Spring 2019 Schedule

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

SAIL is an educational program for individuals 55 years of age or older under the sponsorship of Collin College Continuing Education.
Why drift through life when you can SAIL?

WHAT IS SAIL?

SAIL (Seniors Active in Learning) is a lifelong learning program offered to students 55 years of age and older, living in Collin and surrounding counties, sponsored by Collin College. It was modeled after the Elder Hostel Institute for Learning and the first semester was launched in October 1996. Classes are non-credit; there are no test, grades or papers to write. The sheer joy of learning and becoming more informed is the goal of SAIL students.

SAIL offers classes in Fall, Spring and Summer with social activities throughout the year along with Guest Lecturers and Visiting Professors who share exciting topics and experiences.

The SAIL program includes talented instructors, college professors, and business leaders with categorical expertise. We offer a wide array of courses such as history, literature, current events, art appreciation and enrichment courses in topics you love.

Classes are conveniently held during the week between 9:30 am and 4:30 pm at the Collin College Courtyard Center (CYC) in Plano, Preston Ridge Campus (PRC) in Frisco and Collin Higher Education Center (CHEC) in McKinney. Parking is convenient and close to the classrooms with covered parking available at Preston Ridge Campus and Collin Higher Education Center. Parking is free!

Interested in becoming involved and volunteering with SAIL or your community? Volunteering will give you an opportunity to meet other SAIL members, while supporting the program and your community. Check the SAIL monthly newsletter for volunteer opportunities.

Mission Statement

Collin County Community College District is a student and community-centered institution committed to developing skills, strengthening character, and challenging the intellect.
SPRING 2019 INFORMATION

Membership Cost
$100.00 (spring semester)
Includes membership fee $15.00 and course fee $85.00

Number of Courses
Choose up to (7) courses per semester (Guest Lecturers are free!)

When Does Registration Begin?
January 2, 2019

When Do Classes Begin?
January 22, 2019

How Do I Sign Up?
Register by one of the methods below:

1. Register & pay online at www.collin.edu/sail
   We accept VISA, MasterCard, and Discover
   When you register and pay online, you will receive two separate emails: Schedule & registration number and payment confirmation.

2. Register online at www.collin.edu/sail
   Call Bursars Office-972-985-3724 to pay by credit card
   *Please provide the Bursar’s office your (5) digit registration number.

3. Bring completed registration form with check or cash to the SAIL office to get registered during office hours. Registration form can be found online, www.collin.edu/sail or picked one up in the SAIL office during normal business hours.

4. Mail your completed registration form with check (payable to SAIL) to:
   Collin College (SAIL)
   4800 Preston Park Blvd., Suite 116
   Plano, TX 75093

Class Cancellations/Changes
If it becomes necessary to cancel a SAIL class due to low enrollment or other issues, registered members may attend another course of their choice, based on seat availability. Please contact the SAIL office to be placed on the roster, so we can contact you if there are any changes in the course.

Sometimes it is necessary to change the classroom/date or time. If you registered for the class that changed, an email will be sent with the updated information. When you arrive, please check the monitors at the Courtyard Center to verify the change, as well as the SAIL bulletin board at the Courtyard Center Campus. The Information Desk in Lawler Hall at Preston Ridge Campus and the Information Desk in the lobby at Collin Higher Education Center will have updated information for that campus. Students are always welcome to contact the SAIL office for any information!

Emergency Campus Closings
Local radio and television stations will announce college wide campus closures. Register for CougarAlert to be notified via email, voice or text message at http://www.collin.edu/cougaralert.html.

*Please note that there are no refunds on SAIL classes.
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**INSTRUCTOR BIOGRAPHIES**

**GUEST SPEAKERS**

**COLLIN COLLEGE SAIL CAMPUS LOCATIONS and ADDRESSES**

- **CHEC**: Collin Higher Education Center (McKinney)
- **CYC**: Courtyard Center (Plano)
- **PRC**: Frisco Campus (Preston Ridge)
Agatha Christie 21st Century Style

Two feature films reflect how the novels of the world-wide bestselling author translate to the modern screen. *The Crooked House* and *Murder on the Orient Express* feature Max Irons, Terence Stamp, Glen Close, Kenneth Branagh, Michelle Pfeiffer, Judi Dench, William Dafoe, and Johnny Depp. Analyzing these films offers intriguing comparisons for readers and movie fans as they respond to two new adaptations of Christie stories.

Thur. 3/28-4/18 11-12:30 pm Campus: CYC Room 122
Instructor: Janet Harris Sessions: 4

Great Books Discussions-Readings from Great Conversations 2

The Great Books Foundation was established 70 years ago to foster respectful, open discussions of enduring literature. Readings average 19 pages and include works by Planck, Synge, Hayek, Rawls, O’Connor, Gordimer & Carver. Join us for an enthralling and intellectual discussion, discovering new ideas.

Fri. 11 -12:30 pm Campus: CHEC Room 114
Instructor: Paul Dolliver Sessions: 7
This class runs alternating Fridays, 1/25, 2/8, 2/22, 3/8, 3/22, 4/5, 4/26 (no class 4/19)

Short Stories of American Literary Naturalism

In this course, we will read and study Jack London’s “To Build a Fire,” and Stephen Crane’s, “The Open Boat,” two classic stories of American Naturalism. Both stories include most of the characteristics of naturalism, serving as primary sources for study of the genre. Notes and a copy of the texts will be provided. If you enjoy short stories, a lively discussion, and you want to experience how American authors contributed to our literary heritage, this class will be a good fit.

Thur. 1/24-2/14 1:30-2:30 pm Campus: CYC Room 215
Instructor: Theresa Feighny Sessions: 4

The French Sherlock Holmes: Simenon’s Maigret

In 1950s France, Jules Maigret employs Holmesian observation and Poirot “little-gray-cell” deduction to solve crimes. Episodes from the 2017 and 2018 seasons depict adaptations of Georges Simenon’s novels, two of 75 he wrote which have sold over a billion copies.

Tue. 1/22-2/12 11-12:30 pm Campus: CYC Room 122
Instructor: Janet Harris Sessions: 4
ACTING/LITERATURE/FILM/MUSIC (CONT.)

The Secret Life of Great Music and How to Fall Under its Spell

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

Wed.  2/6-3/13  11-12:30 pm  Campus: CYC Room 122
Instructor: Steve Lund  Sessions: 6

The Sound of Music and its Therapeutic Effect

Learn how music can affect your mood, your efficiency and your feelings. Music has been proven to help with depression, promote movement and lead to an overall improvement in life.

Thur.  1/24-2/14  9:30-10:30 am  Campus: CYC Room 229
Instructor: Elizabeth Wallenberg  Sessions: 4

To Kill a Mockingbird

Harper Lee’s Pulitzer Prize winning book is an inspirational tale of a young girl’s triumph over bigotry and injustice in the depression era south. Never out of print, it became a classic of American Literature that has sold over 50 million copies. The film version won four Academy awards.

Wed.  1/23-2/27  9:30-11 am  Campus: CYC Room 214
Instructor: James Parker  Sessions: 6

Walking Around Victorian London with Charles Dickens

Charles Dickens took long walks around Victorian London starting at a young age. London grew to be the world’s largest city in the 19th Century. Roads and railroads were built. Great wealth and extreme poverty existed in close proximity. The writer first known as “Boz” traveled to other major world cities as well and documented his travels. Literacy grew exponentially in Victorian England as Dickens became a journalist and then a novelist before age 30. What Dickens observed of life as he walked the streets of this rapidly growing and increasingly industrialized and modern city, became the inspiration for what he wrote. We will retrace many of his footsteps. Wear comfortable shoes!

Wed.  2/6-2/27  1:30-2:45 pm  Campus: PRC Room J115
Instructor: Barney Lane  Sessions: 4
Brain Health
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. Based on the book by Sandra Chapman, “Make Your Brain Smarter,” this course will follow the guidelines of one of the world’s most innovative cognitive neuroscientists.

Fri. 2/15-3/8 1-2:30 pm Campus: CYC Room 122
Mon. 3/18-4/8 12-1:30 pm Campus: CHEC Room 110
Instructor: Barbara Walters

Sessions: 4

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.

Tue. 3/12-4/9 11-12:20 pm Campus: CYC Room 214
Instructor: Barbara Fix

Sessions: 5

Memory & Attention
Are you interested in learning how attention and memory work? Why do we remember some things and forget about others? Join me to learn tips and tricks to keep our memory sharp as we “sail” through the golden years!

Mon. 3/18-4/8 1:30-2:30 pm Campus: PRC Room J228
Instructor: Sarita Malhotra

Sessions: 4

Organized and Independent
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 falls? Have you ever misplaced 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.

Tue. 4/2-4/16 1-2:00 pm Campus: CYC Room 215
Instructor: Shaila Parker

Sessions: 3
Senior Living at Its Finest—Options for Senior Living

Ready to downsize? You or a loved one can now take an in-depth look at what your next steps can be. Independent living through end of life and how to stay independent!

Thur. 1/24-2/7 1:30- 2:30 pm Campus: PRC Room J105
Instructor: Sherry Christiaens

Thur. 3/21-4/4 1:30-2:30 pm Campus: CYC Room 229
Instructor: Sherry Christiaens

Sheila’s Senior Adventures

Enrich your life— the best is yet to come! This course will focus on volunteering to make a difference, exploring local treasure, connecting socially with your community, and Texas trips not to be missed!

Mon. 2/25-3/11 11:00-12:00 pm Campus: CYC Room 424,426
Instructor: Sheila Williamson

Social Psychology; More of Why 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. 3/4-4/8 10-11:00 am Campus: CYC Room 214
Instructor: Sarita Malhotra

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.

Fri 1/25-3/1 10:30-11:30 am Campus: CYC Room 120
Instructor: Sarita Malhotra
Abstract Art: Artists, Movement and Artwork

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.

Mon. 1/28-2/18 12:30-1:30 pm  Campus: CHEC Room 110
Instructor: Christine Smith  Sessions: 4

Easy, Quick Acrylic Painting Exercises

In this course, we will complete simple painting assignments to increase skill level and learn specific painting techniques in Acrylic painting.

Mon. 1/28-3/4  2:30-4:00 pm  Campus: CYC Room 336
Instructor: Christine Smith  Sessions: 6

Supplies needed for class-Approximate cost $25.00
6 canvas boards or canvases-12x12 or smaller
Basic acrylic paint set
Basic brush set-at least 5 different types/sizes
Palette knife
Water cup, paper plates (for palette)

Famous Artists: Their Stories and Work

In this course we will examine the life and work of some of the most infamous artists in history. From their weird and eccentric lives, to the motivations and meaning behind some of the most recognized artwork in the world, you will learn all the interesting facts and history through this series of lectures and video presentations.

Mon. 1/28-3/4  11-12:00 pm  Campus: CHEC Room 110
Instructor: Christine Smith  Sessions: 6
CULTURE/LANGUAGE

Cultural Do’s and Don’ts for International Travel

Before you go on an international trip or interact with international visitors, 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. 4/8-4/22 1-2:30 pm Campus: CYC Room 215
Instructor: Christina Robinowitz Sessions: 3

Intercultural Awareness & Communication

Become more familiar with cultural differences around the world. Learn about values, beliefs, customs and more. We will begin by playing the intercultural card game, BARNGA, which is sure to open your eyes!

Mon. 2/11-2/25 10:30-12:00 pm Campus: CYC Room 215
Instructor: Christina Robinowitz Sessions: 3

Let’s Go to Spain

Spain is a fascinating country and we will virtually travel through some of its most amazing regions. In this class, you will have the opportunity to discover its fascinating people, art, architecture, traditions, languages, cultures, food, music and dance, religion and of course best wines. We will look at the influence of ancient Celts, Romans, Visigoths, Jews and Moors in the Iberian Peninsula today. We will visit Spain through videos, lectures, listening to some of its music and tasting amazing tapas! Some recipes will be provided for you to try at home. In this course you will enjoy interacting while exploring SPAIN!

Fri. 3/22-4/5 9:45-10:45 am Campus: CYC Room 214
Instructor: Barbara Leon Sessions: 3

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.

Wed. 1/23-3/13 1-2:15 pm Campus: CYC Room 214
Instructor: Chi Chi Hoquee Sessions: 8
DISCUSSION

The Arab Spring Revisited

In this 2 part lecture we will discuss the Arab Spring and introduce the history of the Sunni and Shi’a, who make up the two main branches of Islam. Part I will revisit the Arab Spring seven years after its initiation to see which countries have succeeded in establishing democracy. Factors which contributed to the success or failure of the Arab spring will be our focus and key countries covered will include Egypt, Syria, Libya, Yemen, and Tunisia. Part II will assess how differences of Sunni and Shi’a became a major source of instability in the Middle East. Detailed emphasis will be placed on current politics and rivalry between Saudi Arabia and Iran (i.e., the two power houses of Sunni and Shi’ia Islam).

Tue. 2/19-3/26 10-11:30 am Campus: CYC Room 122
Instructor: Lishan Desta Sessions: 6

Can We Talk?

Each class in this series will explore anything from interesting 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. Class participants are required to have a sense of humor!!

Wed. 1/23-2/13 11-12:00 pm Campus: CHEC Room 110
Instructor: Stuart Sax Sessions: 4

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. 1/24-3/14 11- 12:30 pm Campus: CYC Room 122
Instructor: Bruce Eisen & Jim Lamb Sessions: 8

He Said, She Said

Whether you have been in only one relationship or many, we all have stories to tell. And that is what we will do in this class. We will explore friendly and spousal interaction, why it works, and why it sometimes doesn’t. Whether to fix it if it needs to be fixed, or whether it needs to be fixed at all. Why she is sometimes wrong and he always is! We may get serious from time to time, but it is not likely. And of course, there will be audience participation!

Tue. 1/29-2/19 1-2:00 pm Campus: CYC Room 214
Instructor: Stuart and Lauren Sax Sessions: 4
Liberals vs. Conservatives: Continuing to Evaluate a Theory on Why They Think the Way They Do

Last semester, we examined a theory of the underlying values which inform the political ideology of liberals and conservatives in America. Please join us as we continue that evaluation in light of the important issues of the day. (Attendance in last semester’s course is not at all necessary for you to enjoy this welcoming class.)

Tue. 3/19-4/23 1-2:30 pm Campus: CYC Room 122
Instructor: Mike Karson
Sessions: 6

Personality: The Psychoanalytic Approach

Human personality will be examined from the psychoanalytic perspective. Our focus will be on the therapeutic contributions of Freud, Jung, Adler, Erikson, and Horney. A lecture/discussion format will be used.

Thur. 3/7-3/28 12:30-1:45 pm Campus: CYC Room 214
Instructor: Curtis McIntyre
Sessions: 4

Straight Communication

Learn how to speak your mind without encouraging backlash. Learn ways to communicate effectively with your children, grandchildren, the garage mechanic, your neighbor, etc. in a strong, but caring manner. Participants will be trained in the proper use of both weak words and strong words, how to avoid misunderstandings of automatic thoughts, and how to raise their overall use of the English language in interpersonal relationships.

Wed. 3/6-3/27 1:30-3:00 pm Campus: PRC Room J228
Instructor: Gary Schaper
Sessions: 4
Understanding Non-Verbal Communication (Body Language)

Nonverbal communication is a ubiquitous part of everyday life. We see it in the way people move, how they relate to each other, even in the design of spaces. This course is designed to explore the science of nonverbal communication by examining what we do and why we do it. We will also look into the meaning of body language in different cultures. We will compare body language to everyday vocal and written communications that we use in the business world, our personal life and in the judicial system.

Tue. 3/19-4/23 1:30-2:30 pm  
Campus: CYC Room 424  
Instructor: Bulbin Sunar-Reeder  
Sessions: 6

What To Do When You Grow Up

So now you are semi or fully retired and have some extra time on your hands. Now what? In addition to your lifelong learning in SAIL, it’s time to re-invent your wheel. In this class, we will explore the things that pull your trigger and discuss how you can turn your passions into a new direction for your future. Be prepared to participate and add some fun to your bucket list.

Thur. 3/7-3/28 1:30-2:30 pm  
Campus: PRC Room J105  
Instructor: Stuart Sax  
Sessions: 4
GAMES

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.

This class is for beginning Bridge players and those players who have not played in a while. It is VERY important you attend the first three classes without an absence. The exception is, of course illness.

Fri. 1/25-3/8 10-12:00 pm Campus: CYC Room 229
Instructor: Judith Tyler Sessions: 7
Limit: 24 students

Course Book: ACBL Bridge Series Bidding in the 21st Century-Can be purchased on Amazon, Baron Barclay and Barnes & Noble- $18.00

*Student must have book by start of class. Read Chapter 1 and complete the questions prior to the beginning of class.

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.

Wed. 2/6-3/13 1:30-3:30 pm Campus: CYC Room 229
Instructor: Judith Fishman Sessions: 6
Limit: 16 students

Students must purchase their own Natl Mah Jongg League Rules Card for class play.
Cards can be purchased through Amazon or the Natl Mah Jongg League (see address below).

Natl Mah Jongg League Incorp
450 7th Ave, NY, NY 10123
Small print $8.00 Large print $9.00

Mah Jongg: Beginner II

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

Wed. 3/20-4/24 1:30-3:30 pm Campus: CYC Room 229
Instructor: Judith Fishman Sessions: 6
Limit: 16 students

Students must purchase their own Natl Mah Jongg League Rules Card for class play.
Cards can be purchased through Amazon or the Natl Mah Jongg League (see address below).

Natl Mah Jongg League Incorp.
450 7th Ave, NY, NY 10123
Small print $8.00 Large print $9.00
### GAMES (CONT.)

#### Play of Hand in the 21st Century

Play of Hand is for individuals who know how to play Bridge and would like to improve their play. Topics include: Review of the bidding concepts and how to be a better partner. Class will focus on the play of the hand. Other topics are Jacoby Transfers and slam bidding (Gerber and Blackwood). Weak 2's and strong 2 Clubs bids.

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<th>Fri.</th>
<th>1/25-3/8</th>
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<tr>
<td>Instructor: Judith Tyler</td>
<td>Limit-24 students</td>
<td>Textbook: ACBL Bridge Series, Play of the Hand in the 21st Century-Can be purchased on Amazon, Baron Barclay and Barnes &amp; Noble-$15.00</td>
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<td><em>Student must have book by start of class. Read Chapter 1 and complete the questions prior to the beginning of class.</em></td>
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#### Two Over One-Basic Bridge Principles

2 over 1 is a bidding system developed to make it easier to bid game and slam. Some bridge experts believe it is advanced, while others believe it is now basic. The latest 2 over 1 system modifications will be taught in concert with ACBL guidelines.

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<tr>
<th>Wed.</th>
<th>2/27-4/17</th>
<th>9-11:00 am</th>
<th>Campus: CYC Room 229</th>
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<tr>
<td>Instructor: Jerry Frankel</td>
<td>Limit: 24 students</td>
<td>Sessions: 8</td>
<td><em>Student must have book by start of class. Read Chapter 1 and complete the questions prior to the beginning of class.</em></td>
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#### 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.

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<tr>
<th>Mon.</th>
<th>2/25-4/15</th>
<th>10- 12:00 pm</th>
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**HISTORY**

**1945: Year of Attrition**

This will be the concluding series which has covered World War II. FDR was concerned the American people could not continue to stand the losses that began to drastically increase in 1944. This series will begin with the December 1944, Battle of the Bulge, and continue through the European campaign to VE Day. Then we will look at the tremendous toll in the Pacific and the use of the Atomic bomb. This is a follow-on course, but students may take it without having attended the previous courses in the series.

**Mon.** 1/28-3/04 1:30-3:30 pm Campus: CYC Room 122 Sessions: 6

**Wed.** 1/30-3/06 1:30-3:30 pm Campus: CYC Room 122 Sessions: 6

Instructor: Fred Smith

**The American Civil War-Facts You May Not Know**

In this class we will review major leaders and battles as well as little known facts about the Civil War. We will look at important years: 1861-1865 and discuss the key players and locations. Questions and discussion will be welcomed. This is a can’t miss for Civil War buffs!

**Tue.** 1/29-2/19 1:30-2:30 pm Campus: PRC Room J228 Sessions: 4

Instructor: Michael Smith

**A Tale of Two Colonies: Virginia and Massachusetts Bay**

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

**Fri.** 2/15-3/8 10-11:00 am Campus: CYC Room 122 Sessions: 4

Instructor: Kathryn Pinkney

**Bill Clinton and Monica Lewinsky-More than Just an Affair**

The Bill Clinton-Monica Lewinsky affair was more than just a physical encounter. It almost brought down a president and major players are still relevant today. This class will look at the complexities and legal ramifications for this headlining event.

**Tue.** 2/5-3/5 10:30-11:30 am Campus: CHEC Room 114 Sessions: 5

Instructor: Ray Dunlap
Discussing Presidential Leadership

We will discuss the leadership qualities of four American Presidents: Abraham Lincoln, Theodore & Franklin Roosevelt, and Lyndon Johnson. Inspiration for this discussion series is the book, Leadership in Turbulent Times (2018), by Doris Kearns Goodwin. A brief lecture will precede each discussion.

Fri. 2/1-3/1 11-12:30 pm Campus: CYC Room 214
Instructor: Paul Dolliver Sessions: 3

*This course runs alternate Fridays: 2/1, 2/15, 3/1

Iron Jawed Angels: “American Women and the Suffrage Movement”

This course will follow the path of American women as they struggle for the right to vote. From the Seneca Falls Convention in 1848 to the ratification of the 19th Amendment to the Constitution in 1920, women such as Lucretia Mott, Elizabeth Cady Stanton, Susan B. Anthony, and Alice Paul, refused to accept anything less than full and equal access to the ballot box.

Mon. 2/4-2/18 2-3:00 pm Campus: PRC Room J202
Instructor: Kathryn Pinkney Sessions: 3

Jefferson and the Barbary Pirates: The United States First War

Without a navy, the new American nation is unable to protect its commerce in and near the Mediterranean. It suffers loss of ships and people, and must pay ransom and tribute to the Barbary States. Jefferson builds up the navy started by Washington and Adams and starts the first U.S. war. Ultimately, it establishes the U.S. prestige in the world. After the Tripoli War, Jefferson severely down-sided the Navy and troubles with England, leading to the War of 1812, necessitated building it back up.

Tue. 2/26-3/12 1-3:00 pm Campus: CYC Room 422-424
Instructor: Richard Cudlipp Sessions: 3

LBJ and The Secret Service

Learn about the inside challenges, changes and personal lives of President Johnson and his family, through the eyes of his secret service agents. This course will be taught with firsthand knowledge of the issues and activities as told by your instructor, Mr. Mike Howard, who was Secret Service for LBJ!

Fri. 1/25-2/8 11-12:30 pm Campus: CYC Room 122
Instructor: Mike Howard Sessions: 3
The Borgias-A Renaissance Crime Family

The House of Borgia was an Italo-Spanish noble family, which rose to prominence during the Italian Renaissance. They became prominent in ecclesiastical and political affairs in the 15th and 16th centuries, producing two popes: Alfonso de Borja, who ruled as Pope Callixtus III, and Rodrigo Lanzol Borgia, as Pope Alexander VI. During the reign of Alexander, his family was suspected of many crimes, including adultery, incest, simony, theft, bribery, and murder (murder by arsenic poisoning). Because of their grasping for power, they made enemies of the Medici, the Sforza, and the Dominican friar, Savonarola among others. They were also patrons of the arts who contributed to the Renaissance.

I will be using the TV series, “The Borgias” and the book, “The Borgias” by Jean Plaidy- along with some other books.

Tue. 1/22-3/12 2:30-4:30 pm Campus: CYC Room 122
Instructor: Sonia Meltzer Sessions: 8

- No class on 1/29-Class will meet on Friday, 2/1 from 2:30-4:30 in Room 122

The Evolving Presidency

This will be a follow-on series for American Evolution. In this study of four sessions, we will look at four American Presidents who served ably and molded the country during a period of growth. Subsequent series will look at eight more presidents who faced major challenges to the status quo and changed the way our civilization became a player in world affairs. All twelve of the Presidents performed admirably in many areas and are remembered for their success, but each faced challenges that showed “feet of clay”. This series will continue to demonstrate that we are an evolving democracy and things we know and love are going to change. Much of this is the result of the people we elect to our highest office.

Mon. 3/11-4/1 1:30- 3:30 pm Campus: CYC Room 122
Instructor: Fred Smith Sessions: 4

Wed. 3/13-4/3 1:30- 3:30 pm Campus: CYC Room 122
Sessions: 4
The Hidden History of American Universities

American universities have a rich history dating back all the way to the founding of Harvard University in 1636. This course will cover some truly amazing events and people, geniuses, innovators, super achievers, celebrities and scoundrels from the world of higher education. We will also learn about the heroes and heroines who overcame racial, gender and religious prejudice on our college campuses through the ages.

Tue. 3/5-3/26 10-11:15 am  
Instructor: Don Wolman  
Campus: CYC Room 120  
Sessions: 4

The World Came to Texas

Beginning in 1528, groups from the world-at-large made their mark on Texas. Spanish and French explorers, followed by Catholic priests and settlers from Mexico, led the way. Next, Anglo-American and European settlers laid claim to the land. Each wave of adventurers brought great change to the Lone Star State. We will view documentaries and join in discussions.

Wed. 3/27-4/17 11:30-12:30 pm  
Instructor: Cindy Sandell  
Campus: CYC Room 122  
Sessions: 4
Due Process: What Is It and How Does It Work?

What is due process? What does it mean, why do we have it, what does it look like, how does it affect me, and what happens when we don’t get it? Is it really Constitutional? All these questions and more will be discussed in this class.

Thur. 1/31-2/21 2:30-3:30 pm  Campus: CYC Room 122  Sessions: 4
Tue. 3/19-4/2 2-3:00 pm  Campus: PRC Room J115  Sessions: 3
Instructor: Ted Ogilvie

Your Legacy, Your Life

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. 1/28-2/11 1:30-2:30 pm  Campus: PRC Room J119  Sessions: 3
Instructor: Fred Haiman

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 & 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 Advantage. You’ll laugh, you’ll cry, you’ll have fun! Really, it’s a government health care, how fun is that?

Wed. 3/6-3/27 10:30-11:40 pm  Campus: CYC Room 120  Sessions: 4
Instructor: Andy Brooks
LUNCH AND LEARN

Bring your lunch and learn while you “munch!”

Touring On the Canadian Rocky Mountaineer Train
Learn from the personal experiences of traveling through the Canadian Rockies in a luxury train.
Mon. 3/4 12-1:30 pm  Campus: CYC Room 214
Instructor: Richard Cudlipp  Sessions: 1

Self-Guided Touring of Switzerland
A Beautiful country that is so easy to tour on your own. Bring your brown bag lunch, sit back and learn how to “self-guide” in Switzerland.
Thur. 2/28 12-1:45 pm  Campus: CYC Room 214
Instructor: Richard Cudlipp  Sessions: 1
30 Creations That Changed America

(1) 10 Monuments: Explore the stories of the Statue of Liberty, Mount Rushmore and 8 more monuments when daring artists found new ways to honor our history.

(2) 10 Streets: Trace the 400-year evolution of Broadway in New York and visit 9 other famous roads in America. It is a story about how streets have connected the nation, divided communities, and changed the way Americans live, work and shop.

(3) 10 Modern Marvels: Meet daring engineers who have scoffed at the laws of nature and defied naysayers by undertaking amazing feats of construction. Learn about the science and human folly that were part of the Hoover Dam, Holland Tunnel and 8 other masterpieces.

Thur. 2/7-2/21 11-12:30 pm Campus: CYC Room 214
Instructor: Herb Weinstein Sessions: 3

American Railroads

Mechanical power and railroads altered human life in the 19th century. Wireless communication and micro-electronics minimized global space similarly to change life in the 20th century. The 200 year evolution from steam engines to maglev rocketry, will be described in six lectures about equipment, people, and politics that created new financial empires.

Mon. 3/11-4/22 11-12:15 pm Campus: CYC Room 214
Instructor: Richard Furlong Sessions: 6
No class 4/8

Biology in the News

Our bodies are amazing with countless interwoven systems sustaining our lives, but modern science seeks to make improvements in our chemistry, our genes, and our environment. We will explore current research in terms of risk, benefits, and ethics.

Fri. 2/8-3/1 11-12:15 pm Campus: CYC Room 122
Instructor: Paul Tobolowsky Sessions: 4
Math Ideas That Never End
As long as we have the human mind, math ideas will never end. In this course, we will continue our amazing journey into how mathematics through the ages and into the future have continued to shape our understanding of the world and universe(s) around us. All of this is the result of men and women turning ideas from their minds into real applications. We will be doing very little actual math, and as you sit back and soak in its beauty, you will soon realize that math is for everyone!

Tue.  2/5-2/26  11-12:30 pm  Campus: CYC Room 214
Instructor: Herb Weinstein  Sessions: 4

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 three scientific theories: General Relativity, Theory of Chemistry, and 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.

Mon.  1/28-2/18  11-12:10 pm  Campus: CYC Room 122
Instructor: James Lamb  Sessions: 4

The Story of the Atomic Bomb
We all know the atom bomb helped end WWII. 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 general. Imagine women making “donut holes” to aid in making the bomb. You will learn about little known facts such as who gave permission to drop the bomb and why were the bombs dropped at the two locations.

Fri.  3/22-4/5  11-12:00 pm  Campus: CYC Room 214
Instructor: David Plaut  Sessions: 3
Android Watch-Tips and Tricks
Explore the Android (Google) watch beginning with the recently re-named platform from Android to Google OS. From watch face personalization to apps to custom controls, discover modern updates to the time piece.

Mon. 2/4 & 2/11 10:45-11:45 am Campus: CYC Room 214
Instructor: Daphne Lee Sessions: 2

Are You Sure You Want to Say That?
Did you ever catch yourself regretting what you just said or said in the past? Or maybe you were very close to saying something and you were so grateful you said nothing! Come join us as we share our regrets with one another and what we learned. We will talk about the power of the tongue and how to avoid those unnecessary and unintended words.

Thur. 3/28 2:30-4 Campus: CYC Room 214
Instructor: Cerene Holley Sessions: 1

Beetles, Aphids and Borers, Oh My!
Insects are the most widespread and varied animals on the planet, having populated virtually every ecosystem on Earth. But, despite their incredible variation, they all possess similar features. This course will cover insect biology, physical characteristics, and identification techniques. The course will also touch on the importance of insects to human agriculture and the economic damage caused by insect species.

Tue. 4/16 10:30-11:30 am Campus: CYC Room 215
Instructor: Christopher Ebling Sessions: 1

Book Collecting-Market Values of Rare Books
This two session class covers categories from Literature to American History to Detective Novels and Children’s Books. We will look at the methods used to determine the value by authors, edition, condition and illustrations. Participants may bring one volume from their personal library to be evaluated.

Wed. 3/13 & 3/20 11-12:30 Campus: CHEC Room 110
Instructor: James Parker Sessions: 2
In Search of the Ark of the Covenant
One of the most famous artifacts of the ancient world is the Jewish Ark of the Covenant. Since its likely disappearance at the time of the Babylonian captivity, c. 6th B.C., little has been known about the whereabouts of the Ark of the Covenant. The first lecture will explore the various theories which attempt to explain its disappearance and account for its possible relocation. Our second lecture will explore in detail one of the strongest theories, namely the claim that the Ark is currently in hiding in Ethiopia.

Tue. 4/2 & 4/9 10-11:30 am Campus: CYC Room122
Instructor: Lishan Desta Sessions: 2

Apple Watch-Tips and Tricks
Beyond timekeeping, the Apple Watch provides quick access to notifications, fitness and health information, communications and much more. Join us as we explore the Apple Watch.

Mon. 2/4 & 2/11 9:30-10:30 am Campus: CYC Room 214
Instructor: Daphne Lee Sessions: 2

Smartphone Photos: From Click to Print-Android
Discover Android’s high quality camera, Google’s user-friendly software, and Google’s photo-storage options, as we explore the world of Android photography.

Tue. 1/22 & 1/29 10:45-11:45 am Campus: CYC Room 214
Instructor: Daphne Lee Sessions: 2

Smartphone Photos: From Click to Print-iPhone
Share memories in pictures with your Apple iPhone. Treasure adventures, events and much more, through pictures and videos, albums, slideshows and videos using your Apple iPhone. In this class, we will explore the iPhone picture and video capabilities and the apps to create and share wonderful experiences and adventures.

Tue. 1/22 & 1/29 9:30-10:30 am Campus: CYC Room 214
Instructor: Daphne Lee Sessions: 2
The Healing Effects of Sleep and Dreams

Sleep has remained one of the last biological mysteries of the human body. Until very recently, doctors and scientists could not give you a consistent or complete answer as to why we sleep. It turns out that we don't sleep for one reason, but for several reasons. And, it turns out that every major organ in the body and the brain is enhanced by sleep and impaired when we don't get enough of it.

This presentation will look at the reasons we sleep, the stages of sleep and what happens when we fail to get adequate sleep. We will look at the meaning of dreams and why they are important to our mental and physical health. We will examine why sleep is a particularly challenging issue for seniors and what can be done to address it.

The presenter will share examples of sleep and dream work from his own psychotherapy practice.

Wed. 1/23 11:15-12:45 pm  Campus:  CYC Room 424,426
Instructor: Milo Benningfield  Sessions: 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 leading to a spirited discussion. During the course of this discussion, Barbara and Larry, 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 SAIL members really do like her best). Oh well, come and see for yourself!

Mon. 4/8 & 4/15 10-11:30 am  Campus:  CYC Room 122
Instructors: Larry and Barbara Stern  Sessions: 2

The Power of an Apology

When someone apologizes to you, have you experienced the incredible difference it makes in your friendship or relationship? Or maybe you were fearful of apologizing to someone, because you thought it would make you look weak. Come join us as we explore the power of an apology, what it looks like in everyday life and much more!

Thur. 4/11 2-3:30 pm  Campus:  CYC Room 214
Instructor: Cerene Holley  Sessions: 1
ONE-TWO SESSION WONDERS (CONT.)

Travel Smart

Learn how to make your next trip the best one ever! World travelers, George and Denise Bouhasin will share tips and tricks they learned from many trips abroad. Get hints on general trip prep, what to take, keeping your money secure, and much more. Whether you’re planning your first trip overseas, or are an experienced traveler, discover how you too can travel smart.

Tue. 3/5 & 3/12 2-3:30 pm
Instructor: George Bouhasin

What Tree Is That?

Have you ever taken a walk through your neighborhood, park or forest and wondered what the trees are around you? Do you have trees in your yard or neighborhood that you would like to know more about? This class will give you the information and tools you need to identify the trees that surround you and the benefits these trees provide aesthetically and environmentally. Topics include tree structure, major tree classes, physical identification, and common trees of North Texas.

Mon. 4/1 10:30-11:30 am
Instructor: Christopher Ebling

What Makes a Forest a Forest?

A very large percentage of the Earth’s surface is covered by forests. But what makes a forest a forest? How is a forest different from other kinds of ecosystems? This course will cover the fundamentals of ecology, such as energy flow and nutrient cycling, and how these ecological concepts apply to a forest environment.

Mon. 4/8 10:30-11:30 am
Instructor: Christopher Ebling
Milo Benningfield: Dr. Milo Benningfield had a practice in individual and family therapy in Dallas for thirty years. He now lives in Frisco where he divides his time between travel with his wife, yoga, writing, and individual consultations.

George Bouhasin: is your expert when it comes to travel! He retired in 2009 and has made (21) international trips, visited more than 75 countries in Europe and Asia, but has also traveled to Africa and South America. He has competency in several foreign languages and has worked and lived in Brazil, Argentina, Chile and China.

Andy Brooks: is rapidly approaching Medicare age, kicking and screaming all the way! A native of Dallas, he’s a graduate of W.T. White High School (Class of ’76) and a Fighting Lumberjack from Stephen F. Austin. He holds a Master’s degree from Capella University. Andy is an independent financial Planner with Pilot Wealth Advisors, L.L.C. in Allen, is active in the Senior Service Coalition of the Allen Fairview Chamber of Commerce, and serves on the board of directors for the nonprofit North Texas Area Gerontological Society. His professional experience includes information technology, higher education, and advertising.

Sherry Christiaens: is a Certified Dementia Practitioner with a bachelor’s degree in kinesiology from New Mexico Highlands University. She has worked in memory and senior placement for the past several years and in the medical field for more than fourteen years.

Richard Cudlipp: is a graduate of the Naval Academy and a twenty-year veteran of the Air Force. An engineer and a history buff, he previously taught at DeVry University and Richland College.

Lishan Desta: Dr. Desta earned a doctorate in political science from UTD. He currently teaches government and economics at the Spring Creek campus of Collin College. He has lived on three continents and teaches from his varied background in history, culture, and world affairs.

Paul Dolliver: earned degrees in History and Geology from Baylor University. He is a semi-retired geologist, Texas Master Naturalist, and reader. Paul currently teaches geology courses at Collin, Hill and Richland Colleges.

Ray Dunlap: has been with the Town of Fairview and the Fairview EDC since 2009, where he has several areas of responsibility including the marketing and selling of Fairview. Ray serves on the board of directors of the Texas Economic Development Council, the state association of Economic Development Professionals, Team Texas, the marketing arm of TEDC, as well as the Board of Directors of the Allen Fairview Chamber of Commerce. Ray has also been a student of Texas politics since the 1960’s. Ray actively follows the Texas legislature and reads about and keeps up on Texas politics. His discussion of politics is done in a humorous, irreverent, and non-offensive manner.

Chris Ebling: holds a Bachelor of Science in Forestry degree from the University of Michigan and a Master of Science in Resource Interpretation from Stephen F. Austin State University in Nacogdoches, Texas. Chris has been part of the Texas Master Naturalist program since 2007 and speaks regularly to master naturalist chapters and other civic organizations on forest ecology, forest management, dendrology, tree identification techniques, and entomology.

Bruce Eisen: is a CPA with degrees in political science and economics and a master’s degree in accounting. Most of his career was spent as chief operating and financial officer for several Jewish Federations.

Theresa Feighny, M.A.: has been teaching for over 20 years and holds a Masters of Arts in teaching from the University of Texas at Dallas and a Bachelor of Arts in Technical Journalism from Colorado State University. She focused on grammar, literature, academic writing, and critical thinking as a means of preparing students for success. She is a lifelong learner and believes that with the proper tools, guidance and a sense of humor, students can excel at writing.
SAIL INSTRUCTOR BIOGRAPHIES

SPRING 2019

Judith Fishman has been playing Mah Jongg since her teenage years. Besides playing “mahj”, she has owned and operated her own retail store, founded and led a social service organization for women, and had a home staging/decorating business. She has been married to her wonderful husband for 41 years and has two grown children.

Barbara Fix taught secondary English in Dallas and Plano schools for 28 years. She holds a bachelor’s degree from S.M.U. and a master’s in counseling from U.N.T. She enjoys teaching SAIL students most of all.

Jerry Frankel Dr. Frankel retired from the practice of medicine after almost forty years as a urologist. Now as a Bridge instructor, he feels like an ambassador for improving the lives of fellow seniors through this challenging and fun game.

Richard Furlong Dr. Furlong is an Emeritus professor of civil engineering, taught and supervised research in structural engineering at the University of Texas in Austin from 1958 to 2006.

Fred Haiman JD, MBA was born in California to an Air Force family. After retirement, the family moved back to El Paso, where Fred graduated from Eastwood High School in 1982. He graduated with a B.S. degree in Criminal Justice with honors from Southwest Texas State University in San Marcos, Texas. Fred married his wife Deana in 1989 and joined the El Paso Police Department until 1994. He achieved a Master's Degree in Public Administration from U.T.E.P. and then proceed to law school at Texas Tech University. Fred graduated in 1997 and spent the first 10 years of his legal career as a trial attorney. In 2007, he experience a near fatal disease and decided to enter the Estate Planning and Elder Law field. Fred moved his practice to Allen in 2013 and in 2016 merged with Rex Hogue to form Haiman Hogue, PLLC.

Janet Harris Dr. Harris has taught literature and writing for over twenty-five years, coached readers and writers in pursuing their personal goals, and reviewed books. As an editor, Dr. Harris has guided writers in publishing over 150 books. She teaches literature and creative writing courses in the Master of Liberal Studies program at SMU. She has retired several times, the first from UT-Dallas.

Cerene Holley has more than 20 years working as a professional in the education industry. She has caught herself saying things that she later regretted and is amazed at what she hears from others. She came to realize the power and impact that the spoken word or a well presented apology has on others. It became her passion and mission to help others realize the power within themselves and the importance of the spoken word.

ChiChi Hoquee is an information technology coach and consultant with over 25 years of experience. A bilingual instructor (Spanish and English), she teaches computer and language skills. She especially enjoys teaching seniors how to “speak Spanish creatively.”

Mike Howard is a retired Secret Service Agent who served and protected four presidents. He began working for the Secret Service in the late 1950’s and was recruited while he was attending Texas Christian University. He shares his recollections and insights gained from being part of the family at the White House and in their private homes.

Michael Karson, J.D., MA is a retired attorney and educator who served in various positions of increasing responsibility within the Bell Telephone System, from entry level attorney to Vice- President & General Counsel, at pre-divestiture Illinois Bell, through post-divestiture Ameritech and the recombined entity now known as AT&T. Mike is a Vietnam veteran with a broad range of life experiences, from serving as a laborer in the grease pits at Inland Steel in East Chicago, Indiana to serving with President Reagan’s Commission on Executive Exchange in Washington, D.C.

James Lamb Dr. Lamb is a retired college professor and IT manager. After receiving a doctorate in philosophy from Brown University, he taught classes at SMU. He was also Director of Computer Services at Ebby Halliday Realtors for 28 years.
Barney Lane holds a bachelor's degree in fine arts and a master's degree in radio-TV. He has worked as a professional broadcaster, middle school teacher, videogapher and podcast developer. One of Barney's favorite hobbies is wood carving and he has honed his craft and creative process over many years.

Daphne Lee has been teaching Technology at Collin College since 2005, teaching computer, mobile device, software, and social media classes in both SAIL and Continuing Education. Discover how to make technology fun and easy with Daphne's classes. She shows you how to connect with friends and family with mobile device technology such as photos, videos, and texts.

Barbara Leon Dr. Leon came from Cuba 38 years ago and lived in Southern California for 34 years. Dr. Leon earned her PhD. And Master's Degree in Spanish from the University of California, Irvine, majoring in Literature of Spain and Latin America. Dr. Leon retired from Pasadena City College where she worked for 14 years as a Spanish Professor. After retiring, she moved to Allen, Texas, where her daughters and grandchildren live. She is currently teaching Spanish at Collin College in McKinney and is the owner of Study and Travel in Spain, LLC. She looks forward to sharing her love of the culture with the SAIL members.

Steve Lund has taught writing, literature, and music classes to adult, college, high school, ESL, even prison inmate populations for over 40 years. He has appeared on local radio stations talking about Mozart's opera, The Magic Flute, and Wordsworth's poem about “Tintern Abbey.” He is the author of two books.

Sarita Malhotra is a Certified Personal Trainer with a special focus on nutrition and gentle yoga. She holds a B.S. in psychology from UTD. Sarita has a passion for healthy cooking and eating and is an advocate of a healthy lifestyle for both mind and body.

Curtis McIntyre Dr. McIntyre is a Professor Emeritus, Psychology, Southern Methodist University, retired after teaching psychology courses for 40 years. He earned his doctoral degree at Vanderbilt University. Also, he has taught as an Adjunct Professor at both the UTHSC-Dallas and University of Texas at Dallas.

Sonia Meltzer is a graduate of UT Dallas with a master's in interdisciplinary studies with coursework in holocaust studies, literature, history, history of criticism and aesthetics.

Ted Ogilvie, JD, MBA is a practicing attorney in Frisco, Texas. He obtained his undergraduate degree at the University of New Mexico and his MBA from Southwestern Oklahoma State University. He earned his Juris Doctor from what is now the Texas A&M University School of Law. His practice areas include Family Law, Estate and Probate Law, and Business Formation. He holds the American Institute of Family Law Attorneys 10 Best.

James Parker recently ended his twenty year ownership of The Book Gallery, an antiquarian bookstore in McKinney, Texas. Formerly an executive with the Southland Corporation, he retired from the business world and taught literature at the Fairhill School in Dallas before arriving at SAIL in 1999.

Shaila Parker You know that person who just has to write a “To Do List,” and who gets excited as the tasks are being checked off? That's Shaila! Through her experience, she has learned that organization is the key to success and has always felt God gave her a love for order and a heart to help others. At the top of Mrs. Parker's To-Do-List, you will find, spending time with her family, going to church and enjoying life.

Kathryn Pinkney Dr. Kathryn Pinkney (Kathie) is a graduate of Miami University (Oxford, Ohio) with a BA in American History. After moving to Texas in 1986, she earned an MA and Ph.D. in American History from the University of North Texas. She is retired from teaching at the University of Texas at Arlington.

David Plaut is semi-retired after more than 40 years in clinical chemistry and statistics. He writes for several different medical journals and has written a number of medical and chemistry articles. He has taught at the high school, college and post graduate levels and now tutors and mentors 6-12th grade math students.
Bulbin Sunar-Reeder Dr. Sunar-Reeder has taught in England, Germany, Turkey, and the U.S. as a professor of medical genetics and biochemistry. While teaching medical students, she observed they need to know how to deal with patients (i.e., reading body language). She has seen the same need in forensic case studies, court hearings and day to day activities. As a Turkish ex-patriot with a strong love of travel, she arranges interesting adventures around the world. Bulbin is currently pursuing her other passion as a self-employed biotechnology consultant.

Christina Robinowitz has had a love for foreign languages since they were introduced to her in Middle School in her native Sweden. She worked as a tour guide in Europe, before moving to the United States. Christina has spent more than 20 years as an intercultural coach & trainer. She works with corporate clients, individuals and organizations, teaching intercultural awareness and how to be more culturally competent when interacting with people from around the world. She is a published co-author of Modern-Day Vikings: A Practical Guide to Interacting with the Swedes.

Cindy Sandell taught Texas History for 25 of her 33 years in the classroom, uncovering hundreds of fascinating stories along the way! She has written several text books and produced 20 documentary films on Texas that are used in schools across the state. She has also published four historical novels set in Texas and collected several literary awards.

Stuart Sax is a veteran, husband, father and grandfather! He and his wife Lauren have worked side by side in women’s fashion retail for forty years and are still talking to each other! Stuart hosts two weekly radio shows and Lauren opened a boutique. They both enjoy volunteer work, concerts, movies, moderate exercise, and spending time with family, especially their grandson.

Gary Schaper Dr. Schaper is a former leadership advisor. He holds a B.A. in English, a Master’s in Theology, and a Doctorate in counseling. Prior to retiring, Gary was the Director of Personality and Leadership at Concordia Seminary in St. Louis.

Christine Smith is a professional artist whose career has spanned multiple areas of expertise. A graduate of The Art Institute of Dallas, she started her career right out of college into the video game industry, creating art and animation. She is accredited on 7 published titles. From there she freelanced as a graphic designer, photographer, illustrator, and web developer. She also started and ran her own small business for a couple of years, which got her interested in small business development. In 2014 she founded The WERX Foundation, and served as president and Executive Director, assisting nearly 100 start-up companies over to become successful small businesses. She also taught painting classes for 4+ years on the side to feed her creative nature. Christine now is fully re-immersing herself into an artist career path again and is serving as Vice-Chair on the board for the Visual Arts Alliance of Allen (VALA).

Fred Smith is a military retiree who has seen a lot of history first hand and enjoys teaching historical subject matter. He is a native Texan who has retired to his Texas roots after years of military experience all over the world. He retired from the U.S. Army as a Brigadier General.

Michael Smith is a retired husband and grandfather of 4. He has a M.Ed. degree as well as a B.S., and has had one book published, “Hidden Memories”. As a passionate Civil War historian, Michael has visited some 40 battlefield sites and has read hundreds of books on the subject. Additionally, he teaches Life Learning at Frisco Lakes community and writes for the monthly newsletter.

Larry and Barbara Stern Barbara Lusk Stern, born in South Carolina and educated at the University of Alabama with a graduate degree in clinical psychology, has been a full-time professor at Collin College since 1988. Larry Stern, a New Yorker, educated at Columbia University with a graduate degree in sociology, has been a full-time professor at Collin College since 1990.
Bulbin Sunar-Reeder  Dr. Sunar-Reeder has taught in England, Germany, Turkey, and the U.S. as a professor of medical genetics and biochemistry. While teaching medical students, she observed they need to know how to deal with patients (i.e. reading body language). She has also seen the same need in forensic case studies, court hearings and day to day living. As a Turkish ex-patriot with a strong love of world travel, Bulbin arranges interesting adventures around the world. She is currently pursuing her other passion as a self-employed biotechnology consultant.

Paul Tobolowsky  Dr. Tobolowsky is a retired physician, lecturer and the author of Stardust Dancing (A Seeker’s Guide to the Miraculous.) His special interest is the intersection between science and spirituality.

Judy Tyler  retired in 2000 and became an avid Bridge player. She is an accredited American Contract Bridge League teacher. She enjoys teaching beginners how to play Bridge and experienced players how to improve their game.

Elizabeth Wallenberg  is a psychologist and counselor with ample experience in bilingual school counseling and psychotherapy. She has a Master’s degree in Science and a Master’s in Education. Elizabeth is an L.P.C. and work in private practice.

Barbara Walters  has an MA in Human Resource Development from U.T. Austin. She has spent 30+ years in the corporate world in Leadership Training and Development. This included designing and delivering training to employees and managers at all levels as well as managing teams of trainers. Barbara strongly believes in sharing information and her knowledge to SAIL members about how to exercise your brain to keep it from declining.

Herbert Weinstein  Dr. Weinstein received his B.S. in Chemical Engineering from Tufts University and his Ph.D. from Princeton University. After a 32-year career in industry and as a private consultant doing oilfield research, adjunct teaching at colleges & private tutoring, he chose to enter secondary education. He has taught math at all levels and fundamentals of computer programming at Yavneh Academy, The Hockaday School and Parish Episcopal School. He enjoys making a major difference in the lives of his students- of all ages!

Sheila Williamson  is the Director of Community Services for a law firm. She has a passion for seniors and believes in living our best life NOW! This course is designed to show you ways to find adventure everywhere and embrace it! Sheila has been married for 34 years, has an adult child, and is very outgoing and friendly.

Don Wolman  holds degrees in both science (Tufts University) and engineering (M.I.T.) and has worked in the fields of electric power generation, scientific equipment design, high energy physics and telecommunications. Currently he is a technical writer and creates user guides for a variety of high-tech equipment. Don has been teaching in the SAIL program for several years and enjoys the knowledge and interaction from the SAIL members.
02/13  **Container Gardening and Herb Use**  
Pamela Neely-Calloway’s Nursery  
10:30-11:30 a.m. -CYC  

This lecture is off-site-1000 Preston Rd. Plano 75093  

RSVP required-Limit 30  

Pamela Neely is a Texas Master Certified Nursery Professional, the highest level of recognition awarded by the Texas Nursery and Landscape Association (TNLA) and she has been in the nursery industry for over 30 years. This lecture will provide information on how anyone can master and have fun with container gardening. It is ideal for those with little or no garden space. Herbs are happy growing in pots and can be used in a variety of ways, both inside and outside the home.

02/28  **The Fabulous Fifties**  
Brett Adams & Aaron West  
2-3:00 p.m.  Room 122-CYC  

Brett Adams has a Master’s Degree from the University of Tulsa and has been teaching history at Collin College since 2004. He enjoys sharing and teaching anything related to history to students of all ages. Brett is actively involved with the Frisco Heritage Association.

Aaron West has been a professional musician since he was fifteen years old. He has performed with jazz and pop legends such as Arturo Sandoval, Brian Wilson, Norah Jones, and the Glenn Miller Orchestra. He released his first solo album in 2007, titled *Colors and Angles*. He has taught courses related to Western art music and American popular music at Collin College since 2011.

The post war economic boom created a new consumer culture that resulted in a remarkable increase in teenagers’ buying power. These newly affluent teens created a youth movement that gave rise to rock & roll!

03/14  **Property Protection, Personal Safety and Identity Theft Prevention**  
Officer Mark Dawson-Plano Police Department  
2:30-4:00 p.m.  Room 122 -CYC  

Officer Mark Dawson began his law enforcement career, January 1st, 1981 when he was hired by the Young County Sheriff's Department in Graham, Texas where he served as a Deputy Sherriff for six months. He was then hired by the Graham Texas Police Department in mid-1981 and served the citizens for 5 ½ years.

Mark started his law enforcement career in Plano in 1986, serving in many capacities, Patrol Officer, hiring police recruits in the Professional Standards Department, and finally in the Crime Prevention Unit. He has given thousands of presentations teaching valuable information to citizens about crime prevention.
03/21  *The Evolution of Cancer Research over the Last Decade*

Dr. Nicole Grose  
2:30-3:30 p.m.  Room 122-CYC  

**Dr. Nicole Grose** has taught Anatomy & Physiology at Collin College since 2008. She has a Ph.D. in Quantitative Biology from UTA. Dr. Grose was diagnosed with chronic myelogenic leukemia in 2017. This diagnosis led her on a discovery of why and how chemotherapies of today are kinder, gentler to the body, and have much higher survival rates. Dr. Grose will talk about how today’s chemotherapy drugs work and why survival rates are higher.

4/12  *The Geology of Texas Geography and History*

Paul Dolliver  
11-12:30 p.m.  Room 122-CYC  

**Paul Dolliver** is a semi-retired professional geologist, aspiring naturalist, and lifelong reader. He has led book discussion groups, “Great” and otherwise, for 30 years. He currently teaches geology courses at Collin College and Hill College.  
Mr. Dolliver will conduct a tour of Texas landscapes to illustrate how geology determines geography, which in turn has shaped Texas history.
Collin College SAIL Campus Locations

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

SAIL Course Schedule can be found at the Information Desk in the lobby at Collin Higher Education Center (CHEC).

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

Classes will be listed on the television monitors on each floor near the elevators at the Courtyard Center (CYC).

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

SAIL Course Schedule can be found at the Information Desk In Lawler Hall (LH).

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

Driving Directions

From the North:
Take US-75 (Central Expressway) South.
Take the El Dorado Exit.
Turn left (east) onto El Dorado.
Turn right onto Medical Center Drive, which is the first light after US-75.
Turn right onto the service road at Spur 399 intersection.
Entrances are the first two on the right.

From the South:
Take US-75 (Central Expressway) North.
Exit 38B (Medical Center Drive) and follow the blue H (hospital) signs to Medical Center Drive.
Take the turn-around under the freeway or left turn at the Medical Center Drive intersection.
Entrances are the first two on the right.

From the East:
Take Highway 380 West Turn left, heading South on Highway 5/North McDonald Street.
Take the Medical Center Drive exit.
Entrances are on the right just past the Medical Center Drive intersection.

From the West:
Take Sam Rayburn Tollway (TX Highway 121) East.
Exit at Medical Center Drive.
Take the turn-around under the freeway at the Medical Center Drive intersection.
Entrances are the first two on the right.

There is ample parking in the 5-level parking garage.
Thank you for participating in the SAIL Program!

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

SAIL is an educational program for individuals 55 years of age or older under the sponsorship of Collin College Continuing Education.