

ANACORTES SENIOR COLLEGE

Schedule of Courses

6 Week Courses Unless Noted

Winter 2023

Tuesday January 10 – Thursday February 16, 2023

Tuesdays or Thursday afternoon classes meet at 4:00-6:00 pm

Anacortes Middle School
M Ave. & 22nd St.

Wednesday afternoon class meets at 1:30-3:30 pm

Anacortes Senior Activity Center
1701 22nd St.

Online Registration opens Monday, December 12, 2022 at 10am.

Online registration is encouraged.

If you have difficulty registering online, we will be available at the Anacortes Senior Activity Center on Monday, December 12, 2022 from 10 am-noon to help you register.

Please see our website for additional registration options.

Website: seniorcollege.org

Email: treasurer@seniorcollege.org

Phone: *360-503-1255*

Tuesday afternoons

Psychology in the Cinema (6 weeks: Jan. 10....)

Photography, cinema and several schools of psychology evolved simultaneously, each borrowing from each other in order to produce alternate and impacting (believable) realities-- as well as to help us understand psychological phenomena. Through viewing, journaling, and discussing a selection of films, participants will become familiar with cinema terms. Specifically, participants will understand how these terms reflect, parallel, or directly make use of psychological motifs or processes, directly engaging or eliciting psychological responses, or describing its phenomena. The fact that cinema can affect us (engage us) in such a direct manner, the fact that most of us are and/or have been profoundly "moved" by particular scenes, a narrative arc, and always, the music in cinema, point to an experiential revolving door where all images (internal and external) coalesce. In the words of the great Italian director, Federico Fellini: "There is no end. There is no beginning. There is only the infinite passion of life."

Instructor: **George Conesa**

George Conesa's research, writing, and teaching interests lie in the areas of cognition and art. He has been a teacher/researcher since 1992 (college, universities, lifelong learning centers). He taught in WA state for over a decade.

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Special Topics in Creative Writing (6 weeks: Jan. 10....)

This six-week class will cover an assortment of lessons intended to help writers of all levels generate new work, jump-start their creative process, and think about storytelling in new ways. Classes will include lectures, discussions, and writing exercises (completed in-class and at home). The class will culminate in an optional (but encouraged!) public reading, during which we'll share something short that we've written during the quarter. Bring a pen and a notebook, or a laptop, if you prefer. All levels of writers, and all genres, are welcome.

Instructor: **Matthew Sullivan**

Matthew's best-selling novel, *Midnight at the Bright Ideas Bookstore* (Scribner), won the Colorado Book Award and was an IndieNext pick, A Barnes & Noble Discover pick, and a GoodReads Choice Awards finalist. His short stories and essays have appeared in *The New York Times*, *The Daily Beast*, *LitHub*, *The Spokesman Review*, *Sou'Wester*, *The Strand*, and many other places. He has taught

college writing classes in Idaho, Boston, and Poland, and has been teaching in Washington since 2003. His new novel, *The TreeTop Oracles*, will be in the publishing pipeline soon. www.matthewjsullivan.com

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Megafoods, the Ice Age, and Scientific Controversy (6 weeks: Jan. 10..)

After decades of debate the Missoula Floods in the Pacific Northwest became the first scientifically proven megaflood to be recognized. Subsequently, numerous huge floods elsewhere in the world have been identified. The Missoula Floods raced through parts of Montana, Idaho, Washington, and Oregon in the Columbia River Basin and poured into the Pacific Ocean near Astoria. In their wake they left amazing features like the channeled scabland of eastern Washington, the Grand Coulee, Palouse Falls and other features. Other megafloods occurred in Utah, the Mediterranean, Black Sea, and English Channel. The necessary changes in scientific thinking required by these discoveries will also be discussed.

Instructor: Eugene Kiver, Ph.D., R.G.

Dr. Kiver graduated from Case-Western University in Ohio and later earned his doctorate in geology from the University of Wyoming in Laramie. He taught geology for 34 years at Eastern Washington University in Cheney and conducted an active research career that emphasized landforms and surface processes. One of his major interests is the Missoula Floods story that he has researched for over 30 years. Gene has served on the governing board for the Ice Age Floods Institute for many years. He has co-authored three books: "Geology of U.S. Parklands", "On the Trail of the Ice Age Floods" and his most recent book: "Washington Rocks!".

A Step Beyond the Far Side (3 weeks: Tue., Jan. 10, 17 and 24, 2023)

This course explores the world of cartoons as an illustrative genre, with a bit of history, doodling developments, and storytelling. By exaggerating the most striking features of a subject, the cartoonist can convey irony or a certain message in everyday life, advertising, current social and political topics, caricature, and of course, make us laugh at the absurd. Cartoonists create the story boards for graphic novels, animated films, advertising, and video games. We all grew up with comic books and the Sunday comics, which have morphed into the digital world. Simple lines can become "manga", the term used in Japan, referring to comics and cartooning. You will explore doodling as a powerful tool to help process complex

ideas, cartoons as entertainment, and as purposeful messaging. No, drawing is not a requisite!

Instructor: **Karen Eichler MEd., NBPTS**

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.

Wednesday afternoons*

Home Computing 101 (6 weeks: Jan11....)

This introduction to home computing and home networks will endeavor to remove some of the stress and mystery surrounding personal computing technology. The course will cover basic hardware, system and application software, your home network, the internet, security and the cloud. We will also cover basic computer housekeeping activities and practical skills. You are encouraged to bring your questions for discussion. Time permitting I hope to have several hours of hands-on practice with your personal computers.

*Instructor: **Martin Harris, Ph.D.***

Martin has been a life-long teacher in subjects ranging from geology, zoology, large frame computer performance and accounting software to personal computing hardware and software. His interest in computing and information technology began in 1974 and now centers mostly around small single board computers. He holds degrees in biology and zoology from Stephen F. Austin State University, Mississippi State University and Washington State University.

* Classes held from 1:30-3:30 at Anacortes Senior Activity Center, 1701 22nd St, Anacortes

Thursday afternoons

Energy Medicine for Anxiety, Depression and Pain (6 weeks: Jan. 12...)

Dr. Templin will discuss how our nervous systems are programmed by prior life experiences to automatically respond to stress, the effect on our immune systems and what methods we can use to restore balance to our autonomic nervous system. This course offers the emerging science and practices for countering the damaging influence that stress has on your nervous system and ultimately on your psychological and physical health. The science and experiential practices are based in part on epigenetics, polyvagal theory, modern pain research and HeartMath research (neurocardiology). Each class session will be an amalgam of background science and experiential practices involving awareness processes, breathing, touch, movement and expressive writing.

Instructor: **Dr. Steve Templin**

Dr. Templin is a Doctor of Oriental Medicine, Acupuncture Physician, HeartMath TraumaSensitive Certified Practitioner and certified teacher of a number of energy medicine systems with over 35 years of experience in the field.

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Forest Walking (3 weeks: Thursdays, January 19, 26 and Feb. 2, 2023)

The goal of this three-week course is to introduce you to some amazing organisms in the forest, so the next time you take a hike, you can not only enjoy the fresh air and exercise, but also have a better appreciation for all the fascinating processes going on around you. Forests are dynamic ecosystems that contain a host of animals and plants that recycle nutrients, engage in turf wars, share resources, and are, quite simply, beautiful. In addition to taking a deep dive into our local forests, we'll review the history of the Anacortes community forestlands, take a tour of the forests of North America, and go out for a hike in the ACFL to see what we can find.

Instructor: **Jane Billingham**

Jane is the longtime translator of books by German forester Peter Wohlleben, who wrote the New York Times bestseller, *The Hidden Life of Trees*. While she was working with Peter to co-write their latest collaboration, *Forest Walking*, Jane and her husband got into their camper van and embarked on a four-month, 17,000-mile journey to visit forests around North America from the coastal redwoods in California to the remnant Douglas-fir and maple forests in Big Bend, Texas, through

the bottomland forests of the American southeast to the deciduous woodlands of New England and northern Quebec. She regularly hikes the forestlands around Anacortes. To take a peek at some of the things she has been finding, follow her on Instagram at [jane_billinghurst_writer](#).

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Anacortes History in Photos (3 weeks: Thursdays, Feb. 2, 9 and 16)

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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DNA and Genealogy: A Workshop (4 weeks: Jan. 12...)

Roughly a third of class time will be spent in lecture dealing with the basics of genealogical research and with DNA and the strategy for profiting from autosomal-DNA results. The rest of the time will be spent with class members' problems and DNA results. You do not need to bring a computer, but it may be useful. You do not need to have DNA results, although it will help greatly if you do have results (must be uploaded or otherwise present on Ancestry). You SHOULD BRING a basic (paper) pedigree—4 to 6 generations with as much data as possible on birth, death, and marriage. Enrollment limited: 4 sessions.

Instructor: **Dick Tolman**

R. L. Tolman is a twice-retired medicinal scientist (Ph.D. University of Utah in bio- organic chemistry) with a consuming interest in history and genealogy; an experienced teacher, lecturer, and writer (120 refereed scientific publications). He won the National Genealogical Society's Best Family History Competition in 2006 and has published articles in The Register (New England Historic Genealogical Society), Crossroads (Utah Genealogical Society) and Nevada in the West (Nevada Historical Society). He has been a volunteer at the Nevada Historical Society and a Family History instructor at Truckee Meadows Community College/Reno. He maintains the website www.29deadpeople.com, a site for sourced genealogical essays. He is a pro bono genealogical researcher and prefers to work on impossible problems and those that have been published in error.

The Tankers of Puget Sound (3 weeks: Thursdays Feb. 2, 9 and 16, 2023)

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**

Sol has sailed on a variety of oil tankers on the U.S. East, West and Gulf 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.

Creating Your Sacred Space (3 weeks: Thur. Jan. 12, 19 and 26, 2023)

In this fun-filled approach, this course helps one to see the infinite possibilities in developing an inspirational and magical world. The student is introduced to the use and history of color, while partnering with plants and western astrology to develop a restorative, inquiring area. Other tool tips from crystals, the Baqua Meditation and archangels.

Instructor: **Darcy J. MacPherson**

Darcy is an avid horticulturist and photographer capturing the beauty and essence of plants everywhere. A previous Information Technology Architect holding two master's degrees in Information and Knowledge Management, she now puts those skills into disseminating plant lore and promoting every sacred space's magical potential. Darcy has worked for over 14 years in full-scale nurseries and private gardens. Educated through Oregon State University, Edmonds Community College, South Seattle Community College, and Washington State University's Master Gardener Program. Darcy has herbal certifications through the American College of Health Care Sciences and East-West School Herbal & Aromatherapy Studies. Along with certifications as a flower essences practitioner of the Australian Bush Flower and Feng Shui as it relates to sacred spaces. Darcy consults on small spaces and container gardening including re-homing plants and garden material that fits in her car.

