

ANACORTES SENIOR COLLEGE

Spring Term, 2019

April 9 – May 16

Schedule of Courses

6 Week Courses Unless Noted

Classes meet on Tuesdays or Thursday afternoons, 3:30-5:30

at the

Anacortes Middle School
M Ave. & 22nd St.

Website: seniorcollege.org

Email: info@seniorcollege.org

Phone: 360-503-1255

Tuesday afternoons

Health Fads – Fact or Fiction

(3 weeks: 4/9, 16, 23; Class size limited to 10 students.)

Almost every day the media bombards us with some new astounding scientific, sometimes contradictory, advice about our health. Drink coffee. Don't drink coffee; Eat chocolate. Don't eat chocolate; Take a daily aspirin. Don't take aspirin; Everyone should limit salt. Salt restriction is not necessary. Having trouble deciding what to believe? This course provides current, fact-based information about these and other health topics chosen by the instructor and the class – which fads to believe; which ones to ignore; and how to tell the difference. Spoiler Alert: The news about chocolate is getting sweeter and sweeter!

*Instructor: **Patricia Downing**, BSN, MN, R.N.*

Patricia Downing is a clinical nurse specialist, and nurse educator with extensive experience in clinical nursing, nursing research, and health education inside and outside of the United States. She earned a Bachelor's degree in Nursing from Wayne State University and a Master's degree in Adult Nursing from the University of Washington. Her informal teaching method encourages the active participation of her audience, and makes complex health issues easy to understand.

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Physiology of Exercise (3 weeks: 4/30, 5/7, 5/14)

Human motion imposes demands on all of the body's systems. This course examines the responses of these systems during acute bouts of physical activity as well as the effects of habitual activity on the functions of these systems. Special emphasis is given to the nervous, endocrine, skeletal, muscular, cardiovascular, and respiratory systems.

*Instructor: **Bob Weathers**, Ed.D.*

After getting a B.A. in art from John Brown University, Bob earned a master's in physical education from the Univ. of Arkansas, and his doctorate in Exercise Science from Brigham Young University. He then completed a post-doctoral program in the Univ. of Minnesota's Laboratory of Physiological Hygiene before taking a position at Seattle Pacific University in 1978. During the following 32 years at SPU, Bob led the exercise program and taught a variety of courses – primarily Exercise Physiology and Wellness.

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World War One – From Beginnings To A Hopeful “End Of All Wars”

While the world was no stranger to conflict, war between many countries and encompassing most of Planet Earth was indeed a new phenomenon. World War I indeed stretched across both the Atlantic and Pacific oceans. It involved the Far East, the Near East, Europe, Eurasia, Africa and North America. It was the first war to be fought in three dimensions. It was also the first war that involved the horror of chemical warfare. It was a

war that proved the ages old adages of "Vengeance begets vengeance" and "Brutality can work if you win".

This course will address the beginning and end of the formal war and study in more detail the factors which set the war on its course of ultimate brutality and failure. The entrance into and action of the United States in the war will occupy some time and will include a primer on the US home front before and during the war. In order to cover this enormous event, the course will be fast and crowded. It will not cover smaller and over the horizon campaigns.

Instructor: Jim Strong

Jim received his B.A. in Chemistry from Southwestern at Memphis and his M.S. from the Univ. of Tennessee, Knoxville. He taught Chemistry, Geology, and Oceanography in Michigan and Pennsylvania and retired in 2005 after 20 years at South Puget Sound Community College in Olympia. In addition, he spent five years in research and development in the steel industry.

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The History of Tools

The Invention and use of tools has defined human history. Tools enable people to accomplish tasks that exceed their limited *natural* capabilities. This class will examine how tools developed and how they affect our daily lives. The tools that we use today were developed from the end of the stone age through the iron age; all of our modern instruments and devices derived from these basic implements. We will look at tools as they moved us through recorded history and into the Industrial Age.

Instructor: Paul Thorne

Paul is a master blacksmith with over thirty-five years' experience in industrial, architectural, and artistic forge work. He currently teaches blacksmithing through group and private classes at his Anacortes studio. You can view his work at www.thornemetals.com.

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NW Washington Logging – The Past in Picture and Stories **(3 weeks: 4/9, 4/16, 4/23)**

This class will delve into the details of logging from the past: loggers, transportation, and lumber mills in Washington. Highlighted will be the unique all-wheel drive locomotives used for transportation to and from logging camps, the lives of a logger – tools/clothes/camps, and various types of mills (saw, shingle, hoop and shake). Eric will share his vast collection of old photos, historic implements, and stories related to the early twentieth century of logging in the Pacific Northwest.

Instructor: Eric Erickson (and Judy Hakins assisting)

Eric is the author of more than eight logging and sawmill history books and has had 30 years of extensive railroad travel in northwestern America. The retired Manager of Engineering Services for the Seattle Water Dept., he has served as a board member of several history organizations and museums and has presented countless interactive slide shows on logging, sawmilling, and railroad histories in northwestern Washington.

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Bilingual at Any Age (3 weeks: 4/30, 5/7, 5/14)

This course is designed to dispel the myth that children learn languages better and faster than adults. The contrary is actually true as long as the adult seeks to learn as a child does. This course will not teach a foreign language, but is designed to help you discover the best ways to learn a language on your own using all the resources available. You will learn how to value your mistakes, and design your own learning that best suits your needs and learning style. We will explore some of the current research in language acquisition, learn the benefits of multiple languages on brain elasticity, and explore what holds most people back. With that knowledge, you will have the power to move forward to acquire a second or third language.

*Instructor: **Melanie Dugan**, M.Ed.*

Melanie has a passion for language acquisition. She herself acquired Spanish as a second language as an adult. She knows first-hand the challenges and rewards of learning a new language. She has designed and taught dual language programs in the Monroe and Burlington, Washington school districts. She taught bilingual education in Salt Lake City, Utah. She lived in Ecuador for over a year and has taught English as a Second Language both abroad and here in Washington. She has over 34 years of experience as an educator. She raised a bilingual son, documenting his linguistic development. She has studied Linguistics and Language Learning at Washington State University. She presently works as an artist with her husband in Anacortes and teaches Spanish to adults and children in their studio.

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Thursday afternoons

Investing in Stocks and Bonds (3 weeks: 4/11, 18, 25)

In this course, we will explore the nature of different kinds of investments – cash, stocks, bonds, mutual funds, limited partnerships, etc., examining the characteristics of each. How to develop an Investment Portfolio will also be covered, as will Estate Planning.

Instructor: Bill Short

Bill's career included experience as a design engineer, aircraft administrator, college instructor in business and economics, restaurant owner, and finally as an independent stockbroker of his own firm for 18 years. Retiring to Anacortes in 1997, Mr. Short enjoys sailing and is active in the Kiwanis Thrift Store. He is serving his fourth term as Anacortes Port Commissioner.

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The Tankers of Puget Sound (3 weeks: 5/2, 5/9, 5/16)

This brief course will involve exploring the mighty tankers that come and go every day around our enchanted island. Types, sizes, structure, crew, and missions will be explained by one who knows these great vessels intimately.

Instructor: Captain Sol Kohlhaas, USCG licensed
Master Unlimited Tonnage Upon Oceans.

Sol has sailed on a variety of oil tankers on the U.S. East, Gulf, and West coasts. He also managed tank ships and Articulated Tug Barges(ATBs) for OSG out of their headquarters in Tampa, Fl. Sol is currently the Port Captain for Marathon (formerly Tesoro) here in Anacortes where he ensures all vessels working on the Salish Sea contracted by Marathon operate as safely and with as little impact on the environment as possible.

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Dances of Political Economy

Policy-making games and how they affect our quasi-market economy. We will examine the structural basics of the U.S. government, various economic systems & policies, relative virtues & weaknesses of a free-market economy, and the different roles of government in our economy. Emphasis will be given to the incentives and actions of interest groups and their "dances" with politicians and bureaucrats, a co-dependence that results from human nature and expansive governmental powers. Lots of current events mixed in, also, as usual....

Instructor: Michael Newbrough, Ph.D.

Michael holds a BA in French and an MA in Political Science from the Univ. of Nevada, and a PhD in Political Science from the Univ. of California, Santa Barbara, and was a Fulbright Scholar (graduate study in International Relations) at l'Université de Paris. He was a professor in the Dep't of Economics, History, and Political Science at Palomar College in San Marcos, CA for 30 years. He has found refuge in Anacortes for the last 15 years.

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Memorable Forest Insects

Of all known types of animals on our planet, 75% are insects—over a million species! First, we will be introduced to the insects and learn how to identify four insect orders. We will examine insect anatomy, forms and functions, and see how insect anatomy is unique. Insects evolved to fit the ecological roles they play, e.g., as beneficial pollinators, predators, herbivores, parasitoides, etc.

We will also discover how forest insects produce severe changes to our forests and we'll be introduced to specific species that change forest ecosystems. During our discussions on specific forest insects, we'll understand how they drastically affect forest management and explore ways to manage pest outbreaks. We will also discover how insects interact and compete with us for food and fiber as well as how they degrade our health and our standard of living.

*Instructor: **Robert Gara**, Ph.D. [Professor Emeritus, Univ. of Washington]*

Dr. Gara earned a BS in Forest Management at Utah State University and later worked in East Texas as a forest manager. His M.S. and Ph.D. degrees in Entomology are from Oregon State University. He directed a research lab for the Boyce Thompson Institute for Plant Research in Texas, taught forest entomology at the State College of Forestry at Syracuse University and came to the College of Forest Resources, UW, in 1968. He served as a Fulbright Scholar in Chile, Venezuela & Ecuador, consulted as an entomologist for the UN in Vietnam and was the entomologist for an NSF biological expedition to the Kuril Islands. He retired to Anacortes in 2006.

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Your Brain Efficiency and Your Personal Health **(3 weeks 4/11, 4/18, 4/25)**

The Neurodevelopmental Approach is a developmental way to keeping your brain working efficiently and The Ki Method is a light touch, hands on approach for health. In this class we will look at a quick overview of neurodevelopmental work and give you specific activities to do for your brain to maintain memory, comprehension, as well as counteract aging. We will also do a short overview of the Ki Method (ki-iki jutsu) which is a type of energetic medicine that utilizes your own hands for balancing the body's bio-electrical energy. You will learn some basic sequences you can do at home.

*Instructor: **Ronda Dupea**, MIT (Masters in Teaching), Certified Neurodevelopmentalist with ICAN (International Christian Association of Neurodevelopmentalists), and Certified Instructor with the King Institute.*

Ronda got involved with neurodevelopmental work when her son was diagnosed with high functioning autism. She learned the Neurodevelopmental approach to help her son overcome his limitations. Later she went back and got her masters in teaching at City University and then was certified with ICAN to help other families. During her work in neurodevelopment with ICAN, she also trained to help families (and herself) with The Ki Method. She has found both of these methods to be effective for all ages of brain efficiency and personal health.

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