

# ANACORTES SENIOR COLLEGE

## *Schedule of Courses*

### Spring Term 2025

Tuesday April 22 – Thursday May 29, 2025

*Tuesday and Thursday classes meets from 4:00 to 6:00 pm*

Anacortes Middle School

M Ave. & 22nd St.

(2202 M Ave, Front door entrance)

*Wednesday afternoon class meets at 1:30 to 3:30pm*

Anacortes Senior Activity Center

1701 22nd St.

**Online Registration opens Monday, March 24, 2025, at 10 am.**

Online registration is encouraged.

If you have difficulty registering online, we will be available at the Anacortes Senior Activity Center on Monday, March 24, 2025, from 10 am - noon to help you register.

*Please see our website for additional registration options.*

*Website: [seniorcollege.org](http://seniorcollege.org)*

*To contact the Anacortes Senior College:*

**Email: [Info@seniorcollege.org](mailto:Info@seniorcollege.org)**

**Phone: 360-503-1255**

## *Tuesday afternoons*

### **Befriending Your Body: An Introduction to the Alexander Technique (3 weeks: Apr 22 – May 6)**

A proven approach to self-care, the Alexander Technique teaches how to unlearn habitual patterns that cause unnecessary tension in everything we do. It's used by people of all ages and abilities to enhance the performance of every activity, improve posture, and relieve the pain and stress caused by everyday misuse of the body. This class will be a gentle hands-on introduction to the basic principles of the Alexander Technique and will focus on everyday activities such as sitting and standing, walking, breathing, and performing basic tasks. You might consider taking this class if:

- you are working on balance or recovering from an injury
- you'd like to get through the day without extra muscle strain
- you've got a lot on your mind and you'd like to be less frantic
- you'd like to improve a specific activity, like playing a sport or a musical instrument

*Instructor: Angeline LeLeux, M.AmSAT (Class size limited to 10 students)*

Angeline LeLeux began studying the Alexander Technique in 1997 and qualified as a certified teacher through the American Society for the Alexander Technique (AmSAT) in 2001. Along with her Alexander teaching practice, she taught and performed on piano for almost 25 years and credits the Technique with allowing her to continue performing after a bad case of overuse and tendinitis in her right wrist. Angeline is passionate and enthusiastic about helping others improve their quality of life and looks forward to sharing her expertise!

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### **From COVID-19 to Bird Flu - What (if anything) have we learned? (3 weeks: Apr 22 – May 6)**

The Covid-19 pandemic of 2020-2022 was the worst epidemic since the 1918 "Spanish" flu. Now 5 years on from the pandemic's beginning – it sometimes seems like a bad dream, doesn't it? - what did we learn, on personal, community, and societal levels? What would need to change to be prepared for the next one?

In this 3-part course, we will review the history and effects of the pandemic, how the US health care system, local communities, and states responded, and lessons we could learn if – if – we're willing and able.

*Instructor: Aaron Katz*

Aaron Katz is Principal Lecturer Emeritus at the University of Washington School of Public Health where he taught graduate level courses in health policy and conducted health policy projects and research on a wide variety of issues. During his 32 years at UW, Aaron held

numerous academic leadership positions and has received many awards, including the American Public Health Association's Award for Excellence in 2006 and the Outstanding Teaching Award from the UW School of Public Health in 2004.

Aaron and his artist wife, Kate Dougherty, moved to Anacortes in April 2019 after living in Seattle for more than 40 years. They enjoy hiking, biking, pickleball, eating in the area's great restaurants, listening to music, dancing, and traveling.

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### **European Thoughts on Indigenous Americans: From Aristotle to The Supremes (3 weeks: May 13 – May 27)**

Guns, germs, and steel (to employ Jared Diamond's actors) plied their trades with vigor as the Old World met the New World. But what were the philosophical and ethnological underpinnings of the agents who wielded those forces sometimes knowingly and sometimes inadvertently? What did Columbus, his masters, and his fellow adventurers expect, and what did they say, of the people they "discovered?"

How did aboriginal Americans fit in the European view of humanity, especially in the view of the deeply Christian explorers? Were the slaughter and enslavement encouraged or discouraged? Did anyone object as the damage unfolded?

This course in Week 1 will examine the social context of Columbus's time, considering Aristotle's thinking which impacted centuries of thought on barbarians outside the civilized community. We will also look briefly at the Spanish Inquisition which, in full swing in Columbus's time, permeated the explorers' world. Week 2 will consider Columbus's reports and what he delivered to the Spanish monarchs. We will consider the scholarly arguments both supporting and objecting to the unfolding treatment of indigenous Central and South Americans.

Week 3 will shift focus to North America and the exploration and settlement vectors from Britian. We will consider the evolving ethnological expressions of settlers and Pilgrims. The course will conclude with a brief review of the United States', including its Supreme Court's, thought on the indigenous people of the New World.

*Instructor:* **Carl "Bud" Ullman**

Bud is a retired attorney who has worked in the field of Indian law for 32 years. He represented the Quinault Indian Nation and the Klamath Tribes focusing on treaty rights, particularly fishing and water rights, and on endangered species and hydropower issues. He also served for five years in the Office of the Attorney General of the Federated States of Micronesia, the last two years as the Attorney General.

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## **Imagery and Inference**

**(3 weeks: May 13 – May 27)**

A simple line can curve, twist, squiggle and morph into shapes of self-expression, and you don't need to be an artist to explore some of the different dimensions of creativity. Our thought processes may be random doodles that suggest ideas awaiting development, or simply a scribbled release of stress. In this class we begin with doodling and tap into the higher-level skills of analyzing and evaluating by reading between the lines of a wide variety of cartoons, photographs, and paintings to discover the narratives within. And yes, we will add a side of artificial intelligence to the menu.

*Instructor:* **Karen Eichler**

Karen's teaching career ranges from elementary and middle school classrooms to university work developing and teaching courses for pre-and in-service teachers. In Ohio, she earned her degrees from Kent State University, with a focus on literacy. After moving to Washington, she worked with the state to develop the National Board for Certified Teachers (NBCT) program and City University's Curriculum and Instruction classes. Her teaching has always presented curriculum using the creative arts to integrate content areas with literacy learning. Karen has also worked as a free-lance journalist and enjoys sharing stories from history and literature.

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## **Memoir Writing**

**(6 weeks: Apr 22 – May 27)**

Writing about your life can seem like a daunting task. Where to begin? This class will prime the pump, with weekly writing assignments (about 750 words) presented in themes, plus writing tips. Sharing your stories confidentially with others in class will inspire you even more. You'll come to see your life through a different lens and leave a legacy for your family.

*Instructor:* **Teru Lundsten (Class size limited to 10 students)**

Teru has been teaching memoir writing in Skagit County since 2010. She worked as a personal historian, helping people preserve their life stories into books for their families. As a journalist she wrote over 200 profiles of people of all ages and from around the world. She has completed a memoir of her early years.

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## **Ecology of Human Variation**

**(6 weeks: Apr 22 – May 27)**

Are you a result of what your grandparents ate in the 1930-40's? Are your grandchildren marked by the same history or another one marked by your 1960s nutritional options? Despite dietary intake occupying a significant role in past studies of human evolution, advances in scientific knowledge now provide updated studies discrediting commonly held dietary beliefs based upon previous biases in the 1960s through the 1980s. For instance, the

1950-60 diet- heart hypothesis, which resulted in restricting eggs, cholesterol and fats while recommending greater intake of margarine, is now correlated with increased cancer prevalence and metabolic disorders such as obesity – and problems with heart disease. Oops.

Ecology is defined as the scientific study of relationships that living organisms have with each other and with their natural environment. In the case of humans, it also includes adaptation to the ever-changing world with which we are constantly messing. To survive, we must continually adapt to problems and changes. To adapt and evolve, we must have variation in cultural, functional physiology, and genetics. Our story of adaptation and survival is written in the language of our genes and dependent upon epigenetic mechanisms to create much of the diversity among cells. Many of our phenotypic traits are derived from combined effects of genes and environment. Epigenetic mechanisms archive information from environmental factors to play a profound role influencing human reproduction, variation in growth and development, adaptive capacity, and survival. Nutrition remains the most significant environmental determinant affecting biological processes, epigenetic signaling and gene expression.

I hope to whet your appetite to explore lessons in research, science, nutrition, and heredity through a biocultural study of population variation. We will begin with the basics and discuss science in “English.” No prerequisites for this class.

***Instructor: MJ Mosher, BSN, MA, PhD***

MJ blends experience from diverse professional careers. She served as a clinical nurse in Denver, as a researcher through a Postdoctoral Fellowship at National Heart, Lung and Blood Institute, University of North Carolina, and as a professor in anthropological genetics and nutrition at Western Washington University. She served as principal investigator in population studies with the Buryat of Siberia and Mennonite of Central Kansas, and additionally participating in studies with the Russian Old Believers in Oregon and indigenous populations of the Amazonian region of northern Peru. All studies examined the relationships among diet, genetics/epigenetics and biomarkers of energy balance, obesity, and cholesterol.

MJ believes that teaching is a two-way experience, with teacher and students (or study participants) learning from each other.

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### **Necessary Losses: Healing the Wounds of the Heart (6 weeks: Apr 22 – May 27)**

The loves, illusions, dependencies, and impossible expectations that all of us have to give up in order to grow.

Dealing with changes and necessary losses is the subject of this 6-week class based on the bestselling book “Necessary Losses”: by Judith Viorst. We will explore our individual ways of dealing with the many necessary changes in our lives. Mother nature has its own seasons of change reflected in our bodies, emotions, minds, relationships and life circumstances.

Loving, losing, leaving, letting go of our attachments seems to be the lesson of life, “hold on tightly, let go lightly.”

Come and share your stories and memories awakened by the book’s content of your own journey in accepting life changes and losses. Open your heart and mind to the free flow of life as it is expressed in everyone’s case.

"Serenity Prayer: "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

*Instructor:* **Henny Nouwen, RN, LMT**

Henny has been in private practice for 32 years using healing touch, intuition, insight and wisdom as an Integrative Healer. She facilitated death café gatherings in Lake County, CA, serving the death and dying Ministry in the Adidam Community for the last 35 years. Henny left home when she was 16, left her home country of Holland at 21 years old. In 2015 she lost everything (except her two cats, computer and car) in the Valley fire in CA. She knows about dealing with Change, Loss, Grief and the emotions related to loss. The “broken heart” is the window into true spiritual life.

Henny also brings with her 18 years as a cardiovascular circulating nurse in open heart surgery and was an ordained minister in metaphysical teachings for nine years. For more than 40 years, Henny has taught a multitude of classes on the mind/body connections, death, grief & loss, energy awareness, chakras and healing, (chakrachatter.com).

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## ***Wednesday afternoons\****

### **Android Smartphones and Tablets (6 weeks: Apr 23 – May 28)**

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 (Class size limited to 25 students)**

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.

\* This class will be held at the Anacortes Senior Activity Center from 1:30 – 3:30 pm

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## *Thursday Afternoons*

### **Skagit Hydroelectric Project: The story of six dams and one man (3 weeks: Apr 24 – May 8)**

The National Register listed Skagit Hydroelectric Project and associated Newhalem Creek Hydroelectric Project is an interconnected system of dams and municipally owned company towns. Developed over a 50-year span beginning in 1918 the projects are inextricably linked, both historically and physically, to the development of publicly owned hydroelectric power for the city of Seattle.

Join Jesse G. Kennedy III, Ph.D. as he shares stories and images of the people and construction of the projects.

#### **Laying the Groundwork – Week 1**

Where do you put a dam? The preparatory work necessary before dam construction could begin and the first dam: Newhalem Creek.

#### **We're in it Now: Gorge and Diablo – Week 2**

How many Gorge Dams were there? Gorge Dam and the unexpected problem that could have sunk the project. Beautiful Diablo Dam and the tiled fishpond in its powerhouse lobby.

#### **Why did Ruby Dam Become Ross Dam?**

#### **The Man Behind the Curtain: J. D. Ross – Week 3**

Have you ever noticed the front of Ross Dam? Stories about the man Franklin Delano Roosevelt called, "One of the greatest Americans of our Generation."

#### ***Instructor: Jesse G. Kennedy III PhD***

Following twenty years of university teaching, Jesse worked in cultural resource management for North Cascades National Park Service Complex for more than twenty-six years. A Pacific Northwest native, he became the first Chief of Cultural Resource Management at the park in 1995 and continues to explore the history of Skagit County and the North Cascades through the images, stories, and structures of this heroic environment.

Requested presenter of over 50 programs to various audiences highlighting special aspects of the historical character and characters of Skagit County and the North Cascade.

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### **Gardening with Skagit County Master Gardeners: Spring Edition (3 weeks: May 15 – May 29)**

Tips for things you can do to prepare your Spring garden. We have a lineup of great Master Gardener instructors for Spring term.

May 15 "Building Healthy Soil for Your Own Garden and Landscape" For beginning and experienced gardeners. How do you know if your soil is "healthy"? What can you do to improve it? - Diana Wisen (MG)

May 22 "Composting Made Understandable for the Home Gardener" For beginning and experienced gardeners. - Katryna Barber (MG) and "Proper Planting Tips for Your New Little Plants" Get your new little purchases off to a good start. - Diana Wisen

May 29 "Pruning Ornamental Shrubs and Trees in your Home Landscape" Do you ever stand in front of a shrub or tree in your yard and wonder how or even if you should prune it? Does it sometimes feel overwhelming? Do you know when is best time to prune some shrubs or when is the best time to leave them alone? Do you know how to prune so you will not have to prune so often? Beginners and experienced gardeners alike will learn lots of tips to help them with their own landscape. Will include proper tools selection and care. - Claudia Wells and Diana Wisen

*Instructor: Diana Wisen* (MG Class of 1991)

Diana graduated from Whitman College with a BA in Education. She has been a WSU Master Gardener for 33 years and focuses on Outreach & Education, the Training Team, Recruitment & Retention chairman, the Know & Grow lecture series, coordinating the Speakers Bureau and takes care of the Hardy Fuchsia area in the Discovery Garden.

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### **The Wonderful World of Wine: Topography, Type, and Taste (3 weeks: May 15 – May 29)**

This course is designed for anyone interested in learning a little more about wine; the viticulture, various grapes varieties, and how to taste and pair with food.

It will begin with a brief overview of how and where grapes thrive and the most common grape varieties. We will cover 'still' wine production and classification. We will look at wine laws and labeling. A discussion of what characteristics one should observe when tasting wine and how best to pair wine with food will conclude the three-week course.

*Instructor: Connie Pangrazi*

Professional Experience: Over 30 years of educational experience – both public and private. Parent, past PTO President, Teacher, Curriculum Director, University Faculty Member. Retired from Mary Lou Fulton Teachers College at Arizona State University - Assistant Dean of Academics. Skagit Valley College faculty adjunct, Leadership Skagit Class of 2018.

Community Service: Soroptimist International of Anacortes member and past president, Leadership Skagit Coach 2019-21, Anacortes School District Ready to Learn Fair Clothing Drive Coordinator, Island Hospital Therapy Dog Program Coordinator.



Connie Pangrazi retired in 2017 after serving as the Assistant Dean of Academics in the Mary Lou Fulton Teachers College as well as teaching courses in Exercise Science and Physical Education pedagogy. Prior to entering higher education, Connie taught in public education for more than 10 years.

Connie purchased a home in Northern Italy in 2021. As the property has a small vineyard and Cantina, she became interested in the production of wine. Within the past two years Connie has completed Levels One and Two of the WSET and is currently completing her WSET Level 3 and Wine Specialist Certifications. In the fall of 2025, she will begin courses at UC Davis to obtain her Wine Making Certification. She hopes to one day make her own wine and be involved in the wine industry.

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### **The Life and Music of Beethoven** **(6 weeks: Apr 24 – May 29)**

Of the most influential classical composers, Ludwig van Beethoven consistently ranks in the top three, along with Johann Sebastian Bach and Wolfgang Amadeus Mozart. This class will focus on the music and life of Beethoven. We will also discuss the philosophical changes that occurred around him during his life, focusing on the philosophy of art, and more specifically, music. Compositional forms will be discussed throughout the class in order to enhance the listening experience of his music. Anecdotal experiences from his personal life will be given, along with specific historical events that impacted his music. And yes, fragments of his music will be played liberally for all of our enjoyment. No prior knowledge of classical music or philosophy is required; the structure of the class will be for anyone with an interest in classical music.

*Instructor:* **Bryan Haynes**

Bryan was raised in a home that was steeped in classical music. After the requisite immersion into the Rock & Roll scene during the '60's and '70's, Bryan rekindled his interest in the classics when his son began violin lessons. This led to a concentrated study of the lives and music of many of the classical composers over the last 15 years, and he now enjoys discussing his love of their music with anyone who will listen.

Bryan graduated from Pacific Union College in 1977 with degrees in Mathematics and Computer Science. He retired from his career in Software Engineering in 2024 and looks forward to finding new ways of bringing meaning to his life.

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## **Preventing Financial Fraud (6 weeks: Apr 24 – May 29)**

Join us to learn how to protect yourself and your loved ones from financial fraud! Learn the most common financial scams, new fraud trends on how criminals are using technology to access private data, and the actions you can take to rebuild if you fall victim to fraud. You will also hear stories from Anacortes citizens who have been impacted by financial fraud.

The U.S. Office of Justice reports that financial fraud is the number one crime committed against seniors in the U.S. Additionally, in 2022 the National Council on Aging reported more than 88,000 complaints of fraud, resulting in more than \$3 billion in losses from people 60. Don't be a statistic!

*Instructor:* **Racheal Meloche, MS**

Racheal is Vice President and Community Bank Manager at Banner Bank in Anacortes. She will be joined in instruction by additional Banner Bank staff.