

CONTINUING EDUCATION

EDMONDS COLLEGE

FALL 2020 | SEPTEMBER-DECEMBER | edcc.edu/ce



Stay home and
get cozy this fall with
"Friday Afternoon
at the Movies."
See page 8.

Find your next experience inside:

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SPARK YOUR PERSONAL AND PROFESSIONAL GROWTH WITH LIFELONG LEARNING.



Pursue personal enrichment

Whether you're mastering a new language or learning a new art form, creative expression benefits minds of all ages. Edmonds College Creative Retirement Institute (CRI) offers a variety of online classes that will challenge your mind and enrich your lifelong learning experiences -- no matter your age. CRI has been serving our community for more than 25 years and offers 32 classes this fall in subjects ranging from literature to technology.

Learn a skill in just 2 hours

The Facility Makerspace embraces the maker and Do It Yourself movements as a DIY space for the community. As David Voetmann, who runs the makerspace, says, "It's a gym for people who make things." The Facility is an 11,000-square-foot space that houses over \$2 million in state-of-the-art high-end technical equipment.

Train for a new career

At the Washington Aerospace Training and Research (WATR) Center, you can train for an entry-level job in aerospace manufacturing in 12 weeks. Graduates of WATR

leave the program with the technical and employability skills needed in today's competitive job market. For employers, the center also offers customized training and has trained more than 1,200 incumbent workers. Short-term training has long-term benefits, from tackling the skills gap to driving the industry's future innovations.

These are just a few of the many options Edmonds College offers to those who wish to take their learning and skills to the next level. I encourage you to find the one that's right for you.

Dr. Amit B. Singh
Edmonds College President



FEATURED CLASS

5 MEDITATION AND MINDFULNESS



FEATURED CLASS

11 DRUG DEVELOPMENT: BEFORE, DURING, AND AFTER COVID-19



NEW!

17 MICRO UAV SYSTEMS ONLINE

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Welcome to your innovation sandbox

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Flexible, affordable, on your own time

16 WASHINGTON AEROSPACE TRAINING AND RESEARCH (WATR) CENTER

12 weeks to a career

17 BUSINESS TRAINING CENTER

Training for industry

HOW TO READ COURSE LISTINGS

GEOLOGY OF NATIONAL PARKS III

The first national park, Yellowstone, was created by Congress on March 1, 1872. There are now 59 parks and 117 national monuments, plus over 400 other places designated as being worthy of protection and preservation. In this class we will discuss 12 national parks plus several national monuments and national seashores.

Item: C957 Fee: \$56 Charnley, Donn
4 Mon., 9/21-10/12 10 a.m.-12 p.m. ONLINE

← Course Title

← Course Description

← Item No. (required for registration), Fee, and Instructor

← Day(s), Time(s), and Location

COMMUNITY EDUCATION

Where life and learning meet!

Small, inviting non-credit classes offer you the opportunity to challenge yourself in a supportive and fun environment.

SPARK YOUR CREATIVITY, LEARN A NEW SKILL

Looking to learn a new language, experience art, or improve your creative writing? Community Education offers a variety of personal enrichment and business classes taught by master artists and local business experts.

CAREER AND BUSINESS

DIGITAL PHOTO STORAGE

Learn the basics about storing and accessing your digital memories.

Item: C339 Fee: \$69 Schwarz, Kate
2 Tues., 10/27-11/3 6-8 p.m. ONLINE

DIVERSITY AND ANTI HARASSMENT

This class is designed as an annual training to provide an affirmative defense to organizations against discrimination claims.

Item: C355 Fee: \$29 Sunderland, Jay
Wed., 11/4 6-9 p.m. ONLINE

JOB SEARCH STRATEGIES

For students seeking work. In class, students will develop a job search strategy, review resumes, learn the S.T.A.R. method for interviewing success, and practice interviewing. Job seekers need a strategy to find gainful employment. That begins with knowing what they want to do, what they can do, and what they don't want to do. We begin by taking an inventory. We then focus on resumes and cover letters, doing company research, and the interview process.

Item: C353 Fee: \$79 Sunderland, Jay
2 Wed., 9/30-10/7 6-9 p.m. ONLINE

MAKE LIFE EASIER WITH THESE 5 GOOGLE APPS

Your Gmail account gives you access to Google's other cloud-based applications and services that are available on your computer, tablet, and smartphone. Learn to use Google's timesaving apps: Drive and Docs; Calendar; Keep; Photos; and Slides.

Item: C338 Fee: \$69 Schwarz, Kate
2 Mon., 10/26-11/2 6-8 p.m. ONLINE

MAKING THE LEAP TO LEADER

Designed for the first-time supervisor, this course teaches the basics of supervision. This course is for people who are faced for the first time with getting things done through the efforts of others. Moving from an "individual contributor" status to a Lead or Supervisor status is a challenge. This if for people provides the tools and techniques to make this transition successful.

Item: C359 Fee: \$195 Sunderland, Jay
5 Mon., 10/12-11/9 6-9 p.m. ONLINE

THE WORK AT HOME TRAINING PROGRAM

Need extra ways to supplement your income but can't figure out what is legitimate? This class is for you! Learn how to identify scams, promote your talents, and find legitimate work-at-home jobs. Whether you need to get out of debt, save for vacation, or just need to get food on the table, you will learn what is available to achieve your goals. Basic Internet skills required. Bethany Mooradian is an eight-time award-winning author with over 20 years experience working from home. She has been interviewed in over 100 publications including Good Housekeeping, ABC News, U.S. News and World Reports, and provides career advice on her website, www.WorkatHomeFAQ.com. Class price includes PDF guide with over 700 companies and resources.

Item: C317 Fee: \$69 Mooradian, Bethany
Mon., Wed., 10/19 and 10/21 6:30-8:30 p.m. ONLINE

WORKING WITH DIFFICULT PEOPLE

Teaches methods and techniques for improving working with people across organizational lines.

Item: C354 Fee: \$79 Sunderland, Jay
2 Wed., 10/21-10/28 6-9 p.m. ONLINE

HOME, HEALTH, AND HEARTH

DIVORCE PLANNING

Qualified local professionals with a wealth of experience will help give you the knowledge, support, and resources that you need to survive the process and move with confidence toward a new life. This workshop is designed to help everyone in any stage of untying the knot. Take charge by becoming informed.

Item: C378 Fee: \$39 Harsin, Dick
Thurs., 10/22 6-9 p.m. ONLINE

HOMESCHOOL NUTS AND BOLTS

Interested in homeschooling but don't know where to start? Successful completion of this engaging, affordably-priced class meets the Washington state legal requirements as a "Qualifying Course" for parents who choose to provide home-based instruction for their children.

Item: C371 Fee: \$125 Rosenzweig, Beth
Tues.-Thurs., 9/22-9/24 6-9 p.m. ONLINE
Item: C370 Fee: \$125 Rosenzweig, Beth
Tues.-Thurs., 10/6-10/8 6-9 p.m. ONLINE

FEATURED CLASS

MEDITATION AND MINDFULNESS

Students are introduced to multiple techniques which allow them to reach from relaxation to a deep meditative state. This course is focused only on techniques, without any religious or philosophical background.

Item: C498 Fee: \$135 Courtney, Patricia
5 Sat., 10/3-10/31 9-11 a.m. ONLINE

REDUCE YOUR INCOME TAXES IN RETIREMENT

Retirement doesn't mean that you will pay less income tax. Explore strategies to reduce your income tax; learn the various social security options and the three different phases of retirement income needs.

Item: C384 Fee: \$59 Harsin, Dick
2 Thurs., 10/29-11/5 6:30-9 p.m. ONLINE

WELCOME TO MEDICARE

This class will teach people about the basic structure of Medicare, enrollment timelines, special and open enrollment events, online enrollment, Medicare fraud, and low-income help.

Item: C334 Fee: \$15 Virago, Celeste
Wed., 9/23 6-8 p.m. ONLINE

LANGUAGE AND CULTURE

FRENCH FUNDAMENTALS

Bonjour! Learn the basics of French for speaking, reading, and writing in this French Beginning Class!

Item: C673 Fee: \$99 Courtney, Patricia
4 Thurs., 10/1-10/22 6-8 p.m. ONLINE

FRENCH 2

As a continuation of French Fundamentals, or for intermediate French speakers, this class deepens vocabulary, grammar, and enhanced conversational skills. French history and culture are included. Taking French Fundamentals is recommended but not required.

Item: C674 Fee: \$99 Courtney, Patricia
4 Thurs., 10/29-11/19 6-8 p.m. ONLINE

ITALIAN 1

Ciao! Grazie! We focus on Italian that is practical and colloquial. Learn some fundamental Italian grammar along with proper pronunciation. Discover useful vocabulary for greetings, family, food, and clothing.

Item: C769 Fee: \$225 Pantic, Marcia
9 Thurs., 9/24-11/19 7-9 p.m. ONLINE

COMMUNITY EDUCATION

ITALIAN 3

Continue to develop your conversational Italian skills by studying prepositions, a past tense, the verb to like and direct and indirect object pronouns. Topics of conversation include vacations, things you like and don't like, places you visit, amongst others.

Item: C772 Fee: \$225 Pantic, Marcia
9 Tues., 9/22-11/17 7-9 p.m. ONLINE

SPANISH: BEGINNING

Just the basics! Gain Spanish grammar and conversational skills for everyday life and travel. Study basic pronunciation and grammatical structure in a nurturing interactive environment. Book: Spanish in 10 Minute a Day by Kristine Kershul. Please note: this course may move online if health guidelines change.

Item: C762 Fee: \$245 Baird, Monica
10 Mon., 9/21-11/23 6-8 p.m. ONLINE

SPANISH: CONVERSATIONAL FOR TRAVELERS

Learn to master basic Spanish conversation and useful phrases for different travel situations. Prerequisite: Spanish: Beginning. Book: Spanish Step By Step by Charles Berlitz. Please note: this course may move online if health guidelines change.

Item: C766 Fee: \$99 Baird, Monica
4 Thurs., 10/1-10/22 6-8 p.m. ONLINE

SPANISH: GRAMMAR INTENSIVE

You asked for it and here it is! An intensive grammar class for students with Spanish knowledge who want to improve their verb conjugation skills. We'll cover present, past, future, imperfect, conditional and subjunctive verbs in a fun interactive class. Viva! by McGraw Hill, Practice Makes Perfect: Spanish Verb Tenses by Dorothy Richmond, second or third edition. Please note: this course may move online if health guidelines change.

Item: C778 Fee: \$99 Baird, Monica
4 Thurs., 10/29-11/19 6-8 p.m. ONLINE

SPANISH: INTERMEDIATE PART 1

Continue with conversation and grammar skills, learn to conjugate verbs in present, past and future. Prerequisite: Spanish: Beginning. Required Book: "Barrons: Learn Spanish the Fast and Fun way second or third edition by Gene Hammitt." Please note: this course may move online if health guidelines change.

Item: C764 Fee: \$245 Baird, Monica
10 Tues., 9/22-11/24 6-8 p.m. ONLINE

SPANISH: INTERMEDIATE PART 2

Intermediate Part 2 will help you continue to refine vocabulary, pronunciation, grammar and the ability to master routine conversations. Recommended prerequisite: Intermediate Part 1 book: Spanish for Mastery 2: Entre Nosotros by Jean-Paul Valette and Rebecca M. Valette. Please note: this course may move online if health guidelines change.

Item: C765 Fee: \$245 Baird, Monica
10 Wed., 9/23-12/9 6-8 p.m. ONLINE

No Class 11/11 or 11/25.

PERFORMANCE

EDMONDS WIND ENSEMBLE

Experienced musicians who are looking for a community wind ensemble are invited to join. Note: Permission from instructor must be obtained during the first session. Warmup starts at 6 p.m.

Item: C610 Fee: \$99 Mostovoy, Steve
10 Tues., 9/22-11/24 7-9:30 p.m. ONLINE

VISUAL ARTS

PAINTING IN A PANDEMIC WORLD

Learn to see color and paint it. You can take this pandemic friendly class using a small home space with simple materials. Develop critical thinking and build community in group discussion, demo, and critique held over Zoom. Socially distanced outdoor critique may be possible depending on health advisories and class consensus. See online description for materials.

Item: C447 Fee: \$245 Adelman, Carol
6 Tues., 9/22-10/27 6:30-9:30 p.m. ONLINE

SKETCHBOOK DRAWING IN A PANDEMIC WORLD, PART 1

Respond to creative prompts, compositional and other ideas to create a sketchbook journal that can become the basis of an ongoing practice. Using inexpensive materials, this pandemic-friendly project can be done in even the smallest home space to build drawing skills and spark creativity. Group discussion, demo, and critique develop critical thinking and build community. Combines socially distanced or independent outdoor sketching with group Zoom sessions. See online description for materials.

Item: C448 Fee: \$125 Adelman, Carol
3 Wed., 9/23-10/7 5-8 p.m. ONLINE

FEATURED CLASS



FALL PHOTOGRAPHY CHALLENGE

Delve into photography and explore new techniques. Approach the "everyday" through a creative focus. Discover new perspectives and compositional approaches to creating artistic photographs. This is accomplished through learning exposure, lighting, and editing. There will be lectures, examples, and weekly assignments. Instructor will critique assignments, and help students grow in their knowledge of photography.

Item: C477 Fee: \$149 Ulvestad, Karen
6 Tues., 10/13-11/17 7-9 p.m. ONLINE

SKETCHBOOK DRAWING IN A PANDEMIC WORLD, PART 2

Building on ideas and exercises from Part 1, students will respond to creative prompts that deepen sketchbook practice. Class will use low cost materials and collaborate through discussion, demo and critique. Class held on Zoom, but some outdoor meetings may be possible, weather permitting. Part 1 is recommended but not required. See online description for materials.

Item: C449 Fee: \$125 Adelman, Carol
3 Wed., 10/14-10/28 5-8 p.m. HYBRID

YOUR CAMERA: WHAT'S THAT BUTTON FOR?

Discover how to get out of your DSLR camera's AUTO mode and into using your camera to its fullest potential. You will learn how to use the manual controls on your digital camera to take phenomenal photos.

Item: C471 Fee: \$225 Saber, Leslie
6 Tues., 11/3-12/8 6-9 p.m. Pending location

WRITING

CREATIVE WRITING: WHAT'S YOUR STYLE?

Ever wonder what it is about a novel or essay that hooks you as a reader? All compelling writing inspires readers to keep turning the pages, no matter the genre. In this class, you will practice craft elements employed by popular authors to find your own style. By reading texts closely, you will discover how the writer's style becomes their voice, and how through voice, story is artfully expressed.

Item: C351 Fee: \$125 Cannon, Sarah
5 Wed., 10/7-11/4 6-8 p.m. ONLINE

HOW TO WRITE SHORT STORIES

If you love stories and want to write them, this class is for you! We'll examine short stories and write our own, learning idea creation techniques, story formats, and revision tips. You will leave with 3 new story ideas, a cover letter for publishers, and a critique of writing up to 5000 words from author GG Silverman.

Item: C534 Fee: \$149 Silverman, G.G.
6 Tues., 9/29-11/10 7-9 p.m. ONLINE

No class 10/13.

FEATURED CLASS



GETTING YOUR GROOVE BACK: MOVING THROUGH WRITER'S BLOCK

Sometimes it's hard to find the motivation to write. Through the power of coaching and community, this class is designed to get you writing again, focusing on play, self-care strategies, and short, very achievable goals. Students will leave with 6-8 pieces of writing upon completing this class. Beginners welcome!

Item: C505 Fee: \$99 Silverman, G.G.
4 Wed., 9/30-10/28 7-9 p.m. ONLINE

No class 10/14.

Register online or by phone. Go to edcc.edu/ce or send us an email for assistance.

COMMUNITY EDUCATION

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edcc.edu/comed | communityeducation@edcc.edu



EDMONDS COLLEGE

COMMUNITY EDUCATION

CREATIVE RETIREMENT INSTITUTE (CRI)

Join our lifelong learning adventure!

The Creative Retirement Institute is a member-driven, self-supporting organization whose mission is to provide affordable, quality lifelong learning opportunities to adults in a supportive environment.

Check out fall literature classes on page 10!

INSPIRING COURSES AT AFFORDABLE PRICES

Gain a better understanding of yourself and our changing world while making new friends. Creative Retirement Institute (CRI) offers non-credit, college-level courses at affordable prices. A \$15 quarterly registration fee applies.

Registration opens Sept. 1.

CRI QUARTERLY REGISTRATION

Item: C975 Fee: \$15.00

ART

FRIDAY AFTERNOON AT THE MOVIES!

In this class we will view films from Scandinavia. No preparation is required, but you will have to read subtitles. Some of the movies have been shown previously at CRI; some are surprises. There will be a representative selection of films from each of the Nordic countries and a discussion after each showing.

Item: C865 Fee: \$60 Hanson, Katherine
4 Fri., 10/23-11/13 1-3:30 p.m. ONLINE

Concurrent with C893 "New Brain, Old Brain."

GREAT DUTCH PAINTERS: HALS, REMBRANDT, AND VERMEER

We will look at three of the greatest artists of the 17th-century Dutch Republic. Frans Hals was primarily a portraitist whose vigorous brushwork created a style of great immediacy. Rembrandt van Rijn worked in nearly every genre of painting: portrait, narrative, still-life, and landscape. Jan Vermeer was the poet of social isolation.

Item: C861 Fee: \$46 Albiani, Rebecca
3 Wed., 9/23-10/7 4-6 p.m. ONLINE

CURRENT ISSUES

POLITICAL CARTOONING/FACT CHECKING IN THE 2020 ELECTION

Truth has taken a beating in the current political climate. Political cartoonists and fact checkers, odd bedfellows though they be, can help. Cartoonists get at the essence of political situations; fact checkers use a rigorous process of checking the factual basis for claims. They are a powerful combination for truth telling.

Item: C875 Fee: \$56 Knapp, Michael
4 Tues., 10/6-10/27 10 a.m.-12 p.m. ONLINE

POLITICS AND FOREIGN POLICY: WHAT'S THE DEAL?

The interplay between Washington, D.C. politics and the implementation of foreign policy, including a look at the foreign policy and national security policy structures, the role of Congressional oversight, and tensions between political pressures and sound policy and programs.

Item: C871 Fee: \$28 Meece, Roger
2 Tues., 11/3-11/10 10 a.m.-12 p.m. ONLINE

THE ECONOMICS OF ISSUES IN THE 2020 ELECTION

Emphasis will be on the economic impacts of contrasting positions on national security, economic policy, environment, and various social issues as they develop in the 2020 presidential campaign. Emphasis on concepts more than details. No previous knowledge of economics is required.

Item: C879 Fee: \$56 Gassler, Scott
4 Thurs., 10/1-10/22 1-3 p.m. ONLINE

THE ELECTORAL COLLEGE: LOVE IT OR LEAVE IT

The Electoral College was established as a compromise between election of the president by a vote in Congress versus a popular vote of qualified citizens. It overrepresents 31 states and underrepresents four. We will discuss the origins of the Electoral College and its ramifications on modern politics.

Item: C877 Fee: \$28 Montalvo, Maria
2 Fri., 9/25-10/2 3-5 p.m. ONLINE

HEALTH

MEDICAL DECISIONS: CHOOSING AND USING A DOCTOR

Health care decisions require the patient to navigate the dysfunctional U.S. healthcare system and the conflicted world of specialties, for-profit corporations, and insurance restrictions. This course, the first of a two-part series, addresses selection of and communication with the best doctor for you and your family.

Item: C891 Fee: \$28 Phillips, William
2 Wed., 10/14-10/21 10 a.m.-12 p.m. ONLINE

MEDICAL DECISIONS: CHOOSING TESTS AND TREATMENTS

Health care decisions require the patient to navigate the dysfunctional U.S. health care system and the conflicted world of specialties, for-profit corporations, and insurance restrictions. This course, the second of a two-part series, addresses evaluation of screening tests and understanding treatment alternatives.

Item: C897 Fee: \$28 Phillips, William
2 Tues., 11/10-11/17 4-6 p.m. ONLINE

PROMOTING SKIN HEALTH FOR WELL-BEING

This course explains the structure and function of skin, the largest organ in our body. It serves as a barrier to the outside world, protecting us from numerous threats. Skin-beneficial essential oil preparations and plant-based health practices, suitable for home preparation and use, will be discussed.

Item: C899 Fee: \$42 Resnick, Jerelyn
3 Wed., 9/23-10/7 1-3 p.m. ONLINE

TOXIC CHEMICALS AND HORMONES: HEALTH EFFECTS AND EXPOSURE

Personal care products may contain chemicals that disrupt hormones, called endocrine disruptor chemicals (EDCs). This course will look at sources, toxic properties, mechanism of action, and exposure to EDCs; their impact on human health; and regulations and actions to reduce exposure.

Item: C889 Fee: \$56 Solomon, Fran
4 Thurs., 10/8-10/29 10 a.m.-12 p.m. ONLINE

HISTORY

AMERICAN HISTORY 7: THE AMERICAN CENTURY 1930-1960 | PART I

America endured dramatic transformations during the Great Depression, WWII, and the cultural/economic revolution that followed these events. This course and its sequel explore New York's art scene, new jazz, medical discoveries, and space exploration that occurred. Further examination occurs in Part II.

Item: C907 Fee: \$42 Busch, Kristi
4 Fri., 9/25-10/16 1-2:30 p.m. ONLINE

AMERICAN HISTORY 7: THE AMERICAN CENTURY 1930-1960 | PART II

America endured dramatic transformations during the Great Depression, WWII, and the cultural/economic revolution that followed these events. This course, the sequel to Part I, continues the exploration of the dramatic changes that occurred in the United States during this era. Part I is not required to take Part II.

Item: C909 Fee: \$42 Busch, Kristi
4 Tues., 10/20-11/10 1-2:30 p.m. ONLINE

CREATIVE RETIREMENT INSTITUTE

RISE OF THE ABRAHAMIC RELIGIONS IN THE MIDDLE EAST

From the 7th century Before the Common Era (BCE) to the 7th century of the Common Era (CE), Judaism, Christianity, and Islam all sprung from the deserts of the Middle East. We'll explore when, where, how, and perhaps even why.

Item: C873 Fee: \$28 Fenner, David
2 Wed., 10/14-10/21 1-3 p.m. ONLINE

SEMPER PARATUS: U.S. COAST GUARD

A descriptive short history of the U.S. Coast Guard and the USCG Auxiliary.

Item: C991 Fee: \$14 Coulombe, Kevin
Mon., 11/9 1-3 p.m. ONLINE

VIETNAM: THE AMERICAN WAR

Many Americans, from small town folks to Washington movers-and-shakers, knew little about Vietnam before the Vietnam War. This course will look to the histories of both countries for explanations about what was at stake. We'll cover the political, economic, and cultural aspects of the war as well as military operations and leadership on both sides.

Item: C905 Fee: \$42 Kerr, Laurence
3 Mon., 9/21-10/5 1-3 p.m. ONLINE

LITERATURE

CARPE DIEM: THE ODES OF HORACE

We will read the "Carmina" of the Roman poet Horace. Attention will be paid to the tension between Stoic and Epicurean philosophies and the negotiation the author is compelled to make with the demands of the empire. Course text: "The Complete Odes and Epodes" translated by David West.

Item: C923 Fee: \$56 Taylor, Sean
4 Thurs., 10/29-11/19 1-3 p.m. ONLINE

FACT AND FICTION

We are not your average book discussion group! Participants make their own reading choices and come prepared to present brief reviews and share their appraisals. You may select a past or current author in any genre. Learn from each other through informal discussion. This is a low fee class but requires registration.

Item: C915 Fee: \$14 Gallery, Jill
4 Mon., 11/9-11/30 10 a.m.-12 p.m. ONLINE

SHAKESPEARE'S "MACBETH"

One of the Bard's great tragedies might be staged by Seattle Shakespeare Co. Attention will be paid to the structure of the play, tensions between action and consequences, action and equivocation, and ideals of masculinity. Read through Act 2 for the first class. Editions with annotations and line numbers recommended.

Item: C917 Fee: \$56 Taylor, Sean
4 Tues., 11/17-12/8 1-3 p.m. ONLINE

TO THE LIGHTHOUSE WITHOUT VIRGINIA WOOLF

We'll discuss four lighthouse-themed books, in the following order: "Stargazing: The Memoir of a Young Lighthouse Keeper" by Peter Hill; "The Lighthouse at the End of the World" by Jules Verne; "The Lighthouse Keeper's Daughter" by Hazel Gaynor; and "The Light on the Island" by Helene Glidden. Please read in order before each class.

Item: C921 Fee: \$56 Enstad, Ginny
4 Wed., 11/18-12/9 1-3 p.m. ONLINE

THE POETRY OF IMPERMANENCE, MINDFULNESS, AND JOY

The poems in this class provide insights into spiritual companionship by examining the gifts of compassion, wisdom, humor, gentleness, and the emotions of grief and joy. The course is about cultivating a richer quality of seeing and feeling. Course text: "The Poetry of Impermanence, Mindfulness, and Joy" edited by John Brehm.

Item: C919 Fee: \$56 Stahl, Robert
4 Thurs., 11/5-12/3 10 a.m.-12 p.m. ONLINE
NOTE: No class 11/26

MUSIC

JAZZ APPRECIATION

This course provides a brief survey of the development of jazz music in the United States. A number of jazz styles will be listened to and studied along with important instrumentalists, singers, bands, and composers. Important historical and social events which parallel the development of jazz music will also be discussed. Live and recorded demonstrations of jazz style periods and jazz techniques will be presented.

Item: C931 Fee: \$56 Jensen, Brent
4 Fri., 10/30-11/20 10 a.m.-12 p.m. ONLINE

ROSSINI'S "OTHER" OPERAS

Everyone knows and loves Rossini's most popular opera, "The Barber of Seville," but his "Cenerentola" (Cinderella) and "L'Italiana in Algeri" (The Italian Girl in Algiers), all the rage in Rossini's time, are just as appealing musically and comically. This class shows visual and musical examples from both operas.

Item: C927 Fee: \$28 Miner, Erica
2 Tues., 10/6-10/13 1-3 p.m. ONLINE

NATURE

LIFE ON A TROPICAL CORAL REEF

Explore the roles and relationships among the wonderfully weird creatures that call tropical coral reefs home, and what's at stake if the complex balance of interactions is not preserved.

Item: C965 Fee: \$14 Behymer, Chelsea
Wed., 10/28 1-3 p.m. ONLINE

SCIENCE

GEOLOGY OF NATIONAL PARKS III

The first national park, Yellowstone, was created by Congress on March 1, 1872. There are now 59 parks and 117 national monuments, plus over 400 other places designated as being worthy of protection and preservation. In this class we will discuss 12 national parks plus several national monuments and national seashores.

Item: C957 Fee: \$56 Charnley, Donn
4 Mon., 9/21-10/12 10 a.m.-12 p.m. ONLINE

NEW BRAIN, OLD BRAIN

How does the brain develop and change? Begin with a discussion of brain development in vertebrate models to help us understand our human brains, where and how memories are stored. Learn about the development of your brain to better understand its deterioration and how healthy brain function may be prolonged.

Item: C893 Fee: \$42 Kemp, Hilary
3 Fri., 11/13-12/4 1-3 p.m. ONLINE

NOTE: No class 11/27; Concurrent with C865 "Friday Afternoon at the Movies!"

THE BURGESS SHALE: FASCINATING FOSSIL SITE

The "Burgess Shale" story is one of adventure, scientific discovery, and continued debate. The bizarre specimens from the Burgess Shale were discovered in 1909 by paleontologist and Smithsonian museum director Charles Walcott. The fossils, their location, and their preservation continue to be fascinating.

Item: C961 Fee: \$56 Khandro, Linda
4 Mon., 11/16-12/7 1-3 p.m. ONLINE

FEATURED CLASS



DRUG DEVELOPMENT: BEFORE, DURING, AND AFTER COVID19

How are medications and vaccines developed? Who approves their safety and efficacy? We recently heard about the Food and Drug Administration's (FDA) emergency measures. How do they differ from the norm? Whether it is diagnostics, therapeutics, or vaccines being developed, all involve science, regulations, and business decisions.

Item: C895 Fee: \$14 Weeks, Reitha
Wed., 11/18 3:30-5:30 p.m. ONLINE

FEATURED CLASS



HOW TO LIE WITH STATISTICS (AND SOMETIMES TELL THE TRUTH)

This course looks at many of the tricks, fallacies, and mathematical and linguistic legerdemain that are used regularly in graphs, statistics, and sales pitches; at paradoxes that are true, but look false; and at the emerging fields of data visualization and big data, both of which use masses of data to learn about society.

Item: C937 Fee: \$56 Silver, Howie
4 Tues., 11/17-12/8 10 a.m.-12 p.m. ONLINE

TECHNOLOGY

DIGITAL LEGACIES: HANDLING AN ONLINE LIFE LEFT BEHIND

What happens to digital assets, e.g., frequent flier miles, credit card rewards, social media, online payment service, or email, when you die? Few are protected and consistently handled by their service providers. Explore how estate management and planning tools can help solve this problem.

Item: C853 Fee: \$14 Boston, Brian
Fri., 12/4 10 a.m.-12 p.m. ONLINE

EXPLORING WINDOWS 10

Initially released in 2015, Microsoft's latest operating system has been through at least 10 feature updates in addition to monthly, cumulative updates. Use your Windows 10 laptop, tablet, or 2-in-1 computer in class and explore useful ways with touch, keyboard, mouse, or voice to improve your computing experience.

Item: C851 Fee: \$42 Boston, Brian
3 Wed., 9/23-10/7 10 a.m.-12 p.m. ONLINE

FOUR HELPFUL GOOGLE APPS

We will discuss four Google Apps accessible through a Google account. Google Cloud allows you to create and share "in the cloud." Google Calendar organizes your events and reminders. Google Keep is a notetaking service. Google Photos keeps your photos organized and easy to find.

Item: C857 Fee: \$28 Schwarz, Kate
2 Mon., 10/19-10/26 10 a.m.-12 p.m. ONLINE

IPAD FOR GROWNUPS

A hands-on workshop designed for adult beginners that will introduce the basics of iPad navigation, finding and using apps, and tips and tricks. Finding your way around with touch and stylus; installing and troubleshooting apps; managing pictures, videos, email, browsers, internet safety, and social media will be discussed.

Item: C855 Fee: \$28 Schwarz, Kate
2 Thurs., 9/24-10/1 10 a.m.-12 p.m. ONLINE

CREATIVE RETIREMENT INSTITUTE

Creative Retirement Institute (CRI) Course Calendar

Item	Dates	Day	Room	Course	Instructor	Price	Page
C957	9/21-10/12	4 Mon., 10 a.m.-12 p.m.	ONLINE	Geology of National Parks III	Charney, Donn	\$56	
C905	9/21-10/5	3 Mon., 1-3 p.m.	ONLINE	Vietnam: The American War	Kerr, Laurence	\$42	
C851	9/23-10/7	3 Wed., 10 a.m.-12 p.m.	ONLINE	Exploring Windows 10	Boston, Brian	\$42	
C899	9/23-10/7	3 Wed., 1-3 p.m.	ONLINE	Promoting Skin Health for Well-Being	Resnick, Jerelyn	\$42	
C861	9/23-10/7	3 Wed., 4-6 p.m.	ONLINE	Great Dutch Painters: Hals, Rembrandt, and Vermeer	Albiani, Rebecca	\$46	
C855	9/24-10/1	2 Thurs., 10 a.m.-12 p.m.	ONLINE	iPad for Grownups	Schwarz, Kate	\$28	
C907	9/25-10/16	4 Fri., 1-2:30 p.m.	ONLINE	American History 7: The American Century 1930-1960 Part I	Busch, Kristi	\$42	
C877	9/25-10/2	2 Fri., 3-5 p.m.	ONLINE	The Electoral College: Love It or Leave It	Montalvo, Maria	\$28	
C879	10/1-10/22	4 Thurs., 1-3 p.m.	ONLINE	The Economics of Issues in the 2020 Election	Gassler, Scott	\$56	
C875	10/6-10/27	4 Tues., 10 a.m.-12 p.m.	ONLINE	Political Cartooning/Fact Checking in the 2020 Election	Knapp, Michael	\$56	
C927	10/6-10/13	2 Tues., 1-3 p.m.	ONLINE	Rossini's "Other" Operas	Miner, Erica	\$28	
C889	10/8-10/29	4 Thurs., 10 a.m.-12 p.m.	ONLINE	Toxic Chemicals and Hormones: Health Effects and Exposure	Solomon, Fran	\$56	
C891	10/14-10/21	2 Wed., 10 a.m.-12 p.m.	ONLINE	Medical Decisions: Choosing and Using a Doctor	Phillips, William	\$28	
C873	10/14-10/21	2 Wed., 1-3 p.m.	ONLINE	Rise of the Abrahamic Religions in the Middle East	Fenner, David	\$28	
C857	10/19-10/26	2 Mon., 10 a.m.-12 p.m.	ONLINE	Four Helpful Google Apps	Schwarz, Kate	\$28	
C909	10/20-11/10	4 Tues., 1-2:30 p.m.	ONLINE	American History 7: The American Century 1930-1960 Part II	Busch, Kristi	\$42	
C865	10/23-11/13	4 Fri., 1-3:30 p.m.	ONLINE	Friday Afternoon at the Movies!	Hanson, Katherine	\$60	
C965	10/28	Wed., 1-3 p.m.	ONLINE	Life on a Tropical Coral Reef	Behymer, Chelsea	\$14	
C923	10/29-11/19	4 Thurs., 1-3 p.m.	ONLINE	Carpe Diem: The Odes of Horace	Taylor, Sean	\$56	
C931	10/30-11/20	4 Fri., 10 a.m.-12 p.m.	ONLINE	Jazz Appreciation	Jensen, Brent	\$56	
C871	11/3-11/10	2 Tues., 10 a.m.-12 p.m.	ONLINE	Politics and Foreign Policy: What's the Deal?	Meece, Roger	\$28	
C919	11/5-12/3	4 Thurs., 10 a.m.-12 p.m.	ONLINE	The Poetry of Impermanence, Mindfulness, and Joy	Stahl, Robert	\$56	
C915	11/9-11/30	4 Mon., 10 a.m.-12 p.m.	ONLINE	Fact and Fiction	Gallery, Jill	\$14	
C991	11/9	Mon., 1-3 p.m.	ONLINE	Semper Paratus: U.S. Coast Guard	Coulombe, Kevin	\$14	
C897	11/10-11/17	2 Tues., 4-6 p.m.	ONLINE	Medical Decisions: Choosing Tests and Treatments	Phillips, William	\$28	
C893	11/13-12/4	3 Fri., 1-3 p.m.	ONLINE	New Brain, Old Brain	Kemp, Hilary	\$42	
C961	11/16-12/7	4 Mon., 1-3 p.m.	ONLINE	The Burgess Shale: Fascinating Fossil Site	Khandro, Linda	\$56	
C937	11/17-12/8	4 Tues., 10 a.m.-12 p.m.	ONLINE	How To Lie With Statistics (and Sometimes Tell the Truth)	Silver, Howie	\$56	
C917	11/17-12/8	4 Tues., 1-3 p.m.	ONLINE	Shakespeare's "MacBeth"	Taylor, Sean	\$56	
C921	11/18-12/9	4 Wed., 1-3 p.m.	ONLINE	To the Lighthouse Without Virginia Woolf	Enstad, Ginny	\$56	
C895	11/18	Wed., 3:30-5:30 p.m.	ONLINE	Drug Development: Before, During, and After COVID19	Weeks, Reitha	\$14	
C853	12/4	Fri., 10 a.m.-12 p.m.	ONLINE	Digital Legacies: Handling an Online Life Left Behind	Boston, Brian	\$14	

See page 19 for class locations and map.



THE FACILITY MAKERSPACE

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All the tools, training, and community you need to turn your thoughts into things.

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Whether you're jumping into something new or getting a refresher on a skill set you haven't practiced for a while, our \$50 two-hour orientations are designed to get you safely operating equipment as quickly as possible with small class sizes and a regular schedule rotation. Orientations available for the following equipment:

- 3D printers
- CNC router
- Composites lab
- Introduction to CAD
- Laser cutters
- Manual lathe
- Manual mills
- Mig welder
- Motorcycle maintenance
- Woodshop
- Wood lathe

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CHECKOUTS | ALREADY MASTERED A PARTICULAR TOOL OR AREA?

Schedule a Checkout and get right to work. A brief orientation to our specific shop safety requirements and an opportunity to demonstrate what you know, our Safety and Basic Use (SBU) Checkouts are complementary for members and available at no charge if you've booked a Tool Reservation or Cover Charge.

PERSONAL TRAINING | LOOKING FOR FLEXIBILITY AND PERSONAL ATTENTION?

For the kind of one-on-one experience not available through group classes, our Personal Training sets up instructors and programming to fit

your particular needs, and progresses at your own pace, with checkouts completed as you move forward.

INTENSIVES | TIME TO DIG DEEPER?

Orientations and Checkouts are vetting classes designed to give you just what you need to work safely in the Makerspace. Our Intensives provide a wide variety of options to push yourself forward, from two-hour Introduction classes that focus on the theory behind specific tools, to hands-on Workshops that can run anywhere from two hours to six weeks or more.

TOOLS AND WORKSPACE

- **RAPID PROTO LAB** | Two ULS laser cutters, three NextEngine 3D scanners, two Form 2 3D printers, four TAZ 6 3D printers, and a uPrint 3D printer
- **COMPOSITES LAB** | 10 vacuum bagging stations, filament winder, curing oven, three vacuum molding units, and a rotational molder
- **WOODSHOP** | CNC router, table saw, compound miter saw, bandsaw, wood lathe, router table, drill presses, jig saw, sanding and shaping, and various hand tools
- **METAL SHOP** | Drill presses, metal bandsaw, horizontal bandsaw, shear, brake, bench grinder, angle grinders, deburring tank, waterjet cutter, and hand tools
- **MACHINE TECH** | CNC knee mill, manual mill, engine lathe, and a HAAS machining center
- **DESIGN STUDIO** | Six computer stations with software: Fusion 360, V-Carve, Rhino, Solidworks, Mastercam, Microsoft Office, and Solitaire
- **FLEX SPACE** | MIG welding rigs, fabrication tables, kilns, large format workspace, garage door access,

THE FACILITY MAKERSPACE

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- Business
- College Readiness
- Computer Applications
- Design and Composition
- Healthcare and Medical
- Language and Arts
- Law and Legal
- Personal Development
- Test Prep
- Teaching and Education
- Technology

CAREER TRAINING

- Arts and Design
- Business
- Career Online High School
- Computer Applications
- Computer Programming
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology
- Language
- Teacher Professional Development
- Writing

INDIVIDUAL CLASSES AND 70+ CERTIFICATES

- Adult Teaching
- Business
- Business Coaching
- Business Communication
- Coding
- Data Analysis
- Excel®
- Health
- Human Resources
- Leadership
- Learning Styles
- LEED Green Workplace
- Management
- New Media Marketing
- Nonprofit Administration
- Personal Development
- Professional Development
- Six Sigma Green Belt
- Social Media for Business
- SQL (Structure Language Query)
- Technology Skills
- Training and Education
- Training for K12 Teachers

FEATURED CLASSES



BUSINESS COACHING CERTIFICATE

Mentoring and coaching have come to be used more frequently in organizations to improve leadership competencies. It has benefits for the employer and employee. The knowledge you gather will change the way you see yourself in the workplace. Through this knowledge, you can find helpful strategies to navigate through work and life.

\$395

32 hrs 3.2 CEUs

CERTIFICATE IN DATA ANALYSIS

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze data to see trends and make predictions. Add a new skill set to your portfolio, and make a difference in the success of your organization by acquiring data analysis skills.

Fee: \$495

48 hrs/4.8 CEUs

CERTIFICATE IN LEARNING STYLES

New research and information is out frequently about how learners – and you – learn. In the last century, everyone was taught equally by teaching them in the same way; but we all learn differently. In this course, you'll get the most advanced information about the three most important and prevalent characteristics you experience with those you're teaching: generation, gender, and the autism spectrum.

\$395

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CERTIFICATE IN MASTERING EXCEL®

Learn how an Excel® worksheet is constructed, populated, and edited; how menu items, commands, settings, and processes affect the look of Excel worksheets and workbooks; increase efficiency by learning how to organize, display and calculate data into useful information; and identify types of data and how it can be best visually represented or formatted, by using different tools.

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48hrs/4.8 CEUs

CERTIFICATE IN NONPROFIT ADMINISTRATION

Nonprofits today need to be run like businesses in many respects. You have competition, a need to generate income and a surplus, and employees who need to be even more productive. This course offers the best training on revenue generation for nonprofits, and program evaluation for nonprofits.

Fee: \$595

48 hrs/4.8 CEUs

COMMUNITY EDUCATION

7020 196th St. SW, Lynnwood, WA 98036 | 425.640.1243
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CERTIFICATE IN TEACHING ADULTS

This is an invitation to teach others in-person and join in passing on knowledge and skills to others and improve your teaching with . fundamental and advanced information The instructor is the author of the best-selling book "How to Teach Adults." The ebook version is included in the course.

\$295

32 hrs/3.2 CEUs

CODING CERTIFICATE

Coding is becoming one of the most in-demand skills and has become a core skill that gives employees a competitive edge. The highest demand is for those with skills in programming languages with broad applicability. Course covers: Basics of computer programming and programming languages; HTML and CSS basics; step by step process of hand coding and building web pages; and advanced features of CSS.

\$595

48 hrs/4.8 CEUs

SIX SIGMA GREEN BELT CERTIFICATE

Six Sigma professionals are in demand by organizations around the world. On the front-lines of Six Sigma efforts are Green Belts. LERN's Green Belt training teaches participants problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve, and Control) model. After completing this course, Green Belts serve their organizations as trained specialists.

Fee: \$495

48 hrs/4.8 CEUs



SOCIAL MEDIA FOR BUSINESS CERTIFICATE

Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then, find out what you could be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing.

Fee: \$495

48 hrs/4.8 CEUs

SQL CERTIFICATE (STRUCTURE LANGUAGE QUERY)

Structured Query Language (SQL) is an industry standard database programming language. It is one of the most in demand skills in jobs that require interaction with data and analyzing data. With knowledge of SQL, you will be more marketable in computer-related career fields that pertain to database administration.

Fee: \$595

48 hrs/4.8 CEUs

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CORE CERTIFICATE

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Prerequisite for Specialty Certificates. This requisite class introduces students to the basics of aerospace, including aircraft familiarization, an overview of aviation history, hand and power tool use, reading engineering drawings, and safety procedures.

9 credits \$2,500

SPECIALTY CERTIFICATES

AEROSPACE QUALITY ASSURANCE

Advanced Certificate: Must have CORE + advanced aerospace experience, or CORE + any specialty certificate. Quality inspectors are responsible for ensuring that all parts of the aircraft meet standards and allow the plane to operate safely. QA students will learn a broad range of knowledge in electrical, tooling, composites, and assembly to ensure that all parts of the aircraft are functional and meet safety standards.

16.5 credits \$3,200

WASHINGTON AEROSPACE TRAINING AND RESEARCH (WATR) CENTER

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AEROSPACE MANUFACTURING ASSEMBLY MECHANIC

This program teaches the skills necessary for working with the metal components of an airplane, including drilling and riveting sheet metal. Learn the skills and tools needed to assemble the basic structure of an airplane.

18.5 credits \$3,200

AEROSPACE COMPOSITE TECHNICIAN

Synthetic materials such as carbon fiber and fiberglass are vital in the construction of aircraft. Students will learn how to produce these composite materials, operate ovens and autoclaves, as well as identify and repair damage.

19 credits \$3,200

AEROSPACE ELECTRICAL ASSEMBLY

Students will learn how to assemble, install, and troubleshoot the thousands of electrical components necessary to an aircraft's operation, including wire bundles, circuit boards, and soldering.

16 credits \$3,200

AEROSPACE TOOLING MECHANIC

This program teaches the skills and precise attention to detail necessary to correctly measure and assemble tools used to build airplanes.

17 credits \$3,200



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- Applied Composites
- Rigid Composite Structures

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- Modern Metal Fabrication

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- New! Micro UAV Systems Online
- New! Industrial UAV Systems Online
- Industrial UAV Systems
- UAV Maintenance and Repair

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- PEV - Off-Road Electric Longboard
- PEV - Street Electric Longboard
- Subtractive Manufacturing Laser Technology

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