SPRING 2020
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.
**WHAT IS SAIL?**

SAIL (Seniors Active in Learning) is a lifelong learning program sponsored by Collin College for 55 years of age and older.

SAIL was modeled after the Elderhostel Institute Network (now Road Scholar) in 1996 and was started by Collin College, President, Dr. John Anthony, and Margo Ford, Director of Business and Community Relations. The sole purpose of SAIL was and continues to be providing interesting and exceptional lifelong learning courses.

The SAIL program provides members and instructors the opportunity to participate in study, discussion and social interaction. The SAIL program is also proud to participate and provide two annual scholarships to undergraduate Collin College students to help pursue their studies.

We offer classes in the fall, spring and summer, along with free Guest Lecturers. Parking is free!

**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!

*Is there a county restriction to join the SAIL program?*
There is no county residence restriction for SAIL members.

*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?*
- Courtyard Center (CYC) 4800 Preston Park Blvd., Plano, TX 75093
- Collin Higher Education Center (CHEC) 3452 Spur 399, McKinney, TX 75069
- Frisco Campus (PRC) 9700 Wade Blvd., Frisco, TX 75035

*If I arrive late for my class, will my seat be available?*
Please arrive **early or on time** to secure your seat. We are not able to guarantee your seat for a full class if you arrive late.

*If there is a class cancellation or change, 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 you’re your emails! Registered members may attend another course of their choice, based on seat availability. Please contact the SAIL office to be placed on the roster. Contact the SAIL office for any questions.

*Can I bring a guest to a SAIL class?*
If you would like a guest to join you in a class, you must notify the SAIL office to check that there is 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) 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.
SPRING 2020 REGISTRATION INFORMATION

Membership Cost for Spring 2020 courses $100.00 ($85.00 course fee-$15.00 membership fee)

Number of Courses I Can Take Up to 7 (Guest Speakers are free, but be sure to register for them!)

When Does Registration Begin? January 6

When Do Classes Begin? January 21

How Do I Sign Up? www.collin.edu/sail and follow instructions

Registration Options

1. Register online, and pay online by credit card
   We accept VISA, MasterCard, and Discover

2. Register online, and pay in person or by telephone to Bursars Office
   Courtyard Center at 972-985-3724
   (please provide the 5-digit registration number when you pay)

3. Register at the Courtyard Center in Plano during normal office hours
   (9:00-5:00 pm) (4800 Preston Park Blvd. Plano, TX 75093)

4. Pick up a registration form from the SAIL office and mail your completed
   registration form with check (payable to SAIL) to:
   Collin College (SAIL)
   4800 Preston Park Blvd., Suite 116
   Plano, TX 75093

SAIL Tip: If you have registered successfully online, the system will generate a 5-digit number.

SAIL Tip: Choose your classes before you register, so the system doesn’t time out on you!

SAIL Tip: If a class is full, the system will say, class not available. Contact the SAIL office by email, sail@collin.edu if you
would like to be put on a waiting list.

SAIL Tip: Be sure you don’t forget to register for the Guest Speakers!

*Please note that payment is due before classes begin.

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.

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 membership costs.
Collin College SAIL Campus Locations

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

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

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

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

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

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

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

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

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

**Spring 2020 classes will be held in Lawler Hall (LH) at the Frisco Campus**
<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>PAGE(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACTING/LITERATURE/FILM/MUSIC</td>
<td>1, 2</td>
</tr>
<tr>
<td>Ayn Rand’s “The Fountainhead”</td>
<td></td>
</tr>
<tr>
<td>Great Books Discussion 3</td>
<td></td>
</tr>
<tr>
<td>Longmire: Law and Justice in the Modern West</td>
<td></td>
</tr>
<tr>
<td>Mrs. Bradley Mysteries: 1920's Britain</td>
<td></td>
</tr>
<tr>
<td>Music is Therapy</td>
<td></td>
</tr>
<tr>
<td>Silent Film Comedy</td>
<td></td>
</tr>
<tr>
<td>The Secret Life of Great Music</td>
<td></td>
</tr>
<tr>
<td>AGING/HEALTH/LIFESTYLE</td>
<td>3, 4, 5</td>
</tr>
<tr>
<td>Brain Health CHEC</td>
<td></td>
</tr>
<tr>
<td>Can We Talk CHEC</td>
<td></td>
</tr>
<tr>
<td>Introduction to Wine</td>
<td></td>
</tr>
<tr>
<td>Mindful Meditation PRC &amp; CYC</td>
<td></td>
</tr>
<tr>
<td>New Frontiers of Heart and Mind</td>
<td></td>
</tr>
<tr>
<td>Nutrition and Human Physiology PRC</td>
<td></td>
</tr>
<tr>
<td>Sugar-The Good, The Bad, and the Ugly!</td>
<td></td>
</tr>
<tr>
<td>Surviving Your Healthcare-Part 2</td>
<td></td>
</tr>
<tr>
<td>Travel Smarter!</td>
<td></td>
</tr>
<tr>
<td>Why the Gut Microbiome is Crucial for Your Health</td>
<td></td>
</tr>
<tr>
<td>Unmasking the Mysteries of Medicare PRC</td>
<td></td>
</tr>
<tr>
<td>ARTS/ART HISTORY</td>
<td>6, 7</td>
</tr>
<tr>
<td>Acrylic Painting for all Levels (Morning class)</td>
<td></td>
</tr>
<tr>
<td>Acrylic Painting for all Levels (Afternoon class)</td>
<td></td>
</tr>
<tr>
<td>Acrylic Painting-Advanced</td>
<td></td>
</tr>
<tr>
<td>Art with Passion-Basic Oil Painting</td>
<td></td>
</tr>
<tr>
<td>Art: The Very Beginnings</td>
<td></td>
</tr>
<tr>
<td>Chinese Brush Painting</td>
<td></td>
</tr>
<tr>
<td>Women in Art-Part 2</td>
<td></td>
</tr>
<tr>
<td>CULTURE/LANGUAGE</td>
<td>8</td>
</tr>
<tr>
<td>Facts and Fun: A Look at Cultures Around the World</td>
<td></td>
</tr>
<tr>
<td>Lands of Fire and Ice-North Atlantic to South Pacific</td>
<td></td>
</tr>
<tr>
<td>DISCUSSION</td>
<td>9, 10</td>
</tr>
<tr>
<td>A Look at Ideologies</td>
<td></td>
</tr>
<tr>
<td>Bob &amp; Ted “Want to Talk!”</td>
<td></td>
</tr>
<tr>
<td>Current Events</td>
<td></td>
</tr>
<tr>
<td>Explanations of Economic News</td>
<td></td>
</tr>
<tr>
<td>Everything You Always Wanted to Know About Campaigns &amp; Elections-But Were Afraid to Ask!</td>
<td></td>
</tr>
<tr>
<td>The Middle East Today</td>
<td></td>
</tr>
<tr>
<td>CATEGORY</td>
<td>PAGE(S)</td>
</tr>
<tr>
<td>------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>GAMES</td>
<td>11,12</td>
</tr>
<tr>
<td>Mah Jongg-Beginner I</td>
<td></td>
</tr>
<tr>
<td>Mah Jongg-Beginner II</td>
<td></td>
</tr>
<tr>
<td>Bidding in the 21st Century (Beginning Bridge)</td>
<td></td>
</tr>
<tr>
<td>Play of the Hand in the 21st Century</td>
<td></td>
</tr>
<tr>
<td>Modern Bridge Defense</td>
<td></td>
</tr>
<tr>
<td>Supervised Bridge with Play Analysis</td>
<td></td>
</tr>
<tr>
<td>HISTORICAL</td>
<td>13, 14, 15</td>
</tr>
<tr>
<td>Civil War</td>
<td></td>
</tr>
<tr>
<td>Contemporary Latin America Geopolitics and History-Part 2</td>
<td></td>
</tr>
<tr>
<td>History of Western Philosophy: Rationalism vs Empiricism</td>
<td></td>
</tr>
<tr>
<td>Miracle in Philadelphia</td>
<td></td>
</tr>
<tr>
<td>Rise and Fall of the British Empire</td>
<td></td>
</tr>
<tr>
<td>Royalty, Conquests and Cameos-History of the World’s Postage Stamps PRC</td>
<td></td>
</tr>
<tr>
<td>Soviet Russia and the Great Patriotic War</td>
<td></td>
</tr>
<tr>
<td>Transfer of Power: Kennedy to Johnson (The First 100 days)</td>
<td></td>
</tr>
<tr>
<td>The Holocaust in France</td>
<td></td>
</tr>
<tr>
<td>The Lost Cause - Pt. 2</td>
<td></td>
</tr>
<tr>
<td>The World Came to Texas</td>
<td></td>
</tr>
<tr>
<td>MATH/SCIENCE/TECHNOLOGY</td>
<td>16</td>
</tr>
<tr>
<td>10 Experiments That Changed Everything</td>
<td></td>
</tr>
<tr>
<td>Change “I Cannot Do Math” to “I Can do Math!”</td>
<td></td>
</tr>
<tr>
<td>Texas Tornadoes</td>
<td></td>
</tr>
<tr>
<td>ONE-TWO SESSION WONDERS</td>
<td>17, 18, 19</td>
</tr>
<tr>
<td>2020 Global Financial Update</td>
<td></td>
</tr>
<tr>
<td>All About Voting-History and Founding Fathers PRC</td>
<td></td>
</tr>
<tr>
<td>Book Collecting-Market Values of Rare Books CHEC</td>
<td></td>
</tr>
<tr>
<td>Discussing Life, The Universe &amp; Everything!</td>
<td></td>
</tr>
<tr>
<td>How Can a Chip No Bigger Than a Fingernail, Run Your Computer?</td>
<td></td>
</tr>
<tr>
<td>North Texas at the Turn of the Century Through the Lens of Dwight D. Eisenhower CYC &amp; CHEC</td>
<td></td>
</tr>
<tr>
<td>The History of Food-Part 2</td>
<td></td>
</tr>
<tr>
<td>The Immune System, Aging, and Diet-Oh My! PRC</td>
<td></td>
</tr>
<tr>
<td>The Decade That Whimpered: The 1930s and the Great Depression PRC</td>
<td></td>
</tr>
</tbody>
</table>
SAIL SPRING 2020 GUEST SPEAKERS

3/27  Art & Landscape in the American West  
11:30-1 p.m. Room 122 (CYC)  
Mr. Paul Dolliver

3/31  50Plus-Today: Insights and Inspiration Panel  
11-12:30 p.m. Room 122 (CYC)  
*Does Aging Alter the Way Your Medications Work?  
  Dr. Deepa Pattani

*Eye Health: What You Do Outside the Doctor’s Office Matters  
  Dr. Larry Taub

4/16  Portraits as PR: Reconsidering Thomas Hick’s Portraits of Edwin Booth on the Anniversary of the Lincoln Assassination  
1-2:30 p.m. Room 122 (CYC)  
Dr. Letha Clair Robertson
**Ayn Rand’s “The Fountainhead”**

Ayn Rand’s romantic novel, “The Fountainhead”, relates her philosophy of objectivism through an individualistic innovative architect who challenges the tradition-bound society that rejects him.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed.</td>
<td>1/22-2/26</td>
<td>9:30-11 am</td>
<td>CYC Room 214</td>
<td>Jim Parker</td>
<td></td>
</tr>
</tbody>
</table>

**Great Books Discussion 3**

The Great Books Foundation was established 70 years ago to foster respectful, open discussions of enduring literature. The class will use *Great Conversations 3*. Readings average 14 pages and include works by Anderson, Borges, Beauvoir, Paley, Szymborska, Foucault, and Lahiri.  *Please read Sherwood Anderson, Death in the Woods for the first class.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri.</td>
<td>1/24-4/17</td>
<td>11:30-1 pm</td>
<td>CHEC Room 222</td>
<td>Paul Dolliver</td>
<td></td>
</tr>
</tbody>
</table>

*Alternate Fridays: 1/24, 2/7, 2/21, 3/6, 3/20, 4/3, 4/17
See Great Book Titles at the end of schedule!

**Longmire: Law and Justice in the Modern West**

Detective fiction meets western adventure in Absaroka County, Wyoming. Sheriff Walt Longmire and his lifelong friend, Standing Bear seek justice across the boundaries of reservation jurisdiction and American law. Haunted by his own grief, the sheriff remains a strong moral force focused on protecting the citizens of his county while searching for his own reconciliation of justice and the law. *Longmire* is based on the novels of Craig Johnson.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue.</td>
<td>1/21-2/11</td>
<td>11-12:30 pm</td>
<td>CYC Room 122</td>
<td>Dr. Janet Harris</td>
<td></td>
</tr>
</tbody>
</table>

**Mrs. Bradley Mysteries: 1920’s Britain**

Sophisticated and feisty, Dame Adela Bradley and her steady and devoted chauffeur make a witty pair as they solve mysteries at the opera, the circus, and even her ex-husband’s funeral. Blackmail, murder, and mistaken identity attract her “irrepressible curiosity” and capture the spirit of the 1920s in British high society. The series is based on books by Gladys Mitchell and stars Diana Rigg.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue.</td>
<td>4/7-4/28</td>
<td>11-12:30 pm</td>
<td>CYC Room 122</td>
<td>Dr. Janet Harris</td>
<td></td>
</tr>
</tbody>
</table>

**Music is Therapy**

Studies show that music heals and helps with stress reduction. Scientists, artists, musicians and physicians speak about the healing properties of music:

“I can only think of music as something inherent in every human being—a birthright. Music coordinates mind, body and spirit.” Yehudi Menuhin

“I think music in itself is healing. It’s an explosive expression of humanity. It’s something we are all touched by. No matter what culture we’re from, everyone loves music.” Billy Joel

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon.</td>
<td>2/10-3/9</td>
<td>12:30-2 pm</td>
<td>CYC Room 214</td>
<td>Elizabeth Wallenberg</td>
<td></td>
</tr>
</tbody>
</table>
Silent Film Comedy
Before the movies learned to speak, they drew on talents from Vaudeville, stage reviews and clowning to create a wealth of films in the late teens and the 1920s that became comic masterpieces. This class explores the sources for silent film comedy and how they translated onto the screen in the visions of producers such as Mack Sennett and Hal Roach. There will be particular focus on the four great comics, (Charlie Chaplin, Harold Lloyd, Buster Keaton and the lesser-known Harry Langdon) and their features of the 1920s. The legacy of what started as “slapstick” comedy influenced generations of stage and film comedians and is still seen in our entertainment today.

Thur. 3/19-4/23 10:30-12 pm Campus: CYC Room 214
Instructor: Barney Lane Sessions: 6

The Secret Life of Great Music
The music adventures continue with new masterpieces, new problems in music structure and harmony to consider. Bartok is on the docket and Gershwin’s famous “Rhapsody in Blue,” that he composed in about two weeks. We may touch on the longing of a Spanish tune from Albeniz and circle back to Beethoven. There are always new secrets and new delights to be found in every measure of every piece. Come and join us if you’re curious about the secret world of classical music.

Wed. 2/5-3/11 11-12:30 pm Campus: CYC Room 122
Instructor: Steve Lund Sessions: 6
Brain Health

This class is based on the book by Sandra Chapman, PhD, *Make Your Brain Smarter*, AARP Publications and other research studies. We will learn the latest and greatest ways to increase your brain's creativity and keep your brain fit. We will also discuss the myths on brain health, brain injury and repair, and the latest research on Alzheimer's disease.

Tue. 3/24-4/14 11-12:30 pm  Campus: CHEC Room 114  
Instructor: Barbara Walters  Sessions: 4

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!!

Tue. 2/18-3/10 11-12:15 pm  Campus: CHEC Room 114  
Instructor: Stuart Sax  Sessions: 4

Introduction to Wine

Wine is enjoyed worldwide, but just a walk down the aisles in any wine store can be intimidating. Add to that, the perception (or in some cases the reality) of snobbery related to wines. Many of us are reluctant to “experiment” with new wines; hence we default to a common varietal and/or well-known brand. This course is intended to provide the student with sufficient background to be able to successfully navigate the wine aisles and/or ask questions with confidence.

Thur. 3/5-4/9 11-12:30 pm  Campus: CYC Room 122  
Instructor: Greg Indelicato  Sessions: 6

Mindful Meditation

Have you always wondered about the practice of meditation, but weren’t sure how to get started or whether it is beneficial? It is well documented that meditation provides emotional benefits, lower stress responses, increased mental awareness, and tension releasing qualities for all ages. Join me on a journey into the practice of gentle meditation designed to help relax the mind and body.

Mon. 1/27-2/24 1:30-2:30 pm  Campus: PRC Room LH105  
Sessions: 5

Tue. 1/28-2/25 9:30-10:30 am  Campus: CYC Room 214  
Instructor: Sarita Malhotra  Sessions: 5
New Frontiers of Heart and Mind
We will explore both heart and mind in this course. The first session will deal with acute heart symptoms, such as heart attacks, since this information can be life-saving. The second session will deal with the puzzle of consciousness. We will save the third session to talk about a biologic “hot topic” in the news at the time of the course.
Fri.  1/24-2/7   10:30-11:45 am   Campus: CYC Room 122
Instructor: Dr. Paul Tobolowsky    Sessions: 3

Nutrition and Human Physiology
The older we get, the chances of chronic disease increase simply because we have been around longer! Diabetes, cardiovascular disease, and weak and brittle bones have a higher incidence as we get older. We will discuss and learn how to make your meals count, how to keep your heart healthy, and how to get nutrition for healthy bones. This class will be fun but informative, and you will leave with an arsenal of knowledge and skills to use in your everyday life!
Mon.  3/23-4/6   2:30-3:30 pm   Campus: PRC Room LH105
Instructors: Dr. Amira Shatham-Albalancy & Dr. Shiva Davanloo    Sessions: 3

Sugar-The Good, The Bad, and The Ugly!
“Sugar! Oh honey, honey! You are my candy girl,” Or Are you? Learn about sugar and what exactly it does to our body. Is it good for us or not? In this class, we will de-mystify all things sweet and learn to make healthier choices for energy and well-being.
Mon.  3/2-4/6   10-11 pm   Campus: CYC Room 214
Instructor: Sarita Malhotra    Sessions: 6

Surviving Your Healthcare-Part 2
No matter who you are, at some point in your life you will require interaction with the health care industry. It can get complicated! Learning how the system works will help you succeed. We will be discussing specific diseases or the “politics” of health care. We will identify factors important to you and some ways to deal with them. Sessions will be interactive with lots of time for asking and answering questions. You do not need to have taken Part 1 to take this class.
Mon.  2/10-3/2   10-11 am   Campus: CYC Room 424,426
Instructor: Dr. Michael Warren    Sessions: 4

Travel Smarter!
World travelers, Denise and George Bouhasin return with their popular Travel Smart Class-this time with more new tips, tricks & travel products added into their “How To & Travel Info” sessions (classes 1-3) plus all new topics and information in classes 4 & 5. Whether you’re planning your first trip overseas, or are an experienced traveler, come discover how you can travel smarter!
Thur.  2/6-3/5   2-3:30 pm   Campus: CYC Room 424,426
Instructors: Denise & George Bouhasin    Sessions: 5
Why the Gut Microbiome is Crucial for Your Health

Humans have evolved to live with microbes for millions of years. The gut microbiome refers to all of the microbes in your intestines, which act as another organ that’s crucial for your health. The gut microbiome affects the body from birth and throughout life by controlling the digestion of food, immune system, central nervous system and other bodily processes. We will discuss the importance of microbes in your gut and how they affect your intestines, liver, and brain.

Thur. 3/19-4/2 1:30-2:30 pm Campus: CYC Room 214
Instructor: Dr. Bulbin Sunar-Reeder Sessions: 3

Unmasking the Mysteries of Medicare

In this class, we will help you understand and navigate the Medicare system. Our course will cover the A, B, C’s and D’s of Medicare. If you have a Medigap in knowledge, we will attempt to supplement what you understand or don’t understand. We’ll help you create a health care plan strategy that is to your Advantage.

Wed. 3/4-3/25 2-3:15 pm Campus: PRC Room LH105
Instructor: Andy Brooks Sessions: 4
Acrylic Painting for All Levels (Morning class)
In this course, we will complete simple painting assignments to increase skill level and learn specific painting techniques in acrylic painting.
Mon. 1/27-3/2 11:45-1 pm Campus: CYC Room 337
Instructor: Christine Smith Sessions: 6
Limit: 14 students
*See Supply List at back of schedule

Acrylic Painting for All Levels (Afternoon class)
Mon. 1/27-3/2 1:30-2:45 pm Campus: CYC Room 337
Instructor: Christine Smith Sessions: 6
Limit: 14 students
*See Supply List at back of schedule

Acrylic Painting-Advanced
In this course, we will learn more advanced painting techniques and complete small basic painting assignments focusing on composition, color and technique in acrylic painting. Students should have a basic knowledge of acrylic painting to join this class.
Tue. 3/17-4/21 1:30-2:45 pm Campus: CYC Room 337
Instructor: Christine Smith Sessions: 6
Limit: 14 students
*See Supply List at back of schedule

Art with Passion-Basic Oil Painting
You can be an artist! We will learn the basics of oil painting and discuss techniques in a wide variety of themes and subjects such as seascapes, cityscapes, landscapes and contemporary scenes. We will review how to bring your scenes to life with honest, bold brush and palette-knife strokes. We will break a few art rules in favor of emotion, honesty and of course fun! Your inner artist will be revealed.
Wed. 1/22-2/26 1-2:30 pm Campus: CYC Room 337
Instructor: Elliot Fallas Sessions: 6
Limit: 14 students
*See Supply List at back of schedule
Art: The Very Beginnings
This class starts with a brief introduction about how art historians look at art and then discusses art in some of the earliest cultures of the western world. It will start with Paleolithic Art and move through Ancient Egypt.
Thur. 1/23-2/13 1-3:00 pm Campus: CYC Room 122
Instructor: Carrie Oransky Sessions: 4

Chinese Brush Painting
Chinese painting is one of the oldest artistic traditions in the world. This art form focuses on capturing the spirit of the object, rather than a duplicate. We will talk about the history and techniques and learn to complete the basic strokes used in landscapes.
Wed. 2/26-4/1 2:30-4:00 pm Campus: CYC Room 337
Instructor: Jenney Chang Sessions: 6
Limit: 8 students
*See Supply List at back of schedule

Women in Art-Part 2
In the second semester of Women in Art, we will explore artists who lived and worked from the beginning of the 1800s until the present day. We will look at paintings and sculptures by women artists such as Berthe Morisot, Mary Cassatt, Suzanne Valadon, Georgia O’Keefe, Louise Nevelson and Helen Frankenthaler. These women pioneered new styles of painting and worked tirelessly for their art. Some have been overlooked in the past, but we will bring them to light.
Mon. 2/24-3/30 11:15-12:30 pm Campus: CYC Room 122
Instructor: Sally Kemble Sessions: 6
Facts and Fun: A Look at Cultures Around the World

Whether visiting other countries as a tourist or on business, this short course will help you gain insight into the values, customs, practices and “the way things get done”. We’ll look at some well-known research on culture and discuss the actual cultures of various countries. Along the way, we’ll look at some unusual traditions as well as some classic cases of hilarious “language mangling”!

Mon. 4/13-4/27 9-10:30 am  Campus: CYC Room 122
Instructor: Jacque Vilet  Sessions: 3

Lands of Fire and Ice-North Atlantic to South Pacific

Set sail for four of the most far-flung island outposts on the planet-Iceland, Faroe Islands, Newfoundland and New Zealand. Lands of fire and ice, idyllic landscapes that evoke awe and amazement with stories full of discovery, mythical creatures, epic adventures and rugged survival. We’ll explore the history, geography, customs and scenery of these islands. Each lesson will include a travelogue and photo exhibit that will help you plan your own visits. Happy travels!

Thur. 1/30-2/27 10:30-noon  Campus: CYC Room 122
Instructors: Don Wolman & Brenda Nibert  Sessions: 4
*No class 2/13
**DISCUSSION**

**A Look at Ideologies**

Behind political upheavals and national transformations often we find political ideologies and ideologues driving the change. This series of lectures explores some of the most important ideologies in modern times, including liberalism, socialism/communism, fascism, and Nazism. The lectures investigate the origins, background, growth and expansion, outcomes and consequences, and today’s manifestations of these ideologies.

Fri.  4/3-5/1  10-11:30 am  Campus: CYC Room 122
Instructor:  Dr. Lishan Desta  Sessions: 4
*No class 4/10*

**Bob & Ted “Want to Talk!”**

This class will be drawing from “TED Talks” and other interesting material that “Bob & Ted” will present in a cornucopia of thought-provoking, new and perhaps funs ways to look at the life we and others live.

Thur.  4/2-4/23  11-12:15 pm  Campus: CYC Room 424,426
Instructors: Ted Gold & Bob Wacker  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 the arguments on both sides of the issue in a way that throws more light than heat on things.

Wed.  3/25-4/15  11-12:30 pm  Campus: CYC Room 122
Instructors: Bruce Eisen and Jim Lamb  Sessions: 4

**Explanations of Economic News**

Many in the media say the economy is in a recession. Are we? Let’s discuss the following: What is a recession, what is the average length of a business cycle, what causes a recession, what is an inverted yield curve, what is the Treasury yield curve and many more economic terms and processes that we hear, but really don’t understand. You will when you finish this course!

Mon.  4/6-4/20  11-12:30 pm  Campus: CYC Room 122
Instructor:  Dr. Edward McClelland  Sessions: 3
Everything You Always Wanted to Know About Campaigns & Elections*
But Were Afraid to Ask!

Get a jump start on the 2020 election by attending this introductory course on political campaigns and elections. This 6-week course will cover the basic vocabulary of campaigns and elections, political parties, voters and voter behavior, the electoral process, mass media and public opinion, and interest groups. The course will be presented on the basis of a civil and respectful discussion that promotes understanding, rather than any particular political ideology. Please join us in this stimulating yet welcoming learning experience.

Tue. 3/17-4/21 1:30-3 pm Campus: CYC Room 122
Instructor: Mike Karson Sessions: 6

The Middle East Today

The Middle East as the crossroads of world civilizations and empires has been no stranger to political upheaval. Currently, the region is passing again through transforming political turmoil, experiencing revolutions, civil wars, jihadist movements, regional power rivalries, and great power interventions. This series of lectures explores the complex set of events underway in the Middle East and attempts to draw some scenarios about the future of the troubled region.

Fri. 2/14-3/6 10-11:30 am Campus: CYC Room 122
Instructor: Dr. Lishan Desta Sessions: 4
GAMES

Mah Jongg-Beginner I
In six 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. 2/5-3/11 1:30-3:30 pm  Campus: CYC  Room 229
Instructor: Judith Fishman  Sessions: 6
Limit: 12 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 Mah Jongg-Beginner I class or have played before and wish to improve their skills. The focus will be on strategies and playing time.

It is recommended that those who take Mah Jongg I, register for Mah Jongg II as well.

Wed. 4/1-5/06 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
Bidding in the 21st Century (Beginning Bridge)

"Bidding In The 21st Century" is for Beginning Bridge Players and will update Bridge for those players who have not played in a while. This class will teach you the language of Bridge, the role of your partner, and what each bid means. You will learn the guidelines for playing the hand and scoring. This book also teaches the Stayman convention and you will learn "Weak Two's". Please read the first chapter and complete the questions at the end of the chapter.

Fri. 1/24-3/20 10:30-12:30 pm Campus: CYC Room 229
Instructor: Judith Tyler
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.
*No class 3/13

Play of the Hand in the 21st Century

"Play of the Hand in the 21st Century" 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 including, making a plan, developing tricks, finessing, ruffing and guidelines for defense. Other topics are Jacoby Transfers and slam bidding (Gerber and Blackwood), weak 2’s and how to respond to a strong 2 club bid.

Fri. 1/24-3/20 1:30- 3:30 pm Campus: CYC Room 229
Instructor: Judith Tyler
Limit: 24 students
Course Book: ACBL Bridge Series Play of the Hand in the 21st Century-Can be purchased on Amazon, Baron Barclay and Barnes & Noble-$15.00 *Student must have book by start of class. Please read Chapter 1 and complete the questions prior to the beginning of class.
*No class 3/13

Modern Bridge Defense

This course is designed for intermediate players. The course will be didactic and class participation is vital. Fifty percent of the time playing bridge is spent on defense. This course aims to unravel the mystery and challenge of playing quality defense. Modern Bridge Defense is based on Eddie Kantor’s Introduction to Modern Defense. He is the guru on this subject.

Fri. 1/24-3/20 9:00-10:15 am Campus: CYC Room 229
Instructor: Dr. Jerry Frankel
Limit: 24 students
*No Class 3/13

Supervised Bridge with Play Analysis

This course is designed for intermediate players. Each hand's analysis will include bidding, declarer play and defense. On occasion, there may be a limited lesson on a particular subject of interest and importance.

Wed. 1/22-3/11 9:30-11 Campus: CYC Room 229
Instructor: Dr. Jerry Frankel
Limit: 24 students
HISTORY

Civil War
This is the story of how the country got into a war that shouldn't have happened and killed more soldiers than all the other American wars from the Revolution on. It's the story of the causes, battles, people, and the odd items you've never heard of. Did the South ever have a chance?

Tue. 1/21-2/11 1:30-3:30 pm Campus: CYC Room 214
Instructor: Richard Cudlipp Sessions: 4

Contemporary Latin America Geopolitics and History-Part 2
This course will describe the last 50 years of geopolitics, using current events to kick off the discussion. We will dedicate time to Brazil, including the Forum of Sao Paulo, Colombia, and comprehensive detail of the Panama Canal history. If time permits, we will revisit Venezuela, Argentina and Chile!

Thur. 1/23-2/27 1:30-3 pm Campus: CYC Room 214
Instructor: Jose Figueroa Sessions: 6

History of Western Philosophy: Rationalism vs Empiricism
The overarching issue in the history of western philosophy is the debate between Rationalism and Empiricism. Rationalists sought self-evident principles from which the fundamental facts of reality could be logically derived. Empiricists sought the principles governing the operation of the mind to determine the grounds, certainty, and extent of human knowledge. This course traces the history of the debate from Descartes through Locke and Hume to Kant.

Wed. 3/4-4/1 12:30-2 pm Campus: CYC Room 214
Instructor: Dr. James Lamb Sessions: 5

Miracle in Philadelphia
We will talk about the stories of the compromises and mistakes the founders made creating the Constitution. Ratifications, amendments and Judicial Review processes were no small task, but we will discuss these processes that gave us the Constitution we have today.

Tue. 3/3-3/24 1:30-3:30 Campus: CYC Room 214
Instructor: Richard Cudlipp Sessions: 4

Rise and Fall of the British Empire
This is an overview of a 400-year history which has influenced the development of today's political map of the world. The evolving and widely differing motives and opinions about empire are presented “warts and all”, but with an attempt to recapture the mindset of the times, both in Britain and in the colonies of the Empire. This is an introduction to the complexities that have defined the age of imperialism which framed our colonization and subsequent desire for independence. Time proved right for the formation and later the dissolution of the empire on “which the sun never set.”

Mon. 1/27-3/2 1:30-3:30 pm Campus: CYC Room 122
Sessions: 6
Wed. 1/29-3/4 1:30-3:30 pm Campus: CYC Room 122
Sessions: 6
Instructor: C. Fred Smith
Royalty, Conquests and Cameos-History of the World’s Postage Stamps
Postage stamps have been telling the story of the world since 1840. We’ll explore their tales and secrets. We’ll see images from the First World, Third World and the Vanished World. The class is open to collectors and non-collectors alike. There will be four sessions: First Issues/ Empires and Monarchs/ Amazing Stories/ Studies in Obscurity. Plenty of time to show and tell your own stamps.

Thur. 1/30-2/27 2-3:15 pm Campus: PRC Room LH105
Instructor: Don Wolman Sessions: 4
*No class 2/13

Soviet Russia and the Great Patriotic War
This highly requested course is a repeat of the SAIL presentation of 2014. The course is a survey of the rise of Bolshevism and modernization of Russia. This was soon followed by Russia’s involvement as Hitler’s ally and then as his mortal enemy. The Russians paid in blood for World War II and yet few Westerners can name a battle fought in Russia other than Stalingrad. Of the ten most costly battles of World War II, eight were fought by the Soviet Union. We will look at WWII from a Soviet perspective and why they felt short-changed as a result of the war ending agreements which led directly to the 48 year Cold War.

Mon. 4/20 & 4/27 1:30-3:30 pm Campus: CYC Room 122
Sessions: 2

Wed. 4/22 & 4/29 1:30-3:30 pm Campus: CYC Room 122
Sessions: 2

Instructor: C. Fred Smith

Transfer of Power-Kennedy to Johnson (The First 100 days)
Did you know that the 25th amendment would come to pass just 3 months after Johnson’s inauguration and would define the process for a presidential succession. There were moments of confusion and chaos when President Johnson took the oath of office. We will look at inside events that occurred with President Johnson and his family the first few months of his taking the Presidential office.

Fri. 4/3-4/24 12-1:30 pm Campus: CYC Room 122
Instructor: Mike Howard Sessions: 3
*No class 4/10
HISTORY

The Holocaust in France
This course will use books and movies to look at the status of French Jews and Jewish immigrants in France from the 1930’s through 1944 and see how French initiatives contributed to the overall consequences of the Final Solution as it applied to the Jews in that country.

Tue. 1/21-2/25 2:30-4:30 pm Campus: CYC Room 122
Instructor: Sonia Meltzer Sessions: 6

The Lost Cause-Part 2
America’s greatness has come with our successful evolution into a “kinder, gentler society” as described by President Bush. Last semester we looked at Civil Rights issues which have plagued us from the beginning, but are slowly progressing to an improved stage. This course will continue with the challenges of immigration, women’s rights and sexual identity issues which remain unresolved. Progress has made us great even in times of poor leadership, but every American generation is nearer to the original challenge “all men are created equal”.

Mon. 3/9-3/23 1:30-3:30 pm Campus: CYC Room 122 Sessions: 3
Instructor: C. Fred Smith

Wed. 3/11-4/1 1:30-3:30 pm Campus: CYC Room 122 Sessions: 3

*No class 3/18

The World Came to Texas
Texas was too large for France or Spain to control by the end of the 18th century, and the treat from the new nation on the eastern border was growing. Filibusters, empresarios and Pioneers were the future of Texas. Documentaries and talks tell the tale.

Wed. 3/25-4/15 11:30-12:30 pm Campus: CYC Room 424,426 Sessions: 4
Instructor: Cindy Sandell
10 Experiments That Changed Everything

Every day each of us conducts scientific experiments, posing an “if” with a “then” and seeing what shakes out. Maybe it’s just taking a slightly different route on our way home or heating that burrito for a few seconds longer in the microwave. Ultimately, this striving, questioning spirit is at the root of our ability to discover anything at all, especially new things.

This course will delve into the results from a select batch of science experiments that have showcased our species at its inquiring, intelligent best. You will be amazed that even though short on technology, but long on ideas, early thinkers were able to redefine our world.

Tue. 2/18-3/17 11-12:30 pm  Campus: CYC Room 122
Instructor: Dr. Herb Weinstein  Sessions: 5

Change “I Cannot Do Math” to “I Can Do Math!”

Math is fun! Don’t believe it? In this course we will discuss why you think you cannot do math and we will change your mind to “I CAN DO MATH”. Interesting, unusual, and fun topics related to mathematics will be presented.

Thur. 2/27-3/12 10-11:15 a.m.  Campus: CYC Room 215
Instructor: Arlene Bakner  Sessions: 3

Texas Tornadoes

Tornadoes are woven into the history and culture of Texas. In these sessions, we will explore the deadliest tornadoes in Texas history and the often-overlooked historically important Texas twisters. In addition, we will cover the latest tips for tornado safety.

Wed. 4/8-4/22 9:30-10:30 a.m.  Campus: CYC Room 122
Instructor: Dr. Marlene Bradford  Sessions: 3
ONE-TWO SESSION WONDERS

2020 Global Financial Update
The world is equally awash in mountains of newly issued debt and oceans of newly printed money. Governments are running huge deficits and central banks are “blowing bubbles”. What is going on? We will try to cast a little sunlight and clarity into this global financial smog.
Mon. 4/6 12:45-2 pm  Campus: CYC Room 122
Instructor: Michael Booth  Sessions: 1

All About Voting-History and Founding Fathers
What do you want to know about voting in Texas? Do you know when and how the Electoral College began and who was allowed to vote? Many of us don’t understand the complexities and history involved in this constitutional right. Join us for a fascinating and in depth look on VOTING!
Tue. 1/21 1:30-3 pm  Campus: PRC Room LH105
Instructor: Barbara Walters  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. 3/4 & 3/11 11-12:30 pm  Campus: CHEC Room 110
Instructor: Jim Parker  Sessions: 2

Discussing Life, The Universe & Everything!
We will discuss how the world works at the quantum level, the cosmic level, and the human level. Inspiration and recommended reading for this 2-part discussion is the book, *The Big Picture: On the Origins of Life, Meaning, and the Universe Itself* (2016) by Sean Carroll. A brief lecture will precede each discussion.
*This class meets on alternate Fridays.
Fri. 2/14 & 2/28 11:30-1 pm  Campus: CYC Room 214
Instructor: Paul Dolliver  Sessions: 2

How Can a Chip No Bigger Than a Fingernail, Run Your Computer?
The answer to the course title’s question lies in the invention of the “integrated circuit” (IC), also known as the microchip. Jack Kilby filed the patent for the first IC in February, 1959, for which he received the Nobel Prize in 2000. Robert Noyce submitted a patent for a somewhat different IC in July, 1959. As you can imagine, some interesting, prolonged dynamics ensued.
Both men went on to continued innovation and received many honors over the courses of their careers that followed. To congratulate Jack Kilby on receiving the Nobel Prize, President Bill Clinton wrote, “You can take pride in the knowledge that your work will help to improve lives for generations to come.” And indeed, microchips form the basis of everything electronic in our lives.
Don’t miss this course that will take you on a journey along the paths of genius that made this all possible.
Thur. 2/13 & 2/20 11-12:30 pm  Campus: CYC Room 214
Instructor: Dr. Herb Weinstein  Sessions: 2
North Texas at the Turn of the Century Through the Lens of Dwight D. Eisenhower

Dwight D. Eisenhower was born in Denison, Texas in 1890 to a father who worked for the railroad and to a mother who had to make do on a workman’s wages. What was life like for the family in North Texas during this era of rapid urbanization, economic depression, and inequalities? What foods did they eat, what entertainment did they seek, and how did they cope with the massive changes in the post-reconstruction South? This informational class will take students on a journey to examine these questions using old newspapers, maps, and even recipes.

Mon. 2/3 10:30-12:30 pm  Campus: CYC Room 122
Mon. 3/2 10:30-12:30 pm  Campus: CHEC Room 106
Instructor: Robin Cole-Jett

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. 3/30 9:30-10:30 am  Campus: CYC Room 122
Instructors: Barbara & Larry Stern

The Decade That Whimpered: The 1930s and the Great Depression

The 1930s are mostly remembered as a time of high unemployment and low paychecks. This view is not without merit, but there is more to the story of the “Dirty Thirties.” This class will explore the effects the Great Depression had on American culture from the songs of Woody Guthrie to the Golden Age of Hollywood and beyond.

Wed. 2/19 & 2/26 1:30-2:30 pm  Campus: PRC Room LH105
Instructor: Brett Adams
The History of Food-Part 2
Food fights, food mysteries, food myths and food that started War! Food in history has been a significant part of our culture and influences. Food even brought about peace – “and yes Virginia, there were 4 and 20 blackbirds in that pie!” Join us to discover the fascinating, historical and tasty pasts of our sustenance.

Wed. 4/1 11-12:30 pm Campus: CYC Room 229
Instructor: Kyra Effren Sessions: 1

The Immune System, Aging, and Diet- Oh My!
We are able to produce a great deal of immunity when we are young, however as we age, our immune system also ages (immunosenescent). Understanding the basics of our immune system allows us to make smart choices regarding diet, exercise, sleep, and mental health. This course will cover the basics of the immune system and immunosenescence, and offer some simple tips, backed by science, to keep your immune system healthy.

Thur. 2/20 & 2/27 1:30-2:30 pm Campus: PRC Room LH157
Instructor: Dr. Nicole Grose Sessions: 2
**Brett Adams** has a Master’s Degree from the University of Tulsa and has been teaching history at Collin College since 2004. Brett is a current board member of the Heritage Association of Frisco and past president. He founded and coordinates the “Saturday at the Museum” lecture series for the Frisco Heritage Museum.

**Amira Shaham-Albalancy, Ph.D.**, studied in the Animal Sciences Department of the Faculty of Agriculture at the Hebrew University of Jerusalem. Her specialty was the endocrine physiology of the reproductive system of dairy cows and worked as a private consultant to farms and firms in the agricultural industry. Dr. Albalancy moved to Texas from Israel in 2001 and started teaching at Collin College as associate faculty in 2004. She became full-time faculty for Collin College in 2006 and teaches human Anatomy and Physiology classes for science and non-science majors at the Frisco campus.

**Arlene Bakner** is a recently retired Collin College Mathematics Professor. She strongly believes that anyone can learn math, both young and old alike. Math is fun!

**George and Denise Bouhasin** are your experts when it comes to travel! They have visited more than 75 countries in Europe, Asia, Africa, the Middle East and South America, as well as Australia and New Zealand. Since George retired in 2009, they have made 23 international trips. Through his work before George’s retirement, they had the opportunity to live for an extended period in Brazil, Argentina, Chile, and China. They have familiarity with several languages. Denise and George always look forward to more enriching experiences through travel.

**Michael Booth** taught finance and investments as a hobby at 8 universities, including 10 years at UT Dallas. As a semi-retired independent contractor, he wrote and led managerial finance seminars for 20 years for TX Instruments, and for Sensata Technologies and others in the U.S., Canada, Europe, Israel, and India. His background includes commercial banking, startups, and turnaround projects.

**Marlene Bradford, Ph.D.** Dr. Bradford has spent most of her life in Tornado Alley. Her doctoral dissertation at Texas A&M, *Scanning the Skies: A History of Tornado Forecasting* still serves as the major source of this subject. In addition, she has published three books on Arkansas and Texas tornadoes. Now retired after more than 25 years of teaching at the high school and college level, Dr. Bradford enjoys speaking about tornadoes and tornado safety.

**Andy Brooks** is rapidly approaching Medicare age, kicking and screaming all the way! He is a financial Planner with Investment Services Center in Allen. And is active in several Senior Service related organizations in Collin county. For fun he likes to garden in the backyard and watch old movies like “Jaws” and “Star Wars”.

**Jenney Chang** came to the United States from a small island in the orient where she received an excellent basic art background at National Taiwan Normal University. Her medium is Chinese brush ink painting and her subject matter comes from the world of nature which is deeply rooted in her soul. Since 1993, after receiving a Master’s degree in art from Texas A&M Commerce, color, collage and structures have played a strong role in her art.
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. Richard has been a dedicated instructor for SAIL for many years and enjoys sharing his love of history with the SAIL members.

Dr. Shiva Davanloo earned her Ph.D. in Nutrition Sciences and has been teaching nutrition courses, both undergraduate and graduate for over 20 years. She supervised different thesis and dissertations, practiced dietetics and has worked as the program chair for Clinical Nutrition at Collin College for the past 10 years.

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 is a geologist, aspiring naturalist, and reader. He has led book discussion groups for almost 30 years. He currently teaches geology courses at Collin, Hill, and Richland Colleges.

Kyra Effren has had an extensive and international experience in the world of food and cookbooks! She received her Bachelor’s in Social Sciences from UCT Cape Town, RSA. Kyra did her post grad studies in Labor Relations at Columbia University. She is also a licentiate in Music Teaching from the Royal School of Music and University South Africa Schools. Kyra was the owner of Cours de Cuisine Cooking School and has worked with The Dallas Morning News for over 15 years. She currently is collaborating with the City of Dallas and other organizations to combat food insufficiency in Dallas with the elderly population.

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.

Elliot Fallas is a local artist whose fresh, energetic style has caught the eye of collectors and decorators alike. “When I choose a subject, it must evoke an honest emotion within me...otherwise it’s wallpaper.” Before moving to the Metroplex, Elliot lived in New York, Los Angeles, Florida, and New England. He has also traveled extensively in Europe and the Far East, and places he has seen and experienced are often represented in his work. His willingness to break a few rules in favor of emotion and honesty keeps his painting exciting and evocative.

Jose Figueroa has a mechanical engineer background. He worked for 35 years at FM Global, a worldwide property insurer. Jose retired in 2017 as a reinsurance professional in Latin America. He has developed expertise in loss prevention, anti-money laundering (AML) regulations, compliance and governance. Jose speaks five languages, facilitating many conferences in Western Europe and the Americas.
Judith Fishman has been playing Mah Jongg since her teenage years. Besides playing “maj”, 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 holds a bachelor’s degree from S.M.U. and a master’s in counseling from U.N.T. She is a retired skating judge and taught secondary English in Dallas and Plano schools for 28 years. She enjoys teaching SAIL students most of all.

Dr. Jerry Frankel M.D. 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.

Ted Gold is from Cleveland, attended Ohio State University and went on to be a Road Scholar. Everything he knows, he learned on the road. He has attended SAIL classes for several years. Ted is a firm believer that we should never stop learning and is excited to share new and captivating topics with the SAIL members.

Dr. Nicole Grose, Ph.D., Nicole received her Bachelors of Science and Ph.D. in Quantitative Biology from the University of Texas at Arlington. For her Ph.D., Nicole studied the link between the immune and nervous system. Nicole has worked at Collin College since 2008, teaching Human Anatomy and Physiology. Nicole lives in Allen, Texas with her husband and cat.

Dr. Janet Harris, Ph.D. 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 published books. She teaches academic and creative writing courses in the Doctor and Master of Liberal Studies program at SMU. She has retired several times, the first from UT-Dallas.

Greg Indelicato holds a Master’s in Geochemistry/Geophysics from Stonybrook University in NY and a MBA in Management Information Systems from Oklahoma City University in Oklahoma. He also holds several certifications in the Wine and Spirits discipline, notably WSET 2; World Masterclass of Whiskey; and Bourbon Steward. Recently retired, Greg now pursues career mentoring, and enjoys sharing his knowledge and experiences with his students.

Robin Cole-Jett has been researching, teaching, and sharing history for the past twenty years as the Red River Historian (publishing company, museum consult-redriverhistorian.com), a community college instructor and now as the Educator of the Eisenhower Birthplace in Denison, Texas.

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 the 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.
Sally Kemble has a passion for art, especially the history of art. She holds a Master’s degree in art history from U.N.T. and has taught elementary, secondary and college classes. She enjoys painting as a hobby. Her favorite students are the Collin College SAIL students and she enjoys sharing art topics and discussions.

Dr. James Lamb, Ph.D., 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 B.A. in Fine Arts and an M.S. in Radio-TV and has worked as a professional broadcaster, middle school teacher, videographer and podcast developer. His side interests include wood carving, flying as a private pilot and distance road cycling.

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.

Dr. Edward L. McClelland, Ph.D. has extensive economic and financial experience and expertise. He has authored numerous economic impact studies for both public and private organizations and directed the economic research activities as chief economist for RepublicBank Corporation. Dr. McClelland has briefed boards of directors of RepublicBank Corporation and the President of the Federal Reserve Bank of Dallas. He is a skilled forecaster, speech writer, public speaker, has extensive experience with media relations and has taught as an adjunct professor.

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.

Brenda Nibert is a world traveler, CPA and teacher with degrees in Religion and Near Eastern Studies from Wellesley College and Berkeley. She volunteers as a docent at the Dallas Holocaust and Human Rights Museum.

Carrie Oransky, CPA Carrie is a CPA and an art history enthusiast. Since 2012, she has been teaching the History of Western Art to students in the home school community around Plano and McKinney. She believes that the intrinsic value of our shared humanity is discovered through our understanding of a culture’s art. She is looking forward to sharing her love of art with the SAIL students.

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.
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 military veteran, husband, father and grandfather! He now spends his retirement time at KVGI Radio in Frisco with two interview and talk radio shows. Stuart is a student at Collin College as well as a SAIL instructor. He is active in several military, religious, and non-profit organizations. Stuart enjoys all kinds of music, both recorded and live as well as old movies, walking, cycling, dining and spending time with his grandson and family.

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 in 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 founded The WERX Foundation, and served as president and Executive Director, assisting nearly 100 start-up companies to become successful small businesses. Christine works as a fine artist, an Instructor at Collin College and serves as President of the Visual Arts League of Allen (VALA).

Fred Smith has been a SAIL instructor going on twelve years. He is a native Texan with degrees from Abilene Christian and University of Arkansas in Nuclear Chemistry. He served forty years in the Army, both active and reserve, and retired as a Brigadier General in 1995. He was on the staff at SMU for several years, then retired to teach his passion, modern history, much observed first hand in the SAIL program.

Barbara and Larry 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.

Dr. Bulbin Sunar-Reeder M.D. taught undergraduate and graduate classes in England, Germany, Turkey and the United States, as a Professor of Medical Genetics and Biochemistry in Medical Faculties. A Turkish ex-patriot with a strong love of world travel, history, archeology and anthropology, she is currently pursuing her other passion as a self-employed Biotechnology consultant.

Dr. Paul Tobolowsky, M.D. 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. Dr. Tobolowsky enjoys sharing his extensive medical knowledge and participating in lively discussions with the SAIL students.

Judith Tyler began playing Bridge over 20 years ago and became an accredited American Contract Bridge Teacher in 2010. She loves meeting new people, and enjoys teaching students how interesting and fun this game can be. Her classes are designed for newly retired students who may have played years ago and want to learn the “new” Bridge and those who want to learn how to play a little better.
Jacque Vilet has an MS in Psychology from UNT and an MBA from SMU. She worked in the high-tech industry her entire career as an International Human Resource professional for some large, well-known multinational companies. She had global HR responsibility for as many as 25 countries and lived and worked in Asia twice. She has been a presenter at HR conferences on a number of HR topics in the U.S., Europe and Asia.

Bob Wacker is from Milwaukee and has degrees in Engineering and Business Management. He traveled the world during his career at Texas Instruments gaining valuable learning experiences. Bob has taught for SAIL for several years and is looking forward to sharing new topics.

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 has worked 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 Development, including designing and delivering training to managers at all levels and managing teams of trainers.

Dr. Michael M. Warren M.D. recently retired after 45 years on the faculty of the University of Texas Medical Branch in Galveston where he maintained an active practice of urology teaching medical students and residents. He was involved in a large number of administrative activities at U.T.M.B. and in various city, state and national organizations. He also has a strong interest in patient education.

Dr. Herbert Weinstein received his B.S. from Tufts University and a Ph.D. from Princeton University in Chemical Engineering. Following a Sloan Postdoctoral Fellowship at Princeton, he pursued a 32-year career in the industry and was a private consultant doing oilfield research, adjunct teaching at colleges and private tutoring. Following this, Herb chose to enter secondary education. “I have taught math at all levels, plus fundamentals of computer programming at Yavneh Academy, The Hockaday School and Parish Episcopal School”. He 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”.

Don Wolman is a teacher, world traveler and writer with degrees in engineering and science. He teaches classes in world geography, travel, history and science. He works part-time as a technical writer and volunteers as a speaker/presenter around the DFW area.
One outstanding program with two exceptional wellness experts! Learn why our response to medications changes throughout life from Dr. Pattani, and how to keep your eyes as healthy as possible with tips from Dr. Taub. Don’t miss this one!

**SEATING IS LIMITED**: Please register in advance. SAIL@collin.edu.

### Does Aging Alter the Way Your Medications Work?

**Dr. Deepa Pattani**

Deepa Pattani, PhD. graduated with a Doctorate in Pharmacy from Rutgers University Ernest Mario School of Pharmacy, and holds an active license as a Registered Pharmacist in 4 U.S. states. After observing gaps in health care while working in Collin County, Dr. Pattani decided to open Allen Pharmacy & Wellness as a resource designed to meet the needs of the entire community. Dr. Pattani lives in Allen with her husband and 2 boys. She enjoys reading, riding bikes and spending quality time with her family.

### Eye Health: What You do Outside the Doctor’s Office Matters

**Dr. Larry Taub**

Larry R. Taub, M.D., currently a partner at Newman & Taub Vision Center, graduated from Duke University in Durham, NC and Baylor College of Medicine in Houston. He completed his ophthalmology training at Emory University, where he was Chief Resident in Ophthalmology. His impressive resume also includes work as the Director of Comprehensive Ophthalmology at The Emory Clinic, and as the head of Ophthalmology at Crawford Long Hospital in Atlanta. Dr. Taub shares his practice with Dr. Newman and Dr. Chu with offices in Dallas and Plano. Dr. Taub has been recognized each year by “D” Magazine’s “Best Doctors” list since 2005 and Texas Monthly’s “Super Doctors” since 2004.
GUEST SPEAKER

Mr. Paul Dolliver

Art and Landscape in the American West
Mr. Dolliver will conduct a tour of the American West as depicted by 19th and 20th century landscape painters and photographers!

Friday, March 27
11:30-1:00 p.m. Courtyard Center
Room 122
Portraits as PR: Reconsidering Thomas Hick’s Portraits of Edwin Booth on the Anniversary of the Lincoln Assassination

Thursday, April 16
1-2:30 p.m. Courtyard Center
Room 122
# SAIL GREAT BOOKS

## Spring 2020 Discussion Schedule

<table>
<thead>
<tr>
<th>DATE</th>
<th>READING*</th>
<th>LENGTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/24</td>
<td>Death in the Woods&lt;br&gt;Sherwood Anderson</td>
<td>11</td>
</tr>
<tr>
<td>2/07</td>
<td>The Garden of Forking Paths&lt;br&gt;Jorge Luis Borges</td>
<td>9</td>
</tr>
<tr>
<td>2/21</td>
<td>Introduction to *The Second Sex&lt;br&gt;Simone de Beauvoir</td>
<td>16</td>
</tr>
<tr>
<td>3/06</td>
<td>An Interest in Life&lt;br&gt;Grace Paley</td>
<td>13</td>
</tr>
<tr>
<td>3/20</td>
<td>Selected Poems&lt;br&gt;Wislawa Szymborska</td>
<td>6</td>
</tr>
<tr>
<td>4/03</td>
<td>The Body of the Condemned&lt;br&gt;Michel Foucault</td>
<td>23</td>
</tr>
<tr>
<td>4/17</td>
<td>Interpreter of Maladies&lt;br&gt;Jhumpa Lahiri</td>
<td>18</td>
</tr>
</tbody>
</table>

*Readings are from *Great Conversations 3* (2007) The Great Books Foundation*
CHINESE BRUSH PAINTING
1 Brush (purchase from art teacher) $6.00
2 rice paper packs (available on Amazon)
1 bottle of calligraphy ink (available on Amazon)
1 brush wash container
1 piece of white felt to cover working space on desk
1 roll of paper towels
2 water containers (any material)
3 ceramic saucers (white)
1 brush wrap (optional)
1 brush rack (optional)
1 paper holder (optional)

PASSION AND ART-BASIC OIL PAINTING
Supply List
Oil Paint:
1 Large Tube White Titanium
1 Tube Cadmium Red
1 Tube Alizarin Crimson
1 Tube Cerulean Blue
1 Tube Ultra Marine Blue
1 Tube Cadmium Yellow
1 Tube Burnt Sienna
1 Tube Orange
1 Tube Yellow Ochre
1- 16” x 20” Canvas
Misc. Assorted supplies:
2 each assorted brushes, sm. med. lg. or a set of brushes.
1 roll paper towels
1 disposal paper palette ---- Hobby Lobby has this item.
1 set palette knives----- Hobby Lobby has this item.

P.S. For beginners:  Hobby Lobby has a set of paints>>> 10 tubes for $29.99. With a 40% off coupon, it's a good start.

YOU DON"T NOT NEED BOTH THE KIT AND THE LIST. IT'S EITHER /OR...
The Sunday newspaper usually has coupons for Hobby Lobby and Michaels.
PLEASE WEAR OLD CLOTHES

EASY QUICK ACRYLIC PAINTING EXERCISES
Supply List-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)