



# FALL 2023 Schedule



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



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



972-985-3788

Courtyard Center  
4800 Preston Park Blvd, Ste.116  
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 FALL 2023!

If you are new to SAIL, we extend a warm welcome and if you are a returning SAIL member, we are so excited to have you back! Our incredible instructors and guest speakers have worked hard to put together a brain stimulating and fun schedule.

SAIL (Scholars Active in Learning) launched its first semester under the sponsorship of Collin College in Fall 1996 and has been serving our community of lifelong learners ever since! We offer a fall, spring and summer term and each semester brings all new content to challenge, discuss and stimulate your brain. It's also a great way to socialize, meet new friends and share your love of learning!

For the fall semester choose **(8) on campus courses** and **unlimited online courses**. The **Free Lecture Courses** can be taken in addition to your (8) on campus courses. Guest Speakers are also free to attend, but be sure to register, so we have an accurate seat count.

New this fall is the "SAIL Plus" course which gives you a little "extra" learning and experience. Our version of "show and tell". Sit, sip, savor and learn! Details on page 20!

SAIL classes are open to members who are 55+ and have an interest in learning! Did you know that anyone that meets the age requirement can take SAIL classes from anywhere in the world? Be sure to tell friends and family to check out the Fall 2023 schedule, even though they don't live in the area. We want others to be able to "SAIL" with us!

The Fall 2023 schedule will have both on campus and online courses. The schedule will indicate how the course is being delivered.

Online learning links to your class will be emailed to you, if you have **registered** for that class, a few days before the class starts. Be sure to save the link where you can easily find it, as most links will be re-curring for that particular course.

SAIL has been going strong at Collin College since 1996 and it is our members and instructors that make this the amazing program it is today. We thank each and every one of you for "sailing" with us.

Enjoy your classes this semester and feel free to contact the SAIL office with any questions at **972-985-3788** or email **sail@collin.edu**.

*Sherry J. Scamardo*  
SAIL Program Director





## DROP YOUR ANCHOR

### SAIL Office

Courtyard Center  
972.985.3788

### Office Hours

Monday-Friday, 8 a.m.-5 p.m.

### Website

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



Follow us on Facebook!

Collin College Scholars Active in Learning

### SAIL Crew:

Dr. Brenden Mesch Vice President/Provost Technical Center - Courtyard Center

Karen Musa Executive Dean-Courtyard Center

Sherry Scamardo Director-SAIL Program-Courtyard Center

Volunteers Our countless volunteers that assist!

### SAIL Campuses:

Courtyard Center

Celina Campus

Collin Higher Education Center

Farmersville Campus

Wylie Campus

4800 Preston Park Blvd., Plano, TX 75093

2505 Kinship Parkway, Celina, TX 75009

3452 TX-399 Spur, McKinney, TX 75069

501 S. Collin Parkway, Farmersville, TX 75442

391 Country Club Road, Wylie, TX 75098

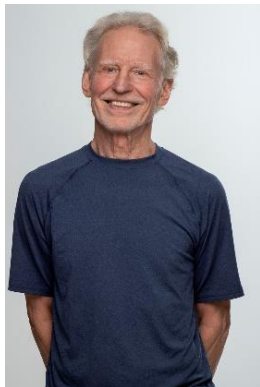
**\*SAIL campus course selection will vary by semester!**

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

# SAIL ADVISORY COUNCIL

## 2023-2024

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.



**John Byers**  
Continuing Education Director



**Muriel Dean**  
Lifetime SAIL Member



**Paul Dolliver**  
SAIL Instructor



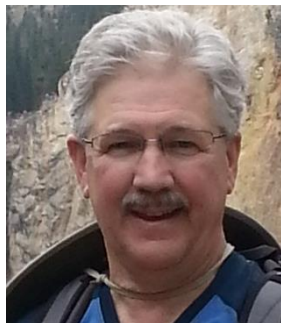
**Dr. Nicole Grose**  
SAIL Instructor



**Greg Indelicato**  
SAIL Instructor



**Dr. Toni Jenkins**  
Community Liaison



**Clay Youngblood**  
SAIL Member



**Dr. Herb Weinstein**  
SAIL Instructor



**Sherry Scamardo**  
Program Director

## FALL 2023 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> (Free Lecture Courses don't count against your 8!)
When Does Registration Begin?	<b>August 21 (Monday)</b>
When Do Classes Begin?	<b>September 5 (Tuesday)</b>
How Do I Sign Up?	See registration options below

### Registration Options (Begins Monday, August 21)

1. **Register online**, and **pay online** by credit card, [www.collin.edu/sail](http://www.collin.edu/sail)  
*We accept VISA, MasterCard, and Discover*
2. **Register online**, but **pay by telephone**. Contact the Bursars office **972-985-3724** or the SAIL office **972-985-3788**.  
(please have the 5-digit registration number that you received when you registered)
3. **Register at the Courtyard Center** in Plano, Suite 116.  
[sail@collin.edu](mailto:sail@collin.edu) 972-985-3788. M-F 8-5 p.m.
4. **Mail In:** Download a worksheet form or send us a list, and mail it back with your check (payable to SAIL) to:  
Collin College (SAIL)  
4800 Preston Park Blvd., Suite 116  
Plano, TX 75093

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

**Need assistance with registration? Contact the SAIL office at 972-385-3788 or email us at [sail@collin.edu](mailto:sail@collin.edu). We are here to help!**

**SAIL Tip:** Fall classes will be virtual and face to face on campus classes.

**SAIL Tip:** If you have registered successfully online, the system will generate a 5-digit number. **Check your spam folder for your class confirmation.**

**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](mailto: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!

*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 class 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.**



**SAIL FALL 2023  
CATEGORIES AND COURSES**

**ARTS/ART HISTORY (pg.1,2)**

Acrylic Paint with Me	ONLINE
Basic Drawing Skill Building	ONLINE
Oil Painting Basics	On Campus
Painting Studio	On Campus

**DISCUSSION (pg. 3,4,5)**

80 Years and Counting....Down?	On Campus
Behind the News	On Campus
Buddhism Is Not What You Think!	On Campus
Free Will, Determinism, and Artificial Intelligence	On Campus
Marathon: Running for President	On Campus
Saudi Arabia Under "MBS" Mohammed Bin Salman	On Campus
The Four Repeating Generations of America: Why Do They Repeat, and What Can We Learn from Understanding Them?	On Campus
Rise of Man	ONLINE
Words of Wisdom from Four Greek Philosophers	ONLINE

**FREE LECTURES (pg. 6,7)**

Disaster Preparedness	On Campus (CHEC)
Friendly Climate Science Workshop	On Campus (CHEC)
Introduction to Quieting the Self	On Campus
Legal Steps to Take as You Age	On Campus (CHEC)
Maximizing Your Medicare Choices	On Campus (Wylie)
The Forgotten Forties: How Five Years Changed American and the World	On Campus (Celina)
Touring Switzerland	On Campus

**GAMES (pg. 8)**

Mah Jongg I Beginner & Advanced Beginner

**HEALTH/WELLNESS/LIFESTYLE (pg. 9,10)**

A Peek into Kitchens of the World Through Cookbooks	On Campus
Culinary Vacation: "Off the Beaten Path!")	On Campus (CHEC)
Croatia: A Small Country with Big and Beautiful Scenery	On Campus
Disaster Preparedness	ONLINE
Estate Planning: Common Mistakes and Myths	ONLINE
Is Sugar My Enemy?	ONLINE
Overcome the Stumbling Blocks to Declutter	ONLINE
The Mind Diet – Foods to Feed Your Brain	On Campus



## SAIL FALL 2023 CATEGORIES AND COURSES

### HISTORY (pg. 11,12,13)

2 <sup>nd</sup> U.S. Cavalry and Comanches	On Campus
Benjamin Franklin: The First American	ONLINE
Extra! Extra! NY Times Stories from the 1800's!	On Campus
Extra! Extra! NY Times Stories from the 1800's!	ONLINE
The Birth of the Atomic Age and the Advent Of the Cold War	On Campus
The History of Sport in the United States	On Campus (Wylie)
The Incredible Lewis & Clark Expedition	ONLINE
The Secret Service and the Presidents Families	On Campus
The War of 1812 and The Changing of America	On Campus
Three Dutchmen Who Changed the World: Spinoza, Grotius, and Arminius	On Campus
U.S. Civil War in the Western Theater	ONLINE

### LITERATURE/FILM/MUSIC (pg. 14,15,16)

American Horror Stories: Monsters in American History	On Campus
Great American Short Stories Discussion Group	On Campus
Great American Short Stories Discussion Group	ONLINE
Great Read Discussion Group	On Campus
Great Read Discussion Group	ONLINE
Great Novel Discussion Group	On Campus
Great Novel Discussion Group	ONLINE
Mysteries of Time and Place: A Passage to India	On Campus
The Love of Musicals-Part II	On Campus
Piano Music of Frederic Chopin	On Campus
Serendipity: On the Trail of "Lesser" WWII Stories	On Campus
The Secret Life of Great Classical Music	On Campus

### MATH/SCIENCE/TECHNOLOGY (pg. 17,18)

Artificial Intelligence (A.I.) From ChatGPT and Beyond	On Campus
More Than an Introduction to Android	On Campus
More Than an Introduction to iPhone/iPad	On Campus
Louis Pasteur – Conqueror of Disease and Fear	On Campus
Role of the Media in U.S. History – Part II	On Campus (CHEC)
The Digital Age: Staying Safe Online	ONLINE
What is Science Anyway?	On Campus
The Octopus – World's Greatest Escape Artist	ONLINE



## SAIL FALL 2023 CATEGORIES AND COURSES

### MINI SERIES (pg. 19)

Body Works 101: The Special Senses of Hearing, Balance, and Equilibrium	On Campus
Archaeology – Ancient Egypt’s Power and Propaganda	On Campus
History of American Art: Early American Cultures Through Early Nationhood	On Campus
History of American Art: Early American Cultures Through Early Nationhood	ONLINE

### SAIL PLUS (NEW THIS SEMESTER!) (pg. 20)

Alcohol and Your Health	On Campus
<b>*Additional fees apply for this course</b>	

## GUEST LECTURERS

### SCAMS, SWINDLERS & SCOUNDRELS!

**Officer Mike Dana**

Tue. 9/19 & 26 1:30-3 pm Courtyard Center Room 122

### NYC PRIVATE EYE TELLS ALL ABOUT CHEATING HUSBANDS AND WIVES!

**Ed Brandt**

Fri. 9/29 10:30 am – 11:30 am Courtyard Center Room 122

### HUMANITY IN AN INHUMAN WORLD: ALMA ROSE AND THE AUSCHWITZ WOMEN’S ORCHESTRA

**Dr. Aaron West**

Wed. 10/4 2-3 pm Courtyard Center Room 122

### COLLIN COUNTY DISTRICT ATTORNEY

**John Rolater**

Fri. 10/6 1-2:30 pm Courtyard Center Room 122

### 50PLUS TODAY READY FOR YOUR NEXT VACATION? HEALTHY, SAFE AND FABULOUS TRAVEL

**TIPS** Alesia House and Leslie Farin

Thur. 10/12 10 am – noon Courtyard Center Room 422

### GREAT CONVERSATIONS IN HISTORY

**Paul Dolliver**

Wed. 11/15 11:30 am – 1 pm Courtyard Center Room 122

### SURVIVORS OF ANNE FRANK

**Sonia Meltzer**

Mon. 12/4 1:30-3 pm Courtyard Center Room 122



**FALL 2023 REGISTRATION SHEET (BY DAY)**

X	CAT	TITLE	CAMPUS	DAY	START TIME	END TIME	BEGIN DATE	END DATE	PAGE
	HWL	Croatia: A Small Country with Big and Beautiful Scenery!	CYC	Mon	1:00	2:30	9/11	9/25	9
	LFM	Piano Music of Frederic Chopin	CYC	Mon	10:30	12:00	9/11	9/18	16
	DISC OL	Rise of Man	OL	Mon	11:00	12:30	10/2	10/23	5
	HWL	Culinary Vacation: "Off the Beaten Path!"	CHEC	Mon	11:00	12:00	10/2	10/2	9
	LFM	Mysteries of Time and Place: A Passage to India	CYC	Mon	11:00	12:00	10/2	10/23	15
	MST	More Than an Introduction to Android	CYC	Mon	1:30	3:00	10/9	10/16	17
	HWL	A Peek into the Kitchens of the World Through Cookbooks	CYC	Mon	1:00	2:30	10/16	10/16	9
	DISC OL	Words of Wisdom from Four Greek Philosophers	OL	Mon	4:30	5:30	10/23	11/13	5
	DISC	80 Years and Counting...Down"?	CYC	Mon	10:30	12:00	10/30	10/30	3
	HIST	The History of Sport in the United States	Wylie	Mon	1:30	2:40	11/6	11/27	12
	HWL OL	Overcome the Stumbling Blocks to Declutter!	OL	Mon	11:00	12:30	12/4	12/11	10
	Mini	Archaeology-Ancient Egypt's Power and Propaganda	CYC	Tue	11:00	12:30	9/5	9/26	19
	MST	More Than an Introduction to iPhone/iPad	CYC	Tue	1:30	3:00	9/5	9/12	17
	ARTS OL	Acrylic Paint with Me	OL	Tue	12:30	1:45	10/3	10/24	1
	ARTS OL	Basic Drawing Skill Building	OL	Tue	2:10	3:00	10/3	10/24	1
	DISC	Marathon: Running for President	CYC	Tue	2:30	3:30	10/3	10/17	4
	HIST OL	The Incredible Lewis & Clark Expedition	OL	Tue	11:00	12:45	10/3	10/24	12
	LFM	Serendipity: On the Trail of "Lesser" WWII Stories	CYC	Tue	11:00	12:30	10/3	10/24	16
	Mini OL	History of American Art: Early American Cultures Through Early Nationhood	OL	Tue	10:30	12:00	10/3	10/24	19
	MST	What is Science Anyway?	CYC	Tue	1:30	3:00	10/24	10/31	18
	HWL OL	Is Sugar My Enemy?	OL	Tue	10:30	11:30	10/31	10/31	10
	DISC	Free Will, Determinism, and Artificial Intelligence	CYC	Tue	1:30	2:45	11/7	11/21	3
	LFM	The Love of Musicals-Part 2	CYC	Tue	11:00	12:30	11/7	11/21	15
	FREE	Disaster Preparedness	CHEC	Tue	11:00	12:30	11/14	11/14	6
	HIST	Three Dutchmen who changed the world: Spinoza, Grotius, and Arminius	CYC	Tue	2:00	3:15	11/28	12/12	13
	HIST OL	Extra! Extra! NY Times Stories from the 1800's!	OL	Tue	2:30	4:00	11/28	12/12	11
	MST	Louis Pasteur --Conqueror of Disease and Fear	CYC	Tue	12:00	1:30	11/28	12/12	17
	ARTS	Oil Painting Basics	CYC	Wed	9:00	11:00	9/6	10/4	2
	ARTS	Painting Studio	CYC	Wed	11:30	1:30	9/6	10/4	2
	HIST OL	U.S. Civil War in the Western Theater	OL	Wed	1:30	3:00	9/6	9/27	13
	Mini	History of American Art: Early American Cultures Through Early Nationhood	CYC	Wed	10:30	12:00	9/6	9/27	19
	LFM	Great American Short Stories Discussion Group 9/13, 27, 10/11, 25, 11/8 (alternate Wed.)	CYC	Wed	11:00	12:30	9/13	11/8	14
	FREE	Maximizing Your Medicare Choices	Wylie	Wed	1:00	2:30	10/4	10/18	7
	GAMES	Mah Jongg Beginner and Advanced Beginner	CYC	Wed	1:30	3:00	10/4	11/1	8
	HWL	The MIND Diet - Foods to Feed Your Brain	CYC	Wed	12:00	1:30	10/4	10/11	10

DISC	The Four Repeating Generations of America: Why Do They Repeat, and What Can We Learn from Understanding Them	CYC	Wed	10:30	12:00	10/11	10/18	4
FREE	The Forgotten Forties: How Five Years Changed America and the World	<b>Celina</b>	Wed	2:00	3:00	10/18	10/18	7
LFM	Great Read Discussion Group	CYC	Wed	11:00	12:30	10/18	10/18	14
LFM	The Secret Life of Great Classical Music	CYC	Wed	11:00	12:30	10/18	11/8	16
HIST	2nd U.S. Cavalry and Comanches	CYC	Wed	1:30	3:00	11/1	11/8	11
LFM	Great Novel Discussion Group	CYC	Wed	11:00	12:30	11/1	11/1	15
SAIL Plus	Alcohol and Your Health	CYC	Wed	3:30	5:00	11/15	11/15	20
HIST	Extra! Extra! NY Times Stories from the 1800's!	CYC	Wed	10:30	12:00	11/29	12/13	11
FREE	Touring Switzerland	CYC	Wed	1:30	3:00	12/6	12/6	7
Mini	Body Works 101: The Special Senses of Hearing, Balance and Equilibrium	CYC	Thur	1:00	2:30	9/7	9/21	19
MST	Role of the Media in U.S. History-Part II	<b>CHEC</b>	Thur	1:30	3:00	9/7	9/28	18
DISC	Behind the News	CYC	Thur	11:00	12:30	9/14	10/12	3
LFM OL	Great American Short Stories Discussion Group <b>9/14, 28, 10/12, 26, 11/9 (alternate Thur.)</b>	<b>OL</b>	Thur	11:00	12:00	9/14	11/9	14
DISC	Buddhism is Not What You Think!	CYC	Thur	3:00	4:00	10/5	10/12	3
MST OL	The Octopus - World's Greatest Escape Artist	<b>OL</b>	Thur	11:00	12:45	10/5	10/26	18
FREE	Legal Steps to Take as You Age	<b>CHEC</b>	Thur	1:00	2:00	10/19	10/19	7
LFM	American Horror Stories: "Monsters" in American History	CYC	Thur	10:30	11:30	10/19	11/16	14
LFM OL	Great Read Discussion Group	<b>OL</b>	Thur	11:00	12:00	10/19	10/19	14
MST	Artificial Intelligence (A.I) From ChatGPT and Beyond	CYC	Thur	1:30	3:00	10/26	11/2	17
FREE	Introduction to Quietening the Self	CYC	Thur	1:00	2:15	11/2	11/2	6
HWL OL	Disaster Preparedness	<b>OL</b>	Thur	11:00	12:30	11/2	11/2	9
LFM OL	Great Novel Discussion Group	<b>OL</b>	Thur	11:00	12:00	11/2	11/2	15
FREE	Friendly Climate Science Workshop	<b>CHEC</b>	Thur	11:00	12:30	11/9	11/9	6
HWL OL	Estate Planning: Common Mistakes and Myths	<b>OL</b>	Thur	2:00	3:00	11/9	11/16	10
HIST	Secret Service and The President's Families: JFK - LBJ	CYC	Thur	1:30	3:00	11/30	12/7	13
HIST	The Birth of the Atomic Age and the Advent of the Cold War	CYC	Fri	2:00	3:30	9/8	9/22	12
HIST	The War of 1812 & The Changing of America	CYC	Fri	10:30	11:30	10/6	10/20	13
DISC	Saudi Arabia Under "MBS" Mohammed Bin Salman	CYC	Fri	1:00	2:00	11/3	11/3	4
HIST OL	Benjamin Franklin: The First American	<b>OL</b>	Fri	10:00	11:00	11/3	11/17	11
MST OL	The Digital Age: Staying Safe Online	<b>OL</b>	Fri	1:30	3:00	11/10	11/10	18

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

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

Email \_\_\_\_\_ REGISTRATION # \_\_\_\_\_

Payment: Check# \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ Exp. \_\_\_\_\_ CVS \_\_\_\_\_

# ARTS/ART HISTORY

## Acrylic Paint with Me

In this online class, I will lead you in completing a beautiful painting in each class! Everyone will paint the same painting. Similar to the classic Bob Ross Painting shows, I will lead you step by step! To join lessons, you simply click on a link I will email to you along with instructions, and you can join in the painting webinars from any computer or tablet with access to the internet.

**Student Limit: 25**

**\*Supply list at back of schedule**

Tue. 10/3-24 12:30-1:45 pm **ONLINE COURSE**  
Instructor: Christine Smith Sessions: 4

## Basic Drawing Skill Building

In this online course, we will learn basic drawing principles and skills and complete quick drawings based off of what you learn. This will be a combination of video lessons, and a draw along with me demonstration.

All levels of drawing skills are welcome!

**Student Limit: 25**

**\*Supply list at back of schedule**

Tue. 10/3-24 2:10-3 pm **ONLINE COURSE**  
Instructor: Christine Smith Sessions: 4

Christine Smith is a professional artist whose career spans multiple areas of expertise. A graduate of The Art Institute of Dallas, she started her career out of college into the video game industry, creating art and animation. She is accredited on seven published titles over a decade long span in the entertainment industry. She spent years freelancing as a graphic designer, photographer, and web developer, until she founded The WERX Foundation, and served as President and Executive Director, assisting nearly 100 start-up companies over to become successful small businesses. Today she is a fine artist, an Adjunct Professor at Collin College and serves as Chairman of the Visual Arts League of Allen (VALA). As an extension of VALA, she set-up and curates the VALA Gallery in the Cotton Mill of McKinney.



# ARTS/ART HISTORY

## Oil Painting Basics

Learn how to paint in oils! This class will take you through the basics of materials and mediums, what kinds of brushes to use, the difference between water-based oil and traditional oils and how to get started painting with oil paints.

If you have your own oil paint supplies, please bring them to class. If you would like to pay a **\$20.00 fee payable to the instructor**, she will supply the use of brushes and paint for class use.

All students will be responsible for providing canvases, your choice of size.

Student Limit: 15

\*Supply list at back of schedule

Wed. 9/6-10/4 9-11 am Campus: CYC Room 337  
Instructor: Lori Ruml Sessions: 5

## Painting Studio

Enjoy the camaraderie and input of fellow students while you work in the painting medium of your choice. The studio class will be facilitated by an instructor with knowledge of painting in watercolor, acrylic, and oil paint who can answer your questions and help you along in your individual painting journey. Class discussions and critiques will enhance the learning process along with learning how other students approach various mediums and style of painting.

Student Limit: 15

Wed. 9/6-10/4 11:30 am – 1:30 pm Campus: CYC Room 337  
Instructor: Lori Ruml Sessions: 5

**\*This is a bring your own supplies class**

Lori Ruml has an M.A. in Art Education with a concentration in Watercolor. She has been teaching since 1995. She received a scholarship to an Art program in Europe to study with watercolor artist, Rob Erdle, while working on her M.A. As the owner of *The Art Experience*, she also does murals, custom work, and art parties in addition to community art classes. Her interests extend to all mediums of art from acrylic, oil, and watercolor to sculpture and pottery. She has also had the honor of learning from Renaissance style painter, Frank Covino, focusing on oil painting in classical styles.



## DISCUSSION

### 80 Years and Counting...Down?

The U.S. dollar has been the world's reserve currency since WWII. That may be about to change. Fiat, asset-backed, and digital challengers to "king dollar" are beginning to organize. Their success would create dramatic consequences for global finance and national monetary sovereignty.

We will briefly look 80 years back, focus on the challenges today, and hazard a few predictions for the future of global money.

Mon. 10/30 10:30-noon Campus: CYC Room 122  
Instructor: Michael Booth Sessions: 1

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

### Behind the News

This course provides analysis, background, and 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. 9/14-10/12 11am – 12:30 pm Campus: CYC Room 122  
Instructors: Bruce Eisen and Dr. Jim Lamb Sessions: 5

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.

Jim Lamb, Ph.D., is a retired college professor, computer programmer, and I.T. manager. After receiving a doctorate in philosophy from Brown University, he taught at SMU for 35 years. Jim was also the Director of Computer Services at Ebby Halliday Realtors.

### Buddhism Is Not What You Think!

I am always looking for new material for my Collin World Religions class and in doing so, I came across Steve Hagen, whose work is the basis for this course. Come prepared to discuss a religion beyond beliefs.

Please read Part One before our first meeting and the remainder of the book for our second meeting.

### Steve Hagen, "Buddhism is Not What You Think" (HarperCollins, 2003) Approx. \$20

\*This course has recommended reading

Thur. 10/5-12 3-4 pm Campus: CYC Room 122  
Instructor: Tony Howard Sessions: 2

Professor Tony Howard has been teaching English and World Religions at Collin College since 1986. He has graduate degrees from Southern Methodist University, is a native of Dallas, and is married with two sons. When he's not teaching, he spends way too much time between Netflix, Prime, and Max!

### Free Will, Determinism, and Artificial Intelligence

This course explores the great philosophic problem of free will and determinism: It seems obvious that we have free will, that we can choose among possible futures, but science has discovered laws of physics that predict the future state of a physical system from its current state and the laws of physics. One such physical system is the human nervous system. Recent work in artificial intelligence, in particular neural networks (which are based on the human brain) suggests that if computers don't have free will neither do people.

Tue. 11/7-21 1:30-2:45 pm Campus: CYC Room 304  
Instructor: Dr. Jim Lamb (see above biography) Sessions: 3

## DISCUSSION (CONT.)

### Marathon: Running for President

Campaigning for the American Presidency has evolved from not letting it be known that you want to be a presidential candidate to a permanent campaign that may begin well before the election a candidate announces. This course will trace how the presidential campaign has evolved, how it runs today, examine the real presidential election, the Electoral College, and look at the 2024 presidential campaign.

Tue. 10/3-17 2:30-3:30 pm Campus: CYC Room 122

Instructor: Dr. Michael McConachie (\*new instructor) 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.

### Saudi Arabia Under "MBS" Mohammed Bin Salman

Since the coming of Mohammed Bin Salman (MBS) as the *de facto* ruler of Saudi Arabia in 2017, he has undertaken major social, economic, and political reforms. The lecture reviews what MBS has achieved, what he has mismanaged and the possible impact of his leadership on the Middle East region.

#### This is a study in leadership!

Fri. 11/3 1-2 pm Campus: CYC Room 122

Instructor: Dr. Lishan Desta Sessions: 1

Lishan Desta, Ph.D. earned a doctorate in political science from the University of Texas Dallas. He is full-time faculty at Collin College McKinney Campus teaching Economics, culture and world affairs. He has lived on three continents and teaches from his varied background in history.

### The Four Repeating Generations of America: Why Do They Repeat, and What Can We Learn from Understanding Them?

In this class, you will learn about the four repeating types of generations of America/The United States. You will learn how and why the types of American experiences themselves continue to repeat. Predicting what sorts of events will come next, later, or even much later, and how they will be handled by those in decision-making positions in the United States is the final component in the class.

The class structure will provide time for interactive discussions about how having such knowledge can be used in understanding various arenas of American life, looking back, thinking about current times, and considering the future: business, religion, education, technology, medical advances, crime preventions, entertainment, family life, and any others that you find of interest.

Wed. 10/11 & 10/18 10:30am-noon Campus: CYC Room 318

Instructor: Gloria Cockerell (\*new instructor) Sessions: 2

Gloria Cockerell is a native Texan. Professor Cockerell directed the Center for Independent Studies at Richland College while teaching Writing there, later moving to the then-brand-new Collin College to teach management, marketing, and English. She created the Marketing Program at Collin, and chaired it for decades, also authoring a Principles of Marketing textbook. Cockerell's wide and varied interests have resulted in her participating in writing groups and podcasts, giving presentations, teaching special interest classes and workshops, and offering training workshops for business owners and their managers and employees. She continues to learn new topics and looks forward to sharing what she discovers with other learners—hoping always for lively discussions.



## **DISCUSSION (CONT.)**

### **Rise of Man**

Did you know that if the age of the Earth was represented by one hour, that the first human ancestors would have showed up about one second before the hour was up? And that Homo sapiens (modern man) would not arrive until 59:59.9 .... One tenth of a second before the hour ended! However, the life forms that would ultimately give rise to us arrived between 10 and 13 minutes after the Earth was formed (time 0). And.... Were you aware that at one point in the recent past, there were at least THREE Homo species existing during the Pleistocene Epoch?

Come join us for a walk through that "hour" and experience the path that led to us.

Mon. 10/2-23 11am-12:30 pm

**ONLINE CLASS**



Instructor: Greg Indelicato

Sessions: 4

Greg Indelicato holds a bachelor's degree in Geology from Queens College, CUNY and a master's degree in Earth and Space Sciences from Stony Brook University (SUNY), as well as an MBA from Oklahoma City University. He holds several certifications in the wine and spirits discipline, notably WSET 1 and 2: World MasterClass of Whiskey and Certified Bourbon Steward. Recently retired, Greg now pursues opportunities to share his knowledge and love of wine and spirits with his fellow enthusiasts.

### **Words of Wisdom from Four Greek Philosophers**

When searching for an inspirational quote, look no further than the ancient Greek philosopher's wisdom. The insights these individuals shared with the world are still relevant today and will live on in our consciousness forever.

Join me for four sessions on teachings, from some of the most well-known Greek philosophers, that I'm sure will get you thinking about life's challenges. It may even alter the way you perceive the world!

Mon. 10/23-11/13 4:30-5:30 pm

**ONLINE CLASS**

Instructor: Sarita Malhotra

Sessions: 4

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. She practices mindfulness meditation on a regular basis and teaches practical techniques for stress management.



## **FREE LECTURES – ON CAMPUS \*SELECT THESE ALONG WITH YOUR 8 COURSES!**

### **Disaster Preparedness**

When disaster strikes, it may be days before emergency services arrive in your neighborhood. Learn how to prepare yourself, family, and home before the next disaster. You will receive information on preparedness plans, what to put in an emergency kit, fire/earthquake safety, terrorism, radiation, pandemics, cyberterrorism and more.

Learn about opportunities and resources for improving your emergency skills and being self-sufficient enough to help others.

Tue. 11/14 11am-12:30 pm Campus: **\*CHEC Room 106**

Instructor: Flora Brands Sessions: 1

**\*3452 Spur 399, McKinney, TX 75069** <https://www.collin.edu/chec/maps.html>

Flora Brands has a B.A. in Criminal Justice/Pre-Law and is certified as an EMT Paramedic. She worked with Collin County Office of Homeland Security as Co-Coordinator of the Medical Reserve Corps. Flora fulfilled multiple roles serving on Command Staff, volunteer supervisor and “point of dispensing” volunteer, since 2010. She is Advanced Disaster Life Support and Advanced Incident Command System certified.

### **Friendly Climate Science Workshop**

Not everyone has the time to do a deep dive into climate science. But most of us can invest an hour or so to learn the basics, so we can better trust those who have committed their careers to scientific processes and discovery.

The class workshop uses “The World’s Littlest Book on Climate”. Participants are to download a free pdf copy of this booklet at <https://bit.ly/10inTen> and have available for the class.

Thur. 11/9 11am-12:30 pm Campus: **\*CHEC Room 106**

Instructor: Larry Howe Sessions: 1

**\*3452 Spur 399, McKinney, TX 75069** <https://www.collin.edu/chec/maps.html>

Larry Howe is a retired electrical engineering manager with the majority of his career spent working in the telecom industry. Larry volunteers with Live Green in Plano since 2012 and with a climate education organization since 2016. He is active with a conservative action team building support for climate solutions.

### **Introduction to Quieting the Self**

We all have a lifetime of experiences that have shaped who we are, how we feel, and what we believe. For most of us, tucked within there is also a mixed bag of hardships we may be continuing to harbor long past the occurrence. This shows up as anxiety, looping negative thoughts, or other discomforts. Learning to quiet the mind with guided meditation can lighten us up and create a haven of peace. You might be surprised at how quickly you can shift!

We will keep it light, fun, and interactive.

Thur. 11/2 1-2:15 pm Campus: CYC Room 324

Instructor: Laura Sarna Sessions: 1

Laura Sarna is a certified energy healing practitioner providing energy balancing, guided imagery, and spiritual counseling as a Partner with *For the Love of Healing*. My journey has taught me to relax into this big, amazing process of becoming a better human increasingly aligned with my soul’s purpose. Being in or returning to my grounded center no matter what. Isn’t that something we all want? It is from this space that I am both student and teacher and share with you.





## **FREE LECTURES – ON CAMPUS \*FREE TO TAKE AS PART OF YOUR MEMBERSHIP!**

### **Legal Steps to Take as You Age**

This information packed session will briefly review legal and some practical steps someone should take as they age. It will include discussions about estate planning, insurance holdings, protection for incapacity, driving, gifts and other practical steps that will protect elders and also help make transitions easier from a legal standpoint.

Thur. 10/19 1-2 pm Campus: \*CHEC Room 106

Instructor: Candace Vogt Sessions: 1

\*3452 Spur 399, McKinney, TX 75069 <https://www.collin.edu/chec/maps.html>

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 Duff Law Group in McKinney. She practices mainly in the areas of estate planning, real estate, and small business management.

### **Maximizing Your Medicare Choices**

Are you getting all that you can from your current Medicare coverage? Are you paying more than you should for your Prescription Drug Plan? Is your Medicare Supplement working out okay? Is there an advantage to "Advantage"? We will answer all these questions and learn how to make sure that your Medicare insurance choices are the best for YOUR needs.

Wed. 10/4-18 1-2:30 pm Campus: \*Wylie Room 207

Instructor: Andy Brooks Sessions: 3

\*391 Country Club Rd., Wylie, TX 75098 <http://www.collin.edu/campuses/wylie/Wylie%20Campus%20Map.pdf>

Andy Brooks is a financial services professional in Allen, TX. He is active in the Senior Services Coalition of the Allen/Fairview Chamber of Commerce and in other organizations that impact senior issues.

### **The Forgotten Forties: How Five Years Changed America and the World**

This presentation will look at the tumultuous post World War II 1940's and how those years drastically changed the United States vision of itself and its place in the world. The emerging Cold War and one of the greatest economic booms in history that launched the United States into a new role as leader of the free world, but there were unexpected consequences as well.

Wed. 10/18 2-3 pm Campus: \*Celina Room 215

Instructor: Brett Adams Sessions: 1

\*2505 Kinship Pkwy, Celina, TX 75009 [Campus Map](#)

Brett Adams has a master's degree from the University of Tulsa and has been teaching history at Collin College since 2004. His areas of study are mostly the American West and The Progressive Era.

### **Touring Switzerland**

Touring Switzerland is a personal experience about the beauty and joys of self-guided travel by train in Switzerland. Join us as we discuss the amazing train travels for your next trip!

Wed. 12/6 1:30-3 pm Campus: CYC Room 122

Instructor: Col. Richard Cudlipp (Ret.) Sessions: 1

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 De Vry University and Richland College. Richard has been teaching with SAIL for over 12 years.



# GAMES

## Mah Jongg Beginner and Advanced Beginner

This class is for beginners and those advanced beginners that have some knowledge of Mah Jongg but need more instruction in furthering their game skills.

In five 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 and some advanced beginner skills.

Wed. 10/4-11/1 1:30-3:00 pm Campus: CYC Room 229

Instructor: Judith Fishman

Sessions: 5

**Students must purchase or already have a National Mah Jongg League Rules Card (2023) prior to first day of class play.**

*Cards can be purchased at Walmart, Amazon, or the Natl Mah Jongg League (see address below).*

**National Mah Jongg League Inc.**

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

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

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.



## HEALTH/ WELLNESS/ LIFESTYLE

### A Peek into the Kitchens of the World Through Cookbooks

The invention of the cookbook proved at last a medium through which all cooks could study and prepare new recipes. The first cookbook, *Forme of Cury* was written by the chefs of King Richard!! *The First American Cookbook* was written by Amelie Simmons in 1796 and *Apicius* is a collection of Roman cookery recipes from the fifth century A.D. and was said to be the first to record recipes.

Join us for this fun and informative cookbook history class!

Mon. 10/16 1-2:30 pm Campus: CYC Room 229  
Instructor: Kyra Effren Sessions: 1

### Culinary Vacation: "Off the Beaten Path!"

British food is.... well...ordinary and plain! We hope to lay to rest this "calumny" about British food and explore the history of the great foods of Wales, Scotland, and the Channel Islands.

Mon. 10/2 11am-noon Campus: \*CHEC Room 106  
Instructor: Kyra Effren Sessions: 1

Kyra Effren has had 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. Kyra was the owner of Cours de Cuisine Cooking School and 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.

### Croatia: A Small Country with Big and Beautiful Scenery!

These presentations are based on two trips I made to Croatia in 2006 and 2009. My first trip in 2006 to Croatia, which also included Slovenia, was with Gate One Tours, plus we had a one-week homestay in Zagreb with hosts from Friendship Force. We will see beautiful scenery from the day hikes I took along the coast on the 2009 trip.

We will see amazing scenery in all three classes and will include some history of the area as well.

Mon. 9/11-25 1-2:30 pm Campus: CYC Room 122  
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.

### Disaster Preparedness

When disaster strikes, it may be days before emergency services arrive in your neighborhood. Learn how to prepare yourself, family, and home before the next disaster. You will receive information on preparedness plans, what to put in an emergency kit, fire/earthquake safety, terrorism, radiation, pandemics, cyberterrorism and more.

In this Online class, learn about opportunities and resources for improving your emergency skills and being self-sufficient enough to help others.

Thur. 11/2 11am-12:30 pm **ONLINE CLASS**  
Instructor: Flora Brands (see bio page 6) Sessions: 1



## HEALTH/WELLNESS/LIFESTYLE (CONT.)

### Estate Planning: Common Mistakes and Myths

This class will cover basic estate planning concepts. It will highlight some of the most common mistakes that people make. It will also address some of the myths that lead to those mistakes or missed opportunities. Estate planning is a gift you give your family, and these sessions will help you make sure that gift is in order!

Thur. 11/9 & 11/16 2-3 pm **ONLINE CLASS**  
Instructor: Candace Vogt (see bio page 7) Sessions: 2

### Is Sugar My Enemy?

In this online presentation, we will explore the topic of sugars and carbs' consumption. We will also discuss the myth that sugar is bad for us and describe what diabetes is, the different types and how to approach it medically and nutritionally.

Tue. 10/31 10:30-11:30 am **ONLINE CLASS**  
Instructors: Dr. Shiva Davanloo and Dr. Amira Albalancy Sessions: 1

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 a full-time faculty 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 14 years

### Overcome the Stumbling Blocks to Declutter

Are there areas in your home that need to be decluttered and organized, and yet, they're not being dealt with? Despite our best intentions, and regardless of how tidy we keep our homes, excess stuff has a habit of accumulating and the task of sorting, purging, and deciding what to keep can be exhausting and overwhelming. Join professional organizer Kira Rodenbush for a discussion on solutions for navigating some of the more common hurdles that we encounter when we begin to take a personal inventory of our belongings and come away with practical tips and strategies for handling the physical, mental, and emotional barriers to releasing what items no longer serve us.

Mon. 12/4 & 12/11 11am-12:30 pm **ONLINE CLASS**  
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"*.

### The Mind Diet – Foods to Feed Your Brain

We've known for some time that what you eat can affect your health. Now there's a growing body of evidence that the same is true for your brain! The **MIND Diet** has the potential of reducing the risk of Alzheimer's disease. The **MIND Diet** is an acronym for the **Mediterranean-Dash Intervention for Neurodegenerative Delay**. It is a hybrid between two well-known diets: The Mediterranean and DASH (Dietary Approaches to Stop Hypertension).

Join Registered Dietitian Nutritionist, Cindy Kleckner and explore the "brain-healthy" food groups and how to incorporate them into your daily eating plan for a satisfying way to live the rest of your life!

Wed. 10/4 & 10/11 noon-1:30 pm Campus: CYC Room 318  
Instructor: Cindy Kleckner Sessions: 2

Cindy Kleckner, RDN, LD, FAND is a Culinary Registered Dietitian Nutritionist and teaches in The Collin College Institute of Hospitality and Culinary Education for 16 years. She is an author, recipe developer and professional speaker who has a passion for healthy cooking. She is a distinguished Fellow of the Academy of Nutrition and Dietetics and works individually with clients as a nutrition coach and in groups to educate, inspire, and entertain.

# HISTORY

## 2<sup>nd</sup> U. S. Cavalry and Comanches

The 2<sup>nd</sup> U.S. Cavalry was an attempt by the U.S. Army (Jeff Davis, Sec. of Army) to deal with Comanche raids in TX in the 1850's. It was commanded by Albert S. Johnson and Robert E. Lee. Many of its officers would go on to be Civil War generals.

Wed. 11/1 & 11/8 1:30-3 pm Campus: CYC Room 122

Instructor: Col. Richard Cudlipp (Ret.) (see bio page 7) Sessions: 2

## Benjamin Franklin: The First American

This course will trace the life of Benjamin Franklin from his childhood growing up in Boston to his death in Philadelphia in 1790. Along the way, this course will examine the major developments in Franklins' life that affected his development and detail the manner in which he affected the development of colonial and revolutionary America.

Fri. 11/3-17 10-11 am **ONLINE CLASS**

Instructor: Dr. Matthew Hamilton Sessions: 3

Matthew K. Hamilton is a full-time faculty member of the History Department at the Collin College Central Park Campus in McKinney. He is a graduate of the University of North Texas with a Doctor of Philosophy in American history. Dr. Hamilton's area of expertise is the Antebellum South and has several scholarly publications and professional presentations to his name. Currently, he is working on Southern identity in the secession crisis of 1860.

## Extra! Extra! NY Times Stories from the 1800's!

In 1851, Millard Fillmore was President, slavery was legal in the Southern states, Des Moines, Iowa was destroyed by flood, Northwestern University was established near Chicago, and the first issue of the New York Times hit the streets. In 1863, the Times covered the Battle of Gettysburg in extraordinary detail, hill by hill and charge by charge. On July 29, 1866, the Times headline read, "*THE ATLANTIC CABLE. Direct Telegraphic Communication with Ireland.*" Stories in 1886 heralded Pasteur's success in the battle against rabies. Almost every pivotal moment in world history was captured and preserved by the Times.

Now, travel back in time as we experience all the big news stories from 1851 to 1900. Read all about it, courtesy of the New York Times!

Tue. 11/28-12/12 2:30-4 pm **ONLINE CLASS**

Instructor: Don Wolman Sessions: 3

**OR**

Wed. 11/29-12/13 10:30am-noon CYC Room 122

Instructor: Don Wolman Sessions: 3

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.



## HISTORY (CONT.)

### The Birth of the Atomic Age and the Advent of the Cold War

This three-part lecture series will analyze the birth of the atomic age and its contribution to the advent of the Cold War (1945-1989). Emphasis will be placed on examining the Manhattan Project as well as the ideological, political, economic, and military conflict between the United States and the Soviet Union that followed.

Fri. 9/8-22 2-3:30 pm CYC Room 122  
Instructor: Dr. John Williams Sessions: 3

Dr. John P. Williams is a full-time instructor 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 spring of 2024.

### The History of Sport in the United States

This course will examine the social and cultural ramifications sports have imposed on American life. In other words, this course will use the issue of "sport" in American society as a lens, through which to examine the broader context of American History. This approach will allow us to analyze sport and its relationship to politics, the economy, gender, race relations, culture, social classes, as well as American foreign policy.

The content of the course will include a combination of lectures, discussions, readings, and documentary films.

Mon. 11/6-27 1:30-2:40 pm Campus: **\*Wylie Room 207**  
Instructor: Dr. Ryan Pettingill Sessions: 4

Ryan Pettingill, Ph.D., earned a Doctor of Philosophy in American history from Michigan State University in 2009. In 2021, Dr. Pettingill 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. Pettingill'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.

### The Incredible Lewis & Clark Expedition

The Lewis and Clark Expedition was commissioned by the United States to cross the newly acquired western portion of the country following the Louisiana Purchase in 1803. Captain Meriwether Lewis and his close friend, Second Lieutenant William Clark, along with 30 army and civilian volunteers, set out in May 1804 from St. Charles, Missouri, then paddled & dragged upstream along the Missouri River, crossed the Continental Divide of the Americas, and came to the Columbia River and the Pacific Ocean in November 1805 a year and a half later.

The return voyage began on March 23, 1806, at Fort Clatsop, Oregon, and ended on September 23<sup>rd</sup> of the same year in St. Louis, Missouri – after traversing a total of almost 7,700 miles!

With great foresight, President Thomas Jefferson commissioned the expedition shortly after the Louisiana purchase to explore and to map the newly acquired territory, to find "the most direct and practicable water communication across this continent for the purpose of commerce," and to establish an American presence in this territory. The campaign's secondary objectives were scientific and economic and to establish peaceful relationships and trade with local Native American tribes.

Join us for this exciting journey into one of the earliest consequential undertakings of the United States!

Tue. 10/3-24 11am-12:45 pm **ONLINE COURSE**  
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 has 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!"

## HISTORY (CONT.)

### The Secret Service and the President's Families: JFK and LBJ

Come listen to the legend, Mr. Mike Howard as he shares an inside look at Presidents' John F. Kennedy and Lyndon B. Johnson families from the viewpoint of a secret service agent that was there! From protecting the First Lady while she rode on horseback, to staying in the sorority house with Lynda Bird at University of Texas Austin, we will look back at some of the most memorable details and accounts!

Thur. 11/30 & 12/7 1:30-3 pm Campus: CYC Room 122  
Instructor: Mike Howard Sessions: 2

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

### The War of 1812 and The Changing of America

The War of 1812 is more than just the Star-Spangled Banner and The Battle of New Orleans. This class will seek to explain the reason more attention needs to be paid to this conflict and examine ideas such as why the war started, how the American people felt about the war, and what the actual outcomes of the war were.

Fri. 10/6-20 10:30-11:30 am Campus: CYC Room 422  
Instructor: Dr. Christopher Redgraves Session: 3

Dr. Redgraves has been teaching history for nine years, four of which have been with Collin College. His focus is on American history with an emphasis on African American soldiers.

### Three Dutchmen Who Changed the World: Spinoza, Grotius, and Arminius

Join us this fall for an interesting look at three individuals who have contributed to the separation of church and state and rule of law. Each session will highlight one of the three dutchman who was pivotal in freedom of religion, speech, and thought.

First Session: **Baruch Spinoza**

Second session: **Hugo Grotius**

Third session: **Jacobus Arminius**

Tue. 11/28 - 12/12 2-3:15 pm Campus: CYC Room 122  
Instructor: Clayton Cummings Sessions: 3

Clayton Cummings graduated from UNT with a master's in history. Currently, he is enrolled in the History of Ideas, Ph.D. program at U.T. Dallas, studying Colonial America, 1630-1776. Clayton has been teaching history at Collin College since 2018. He is fluent in Spanish and Dutch and enjoys playing the piano. He is passionate about advocating for the Kurdish people in Iraq and is knowledgeable about the Israeli Palestinian conflict and free trade.

### U.S. Civil War in the Western Theater

This is a four-part discussion of the leaders and battles in the Western Theater U.S. Civil War. We will look at the following:

Part 1: Grant and Sherman at Shiloh; 1862

Part 2: Grant and Pemberton (Confederate Commander) at Vicksburg; Spring & Summer of 1863

Part 3: Eastern Tennessee; Fall 1863

Part 4: Battle of Atlanta & Sherman's March to the Sea

Wed. 9/6-27 1:30-3 pm **ONLINE CLASS**  
Instructor: Col. JP Hogan (Ret.) Sessions: 4

JP Hogan, COL-S Army (Ret.) served as Armor and Cavalry officer in a variety of leadership positions for 29 years. JP is a graduate of Eastern Michigan University (B.S.), Shippensburg University (Master of Public Administration), and The United States Army War College (Strategic Studies). He is the co-founder and visionary for How2Lead.US, LLC, an experiential leader training and development company. In addition to offering Leader Development services to commercial enterprises, JP and his team support Army and USAF ROTC program leader development efforts on a pro bono basis.

## LITERATURE/FILM/MUSIC

### American Horror Stories: "Monsters" in American History

This course takes students through an academic understanding of some of the most recognizable "Monsters" in U. S. History: ghosts, witches, demons, and serial killers.

We will discuss how these groups emerge as larger-than-life (or death) symbols in American culture and explore their impact on American society.

*This course will have depictions of violence and violent acts.*

Thur. 10/19-11/16 10:30-11:30 am Campus: CYC Room 122  
Instructor: Nicole Donawho Sessions: 5

Nicole Donawho is a Professor of History at Collin College, specializing in dual credit in history pedagogy. In her spare time, she fosters dogs for a local rescue and does cross stitch.

### Great American Short Stories Discussion Group

We will discuss ten 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 by Hemingway, Fitzgerald, Porter, Faulkner, Welty, and Cheever, among others. *100 Years of the Best American Short Stories (2015)* is edited by Lorrie Moore and Heidi Pitlor and is available online.

**Five meetings on alternate Wednesdays: 9/13, 9/27, 10/11, 10/25 & 11/8**

Wed. 9/13-11/8 11am-12:30 pm Campus: CYC Room 422  
Instructor: Paul Dolliver Sessions: 5

**OR**

**Five meetings on alternate Thursdays: 9/14, 9/28, 10/12, 10/26 & 11/9**

Thur. 9/14-11/9 11am-12 pm **ONLINE CLASS**  
Instructor: Paul Dolliver Sessions: 5

### Great Read Discussion Group

We will read and discuss *Eleanor Oliphant is Completely Fine* by Gail Honeyman. This 2017 novel is described as a "smart, warm, uplifting" story of an eccentric loner that is "beautifully written and incredibly funny". It explores themes of friendship and human connection.

Wed. 10/18 11-12:30 pm Campus: CYC Room 422  
Instructor: Paul Dolliver Sessions: 1

**OR**

Thur. 10/19 11am-noon **ONLINE CLASS**  
Instructor: Paul Dolliver Sessions: 1





## LITERATURE/FILM/MUSIC (CONT.)

### Great Novel Discussion Group

We will read and discuss, *A Confederacy of Dunces* by John Kennedy Toole. This “literary underdog and comic masterpiece” won the 1981 Pulitzer Prize for fiction. It features one of the most memorable characters in American literature, Ignatius J. Reilly, whom one critic dubbed “slob extraordinaire, a mad Oliver Hardy, a fat Don Quixote, a perverse Thomas Aquinas rolled into one”.

Wed. 11/1 11am-12:30 pm Campus: CYC Room 422

Instructor: Paul Dolliver

Sessions: 1

**OR**

Thur. 11/2 11am-noon



**ONLINE CLASS**

Instructor: Paul Dolliver

Sessions: 1

Paul Dolliver earned degrees in History and Geology from Baylor University. He is a geologist, Texas Master Naturalist, reader, and walker. Paul currently teaches geology courses and SAIL classes at Collin College, in addition to Hill and Dallas Colleges.

### Mysteries of Time and Place: A Passage to India

Mysteries of Time and Place: *A Passage to India* by E. M. Foster. The time and place are India during the British colonial rule; the atmosphere of this time and place has different effects on the English and Indian characters. Two English ladies, who come to India for personal reasons, find the mysterious and unknown customs of the place somewhat frightening yet seductive. Foster tells a good story as he leads the reader through a maze of discovery.

There are 360 pages in the book, so try to read about 90 pages before each class discussion.

Mon. 10/2-23 11am-noon Campus: CYC Room 223

Instructor: Margo Hicks

Sessions: 4

Margo Hicks taught high-school English for thirteen years in Houston ISD before retiring ten years ago to move to Dallas to be near her family. Before going back to teaching in 1999, she was an insurance broker for oil and gas companies and has a CPCU designation. Margo has a B.A. in English and Drama from Ouachita University and a M.Ed. from the University of Houston.

### The Love of Musicals-Part II

Please join us as we proceed with the history and the enjoyment of watching some great music presentations from Hollywood and the stage. We will be adding in some biographies, and background stories, of some of the performers, producers, and songs.

We will also hear a few of the memorable trailers produced for product marketing. Just sit back and let your senses rejoice with the memories these numbers will surely evoke.

Tue. 11/7-21 11am-12:30 pm Campus: CYC Room 304

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 has taught at multiple universities and was the developer and manager of the IT Training Curriculum for National Health Labs, Inc, while in Dallas. He has read the founding documents many times and remains a student of the same.



## LITERATURE/FILM/MUSIC (CONT.)

### Piano Music of Frederic Chopin

Frederic Chopin (1810-1849) was a great composer of piano music of the Romantic period. More than any other leading composer of his era, Chopin devoted himself to the piano and wrote primarily for solo piano.

Born in Poland of French parents, Chopin found the main sources of his inspiration in the theme of Poland's glories and sufferings. Historically during Chopin's time, Poland was politically under the control of Russia.

In this class, we will discuss Chopin's love for piano music, love for his nation and nationalism in his music, and listen to his major piano works played by world renowned pianists.

Mon. 9/11 & 9/18 10:30am-noon Campus: CYC Room 122  
Instructor: Dr. Kristy Yang Sessions: 2

Kristy Yang, Ph.D. received her bachelor's degree from Seoul National University in South Korea. She obtained her Master of Music degree and D.M.A. (Doctor of Musical Arts) from the University of Illinois at Urbana-Champaign. She won several competitions and is featured in various concerts, including eight solo recitals, two lecture recitals and chamber music recitals. After the completion of her degree, Kristy went back to Seoul and taught at Kookmin University, Myongji University and Chongshin University. She presented solo recitals at Seoul Arts Center and performed as a soloist with the Seoul Symphony Orchestra. Kristy was invited to present solo recitals at Dolby Hall in San Francisco and Sao Paulo, Brazil. Since moving to Frisco with her husband, Kirsty has joined the Texas Music Teachers Association and Frisco Music Teachers Association membership, in addition to her memberships in the Korean Piano Society and National Music Teachers Association.

### Serendipity: On the Trail of "Lesser" WWII Stories

One by one intriguing, heroic, surprising, and quirky stories of WWII have surfaced. As writers and filmmakers dramatize these "almost lost" episodes of courage, ingenuity, endurance, and triumph, they expand and humanize the picture of a world at war. Dr. Harris shares what she discovered on a personal learning journey to identify "lesser" stories of World War II. From stolen art restored to code generating and breaking, reflecting on these exploits from the distance of time intensifies regard for the human spirit.

Tue. 10/3-24 11am-12:30 pm Campus: CYC Room 122  
Instructor: Dr. Janet Harris Sessions: 4

Janet Harris, Ph.D. 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. She teaches literature and creative writing and advises SMU graduate students in completing theses and dissertations. She has retired several times, the first from UT-Dallas.

### 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 and Beethoven (String Quartet and Piano) and Brahms and Copland. Come, see and hear for yourself!

Wed. 10/18-11/8 11am-12:30 pm Campus: CYC Room 122  
Instructor: Steve Lund Sessions: 4

Steve Lund has taught writing, literature and music classes to adult, university, community college, high school, ESL (and even prison inmate) populations 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*.



# MATH/SCIENCE/TECNOLOGY

## Artificial Intelligence (A.I.) From ChatGPT and Beyond

Join us this fall as we continue to ask the questions.... What is Artificial Intelligence (A.I.)? How is A.I. deployed in tools like ChatGPT, Jasper, NotionAI, Quillbot, Dall-e2 and other web-based tools and what does this mean? A.I. Tools can assist in writing content, creating headlines, creating images from text and other applications.

What does this fast-growing technology mean for educators, students, professionals, and users like you? We will discuss these emerging amazing technologies.

Thur. 1:30-3 pm 10/26 & 11/2 Campus: CYC Room 122  
Instructor: Daphne Lee Sessions: 2

## More Than an Introduction to Android

The Android smartphone you are driving is the most popular mobile phone platform in the world! Do you know how to access all the Google features and tools your smartphone is connected to? From managing Android settings, to messaging features, to advanced cloud storage tools – get the most out of your Android device. Discover features that make the Android a valuable productivity device...from Google Maps to Do Not Disturb – and more!

Mon. 10/9 & 10/16 1:30-3 pm Campus: CYC Room 228  
Instructor: Daphne Lee Sessions: 2



## More Than an Introduction to iPhone/iPad

Join us for more than the introduction to the Apple phone/tablet...a class where we explore useful search and organization tools to get the most out of your Apple device. From accessing the Control Center to saving content received in iMessage, everyone will learn something. We will also explore features of recent updates.

Tue. 9/5 & 9/12 1:30-3 pm Campus: CYC Room 228  
Instructor: Daphne Lee Sessions: 2

Daphne 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.

## Louis Pasteur – Conqueror of Disease and Fear

Before the life-saving measures developed by Louis Pasteur (1822-1895), deadly diseases stalked the world. Anthrax, cholera, typhoid, plague, diphtheria, puerperal fever, and rabies terrorized and decimated populations. The microscopes of Hooke and Leeuwenhoek revealed the hidden world of bacteria and parasites in the 1600's, but their link to human diseases was made by Pasteur and others in the late 1800's.

In this course, we will trace the life and accomplishments of Pasteur as he pioneered new discoveries in crystal structure, fermentation, pasteurization, silkworm disease, anthrax, rabies and more. We will witness his impact on modern history and learn how the renowned Pasteur Institute carries on his legacy today.

Tue. 11/28-12/12 noon-1:30 pm Campus: CYC Room 304  
Instructor: Don Wolman Sessions: 3

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.

## **MATH/SCIENCE/TECNOLOGY (CONT.)**

### **Role of the Media in U.S. History – Part II**

“Whoever controls the media, controls the mind.” Jim Morrison

This class will explore how media helped shape the American story from the 1830’s through the 20<sup>th</sup> century.

Thur. 9/7-28

1:30-3 pm

Campus: **\*CHEC Room 106**

Instructor: Monica Cubberly

Sessions: 4

Professor Monica Cubberly has a master’s degree in history 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 the Rockwall, Frisco and Plano Campuses, while working as a full-time public-school teacher. History is her passion, and she enjoys sharing what she considers to be the most interesting information the past has to offer.

### **The Digital Age: Staying Safe Online**

“The Digital Age: Staying Safe Online” is a class that equips participants with essential strategies for online safety including websites, apps, and social media. Covering topics such as recognizing and avoiding cyber threats, creating strong passwords, and managing them effectively, this class empowers individuals to navigate the digital landscape with confidence and protect their online identities.

Fri. 11/10

1:30-3 pm

**ONLINE CLASS**

Instructor: Daphne Lee (see bio page 17)

Sessions: 1

### **What is Science Anyway?**

What is science? What kind of knowledge does science create? How can scientific results be both factual and open to revision?

This course will introduce participants to the philosopher David Hume and his groundbreaking work on “empiricism.” It will focus especially on the nature, strengths, and limits of scientific knowledge.

Tue. 10/24-31

1:30-3 pm

Campus: CYC Room 122

Instructor: Dr. Adam Miller

Sessions: 2

Dr. Adam Miller has been a professor of philosophy at Collin College’s McKinney Campus since 2005. He earned a Ph.D. from Villanova University and has published more than a dozen books in contemporary philosophy and philosophy of religion.

### **The Octopus – World’s Greatest Escape Artist**

The octopus is an ocean creature that is most famous for having 8 arms and a bulbous head. The giant Pacific octopus has 3 hearts, 9 brains and blue blood, making reality stranger than fiction. They squirt ink to deter predators – and being boneless, they can squeeze into and escape from tight places. They are extremely intelligent and have been observed using tools.

Come dive with me alongside these totally unique creatures and discover even more of their amazing traits and habits.

Thur. 10/5-26

11am-12:45 pm

**ONLINE COURSE**

Instructor: Dr. Herb Weinstein (see biography page 12)

Sessions: 4



## MINI-SERIES

### Body Works 101: The Special Senses of Hearing, Balance, and Equilibrium

Our sense of hearing stirs emotions with the sound of a loved one's voice, song of a bird, honking of a horn. Our ears convert pressure waves into electrical impulses. These impulses are sent via nerves to the brain, allowing us to interpret sound and generate emotions and behaviors in response. Our sense of balance and equilibrium are also processed within the ear and transmitted to the brain. Our brain uses information about body positioning relative to gravity, along with visual clues, to coordinate movement. We see this in the grace of a ballerina, coordination of an athlete, attempt to stay upright when we stumble.

This course will cover the structures and functions of the ear involved in hearing, balance, and equilibrium. Additionally, we will cover the interaction between these structures and the brain, the effects of age, and the consequences of losing these senses.

Thur. 9/7-21 1-2:30 pm Campus: CYC Room 122  
Instructors: Dr. Nicole Grose and Dr. Paul Tobolowsky Sessions: 3

Dr. Nicole Grose is a retired Anatomy & Physiology professor. Her doctorate degree is in Quantitative Biology with 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 is assisting 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.

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.

### Archaeology - Ancient Egypt's Power and Propaganda

The course begins with a very brief review of the previous semesters, and then proceeds to examine; The Glorious Eighteenth Dynasty; The Rise of the Ramesside Dynasties; Egyptian Queens; and The Exodus from Egypt. Why does the word "pharaoh" suggest Pharaoh Rameses II, Rameses the Great? We will answer these questions as we travel in ancient Egypt!

Tue. 9/5-26 11am-12:30 pm Campus: CYC Room 122  
Instructor: Dr. Stephen Wyrick Sessions: 4

Stephen Von Wyrick holds a Ph.D. degree in Old Testament and Archaeology. He participated in post-doctoral studies at Brown University, Hebrew University (Jerusalem), Hebrew Union College (Jerusalem), and University of Oxford (England). He has worked as a staff archaeologist on several excavations in Israel from 1979 to 2014. He has made 75+ trips as a lecturer and archaeologist to Israel, Egypt, and Jordan since 1979. Additionally, he held an appointment as Senior Research Fellow at the Wm. F. Albright Institute of Archaeology in Jerusalem. He held the rank of Professor and served as Chair of the Department of Religion at California Baptist University and then the University of Mary Hardin-Baylor. At UMHB he was also the Director of the Middle East Studies Program.

### History of American Art: Early American Cultures Through Early Nationhood

This course will be the first in a series to explore the history of American art and architecture. In fall 2023, we will cover early American cultures (Mississippian, Caloosa), colonies (Spanish, Dutch, British), and early nationhood.

Artists and architects include Benjamin West, John Singleton Copley, Charles Willson Peale, John Trumbull, Thomas Jefferson, Benjamin Latrobe, and many others.

Wed. 9/6-27 10:30am-noon Campus: CYC Room 122  
Instructor: Dr. Letha Clair Robertson Sessions: 4

**OR**

Tue. 10/3-24 10:30am-noon **ONLINE CLASS**  
Instructor: Dr. Letha Clair Robertson Sessions: 4

Dr. 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.

# SAIL PLUS



## New for the fall semester!

Introducing SAIL Plus. Courses that get YOU involved.

Only SAIL members are allowed to register for these special courses with an additional course fee, that provides students a hands-on experience beyond the regular SAIL courses.

### ALCOHOL AND YOUR HEALTH

According to Wine Spectator (April 30, 2023), “while alcohol consumption has risks, there’s scientific evidence that wine can be part of a healthy lifestyle”. In this discussion, we will talk about “what is moderation?” What are the specific effects on the brain, heart, weight, cancer, aging, dementia, and overall health concerns.

This is an interactive discussion, and we will focus on answering your questions and we will address some common misperceptions out there, such as if sulfites cause headaches.

So come and bring your questions, as we share the “good side” of wine and spirits. You will be surprised!

Wed. 11/15 3:30-5 pm Campus: CYC Room 336

Instructor: Greg Indelicato

Sessions: 1

\*Student Limit: 24

***\*Class must have 10 students to make***

***\*Class fee of \$30.00 per member covers the cost of a wine tasting, assorted cheese tray with accoutrements.***

***\*Deadline to register is Monday, 11/13 to join the class!***





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

**Thank  
you  
Volunteers!**

# SAIL GUEST SPEAKER

## Officer MIKE DANA

### Scams, Swindlers & Scoundrels!

Frauds and Scams and How You  
Are Being Targeted.



**Tue., Sept. 19 & 26**

**1:30-3:00 p.m.**

**Courtyard Center Room 122**

This presentation will cover more of the frauds and scams that all U.S. consumers fall victim to every year using actual cases and news stories. Topics will include check forgery, credit card fraud, identity theft, financial exploitation of the elderly, phone scams, wire fraud, home repair scams, fortune tellers, lottery scams, sweet heart swindles, mail theft, email scams, and more depending on the time and attendees' feedback during the presentation.

Michael is 28-year retired veteran of the Dallas Police Department. He served in uniformed patrol as a field training officer for new recruits from the academy. Michael also worked in community policing and ran a program called LEAPS to foster better working relationships with the private security industry. Michael was assigned to the financial crime's unit as a detective for 8 years and investigated credit card fraud, forgery, identity theft, senior fraud, and other financial crimes cases. He attained his master peace officer certification along with a state certified TCOLE instructor certification. He has been active in consumer rights affairs regarding fraud and testified in the Texas state legislature in 2008 on an identity theft related bill. Michael is a certified Toastmaster and constructed and performed numerous fraud related presentations for law enforcement and community groups. Michael is a 3-year veteran of the U.S. Army. He is an active hiker and fishermen in his spare time. After traveling around the country with his wife, Michael hired on with the Collin County College Police Department in 2021.



# SAIL GUEST SPEAKER

## ED BRANDT

### **N.Y.C. Private Eye Tells All About Cheating Husbands and Wives!**

Ed Brandt is an 81-year-old, retired New York City private detective with many stories to tell! He has seen it all and will share some of the juicy details on many of the high-profile divorce and corporate security investigations that came his way.

**FRI., SEPT. 29 10:30 am – 11:30 am**  
**Courtyard Center Room 122**



Ed Brandt is a retired New York City private investigator and worked on many interesting and high-profile cases over his career. As the laws changed in New York, he decided that he wanted to see more in life and packed up his wife, daughter, son, and basset hound and moved to Dallas, Texas in 1977. "Why Dallas? Hell, if I know, but I took a job as a traveling salesman and eventually opened a true-to-life New York deli, a big change from being a P.I.! He eventually retired from the catering industry and fills his time sharing an inside look at the life of a big city private detective!

# SAIL GUEST SPEAKER

**DR. AARON WEST**

## **Humanity In an Inhuman World Alma Rosé and the Auschwitz Women's Orchestra**

Alma Rosé is just one of the many unsung heroes of the Jewish Holocaust. Her story of fame, misfortune, and despair provides a rich narrative for those who believe the Holocaust is one of the lowest points of modern human history.

**Wed., Oct. 4 2-3 p.m.**



**Courtyard Center  
Room 122**

Aaron West has been a professional musician since he was fifteen years old. He has performed with jazz and pop legends such as Arturo Sandoval, Brian Wilson, Norah Jones, and the Glenn Miller Orchestra.

He has written for *Jazz Perspectives*, *The Grove dictionary of American Music, 2<sup>nd</sup> edition*, *Fontis Artis Musicae*, and *Notes*. He has taught courses related to Western art music and American popular music at Collin college since 2011.

# SAIL GUEST SPEAKER

John Rolater, Second Assistant District Attorney

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## Collin County District Attorney's Citizen Prosecutor Academy



John Rolater\*

**Fri. Oct. 6  
1-2:30 pm  
CYC Room 122**

**Collin County District Attorney Greg Willis's Citizen Prosecutor Academy is a community outreach program that provides an informative perspective on the Collin County criminal justice system.**

**Hear from prosecutors, detectives, judges and law enforcement officials as they explain how a case develops, from arrest to trial, and subsequent appeal.**

**This 12-week course is held twice a year on Thursday evenings from 6:00 p.m. to 8:30 p.m. at the Collin County Courthouse. To learn more and apply, please visit [www.collincountyda.com](http://www.collincountyda.com).**

**\*John Rolater, Second Assistant District Attorney to DA Greg Willis, was Chief of the Appellate Division for more than fifteen years. He has been involved in the post-conviction litigation of several high-profile capital cases. He has led reinvestigations and represented the State in litigation related to exonerations. John was part of a state and federal team who successfully prosecuted the first state-law terrorism case in Texas.**

# SAIL GUEST SPEAKERS

**50plus**  
*today*

Presents

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## **READY FOR YOUR NEXT VACATION? HEALTHY, SAFE AND FABULOUS TRAVEL TIPS!**

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**Alesia House, Owner, “I Book Travel For U”  
and**

**Leslie Farin, Publisher, 50Plus-Today**



Where to go? What to pack? How to get around once there? How to stay safe? What about travel insurance? We all want our vacations to be interesting, fulfilling and perhaps most importantly, stress-free! Join us for the essential tips to help make that happen.

**Thur, Oct.12 10am – 11:30am  
Courtyard Center Room 422**

**Alesia House** is the owner of [I Book Travel For U](#). Her travel agency focuses on providing excellent and personalized service for clients based on their unique vacation needs and budget. Alesia and her staff work closely with top travel suppliers and have access to the latest deals and special offers. A passionate traveler herself, as well as a certified travel agent and cruise counselor, Alesia has the expertise, experience, and connections necessary to ensure an amazing time is had by all regardless of interests and/or ability.

**Leslie Farin, MPH** is the Founder and Publisher of [50PlusToday](#) a top-rated online lifestyle magazine and directory for individuals age 50PLUS and their families. Her magazine provides inspiring and educational information and resources focusing on a wide variety of topics including accessibility, relationships, health and wellness, finances, travel, caregiving, living options and so much more. She firmly believes, as her tagline states, that “**Your Second Act Can Be as Good, If Not Better Than Your First!**” FREE to subscribe at <https://50plus-today.com/subscribe-50plus-today/>

# SAIL GUEST SPEAKER

## PAUL DOLLIVER

### GREAT CONVERSATIONS IN HISTORY

Join Mr. Dolliver on an immersive history tour of salons, coffeehouses, and pubs where we will eavesdrop on some of history's great conversations! Along the way, we will consider what good conversation is, why it matters, and why it is in decline.

*Inspiration for this lecture is a book by Stephen Miller (2006)*

*Conversation: A History of a Declining Art*

**WED., NOV. 15    11:30 a.m. - 1p.m.**  
**Courtyard Center Room 122 & **ONLINE****



PAUL DOLLIVER EARNED DEGREES IN HISTORY AND GEOLOGY FROM BAYLOR UNIVERSITY. HE ALSO PURSUED GRADUATE STUDIES IN THE HISTORY OF SCIENCE AT HARVARD UNIVERSITY. HE IS A GEOLOGIST, READER, WALKER, AND FREQUENTER OF ART MUSEUMS. PAUL HAS BEEN INVOLVED WITH SAIL FOR SEVERAL YEARS AND HAS FACILITATED DISCUSSION GROUPS FOR OVER 30 YEARS. HE CURRENTLY TEACHES GEOLOGY COURSES AT COLLIN AND HILL COLLEGES.

# SAIL GUEST SPEAKER

**SONIA MELTZER**

## **SURVIVORS OF ANNE FRANK**

Examining two “What If” novels around Anne Frank – imagining what if Anne’s sister (Margot) and Peter van Pels (the other teenager hiding in the Secret Annex) had survived – what would their lives look like?

**MON., DEC. 4 1:30-3 pm**  
**Courtyard Center Room 122**



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. She has been teaching SAIL students for many years covering a wide assortment of amazing and historical topics.

## IN THE KNOW.....



### **Classroom and Online Courtesy**

Please be respectful and polite to your instructors and classmates. We are all here to learn, even if we have different opinions!

Be sure you are on time for your classes and if it is an ONLINE CLASS, **mute your mic** when you join and ON CAMPUS CLASSES, **mute your cell phone** when you enter the classroom.

### **Class Cancellations/Changes/Campus Closures**

If a class needs to be cancelled or changed, we do our best to notify the students that **registered** for the class as quickly as possible. A replacement class of your choice can be added, based on space availability. Please contact the SAIL office to add your name to the roster. Changes will also be posted on the SAIL bulletin board at the Courtyard Center in Plano.

**If there is a college wide emergency or closing due to inclement weather, check the college website, [www.collin.edu](http://www.collin.edu) or the SAIL website, [www.collin.edu/sail](http://www.collin.edu/sail) for details.**

### **Campus Classroom Food & Drink Reminder**

Please be considerate to other students and **do not bring food** in to the classrooms (*unless it is a designated Lunch & Learn course*). It can be messy and distracting to those around you. Students are welcome to bring a lunch or snack and visit one of the campus student lounges.

We recommend students bring sweaters to class as the classroom can get a bit chilly in the summer months and chilly in the winter months.



### **Parking**

Parking is free at Collin College! We recommend that you come early for your class to secure your preferred spot.

Please note that parking spaces fill up fast. Collin College does provide handicap parking, but these spots fill up fast as well. Please be aware that the Courtyard Center parking garage does not have an elevator.

### **SAIL Website and Facebook**

Stay on top of the latest with SAIL by going to the Collin College SAIL website or Facebook page:

**Website:** [www.collin.edu/sail](http://www.collin.edu/sail)      **Facebook:** [www.facebook.com/CollinCollegeSAIL](http://www.facebook.com/CollinCollegeSAIL)

### **Lost and Found?**

If you have left something behind, contact:

**Courtyard Center (CYC)** – SAIL office-Ste. 116 (972) 985-3788 or 3789, Registrar's office (972) 985-3788

*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.*



## 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.

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

Easy! Contact the SAIL office at 972.985.3788 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 a 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 **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.





## FALL 2023 ART SUPPLY LIST

### BASIC DRAWING SKILL BUILDING

Christine Smith

Anticipated Cost: \$10.00

Sketchbook

Set of Drawing pencils

Eraser

Smudge Stick

### ACRYLIC PAINT WITH ME

Christine Smith

Anticipated Cost: \$25.00

(4) Canvas boards or canvases 12x16 or 16x20

Basic Acrylic paint set – Red, Deep yellow, green, blue, black & white, burnt umber, raw sienna.

Basic brush set - at least (5) different types/sizes (1-1" wide flat)

Paper plates or palette paper (for palette)

### OIL PAINTING

Lori Ruml

If you have your own oil paint supplies, please bring them to class. If you would like to pay a **\$20.00 fee** payable to the instructor, she will supply the use of brushes and paint for class use.

All students will be responsible for providing canvases, your choice of size.

### PAINTING STUDIO

Lori Ruml

This class is a "bring your own" supplies class!

# Collin College SAIL Campus Locations

**\*SAIL CAMPUS COURSE SELECTION WILL VARY BY SEMESTER**

**Courtyard Center (CYC)**  
4800 Preston Park Boulevard  
Plano, TX 75093  
972.985-3790  
[Campus Map](#)



The Courtyard Center opened in 1993 and is located near the intersection of Park Blvd. and Preston Rd. in Plano. The Courtyard Center provides a professional development and business training environment. Whether you're interested in learning about the vast array of non-credit courses in Continuing Education and Workforce Development, starting a business or a consultation with the Collin Small Business Development Center (SBDC) corporate training with Collin Corporate College, or enroll in our 55+ lifelong learning courses with the SAIL program (Scholars Active in Learning), Courtyard Center is your destination to a great future.

**Collin Higher Education Center (CHEC)**  
3452 Spur 399  
McKinney, TX 75069  
972.599-3100  
[Campus Map](#)



The Collin Higher Education Center was created to provide a unique, multi-institutional higher education experience to area students. Five universities offer a variety of bachelor's, master's, and doctoral degrees in one convenient, local university center. Texas A&M University-Commerce, Texas Woman's University, The University of Texas at Dallas, The University of North Texas, and Texas Tech University have partnered with Collin College to offer numerous services and amenities to support students, including on-site advising and admission assistance, wireless internet, computer labs, study areas, free and secure parking, and a student lounge.

**Celina Campus (CEL)**  
2505 Kinship Parkway  
Celina, TX 75009  
469.905.3590  
[Campus Map](#)



The 96,000 square foot facility sets on approximately 75 acres, the Celina Campus provides a quality education experience for northwestern Collin County. The 96,000 square foot facility is designed to accommodate 2,500 students. The building includes 16 classrooms, 5 computer labs, 3 science labs, and a health science workforce lab. Student support for the campus includes the [Brenda Willard Goodell Library](#), and [Anthony Peterson Center for Academic Assistance](#) (tutoring), a career center, a [testing center](#), a bookstore, and all student and enrollment services functions.

**Wylie Campus (WC)**  
391 Country Club Road  
Wylie, TX 75098  
[Campus Map](#)



Sitting on just under 100 acres, with approximately 44 acres donated by the city of Wylie, the new Wylie Campus is located along Country Club Road across from the Wylie Municipal Complex. Phase one of the Wylie Campus development includes three multi-story instructional buildings that function as the Library, Campus Commons, and Student Center with conference center facilities.

<https://www.collin.edu/campuses/collinDistrictMap.pdf>

# ZOOM TIPS & TRICKS

**Zoom is a web conferencing platform that is used for audio and/or video conferencing.** You do NOT need an account to participate in a Zoom session. You will be prompted to download the Zoom application if you haven't already (only needed once per device or computer)

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## **Create a Virtual Learning Folder for Your Class Links**

If you are registered for a SAIL virtual class, your instructor or the SAIL office will email the link to you a few days before your class begins.

**SAVE** this link in a convenient place, so you can access it for the next class.

## **Joining a Zoom Meeting**

How do I join on a **Desktop or Laptop Computer?** [CLICK HERE](#)

How do I join by **Telephone?** [CLICK HERE](#)

How do I join using the **App?** [CLICK HERE](#)

## **Sharing a Virtual Link**

We love to share information with our friends and family, but in order to keep the privacy of registered students and prevent “Zoom Bombing”, please do not share the link with anyone.

If you know a SAIL student that would like to join additional classes, they can contact the SAIL office at 972-985-3788 to be added to the class roster. We will be happy to email the link!

## **Zoom Resources**

Please click on the links below, to be directed to Zoom Help Page

- [Getting Started](#)
- [Audio, Video, Sharing](#)
- [Zoom Rooms](#)
- [Video Tutorials](#)
- [Zoom App for iOS](#)
- [Zoom App for Android](#)
- [Zoom Privacy Policy](#)
- [Preventing Zoom Bombing](#)

<https://zoom.us/privacy>