**9:30-11:00 AM**

**Room 422**

Michael Booth has taught as a hobby at seven universities including U.T.A., with the last eight years at U.T.D.'s School of Economics and Graduate School of Business. For twenty years, as an independent contractor, he trained TXN and ST managers in the financial arts in the U.S. and EU, Israel, India, and Canada.



**JIM GRAYSON**

#### ***SENIOR SAFETY***

**Fri. 3/23/18**

**1:00-2:00 PM**

**Room 122**

Jim Grayson served in Carrollton Police Department for 36 years and retired as a Commander in 2013. He and his team created Carrollton Police Department's first SWAT Team of which he commanded for 10 years. He successfully completed many police management training programs, including Traffic Institute-School of Police Staff and Command at Northwestern University and the Senior Management Institute for Police at the Kennedy School of Government at Harvard University. In December 2015, he decided to return to the profession that he loves and was hired as a Police Officer with the Collin College Police Department.

## VISITING PROFESSORS/GUEST LECTURERS

### PRESTON RIDGE CAMPUS (PRC)



**DR. SHIVA DAVANLOO**

#### *NUTRITION AND OLDER ADULTS*

**Wed. 2/14/18**

**1:30-2:30 PM**

**Room J107 (J Bldg)**

Dr. Shiva Davanloo graduated with a Ph.D. in Nutrition Sciences from Texas Woman's University in 1996. She has been teaching different Nutrition courses, both undergraduate and graduate ever since. She had her own private "Dietitian" office and worked as the Dean for Clinical Nutrition department/clinic at her previous workplace. Her research focus had been on different dietary proteins and the effect on mammary tumorigenesis in rats. Dr. Davanloo is currently a full time professor at Collin College at the Preston Ridge Campus in Frisco.



**SGT. JEFFREY INMON**

#### *FRISCO POLICE DEPARTMENT-SAFETY*

**Wed. 3/21/18**

**1:30-2:30PM**

**Room J107 (J Bldg.)**

Sgt. Jeff Inmon began his career in law enforcement in 1995 when he joined the U.S. Marine Corp Reserves as a Military Police Officer. While in the Marine Reserves, Sgt. Inmon worked for a large retailer investigating organized retail crimes and scams. He joined the Frisco Police Department in 2005 and has had the privilege of being a Patrol Officer, School Resource Officer, a Detective, a Police Instructor, and is currently the Sergeant over Community Services.

## VISITING PROFESSORS/GUEST LECTURERS

### PRESTON RIDGE CAMPUS (PRC)



**ELIZABETH FELKER**

***THE BIG AND SMALL FIVE; AFRICA THROUGH THE EYES OF AN ENTOMOLOGIST!***

**Wed. 4/11/18**

**1:30-2:30 PM**

**Room J107 (J Bldg)**

Elizabeth Felker grew up in Lubbock Texas and received her B.S. in Agriculture and Communications as well as an M.S. in Entomology from Texas Tech University. Before coming to Collin College, she worked for Texas A&M University researching Fire Ants. She has been at Collin College for 11 years in the STEM department, where she started out teaching Environmental Science and now teaches Biology 1406 and Biology 1407. In her spare time, she is an active volunteer for the City of Plano Animal Shelter.

### COLLIN HIGHER EDUCATION CENTER (CHEC)



**DR. DANI DAY**

***BEHIND THE ADMINISTRATOR'S DOOR-KEEPING YOUR BRAIN ACTIVE***

**Thur. 4/12/18**

**11:00-12:00 PM**

**Room 114**

Dr. Dani Day is the Vice President for Academic Services and SACSCOC (accreditation) Liaison at Collin College in McKinney, Texas. In this capacity, she oversees academic and curriculum planning, instructional assessment, accreditation and state regulation compliance and faculty development programs. Dr. Day has a B.A. in Economics from Texas Christian University in Fort Worth, an M.A. in English from University of Texas at Arlington and an Ed.D. in Higher Education Administration from Northeastern University in Boston. She shares her love of learning with her five grandchildren and believes that learning never stops no matter what age you are!

# Collin College SAIL Campus Locations



**Collin Higher Education Center (CHEC)**  
3452 Spur 399  
McKinney, TX 75069

If using a mobile GPS device in your car or on your phone, please be aware that many of them will not be able to locate either “Spur 399” or the street address. You may want to try variations of the street name, such as “Texas Highway 399”, or “Texas 399”, or “Highway 399”. If none of those work, try entering it as the intersection of “Medical Center Drive and Gateway Blvd.”. Please note that many GPS units may direct you to “Spur Lane”, which is nowhere near CHEC.



**Courtyard Center (CYC)**  
4800 Preston Park Boulevard  
Plano, TX 75093

Located between the Homewood Suites and the Hampton Inn, it can be accessed from Preston Park or Old Shepard Place.



**Preston Ridge Campus (PRC)**  
9700 Wade Boulevard  
Frisco, TX 75035

Conveniently located off Preston Road and Wade Boulevard with easy access to the Sam Rayburn Tollway.

