



Providing exceptional lifelong learning for 29 years!

# FALL 2025 Schedule



[www.collin.edu/sail](http://www.collin.edu/sail)



[sail@collin.edu](mailto:sail@collin.edu)



972.985.3788/3789

Courtyard Center  
4800 Preston Park Blvd  
Plano, TX 75093

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



## Welcome to SAIL!

Whether you're joining us for the first time or returning for another exciting semester, we're thrilled to have you with us! Our outstanding instructors and guest speakers have curated a dynamic, thought-provoking schedule designed to challenge your mind and spark your curiosity while having fun.

We're excited to announce that the SAIL office has returned to the Courtyard Center in Plano. We'll kick off the fall semester with a special series featuring an exceptional group of physicians from Baylor Scott & White.

SAIL (Scholars Active in Learning) began its journey in Fall 1996 under the sponsorship of Collin College and has been a vibrant part of our lifelong learning community ever since. We offer fall, spring, and summer terms—each packed with fresh topics to explore, meaningful discussions to engage in, and plenty of opportunities to connect with fellow learners.

We can't wait to learn with you this semester!

### Who Can Join SAIL?

SAIL classes are open to all members age 55 and older who have a passion for learning!

Did you know that anyone who meets the age requirement can take SAIL classes from *anywhere in the world*? That's right—your friends and family don't need to live nearby to participate. Encourage them to check out the Fall schedule and join in the fun. Let's help others discover the joy of learning and "SAIL" with us!

### Fall Schedule Highlights

This semester features a great mix of **on-campus classes** and **online courses**. Each course listing will indicate how it's being delivered, so you can plan accordingly.

If you prefer a printed copy of the schedule, stop by the SAIL office at Courtyard Center—we're happy to provide one (and we'd love to say hello!).

### Online Learning Details


If you've registered for an online class, you'll receive an email with your course link a few days before it begins. These links are usually recurring, so be sure to save them somewhere easily accessible for the duration of the course.

### Meet Your SAIL Advisory Council

SAIL is supported by a dedicated Advisory Council that meets throughout the year to offer insight, suggestions, and feedback. Their guidance helps us continually improve our programs and enrich your learning experience. If you see a council member around, be sure to say hello—they'd love to hear from you!

### Have Questions?

We're here to help!

 Call: 972.985.3788 / 972.985.3789

 Email: [sail@collin.edu](mailto:sail@collin.edu)

We hope you enjoy your classes this semester—happy learning!

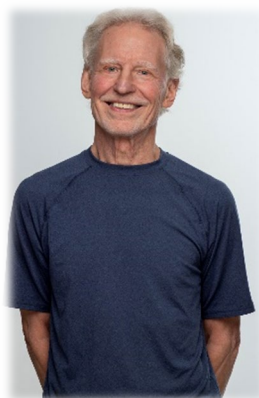


# SAIL ADVISORY COUNCIL

## 2024-2026



The SAIL Advisory Council works with Collin College's Program Director to advise, recommend, and review program courses and procedures and is an integral part of future program planning and implementation to ensure continued quality of the program.



**Row 1** John Byers – Continuing Education Director

**Row 1** Anita James – SAIL student

**Row 1** Paul Dolliver – SAIL instructor

**Row 1** Dr. Toni Jenkins – SAIL student

**Row 3** Dr. Nicole Grose – SAIL Advisor

**Row 2** Greg Indelicato – SAIL instructor

**Row 2** Clay Youngblood – SAIL student

**Row 2** Dr. Herb Weinstein – SAIL instructor

**Row 2** Dr. Claire Robertson – SAIL instructor

**Row 3** Sherry Scamardo – Program Director



## FALL 2025 REGISTRATION INFORMATION

Membership Cost for Fall courses	\$115.00
Number of Courses I Can Take	On campus classes: <b>8</b> Online classes: <b>Unlimited</b> (Bonus courses don't count against your 8!)
When Does Registration Begin?	<b>September 2 (Tuesday) *Registration is open all semester!</b>
When does the Fall Semester Begin and End?	<b>September 15 – December 16</b>
How Do I Sign Up?	<a href="http://www.collin.edu/sail">www.collin.edu/sail</a> and click REGISTER HERE

**Need assistance getting registered? Contact the SAIL office at 972.985.3788/3789 or email us at [sail@collin.edu](mailto:sail@collin.edu)**

**We are here to help!**

Please note that classes are filled on a first come basis.

*We occasionally use photos of SAIL classes on our website and Facebook sites. Please let us know if you would like to opt out of your photo being used.*

SAIL classes are not eligible for the Texas resident 65 and older tuition exemption.

Please note that once the semester starts, there are no refunds on SAIL membership costs.





# ART

## Introduction to Watercolor

In this beginner watercolor class, we will cover a variety of the basics to get started. [The full course syllabus can be found at the back of the schedule.](#)

Class 1: Introduction to Watercolor & Materials

Class 2: Value, Light & Shadows

Class 3: Painting Simple Still Life

Class 4: Painting Landscapes – Skies & Water

**Student Limit: 12 (syllabus and supplies back of schedule)**

Wed.	9/17-10/8	1:30-3 pm	Campus: CYC
Instructor: Rani Verma			Sessions: 4

**Rani Verma** is a professional artist renowned for her passion in both creating and imparting artistic knowledge. As the founder of her own studio, Rani has dedicated herself to nurturing the creative spirits of both children and adults. Her interests extend to all mediums of art: oil, watercolor, acrylics, and charcoal.

## Gustave Caillebotte: Impressionist Painter and Collector

Gustave Caillebotte (1848-1894) is an often-overlooked member of the group of artists known as the Impressionists, yet he was a friend, supporter, and discerning collector of their works, organizer and participant in their independent exhibitions, and an important painter of modern life and leisure in his own right. The donation of his collection to the French state now forms the core of the impressionist works at the Musee d'Orsay, Paris.

Thur.	9/25-10/16	1:30-3 pm	Campus: CYC
Instructor: Lane Banks (New Instructor)			Sessions: 4

## The Art and Life of Georgia O'Keeffe

Georgia O'Keeffe is a pivotal figure in 20<sup>th</sup> century American art. Her enlarged images of flowers, animal bones and the New Mexican desert where she lived are icons of modernist painting. This course will explore her early charcoal drawings made while living and teaching art in Texas. Through to her late large-scale abstractions of clouds and the door of her Abiquiu house, we will explore her technique and discuss her marriage to photographer and gallerist Alfred Stieglitz.

Thur.	10/30-11/20	1:30-3 pm	Campus: CYC
Instructor: Lane Banks			Sessions: 4

**Lane Banks** is an artist and art historian teaching courses on the history of modern art and contemporary art. He taught in the CAPE Department (Continuing and Professional Education) at SMU for 20 years and has been a docent at the Dallas Museum of Art and Nasher Sculpture Center. He continues to lead gallery talks at the DMA and lives in Dallas.



## ART (CONT.)

### Myth and Marble: Ancient Roman Sculpture from the Torlonia Collection (ONLINE)

In this three-session online class, we will discuss a new exhibit at the Kimbell Museum of Art, *Ancient Roman Sculpture from the Torlonia Collection*. Many of these important relics have never left the Italian Capital but have now come to the United States. We will begin by discussing the history of the Villa Torlonia and the Jewish catacombs beneath the residence. Then we will discuss the collection itself: portraits, funerary, arts, and gods and goddesses.

Be sure to attend the last class to get important details and information about the Ancient Roman Sculpture Exhibit from the Torlonia Collection at the Kimbell!

The exhibit is open to the public September 14, 2025 – January 25, 2026, Contact the Kimbell Museum of Art for additional information. <https://kimbellart.org/art-architecture/exhibitions>

Tue. 10/7-10/21

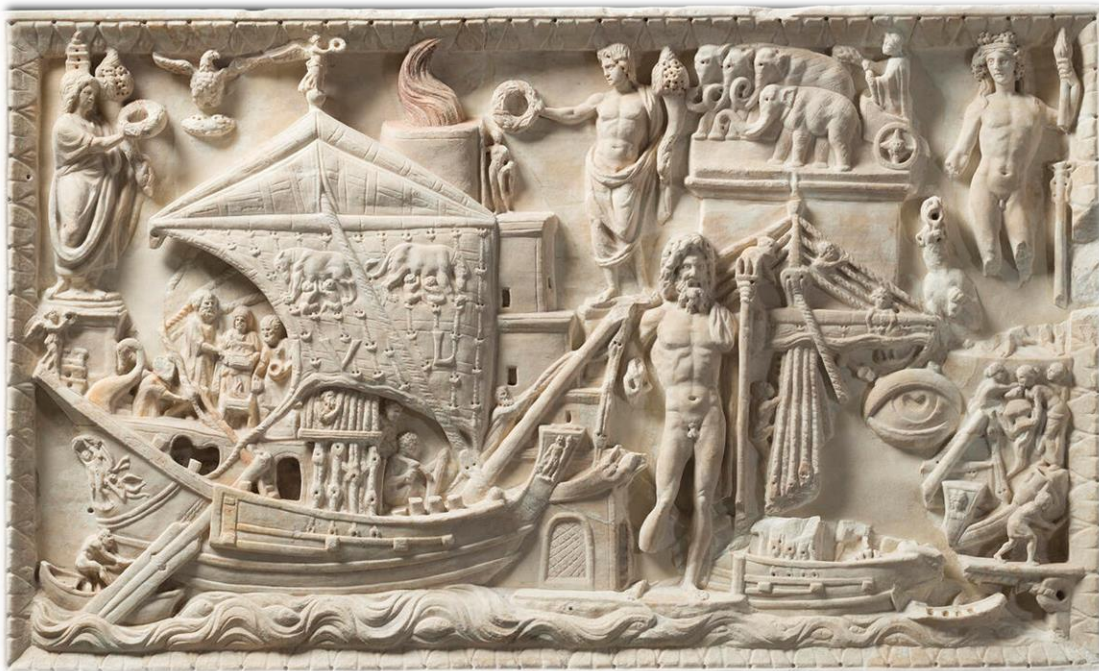
10:30 am-noon

Campus: **ONLINE**

Instructor: Dr. Clair Robertson

Sessions : 3

**Dr. Clair Robertson** earned her B.A. from The University of Texas Arlington, her M.A. from Texas Christian University, and a Ph.D. from University of Kansas in art history. She specializes in the 19<sup>th</sup>-century American art, Italian Renaissance art, and 19<sup>th</sup>-century French painting. Dr. Robertson wrote her dissertation on portraitist Thomas Hicks and celebrity culture in mid-19<sup>th</sup> century New York. When not wandering about museums or studying art, Dr. Robertson enjoys hanging out with her two cow dogs, Hank and Charlie, who are named after country music legends Hank Williams and Charlie Daniels.



## BONUS CLASS

### Calm, Clear, and Reset

Oh joy, it's the holidays! Meant for joyfulness and togetherness, the reality is this time of year often includes stress, anxiety, loneliness, and leaves us feeling overwhelmed. Many of us go from busily shopping to attending various activities or, conversely, we tend to self-isolate. Either way drains our energy.

How about we "press pause" and come together with a shared goal to relax and reset? A potent remedy! Join us as we explore self-care tools for calming, remaining grounded whether with others or alone, and conclude with a grateful heart guided meditation.

Wed. 11/12

11 am-12:15 pm

Campus: CYC

Instructor: Laura Sarna

Sessions: 1

**Laura Sarna** is a partner, teacher, and certified energy balancing practitioner at *"For The Love of Healing."* She has and readily shares a genuine tending to self-growth, showing a path by example. Laura views life through the lens of laughter sprinkled with compassion and love and brings that energy to her classes.

### Hatshepsut, The Female Pharaoh

Daughter of a pharaoh and sister and wife to another pharaoh, Hatshepsut used her positions and more importantly, her abilities, to assume the throne of Egypt in her own right. Through religious rituals, support of temples, military campaigns and a building program, Hatshepsut proved her right to rule Egypt as its pharaoh for over 14 years.

The presentation concludes by looking at Egypt today and seeing what would be familiar to Hatshepsut and what would be new and strange.

Wed. 11/12

1:30-2:30 pm

Campus: CYC

Instructor: Karen Marcotte

Sessions: 1

**Karen Marcotte** is a retired Professor Emerita in History and Humanities and taught for 40 years in the Alamo Community College District (ACCD) in San Antonio. Her last 30 years were at Palo Alto College in ACCD where she was a founding member. During those years she chaired the Social Sciences Department, developed and taught curriculum for the majority of the History and Humanities classes. She and her husband are avid travelers and have recently relocated to McKinney to be closer to family.

### Joint Fuel: Powering Your Movement (ONLINE)

The muscles, bones and joints are working together, allowing the body's movements. In this presentation, we will describe major joints and their movements and discuss nutrition for healthy joints.

Fri. 10/31

2:30-3:30 pm

ONLINE

Instructors: Dr. Amira Albalancy-Dr. Shiva Davanloo

Sessions: 1

**Amira Shaham-Albalancy** Ph.D., studied in the Animal Sciences Department of the Faculty of Agriculture at the Hebrew University of Jerusalem. Dr. Albalancy moved to Texas from Israel in 2001 and started teaching at Collin College as associate faculty in 2004. She became a full-time faculty member for Collin College in 2006 and teaches Human Anatomy and Physiology classes for science and non-science majors.

**Shiva Davanloo** has a Ph.D. in Nutrition Sciences from Texas Woman's University and has been teaching nutrition courses, both undergraduate and graduate for over 20 years during which she supervised different thesis and dissertations, practiced dietetics, and has worked as the chair for the Clinical Nutrition department at her previous workplace. She has been a full-time professor with Collin College for the past 15 years.



## BONUS CLASS (CONT.)

### Manuscripts and Materiality: The Textual Remains of Emily Dickinson and Walt Whitman (ONLINE)

We cannot talk about nineteenth-century American poetry without mentioning Emily Dickinson and Walt Whitman. Though they pursued very different artistic goals, both were writing during a pivotal time in American history. While many of us are familiar with some of their most famous poems, we can gain a deeper understanding of them as individuals and artists by examining the manuscripts and physical materials they left behind. Dickinson carefully curated her unpublished poetry, sewing it by hand into small booklets and leaving them for loved ones to find after her death. Walt Whitman, on the other hand, wrote for large public audiences and painstakingly revised and republished his poems throughout his life, but many of his earliest drafts survive on the backs of envelopes and scraps of stationery. Join us as we trace the material remains that reveal how poetry moved from the imagination to manuscript in the hands of two of America's most iconic poets!

Wed. 9/24

3-4 pm

ONLINE

Instructor: Dr. Scott Cheney

Sessions: 1

**Scott Cheney** received his Ph.D. in Modern Literature and Culture from Loyola University Chicago in 2014, where he studied composition theory, twentieth-century poetry, and African American literature. His interest in poetry and textual studies led to his dissertation, titled "Anthologizing Modernism: New Verse Anthologies, 1913-53." He started teaching full-time at Collin College in 2012, and in the Fall 2021 semester, he began teaching fully online for Collin College's new virtual campus: iCollin. Scott enjoys trail running, backpacking, and camping with his family.

### Myth Busting Medicare (\*Bring a Friend)

Confused over Medicare? Whether you are new to Medicare and turning 65 or have been on Medicare for years, Medicare is always a confusing topic. What if you don't retire at the age of 65? What if I want to change my current Medicare plan? There are quite a few myths around Medicare that we are going to bust. We will teach you how to avoid penalties, understand how and when to choose your plan and know the options for changing your current plan. After this 2-week class, you will no longer be confused over Medicare.

\*Please contact the SAIL office if you plan on bringing a friend so we can add them to the roster!

Tue. 10/7 & 10/14

1:30-3 pm

Campus: CYC

Instructors: Sheri Wilson/Mike Wilson

Sessions: 2

(\*Please contact the SAIL office if you will be bringing a friend!)

**Sheri Wilson**, CRPC® (Chartered Retirement Planning Counselor), and **Mike Wilson**, are licensed and certified Medicare Agents with 20 years of combined experience as a mother and son team working together in the insurance and financial services industries. Educating others is their focus by empowering people to understand Medicare options so they make the best decision for their health care needs.





## BONUS CLASS (CONT.)

### Oh Poo! The Great Stench of Victorian London!

When we think of Victorian London we think of gentlemen in top hats, horse drawn carriages, ladies in bustles, and Christmas trees. In general, we don't think about the factories with steam engines, children in mine shafts, or whole communities dying of cholera. While life was changing at an alarming rate, the London Sewer system may have had the greatest impact on the health of this great city. Stand by for city planning, plumbing designs, and potty jokes...

Mon. 11/3 1:30-2:30 pm Campus: CYC  
Instructor: Judy Algar Sessions: 1

Judy Algar is a Retired Occupational Therapist with an MA in English. The therapist in her will always notice activities of daily living so when she read Victorian Literature, the difficulties of existence in Victorian London fascinated her. Her Master's thesis included information on the initial production of English porcelain.

### What's Really Real? Reading Plato's Allegory of the Cave

What do we mean when we say that something is 'real'? And how would we know if we were right? Plato's famous allegory about prisoners trapped in a cave, knowing only the shadows of things and failing to understand the truth about themselves or their world, is a classic exploration of this very question. In many ways, Plato's allegory and the questions it raises about truth and reality continue to be as relevant and urgent today as they've ever been."

Thur. 11/6 2:30-3:30 pm Campus: CYC  
Instructor: Dr. Adam Miller Sessions: 1

**Adam Miller** has been a professor of philosophy at Collin College's McKinney campus since 2005. He earned a BA in Comparative Literature from Brigham Young University and an MA and PhD in Philosophy from Villanova University. He's published more than 10 books in contemporary philosophy and philosophy of religion. He and his wife, Gwen, have three children.



## DISCUSSION

### Behind the News

This course provides analysis, background, and an explanation about the news of the day. Our approach to issues is to articulate and assess arguments on all sides, separating fact from fiction, good reasoning from bad.

Thur. 9/25-10/16

11 am-12:30 pm

Campus: **Frisco Room L243**

Instructor: Bruce Eisen

Sessions: 4

**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.

### The Evolving Geo-Politics of the Middle East

Since October 2023, the Middle East has experienced a series of dramatic developments: Hamas's surprise attack on Israel, Israel's forceful military retaliation, the weakening of Iran and its regional proxies, and the collapse of the Assad regime in Syria. Added to this is the distinct approach of the Trump administration, which has engaged with the region through an unprecedentedly transactional lens, diverging sharply from its predecessors. This lecture examines the potential contours of a new regional order emerging from these seismic shifts.

Fri. 11/21

1:30-2:30 pm

Campus: CYC

Instructor: Dr. Lishan Desta

Sessions: 1

**Lishan Desta**, Ph.D., earned a doctorate in political science from the University of Texas Dallas. Currently, he is full-time faculty at Collin College McKinney Campus teaching Economics. He has lived on three continents and teaches from his varied academic and life background. As an avid reader and researcher on world affairs, his publications include articles on world security and Middle East affairs.

### Third Parties in American Politics

We usually think of American politics in terms of the big two parties, but America has had numerous third parties as well. This course will examine several third-party political movements ranging from 1832-1932 including, but not limited to, The Anti-Masonic Party, The Progressive Party, and The Socialist Party.

Fri. 10/3 & 10/10

10-11 am

Campus: CYC

Instructor: Dr. Christopher Redgraves

Sessions: 2

**Dr. Redgraves** has been teaching history for 10 years, five of which have been with Collin College. His focus is on American history with an emphasis on African American soldiers. He started teaching for the SAIL program two years ago and enjoys sharing his love of history with the SAIL students and having great interactive exchanges with the students.



## GUEST SPEAKERS

### Baylor, Scott & White Lecture Series

The Baylor Scott & White team is excited to launch the fall semester with four days of dynamic, focused lectures. Each session is designed to be concise yet impactful, concluding with a Q&A to deepen your understanding.

**Students can register for any single day (a.m. & p.m.) or the entire four-day (a.m. & p.m.) series.** If you sign up for a session, it includes the a.m. AND p.m. lecture. Given the anticipated popularity, we encourage you to register early to guarantee your spot!

**All guest speaker lectures will take place at the Courtyard Center.**

\*Guest Lecturers are free as a paid SAIL member!

<b>Sess. 1</b>	Mon.	9/15	11:30am-noon	Dr. David Rawitscher	<i>Cardiovascular Disease: Am I at Risk?</i>
<b>Sess. 1</b>	Mon.	9/15	1-1:30 pm	Dr. Sati Patel	<i>Diabetes and Heart Disease: Breaking the Dangerous Link</i>
<b>Sess. 2</b>	Tue.	9/16	11:30am-noon	Dr. Rahul Chhana	<i>Know Your Numbers: Understanding Blood Pressure, Cholesterol, and Heart Disease</i>
<b>Sess. 2</b>	Tue.	9/16	1-1:30 pm	Dr. Thuy Pham Ryan	<i>Heart Attack vs. Cardiac Arrest: Know the Signs, Save a Life</i>
<b>Sess. 3</b>	Wed.	9/17	11:30am-noon	Dr. Marc Shalek	<i>Atrial Fibrillation Explained: What is It and When to Worry</i>
<b>Sess. 3</b>	Wed.	9/17	1-1:30 pm	Dr. Rajiv Parmar	<i>Exercise and the Heart: How Much is Enough?</i>
<b>Sess. 4</b>	Thur.	9/18	11:30am-noon	Dr. Youssef Yacoub	<i>Lifestyle for a Healthy Heart: Things to Avoid</i>
<b>Sess. 4</b>	Thur.	9/18	1-1:30 pm	Dr. Nisha Raiker	<i>What is Your Heart Risk? How to Know and What to Do About It</i>



**Baylor Scott & White**  
**THE HEART HOSPITAL MEDICAL GROUP**

*Joint ownership with physicians*



## GUEST SPEAKERS (CONT)

### Echoes of the Eighties: Politics, Culture, and Music and Their Influence on Today – PART 2

This presentation explores the political and cultural landscape of the 1980s, examining key events, movements, and societal shifts that defined the era. It delves into how these elements have left a lasting imprint on contemporary politics, social norms, and cultural trends. Join us as we uncover the connections between past and present, offering insights into the enduring legacy of this transformative decade. Brett and Aaron presented Part I of this presentation in the Spring.

Wed. 10/15 2:30-3:30 pm Campus: CYC  
Guest Speakers: Brett Adams & Dr. Aaron West Sessions: 1

**Professor Brett Adams** has a Master's Degree from the University of Tulsa and is quite a history enthusiast!

**Dr. Aaron West** graduated from the University of North Texas with a degree in music history. He's particularly interested in jazz, pop, and rock genres.

Both are professors at Collin College and have been long time presenters for the SAIL program!

### High Points: Peak Views of North American Geology

Mr. Dolliver will share views of North American geology from the summits of several U.S. states. He has recently returned from an expedition to Mt. Sunflower, the highest point in Kansas, with new data and insights. Inspiration for this lecture comes from *Highpoints of the United States: A Guide to the Fifty State Summits* by Don W. Holmes (2000).

Wed. 10/8 10:30am-noon Campus: CYC  
Guest Speaker: Paul Dolliver Sessions: 1

**Paul Dolliver** earned degrees in History and Geology from Baylor University and pursued graduate studies in History of Science at Harvard University. He is a geologist, college instructor, reader, walker, and Texas Master Naturalist. For 37 years, Paul mapped the subsurface geology of North America. Paul has been involved with SAIL for several years and has facilitated discussion groups for over 35 years. He currently teaches Oceanography at Collin College.





## HEALTH/LIFESTYLE/TRAVEL

### Adding to Your Family Tree

Ok, now you've started your family tree and want to know how to proceed. In our first class, you will learn some basic research skills on how to add and/or correct information in your tree. We will also touch on how to add documentation by organizing and storing various sources such as documents, photos, records and media. There is a phrase "family history without sources is mythology" is important to understand that genealogy needs to have proper documentation to make it accurate.

In our second class, we will touch on how A.I. is speeding along family history research. We will learn to use "Full-Text Search" and Family Search Research Wiki"

Tue. 11/4 & 11/11

1:30-3 pm

Campus: **WYLIE WCC 212**

Instructor: Charlotte Ingle

Sessions: 2

<https://www.collin.edu/campuses/wylie/>

**\*STUDENTS NEED TO HAVE A FAMILY SEARCH ACCOUNT SET UP AND BE ABLE TO LOGIN IN BEFORE YOU COME TO CLASS!**

<https://www.familysearch.org/en/register/>

**Charlotte Ingle** has been doing family history research for over 40 years, progressing from perusing court houses, cemeteries, writing letters and waiting for responses to find records without leaving home. With A.I., millions of new records are becoming available every month.

### Discover the Spanish Speaking World: Language and Culture

Learn basic, everyday Spanish phrases and explore the rich traditions, cuisine, art, music, and celebrations of Spanish speaking countries in this interactive three-session course. Whether you are planning a trip or are simply curious about new cultures, this class offers an enjoyable blend of language and cultural discovery. Just bring your curiosity and sense of adventure!

Wed. 10/22-11/5

3:30-4:30 pm

CYC

Instructor: Dulce DeCastro (New instructor)

Sessions: 3

**Dulce DeCastro** is a professor of world languages at Collin College, where she has taught Spanish, French, Russian, and literature. She is a lifelong language learner and avid traveler who enjoys sharing her love of languages and cultures.

### Estate Planning – Common Mistakes and Misconceptions (ONLINE)

In this course, we will learn basic estate planning, including important questions you must ask. We will learn about common mistakes that are made so you don't make them! We will also explore the myths and misconceptions that many people have. Finally, we will discuss missed opportunities in estate planning.

Tue. 9/23 & 9/30

1-2 pm

**ONLINE**



Instructor: Candace Vogt

Sessions: 2

**Candace Vogt** graduated from Auburn University and Vanderbilt University, School of Law. She has practiced and is licensed in both Alabama and Texas. She also taught law school in Alabama for three years as an Assistant Professor, concentrating in Estate Planning, Estate Tax, Real Estate and Elder Law. She has been a partner with a major Alabama law firm and is now a partner at Vogt Law Group in McKinney. She practices mainly in the areas of estate planning, real estate, and small business management.



## HEALTH/LIFESTYLE/TRAVEL (CONT)

### To Keep or Not to Keep – That is the Question! (ONLINE)

In this engaging online discussion, participants will explore the emotional and practical benefits of decluttering their living spaces. As we age, the accumulation of belongings can become overwhelming, and the prospect of leaving these responsibilities to loved ones can add unnecessary stress. This course will guide seniors through a thoughtful and compassionate approach to sorting through possessions, encouraging participants to reflect on the memories associated with their items while empowering them to make decisions that prioritize their current needs and future ease.

Through interactive conversations, practical exercises, and expert tips, students will learn effective strategies for assessing what to keep, donate, or discard. The course will also cover topics such as organization techniques, how to create a meaningful minimalist space, and the emotional aspects of letting go. By the end of the program, participants will not only have a clearer understanding of their belongings but will also feel lighter and more liberated, knowing that their thoughtful decisions will reduce future burdens on family members. Join us on this journey to declutter and reclaim your space for a more peaceful, joyful life!

Mon. 11/24 & 12/1

11am-12:30 pm

ONLINE

Instructor: Kira Rodenbush

Sessions: 2

**Kira Rodenbush** is a home and health consultant who helps clients get real about their stuff, their habits, and how to create a routine that brings results. With 25+ years as a professional home organizer and 20 years as a massage therapist, Kira discusses the overlap between our bodies and our belongings on her podcast, *"What's Up with Your Stuff? Conversations on the Consequences of Clutter"*.

### Touring Canada

See our neighboring Canada in three PowerPoint journeys with Mary Williams.

1. Visit Vancouver and surrounding area of coast, islands, Victoria and Bchart Gardens
2. Enjoy the Eastern cities: Niagara Falls, Toronto, Thousand Islands, Ottawa, Montreal, and Quebec City
3. Move on to the Maritimes, mostly Nova Scotia with a dip into Prince Edward Island and New Brunswick.

Mon. 9/22-10/6

11 am-noon

Campus: CYC

Instructor: Mary Williams

Sessions: 3

**Mary Williams** was raised in Wisconsin and received her Bachelor of Music degree from the University of Michigan. She moved to Texas in 1959 to teach music and art in D.I.S.D. and piano at home. She received her M.B.A. in 1980, then worked in business developing training programs for companies. Since her retirement in 1999, Mary has been an active member of music and peace organizations, a volunteer, student, traveler, and host for foreign visitors. She enjoys photography, learning new things, gardening, reading, speaking, and presenting programs on her travels.



# HISTORY

## A Partisan Cold War?

What happened to the days of bipartisanship in America? In the 2020s, Democrats hate Republicans and Republicans hate Democrats. Based on Julian E. Zelizer's book, *In Defense of Partisanship*, this course will look at how we got into this Partisan Cold War, where the Partisan Cold War stands today, and what the future might look like. Will there be a thaw in our future?

Tue. 10/7-10/21 2:30-3:30 pm Campus: CYC  
Instructor: Dr. Michael McConachie Sessions : 3

**Dr. Michael McConachie** earned his master's and Ph.D. in Political Science from the University of Missouri-Columbia. He has been teaching government at Collin College since 2004. His areas of interest include the American-Presidency and Texas politics and government.

## A Seminar on the JFK Assassination: History, Controversy, and Legacy

This advanced seminar offers an in-depth exploration of the assassination of President John F. Kennedy on November 22, 1963—one of the most pivotal and scrutinized events in American history. Students will critically examine the official record, including the Warren Commission and the House Select Committee on Assassinations, while also engaging with journalistic accounts, declassified documents, eyewitness testimonies, and alternative theories.

Topics include the political climate of the early 1960s, Lee Harvey Oswald's background and motivations, the role of U.S. intelligence agencies, security failures, media coverage, and the cultural impact of the assassination. Emphasis will be placed on historical analysis, critical thinking, and the evaluation of primary and secondary sources. The course also considers the assassination's enduring effect on public trust, conspiracy culture, and American political discourse.

Fri. 11/7 & 11/14 3-4:30 pm Campus: CYC  
Instructor: Dr. John Williams Sessions: 2

**Dr. John P. Williams** is a full-time Professor at Collin Colleges McKinney Campus. Prior to his teaching career, he worked in the corporate world as an information analyst and served in the United State Marine Corps. Dr. Williams's educational background includes an A.A. degree in Paralegal Studies, a B.A. degree in History, an M.A. in Teaching, and a master's in liberal arts. He recently finished his Ph.D. at the University of Texas at Dallas in 2020, which focused on Immigration to America, the First World War and the Lost Generation, and Nazi Germany and Holocaust. Currently, he is working on his first book and hopes to have it published in the near future.

## I Spy – U. S. History (ONLINE)

This course will cover spies involved in the American Revolution, the Louisiana Purchase, Civil War, and World War II. We will discuss the importance of espionage during the wars and tactics used. Men, women and children were utilized where needed and most spies were civilians. If you were an informant, you risked being captured, imprisoned, tortured or even executed.

Mon. 11/10-11/24 2-3:30 pm **ONLINE**  
Instructor: Monica Cubberly Sessions: 3

**Professor Monica Cubberly** has a master's degree from the University of Texas at San Antonio and is currently a full-time faculty member on the McKinney Campus of Collin College. She has also taught part-time at Rockwall, Frisco, and Plano Campuses while working as a full-time public-school educator. History is her passion, and she enjoys sharing what she considers to be the most interesting information the past has to offer.



## ***HISTORY (CONT.)***

### **“Lesser” Stories of American History: The “Second” Frontier**

In 1763, a British proclamation restricted colonists from settling beyond the Appalachian Mountains and required “removal” from these territories. Western expansion had already lured settlers who were determined to stay, and the end of the American Revolution spurred a flood of movement to the “second” American frontier. These “lesser” stories of American history reveal the pattern for wave after wave of frontier settlement.

(Note: Some films may not have closed captions available.)

Thur.	10/2-10/23	11 am-12:30 pm	Campus: CYC
Instructor: Dr. Janet Harris			Sessions: 4

**Janet Harris** has taught literature and writing for over 25 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 and also advised SMU graduate students in completing theses and dissertations. She has retired several times, the first from UT-Dallas.

### **Make Love, Not War: America in Turmoil, The 1960s**

The sixties was a decade that shook America to its core. From the jungles of Vietnam to the streets of Chicago, the nation found itself at a boiling point. This course explores the dramatic events of that watershed decade—examining the Vietnam War, the rise of the anti-war movement, the counterculture and hippie phenomenon, and the explosive 1968 presidential election.

Fri.	10/24-11/14	10:30-11:45 am	Campus: CYC
Instructor: Joe Jaynes (New instructor)			Sessions: 4

**Joe Jaynes** has been a professor of history at Collin College since the fall of 1986. He also served four terms as county commissioner from 1996-2012. Joe's area of studies in history are the American Revolution, the 1960s, and the presidency. Currently, Joe is teaching at Collin's Technical Campus where his students are Allen High School juniors who are in Collin's dual credit program. Many of these students will be sophomores in college by the time they graduate from high school.

### **Nobody Licks Stamps Anymore, and Here's What They're Missing**

Woe is me! Nobody writes letters or uses postage stamps anymore. And it's a shame. Postage stamps have been telling the stories of our world since 1840. You would be hard-pressed to find a dynamic person, place or event that has not already appeared on stamps. Just ask Albert Einstein, Queen Victoria, Salvador Dali, Ted Williams, President Millard Fillmore, Johnny Appleseed, Elvis Presley or Marilyn Monroe. Stamps have portrayed Icelandic volcanoes, bald eagles, rocket ships, sports heroes and heroines, great architecture and the Rocky Mountains. In this tell-all class, we'll explore the secrets of these petite picturesque, perforated powerhouses. There's more than meets the eye, so join us and experience the whole world one square inch at a time!

Tue.	12/9 & 12/16	10-11:30 am	Campus: CYC
Instructor: Don Wolman			Sessions: 2

**Don Wolman** is a teacher, world traveler and writer. He teaches classes in world geography, travel, history, and science. Don holds a bachelor's degree in engineering from M.I.T. and a master's degree in physics from Tufts University. He is a strong proponent of collaborative lifelong learning and volunteers as a speaker/presenter around the DFW area.

### **Two Tall Texans: Sam Houston and O. Henry (Seriously)**

It's hard to imagine two more contrasting Texans than Sam Houston and O. Henry. The only thing they had in common is they got here as quickly as they could. Sam Houston arrived as the Texas independence movement was gathering steam. He rose to prominence as a military general, president, senator and governor of Texas. He opposed secession from the Union and was shunned by a Confederate-leaning Texas. What about William Sydney Porter, pen name O. Henry, that good old Texas boy? Yep, before becoming one of the most popular American writers, he spent 16 years in Texas (not all of them terribly legal) developing his witty storytelling skills before moving on to New York. His Texas exploits included cattle ranching, banking, technical drawing, publishing and a prison sentence. We'll learn how he drew ideas and inspiration from the landscapes and characters of the Lone Star State.

Tue.	12/9 & 12/16	12:30-2 pm	Campus: CYC
Instructor: Don Wolman			Sessions: 2

(see bio above)



## HISTORY (CONT.)

### Parallel Lives of Abraham Lincoln and Frederick Douglass (ONLINE)

For Abraham Lincoln it was a matter of maximizing within himself the balance between two contradictory ideas – (1) that we must talk and reach for common understandings or (2) at times we must act nonetheless, as if we are certain.

For Frederick Douglass he felt that the best he could do in the face of our history was to remind himself that it has not always been the pragmatist, the voice of reason, or the force of compromise that has created the conditions for liberty. He recognized that power would concede nothing without a fight.

Tue. 10/7-10/28

11 am-12:45 pm

ONLINE

Instructor: Dr. Herb Weinstein

Sessions: 4

**Herbert Weinstein**, Ph.D. received his B.S. from Tufts University and a Ph.D. and Sloan Postdoctoral Fellowship at Princeton University in Chemical Engineering. After a 32-year career in industry and as a private consultant doing oilfield research, adjunct teaching at colleges and private tutoring, he chose to enter secondary education. Herb taught math at all levels and fundamentals of computer programming at Yavneh Academy, The Hockaday School and Parish Episcopal School and is now retired after 13 years of secondary education. "I did some great things in industry, but I feel that as a teacher, I have done even greater things; making a major difference in the lives of my students-students of all ages!"

### Pullman Porters and the Rise of the Black Middle Class (ONLINE)

In the 20<sup>th</sup> century, the Pullman Company became the largest employer of African American men in the United States. Porters were active in politics, business, churches, and social clubs. They worked to create the first all-Black labor union and served in leadership roles in the early Civil Rights Movement. Women were invaluable in helping to organize the Brotherhood of Sleeping Car Porters, serving as civic leaders in their own right. Porters used the rails to spread information about educational and employment opportunities in the north. With each generation, they traced their success back to the sleeping car and the men who came before them.

Thur. 11/6

10-11:30 am

ONLINE

Instructor: Melissa Johnson

Sessions: 1

**Melissa Johnson** is a full-time faculty member of the History Department at Collin College. Melissa earned her B.C. and M.A. from Texas Woman's University, specializing in 19<sup>th</sup> Century American and Industrial history. She worked for the Museum of the American Railroad for many years, where she first began researching the Pullman Company.

### The Civilian Conservation Corps: Creating Men & Monuments

The Civilian Conservation Corps (CCC) was a public work relief program that operated from 1933 to 1942 for unemployed, unmarried men for a wage of thirty dollars a month. Through the course of its nine years in operation, three million young men participated. The CCC created men and monuments during a time our nation needed both.

Tue. 11/4

11 am-noon

Campus: CYC

Instructor: Linda Baten Johnson (New Instructor)

Sessions: 1

**Linda Baten Johnson** is an avid puzzler who loves reading and writing mysteries to find out "who done it." She writes cozy novellas for Barbour, a Christian publisher. She combines her enjoyment of history and teaching by serving as a docent for the Frisco Heritage Museum and offering short classes on historical themes, writing, and novel reviews. She grew up in White Deer, TX. Linda loves history, and the discovery of an old trunk used by her brother in the CCC sparked her interest in the first of Roosevelt's programs for national recovery.



## HISTORY (CONT.)

### The Crusades – A Broader Perspective

Covering between 613 CE when Mohammad begins preaching in Mecca to 1453/1492 CE, the Fall of Byzantium and Reconquista respectively, the course will concentrate on the 200 years of conflict in the Holy Land and the various internal European crusades, including those against Orthodox areas, and why the Western basis of interest in the Holy Land changed over 500 years ago.

Mon. 11/10-11/24

11 am-12:30 pm

Campus: CYC

Instructor: Brian de la Houssaye

Sessions: 3

**Brian de la Houssaye** has been a lifelong student of history and something of a policy wonk, finding that history enlightens us by exposing the origins of our beliefs, prejudices, myths and aspirations, both individually and as people. He is retired, having spent his career in international agricultural marketing and corporate finance. Prior courses include histories of the horse, sailing and western Indians.

### The Terrible, The Great, and the Last Czar

This three-week class will provide an overview of three Russian Rulers:

*Ivan the Terrible* – Reign: 1484 - 1547 First Russian ruler to officially adopt the title of Tsar.

*Catherine the Great* – Reign: 1762 – 1796 Longest ruling female leader and one of its most effective rulers.

*Nicholas II* – Reign: 1894-1917 – The last Emperor of Russia, ending over 300 years of Romanov rule.

We will look at how reality fits in with their reputations. See you in November!

Tue. 11/4-11/18

2-3:30 pm

Campus: CYC

Instructor: Sonia Meltzer

Sessions: 3

**Sonia Meltzer** is a graduate of U.T. Dallas with a master's in interdisciplinary studies with coursework in holocaust studies, literature, history, history of criticism and aesthetics. She has been teaching SAIL students for many years covering a wide assortment of amazing and historical topics.

### “This Thing of Ours”: The History of Organized Crime in the United States (ONLINE)

“This Thing of Ours” is an account of the criminal underworld in the United States. Using World War II a case study, the class places organized crime in the broader context of American history, emphasizing the role the mob played in wartime America. Topics include the U.S. government's collaboration with mob figures regarding the gathering of critical intelligence, how organized crime adapted to wartime conditions, and its influence on labor unions, black markets, and international operations during the 1940s.

Wed. 11/5-11/19

1:30-3 pm

ONLINE

Instructor: Dr. Ryan Pettengill

Sessions: 3

**Ryan Pettengill**, Ph.D., earned a Doctor of Philosophy in American history from Michigan State University in 2009. In 2021, Dr. Pettengill began teaching at the Wylie campus with Collin College. His scholarship and research interest are based in the history of labor and working-class activism and his most recent book examines community-based activism in Detroit throughout the 1940's and 1950's. Dr. Pettengill's current research project involves the modern labor movement's involvement in human rights. He resides in the area where he and his wife are raising two wonderful children.



## LITERATURE/MUSIC/WRITING

### Great American Short Stories Discussion Group (\*See readings at back of schedule)

We will discuss five readings from *100 Years of the Best American Short Stories*, a volume of forty stories selected from more than 2000 that have been published in *The Best American Short Stories*' series. This is the longest-running and best-selling series of short fiction in the country.

Our selection includes works from 1986-93 by Richard Ford, Robert Stone, David Wong Louie, Alice Munro, and Mary Gaitskill. *100 Years of the Best American Short Stories* (2015) is edited by Lorrie Moore and Heidi Pitlor and is available online. **Five meetings: (9/16, 9/30, 10/14, 10/28, 11/11)**

Tue. 9/16-11/11 11 am-12:30pm Campus: CYC  
Instructor: Paul Dolliver Sessions: 5

**OR**

### Great American Short Stories Discussion Group (ONLINE) (\*See readings at back of schedule)

**Five meetings: (9/18, 10/2, 10/16, 10/30 & 11/13)**

Thur. 9/18-11/13 11 am-noon **ONLINE**  
Instructor: Paul Dolliver Sessions: 5

**Paul Dolliver** earned degrees in History and Geology from Baylor University and pursued graduate studies in History of Science at Harvard University. He is a geologist, college instructor, reader, walker, and Texas Master Naturalist. For 37 years, Paul mapped the subsurface geology of North America. Paul has been involved with SAIL for several years and has facilitated discussion groups for over 35 years. He currently teaches Oceanography at Collin College.

### The Secret Life of Great Classical Music

We all love music and many of us have come to love one piece of classical music or another, but what do we know about its meaning? Is it just flowing and fleeting emotions or is there more? What makes it tick? *What is the secret of classical music?* It is full of stories and meaning—always! The secrets are also in the structure of the music and in the DNA--the harmonic changes! We will explore classical masterpieces by Bach, Brahms, Beethoven, and maybe Berg. Come, see, and hear for yourself!

Wed. 10/29-11/19 11 am-12:30 pm Campus: CYC  
Instructor: Steve Lund Sessions: 4

**Steve Lund** has taught writing, literature and music classes to adults in university, community colleges, high school students, ESL students (and even prison inmates) for 42 years. His Opera Society at Lutheran High School of Dallas was featured in the Dallas Morning News. Mr. Lund has also appeared on local radio stations (The Wolf, The Ticket and i93) talking about (believe it or not!) Mozart's opera, *The Magic Flute*, and Wordsworth poem about "Tintern Abbey." He is the author of a book about the James Joyce literary archives at Southern Illinois University and a grammar book entitled *Loving Grammar: Mr. Lund's Guide to Professional Clamdigging*.

### Musicals Glory – The Words and Music

Come and enjoy all new musical productions this semester from the stage to the cinema. If you have a love of musicals or want to learn more about musicals, this is a great course for you. We will also present some great numbers found in animated films. "Hi Ho, Hi Ho, It's Off to Musicals We go!"

Wed. 10/1-10/15 12:30-2 pm Campus: CYC  
Instructor: Darrell Simmerman Sessions: 3

**Darrell Simmerman** holds a Bachelor of Science in Education from Indiana University and a Master of Arts in Teaching from Purdue University. He loves musical productions on stage and in the cinema and writes poetry, songs, and short stories. Darrell has taught at multiple universities and was the developer, manager and trainer of the Information Technology Curriculum for National Health Labs, Inc. while in Dallas.

### Writing the Cozy Mystery

Learn something new, have fun, and gain insight into how to write a cozy mystery. The five sessions of the course will include defining "cozy", creating characters, establishing a setting, plotting a story, and writing and editing your work.

Mon. 10/6-11/3 11 am-noon Campus: CYC  
Instructor: Linda Baten Johnson (see bio on page 13) Sessions: 5



## MATH/SCIENCE/TECNOLOGY

### Cutting the Cable – What are the Alternatives

Explore modern streaming services, devices, and cost-saving options. Learn how to replace cable TV while maintaining access to news, sports, and entertainment that fit your lifestyle and viewing preferences.

Thur. 9/18 1:30-3 pm Campus: CYC  
Instructor: Daphne Lee Sessions: 1

### Password Trends, Passkeys, and How to Manage Each (ONLINE)

Understand the latest in online security, including password best practices and the emerging use of passkeys. Learn simple strategies and tools to keep your online accounts safe, organized, and easily accessible.

Thur. 10/16 1:30-3 pm ONLINE  
Instructor: Daphne Lee Sessions: 1

### Are You Getting the Most Out of Your Web Browser? (ONLINE)

Discover powerful features hidden within your web browser. Learn tips for managing bookmarks, using extensions, improving privacy, and customizing your browsing experience for faster, safer, and more efficient internet use.

Thur. 11/13 1:30-3 pm ONLINE  
Instructor: Daphne Lee Sessions: 1

**Daphne Lee** teaches professionals and individuals how to use technology – mobile devices, smartphones, computers, and peripherals. Her students are all “mature” adults. In addition to Microsoft networking certifications, she holds a Master of Science in Instructional Design degree from Boise State University and her goal is to increase individual performance through the effective use of technology. Daphne and her husband have been in the Dallas area for 25 years and have two beautiful Golden Retrievers.

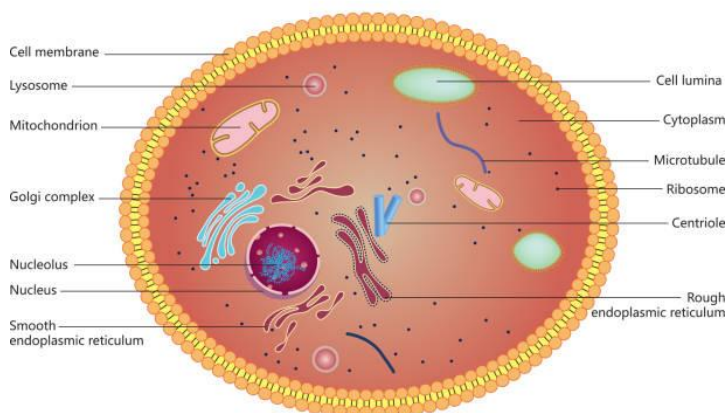
### Body Works 101: The Cell – Part 1

This course provides an introduction to the inner workings of a eukaryotic (human) cell. As the fundamental unit of life, cells come together to form tissues, organs and organ systems. SAILors will explore the structures and functions of a generalized eukaryotic cell. Emphasis on how cells carry out essential life processes such as converting glucose to energy, detection of a virus, hormone secretion and internal signaling. Focus will be placed on the impact cells have on functions of organ systems and the human body as a whole. This course is part of the Body Works 101 series and will be the first of several courses exploring the complex functions of eukaryotic cells.

Wed. 10/15 10:30-11:30 am Campus: CYC  
Instructor: Dr. Nicole Grose Sessions: 1

**Dr. Nicole Grose** is a retired Anatomy & Physiology professor. Her doctorate degree is in Quantitative Biology with an emphasis in Cell Physiology. Nicole has taught multiple courses in biology, from General Biology to Honors Anatomy & Physiology. When she is not teaching SAIL courses, Nicole assists high school and college students through tutoring and college readiness consultation. *“The function of education is to teach one to think intensely and to think critically. Intelligence plus character – that is the goal of true education.”* Dr. Martin Luther King, Jr.

### Cell structure





## MATH/SCIENCE/TECNOLOGY (CONT.)

### Introduction to Roman Engineering (ONLINE)

When it comes to grand engineering projects of the ancient world, the Romans arguably top the list. Many of their *opera publica* are still standing today, some are still in use (such as the Apian Way). Their concrete was in many ways, superior to current day concrete, again evidenced by their roads, buildings, and aqueducts still standing after 2000 years. Their engineering prowess is one of the reasons for how the Romans were able to effectively control such a wide spread empire. Come join us to find out why it is said that for the ancient Romans “the shovel was mightier than the sword”

Mon. 10/6-10/27 11 am-12:30 pm **ONLINE**  
Instructor: Greg Indelicato Sessions: 4

### Introduction to Roman Battle Field Surgery and Medicine (ONLINE)

When most of us think of the current day surgery, we view it as significantly more advanced than ever before. But did you know that the Roman Army had battlefield medical care that is very similar to what we have today from aid stations to field hospitals to major hospitals. The tools of the “Chirurgic / Medicus” (surgeons / doctors) would easily be recognized by present day surgeons, and many of the surgical instruments could be used today. And it wasn’t just battlefield surgery that the Ancient Roman doctors excelled at... they had specialists in many of the same fields that we have today, such as ophthalmology, orthopedics and pharmacology. Join us to see how they took care of their soldiers after the battle.

Mon. 11/3 & 11/10 11 am-12:30 pm **ONLINE**  
Instructor: Greg Indelicato Sessions: 2

**Greg Indelicato** holds a Bachelor's degree in Geology from Queens College, CUNY and a Master's degree in Earth and Space Sciences from Stonybrook University (SUNY). He has worked as a professional geologist in several capacities including minerals exploration, petroleum geophysics, exploration geochemistry, geotechnical and hydrogeologic engineering, and environmental geology. He also had an opportunity to work with lunar rocks and glasses from Apollo 12 and 15. Greg has lectured on various subjects ranging from Physical Geology to exploration methods for base metals and uranium.





Thank  
You  
Volunteers!

**Without the assistance  
of volunteers,  
we wouldn't  
“SAIL” so smoothly.**

CYC-Courtyard Center CHEC-Collin Higher Education Ctr FR-Frisco Campus WY-Wylie Campus OL-Online Course

FALL REGISTRATION SHEET (BY DAY)

X	COURSE NO.	COURSE TITLE	CAMPUS	DAY	BEGIN DATE	END DATE	START TIME	END TIME	SESS
	GS 01F25	Sess. 1 Baylor, Scott & White	CYC	Mon	9/15	9/15	11:30	1:30	1
	HLT 03F25	Touring Canada	CYC	Mon	9/22	10/6	11:00	12:00	3
	LMW 05F25	Writing the Cozy Mystery	CYC	Mon	10/6	11/3	11:00	12:00	5
	MST 05F25 OL	Introduction to Roman Engineering	OL	Mon	10/6	10/27	11:00	12:30	4
	MST 06F25 OL	Introduction to Roman Battle Field Surgery and Medicine	OL	Mon	11/3	11/10	11:00	12:30	2
	BC 06F25	Oh, Poo! The Great Stench of Victorian London!	CYC	Mon	11/3	11/3	1:30	2:30	1
	HIST 03F25 OL	I Spy - U. S. History	OL	Mon	11/10	11/24	2:00	3:30	3
	HIST 10F25	The Crusades - A Broader Perspective	CYC	Mon	11/10	11/24	11:00	12:30	3
	HLT 04F25 OL	To Keep or Not to Keep - That is the Question	OL	Mon	11/24	12/1	11:00	12:30	2
	GS 02F25	Sess. 2 Baylor, Scott & White	CYC	Tue	9/16	9/16	11:30	1:30	1
	LMW 01F25	Great American Short Stories Discussion Group 9/16, 9/30, 10/14, 10/28, 11/11	CYC	Tue	9/16	11/11	11:00	12:30	5
	HLT 02F25 OL	Estate Planning-Common Mistakes and Misconceptions	OL	Tue	9/23	9/30	1:00	2:00	2
	ART 03F25 OL	Myth and Marble: Ancient Roman Sculpture from the Torlonia Collection (OL & Tour)	OL	Tue	10/7	10/21	10:30	12:00	3
	BC 05F25	Mythbusting Medicare (Bring a Friend)	CYC	Tue	10/7	10/14	1:30	3:00	2
	HIST 01F25	A Partisan Cold War?	CYC	Tue	10/7	10/21	2:30	3:30	3
	HIST 11F25 OL	Parallel Lives of Abraham Lincoln and Frederick Douglass	OL	Tue	10/7	10/28	11:00	12:45	4
	HLT 01F25	Adding to Your Family Tree	WY	Tue	11/4	11/11	1:30	3:00	2
	HIST 09F25	The Civilian Conservation Corps: Creating Men & Monuments	CYC	Tue	11/4	11/4	11:00	12:00	1
	HIST 12F25	The Terrible, The Great, and the Last Czar	CYC	Tue	11/4	11/18	2:00	3:30	3
	HIST 06F25	Nobody Licks Stamps Anymore, and Here's What They're Missing	CYC	Tue	12/9	12/16	10:00	11:30	2
	HIST 07F25	Two Tall Texans: Sam Houston and O. Henry (Seriously)	CYC	Tue	12/9	12/16	12:30	2:00	2
	ART 01F25	Introduction to Watercolor - Student Limit 12	CYC	Wed	9/17	10/8	1:30	3:00	4
	GS 03F25	Sess. 3 Baylor, Scott & White	CYC	Wed	9/17	9/17	11:30	1:30	1
	BC 04F25 OL	Manuscripts and Materiality: The Textual Remains of Emily Dickinson and Walt Whitman	OL	Wed	9/24	9/24	3:00	4:00	1
	LMW 04F25	Musicals Glory - The Words and Music	CYC	Wed	10/1	10/15	12:30	2:00	3
	GS 06F25	High Points: Peak Views of North American Geology"	CYC	Wed	10/8	10/8	10:30	12:00	1
	GS 05F25	Echoes of the Eighties	CYC	Wed	10/15	10/15	2:30	3:30	1
	MST 04F25	Body Works 101: The Cell - Part 1	CYC	Wed	10/15	10/15	10:30	11:30	1
	HLT 05F25	Discover the Spanish Speaking World: Language & Culture	CYC	Wed	10/22	11/5	3:30	4:30	3
	LMW 03F25	The Secret Life of Great Classical Music	CYC	Wed	10/29	11/19	11:00	12:30	4
	HIST 13F25 OL	This Thing of Ours: The History of Organized Crime in the United States	OL	Wed	11/5	11/19	1:30	3:00	3
	BC 01F25	Calm, Clear, and Reset	CYC	Wed	11/12	11/12	11:00	12:15	1
	BC 02F25	Hatshepsut, The Female Pharaoh	CYC	Wed	11/12	11/12	1:30	2:30	1
	LMW 02F25 OL	Great American Short Stories Zoom Discussion Group 9/18, 10/2, 10/16, 10/30, 11/13	OL	Thur	9/18	11/13	11:00	12:00	5
	MST 01F25	Cutting the Cable - What are the Alternatives	CYC	Thur	9/18	9/18	1:30	3:00	1
	ART 02F25	Gustave Caillebotte: Impressionist Painter and Collector	CYC	Thur	9/25	10/16	1:30	3:00	4

DISC 01F25	Behind the News	FR	Thur	9/25	10/16	11:00	12:30	4
HIST 04F25	"Lesser" Stories of American History: The "Second" Frontier	CYC	Thur	10/2	10/23	11:00	12:30	4
MST 02F25 OL	Password Trends, Passkeys, and How to Manage Each	OL	Thur	10/16	10/16	1:30	3:00	1
ART 04F25	The Art and Life of Georgia O'Keeffe	CYC	Thur	10/30	11/20	1:30	3:00	4
HIST 08F25	Pullman Porters and the Rise of the Black Middle Class	OL	Thur	11/6	11/6	10:00	11:30	1
BC 07F25	What's Really Real? Reading Plato's Allegory of the Cave	CYC	Thur	11/6	11/6	2:30	3:30	1
MST 03F25 OL	Are you Getting the Most Out of Your Web Browser?	OL	Thur	11/13	11/13	1:30	3:00	1
GS 04F25	Sess. 4 Baylor, Scott, White	CYC	Thur	9/18	9/18	11:30	1:30	1
DISC 03F25	Third Parties in American Politics	CYC	Fri	10/3	10/10	10:00	11:00	2
HIST 05F25	Make Love, Not War: America in Turmoil, The 1960's	CYC	Fri	10/24	11/14	10:30	11:45	4
BC 03F25 OL	Joint Fuel: Powering Your Movement	OL	Fri	10/31	10/31	2:30	3:30	1
HIST 02F25	A Seminar on the JFK Assassination: History, Controversy, and Legacy	CYC	Fri	11/7	11/14	3:00	4:30	2
DISC 02F25	The Evolving Geo-Politics of the Middle East	CYC	Fri	11/21	11/21	1:30	2:30	1

Name\_\_\_\_\_ Address\_\_\_\_\_ City\_\_\_\_\_

Zip Code\_\_\_\_\_ Contact #\_\_\_\_\_ Emergency Contact #\_\_\_\_\_

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## DROP YOUR ANCHOR

### SAIL Office

4800 Preston Park Blvd.  
Plano, TX 75093  
972.985.3788/3789

**Website:** [www.collin.edu/sail](http://www.collin.edu/sail)

**E-Mail** [sail@collin.edu](mailto:sail@collin.edu)

### SAIL Crew:

Natalie Greenwell	Associate Vice President, Continuing Professional Development
Sherry Scamardo	Director, SAIL Program -CE Enrichment Programs
Lynne Bensten	Administrative Assistant
Volunteers	Our countless volunteers that assist!

\*Class location may change each semester.

Courtyard Center

4800 Preston Park Blvd., Plano, TX 75093  
<https://www.collin.edu/campuses/courtyard/>

Celina Campus

2505 Kinship Parkway, Celina, TX 75009  
<https://www.collin.edu/campuses/celina/index.html>

Frisco Campus

9700 Wade Blvd, Frisco, TX 75035  
<https://www.collin.edu/campuses/frisco/>

Collin Higher Education Center

3452 TX-399 Spur, McKinney, TX 75069

Plano Campus

2800 E. Spring Creek Pkwy, Plano, TX 75074  
<https://www.collin.edu/campuses/plano/planocampusmaps.pdf>

Technical Campus

2550 Bending Branch Way, Allen, TX 75013  
<https://www.collin.edu/campuses/technical/index.html>

Wylie Campus

391 Country Club Road, Wylie, TX 75098  
<https://www.collin.edu/campuses/wylie/Wylie%20Campus%20Map.pdf>

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



## **FALL 2025 ART SUPPLY LIST**

### **INTRODUCTION TO WATERCOLOR (Rani Velma)**

#### **Supplies:**

1. Watercolor paints (choose a basic set of primary colors or bring what you already have)
2. Watercolor paper (cold press, 140lb or 300gsm) 9"x12" is good size
3. Watercolor brushes (natural or synthetic, round and flat)
4. Water container
5. Palette or mixing tray
6. Pencil and eraser
7. Masking fluid (optional)
8. Spray bottle (for creating texture and blending)

#### *Additional Watercolor Supplies (nice to have but not necessary for class):*

1. Watercolor sketchbook or journal
2. Tape or clips (for securing paper to a board)
3. Blotting paper or cloth
4. Pencils or pens (for added details or textures)
5. Reference materials (photos, still-life setups, etc.)

## **Day 1: Introduction to Watercolor & Materials**

Understand watercolor basics, tools, and techniques.

- Intro to watercolor materials: paints, brushes, papers
- Water control, brush handling, flat wash, gradient wash, wet-on-wet
- Swatches and simple gradients

### **Color Theory & Mixing**

- Learn primary, secondary, and complementary colors. Practice color mixing.
- Creating color wheels
- Mix secondary and tertiary colors
- complementary colors and limited palette

## **Day 2: Value, Light & Shadows**

Understand value scale and how to create depth with watercolor.

- Value scale with one color
- Painting simple 3D shapes using light and shadow
- A sphere, cube, or cylinder in monochrome

### **Texture Techniques & Effects**

Explore texture effects using watercolor and household items.

- Salt, plastic wrap, sponge, lifting, splattering
- Create a texture sampler sheet
- Quick landscape using 2–3 textures

## **Day 3: Painting Simple Still Life**

Apply learned techniques to a small still life

- Sketch and paint a fruit composition (apple, pear, lemon)
- Focus on color layering and shadow

## **Day 4: Painting Landscapes – Skies & Water**

Paint expressive skies and water elements using gradient washes.

- Cloud formations, sunsets, simple seascape
- Paint a simple sky-water composition

### **Final Project & Review**

Apply all learned techniques in a final painting.

## **SAIL GREAT AMERICAN SHORT STORIES** ***Fall 2025 Discussion Schedule***

*Discussions are in-person at the Courtyard Center, Room TBA, from 11:00 AM to 12:30 PM.*

<b><u>DATE</u></b>	<b><u>READING*</u></b>	<b><u>LENGTH</u></b>
9/16	COMMUNIST – <i>Ford</i>	15
9/30	HELPING – <i>Stone</i>	26
10/14	DISPLACEMENT - <i>Louie</i>	13
10/28	FRIEND OF MY YOUTH – <i>Munro</i>	20
11/11	THE GIRL ON THE PLANE - <i>Gaitskill</i>	12

\*Readings are from **100 Years of the Best American Short Stories** (2015)  
Edited by Lorrie Moore & Heidi Pitlor.



## **SAIL GREAT AMERICAN SHORT STORIES** ***Fall 2025 Zoom Discussion Schedule***

*Discussions are on Zoom from 11:00 AM to 12:00 Noon.*

<b><u>DATE</u></b>	<b><u>READING*</u></b>	<b><u>LENGTH</u></b>
9/18	COMMUNIST – <i>Ford</i>	15
10/2	HELPING – <i>Stone</i>	26
10/16	DISPLACEMENT - <i>Louie</i>	13
10/30	FRIEND OF MY YOUTH – <i>Munro</i>	20
11/13	THE GIRL ON THE PLANE - <i>Gaitskill</i>	12

\*Readings are from **100 Years of the Best American Short Stories** (2015)  
Edited by Lorrie Moore & Heidi Pitlor.



## **FREQUENTLY ASKED QUESTIONS**

### **\*Are there requirements to join SAIL?**

If you are 55 or over and enjoy learning and meeting new people, you qualify!

### **\*What types of classes are offered and who teaches the SAIL classes?**

History, literature, art appreciation, current events and lifestyle interests are just a sampling of the classes offered in SAIL. The **SAIL** instructor community includes talented presenters, college professors and business leaders with categorical expertise.

### **\*Do I need to have a degree to join the SAIL program?**

No degree is required, the only requirement is a passion for learning and enrichment!

### **\*When are SAIL classes held?**

SAIL classes are conveniently held Monday-Friday between 9:30 a.m. and 4:30 p.m. Collin College parking is free!

### **\*Where are SAIL classes held?**

Classes will be a mix of on campus and online as indicated in the SAIL schedule. Campus class locations vary by semester.

### **\*How do I add SAIL courses after I have registered?**

Easy! Contact the SAIL office at 972.985.3788/3789 or email [sail@collin.edu](mailto:sail@collin.edu) and we can add any additional courses if they are available. If the class is closed, we can add you to the waitlist. You will be contacted by phone or email when space becomes available.

### **\*If there is a class cancellation or change to a class that I registered for, will I be notified?**

Sometimes, we may have a change or emergency cancellation on a class. If you have **registered** for that class, we will email you as soon as we can, so please check your emails! Registered members may attend another course of their choice, based on seat availability. Contact the SAIL office with any questions.

### **\*When do I receive the link for an online class?**

If you have registered for an online class, the link will be emailed to you 2 days before the class begins. The link will be a recurring link, so if the class is multiple sessions, save the link for the next class!

### **\*Can I bring a guest to a SAIL class?**

Definitely! A current member can bring one guest per semester to join you in a class if an extra seat is available. Please contact the SAIL office at 972.985.3788/3789 **prior** to bringing them to class to verify seat availability.

### **\*Can I suggest a class and are there volunteer opportunities?**

Yes! We rely on our membership to keep the “sails” running smoothly. Email the sail office [sail@collin.edu](mailto:sail@collin.edu) or call us, 972.985.3789. We have various positions to fit your style and know your time is valuable. We are happy with any time offered.

### **\*Are there refunds for SAIL membership?**

Sorry, there are no refunds for SAIL memberships after the semester begins.