

Anacortes Senior College

Schedule of Courses

6 Week Courses Unless Noted

Spring 2022

Tuesday April 19, 2022 – Thursday May 26, 2022

Classes meet on Tuesdays or Thursday afternoons, *4:00-6:00pm*

Anacortes Middle School
M Ave. & 22nd St.

Registration opens Monday, March 21, 2022 at 10am.

Online registration is encouraged.

If you have difficulty registering online, we will be available at the Anacortes Senior Center on Monday March 21, 2022 from 10am-noon to help you register.

Please see our website for additional registration options.

Website: seniorcollege.org

Email: info@seniorcollege.org

Phone: 360-503-1255

Current Washington State Covid health requirements will be followed.

TUESDAY AFTERNOONS

Three Good Movies from Far, Far Away

We will watch three foreign films: *When a Woman Ascends the Stairs* (Japan, 1960), about an independent woman looking for love and financial security in post-war Tokyo; *Ida* (Poland, 2013), about a young woman preparing to take her vows in a convent when a worldly aunt she has never met takes her on a trip; and, *A Separation* (Iran, 2011), about a couple with one daughter, the man wants to stay in Tehran but the woman wants to take their daughter and live abroad. Three struggles in three faraway places are all portrayed with compassion, insight, and artistic grace.

In week 1 we will watch *When A Woman Ascends the Stairs*. We will review and discuss it in week 2. No class in week 3. In week 4 we will screen *Ida* and in week 5, *A Separation*. We will review and discuss both those movies in week #6. In classes when we screen the films, weeks 1, 4, and 5, the class will run an extra half hour, until 6:30. All the films use English subtitles.

Instructor: Mark Lundsten

Mark received a BA in English and then spent many years working as a commercial halibut fisherman in Alaska, during which time he made his first movie, *Night of the Guano*, about how to eliminate bycatch of albatrosses and other seabirds. His last one, a short film called *The Bath*, played in many film festivals and won a number of awards.

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How Metalwork Changed Civilization

Metals have been worked by humans for over 8,000 years. Without metal tools, hardware, utensils, and weapons, civilization as we know it would be stalled in the Stone Age. The overall impact of metals on civilization, starting with copper, then bronze and finally iron, will be presented. Of all the metals, iron has had the most profound impact on our lives. Blacksmiths are the individuals who work iron into useful objects. This is the story of blacksmiths – their knowledge, skills, tools, and place in history.

Instructor: Paul Thorne

Paul is a master blacksmith with over forty 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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TUESDAY AFTERNOONS

Health Fads – Fact or Fiction (3 weeks: Tuesdays April 19, 26 & May 3)

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 a daily 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.

Please note that class size is limited to 10 students.

*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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Ham Radio Principles and Operation

In this course you will learn about the functions of ham radio operators, the principles of radio operation, demonstrations of ham radios and related equipment, and the FCC regulations. Ham radio, also known as amateur radio, allows operation of special radios to send and receive voice, digital, and Morse code information over short and long distances. Ham operators enjoy recreational communication with current friends and often new friends met over the radio. Hams also serve the community by providing communication ability in case of emergencies and disasters. On Fidalgo Island a group of Hams meet weekly to evaluate ten sites for radio function and operating procedures. These sites include the Hospital, Police and Fire stations, Salvation Army, and the Anacortes Operations Center.

Instructors:

Ann Marie Humphreys, FCC Extra License, community leader in teaching women to operate ham radios. **Lea Nichols**, FCC Extra License, longtime sailor experienced in Ham radio techniques on the ocean. **Bob Cummings**, FCC Advanced License, career with Raytheon designing and testing antenna. **Jim Irving**, FCC Extra License, expert in radio and repeater equipment construction, repair, and operation. **Richard Rodriguez**, FCC General License, a marine captain instructor, well versed in radio communications of all types as well as rules and regulations. **Fred Mann**, FCC General License, retired physician, savvy with computers and digital equipment. **Jay Ham**, FCC Extra License, 45 years' experience with electronic equipment, 5 years' operating ham radios.

THURSDAY AFTERNOONS

Our Amazing Constitution

An introduction to the unique governmental system created by the U.S. Constitution of 1787. We will explore the principles and operation of the separation of powers, federalism, individual rights, and representative democracy—all original experiments at the time! We will also examine how and why it has been modified over the last two centuries, and the political crises we face today. This is the basic civics class that should be familiar to all American students, but which will be far more understandable and relevant to those who have lived under its umbrella for many decades. Current events and class discussions included. Pocket Constitutions will be supplied.

*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 Department 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 20 years.

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Wellness (3 weeks, Thursdays: May 12, 19 & 26)

Wellness, as defined in this course, is the integrated nurturing of all aspects of our lives and with the natural and built environments in which we live. This course examines relationships among and development of all of these, with emphasis on ways to change behavior for enhancement of well-being.

*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 University of Arkansas, and his doctorate in Exercise Science from Brigham Young University. He then completed a post-doctoral program in the University 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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THURSDAY AFTERNOONS

Anacortes History in Photographs (3 weeks: Thur. April 21, 28 & May 5)

The Photographers of Anacortes exhibit at the Anacortes Museum is designed to be enjoyed by in-person visitors at the Carnegie Gallery at 1305 8th St. It is also the subject of this three-session course focusing on the lives of the “shadow catchers” who worked on Fidalgo and Guemes Islands during the first century of picture-taking here.

The new exhibit serves as an advertisement for the more than 70,000 historic images in the Anacortes Museum’s online database, opened to public access ten years ago and growing by the thousands every year. “If you haven’t visited anacortes.pastperfectonline.com before or recently, there’s so much to discover. People are finding photos they’ve never seen before of family members, and pictures of historic events they’ve only heard about,” states Bret Lunsford, director of the Anacortes Museum.

The exhibit was designed by Corin Noronha and Will McCracken, both Anacortes High School alumni and photographers themselves. They worked throughout the pandemic creating the interpretive panels promotional videos, photographer trading cards and the virtual exhibit connecting all of the interactive elements.

Instructors:

Adam Farnsworth was three months old when his family moved to Anacortes, Washington. He attended Walla Walla University and graduated in 2007 with a degree in New Media Imaging. For the last fifteen years he has worked as a web/graphic designer, studio owner, and for a short stint as the Assistant Brewer at the Anacortes Brewery. In his spare time, Adam is an avid film enthusiast, a podcaster, and musician. He’s currently the Education and Media Curator at the Anacortes Museum.

Bret Lunsford has participated in independent music, art and book production for decades based in his hometown of Anacortes, Washington. He is also a writer of history, author of “Sounding for Harry Smith” and “Croatian Fishing Families of Anacortes” and editor of “Lance Burdon: A Photographic Journey” and “Pictures of the Past: Celebrating 125 Years of Anacortes History.” He graduated from The Evergreen State College in 1988. He is currently the Director at the Anacortes Museum.

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THURSDAY AFTERNOONS

Understanding World Wide Religions

Religion impacts all of us every day: foreign policy, government decisions, social interactions, and the wars we fight. What is religion, why do people believe, where did it come from, and why don't most people talk openly about it? What are the similarities, the differences, and the benefits to followers of the major religions? What trends can we identify? These and other questions will be discussed as well as your own experiences with religion, in this "no-judgment" course.

*Instructor: **Jim Barrett, Ed.D.***

Jim received his BA from Western Washington Univ. and his masters and doctorate from the Univ. of Washington in Higher Education. He was employed by the UW for 32 years in several Health Science positions and retired as Director of the Dept. of Health Sciences Center for Educational Resources and as an affiliate professor in the Dept. of Medical Education. For the past twelve years he has researched and written on the subject of comparative religion.

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Android Smartphones and Tablets (3 weeks: Thur. April 21, 28 & May 5)

If you are new to smartphones, or thinking of taking the plunge, this class may be for you. We will look at Android devices (Smartphones and Tablets). We will talk about the Android operating system, and how it varies from one device to the next. We will discuss the most important apps, as well as some that are just useful or fun. In addition, we will talk about backing up the information on your phone.

*Instructor: **Norm Samuelson***

Norm retired from a career as a computer scientist. He has developed an interest in smartphones and tablets, and loves to help people get comfortable with, and make better use of those devices.

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