

# FALL 2024

## Class Schedule

### ONLINE REGISTRATION

Opens – **9:00 a.m.** on Wednesday, July 24, 2024

Closes – midnight on August 5, 2025

[www.acadiaseniorcollege.org/courses](http://www.acadiaseniorcollege.org/courses)

**FALL 2024 TERM**

**August 26 – November 8, 2024**

# Courses at a glance

## MONDAY

### **Hollywood UK: Part Three, the 1960's**

1:00 – 3:30 p.m.

Birch Bay Village Inn Library, Hulls Cove

## TUESDAY

### **Geology of MDI – Section 1**

9:30 – 11:30 a.m.

Selected outdoor sites on MDI

### **Brain, Aging and Art**

9:30 – 11:30 a.m.

Mellon Room, Northeast Harbor Library

### **Just for Fun – Give Watercolor a Try**

1:00 – 3:00 p.m.

Smith residence in Bar Harbor

### **Vigorous Creative Writing**

1:00 – 3:00 p.m.

St. John Episcopal Church, Southwest Harbor

### **1816: The Year without a Summer – Impacts of a Volcano-induced Climate Change**

1:30 – 3:30 p.m.

Carriage House, 67 Mount Desert St, Bar Harbor

## WEDNESDAY

### **Geology of MDI – Section 2**

9:30 – 11:30 a.m.

Selected outdoor sites on MDI

### **Other Amendments (and Today's News)**

9:30 – 11:30 a.m.

MD365, Northeast Harbor; also on Zoom

### **Just This Meditation**

9:30 – 11:30 a.m.

Somesville Library, Somesville

## WEDNESDAY CONTINUED

### **James Joyce's Ulysses**

1:00 – 3:00 p.m.

MD365, Northeast Harbor; also on Zoom

### **Meaning**

1:00 – 3:00 p.m.

Carriage House, 67 Mount Desert St, Bar Harbor

## THURSDAY

### **Designing Women: Landscape Architecture, 1890 – 1950**

9:30 – 11:30 a.m.

Zoom class

### **Are You a Systems Thinker?**

9:30 – 11:30 a.m.

Sound School House & Museum, Mount Desert

### **Women in the European Inquisition**

1:00 – 3:00 p.m.

Lisa Stewart Women's Health Center; also on Zoom

### **The Heath Family of Seal Cove: Early American Economic Fortunes and Failures**

1:00 – 3:00 p.m.

Southwest Harbor Public Library; also on Zoom

### **iPhone Photography**

1:00 – 3:00 p.m.

Birch Bay Village Inn Library, Hulls Cove

## FRIDAY

### **Easier Movement for Golden Years**

10:00 – 11:30 a.m.

St. John Episcopal Church, Southwest Harbor

### **The Lesbian History Trail of MDI**

1:00 – 3:00 p.m.

Northeast Harbor Library; also on Zoom

# Monday Class

## Hollywood UK: Part Three, the 1960's

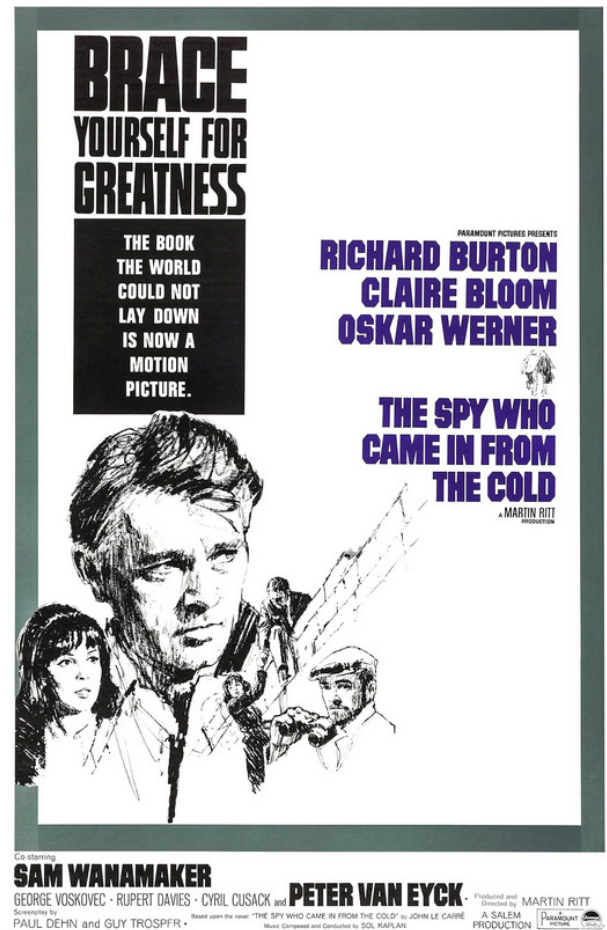
**Mondays, 1:00 – 3:30 pm.**

6 weeks: September 2, 9, 16, 23, 30, October 7  
10 – 16 students

**Site:** Birch Bay Village Inn Library, off Crooked Road, Hulls Cove

That new thing that some were calling the “gogglebox” and others the “telly” was really disturbing the status quo. Movie making was in a slump not seen since the Thirties. But it didn't take long for British filmmakers to counter with a two-pronged approach. Big Budget , on-location filming was one, and Sex & Violence was the other. Now, of course, it all seems quite tame. In our class, we'll sample some of these British classics and try to recall what made the sixties so much fun.

**Instructor: Steve Powell** adopted Mount Desert Island in 1982 and remains pleased with that decision after 40 years. He has conducted a number of cinema and literary classes for Acadia Senior College in the last 17 years. He is convinced that, next to the printing press, the movie camera is the most important human invention of all time.



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**FALL 2024 TERM**

**August 26 – November 8, 2024**

# Tuesday Classes

## Geology of MDI – Section 1

**Tuesdays, 9:30 – 11:30 a.m.**

6 weeks: September 3, 10, 17, 24, October 1, 8  
10 – 18 students

**Site:** Classes will meet at selected sites on MDI

*NOTE: the Tuesday and Wednesday course offerings are the same – please register for one or the other.*

Explore the geology of Mount Desert Island from when MDI was part of the Gander terrane attached to another continent, through the development of MDI as a large volcano, to when glaciers sculpted the present landscape. Each class session will be a field trip by car caravan to a location on Mount Desert Island to examine the earth material and landform evidence of the geologic evolution of MDI.

Before each class, the instructors will send a map and instructions specifying where to meet for each class. Carpooling will be encouraged due to limited parking at some sites. Each field trip will start with a roadside introduction, followed by various degrees of clambering over outcrops. Those with more limited mobility can explore more accessible parts of each site, while more mobile folks can choose more difficult scrambles to examine the geologic features. Field trips will occur even if there is light rain and fog. Most stops will be along the coast so beware of slippery rocks.

### Instructors:

**Duane Braun** holds a PhD from Johns Hopkins University and was a Geosciences Professor at Bloomsburg University, Pennsylvania from 1975 - 2008, where he taught Environmental and Physical Geology, Geomorphology, Hydrogeology, and Field Geology. He also mapped the glacial deposits of a 9000 sq. mi. area of northeastern Pennsylvania for the state Geologic Survey, taught Geology for Acadia Senior College, and revised the geologic maps of MDI for the Maine Geologic Survey.

**Ruth Braun** holds a MSc Degree from Johns Hopkins University. She taught junior and senior high school science. Ruth was a professor at Bloomsburg University where she taught environmental geology, physical geology, and historical geology, and map skills. She has taught Geology classes for Acadia Senior College.



Duane and Ruth Braun are coauthors of *Guide to the Geology of Mount Desert Island and Acadia National Park*.

# Tuesday Classes Continued

## Brain, Aging and Art

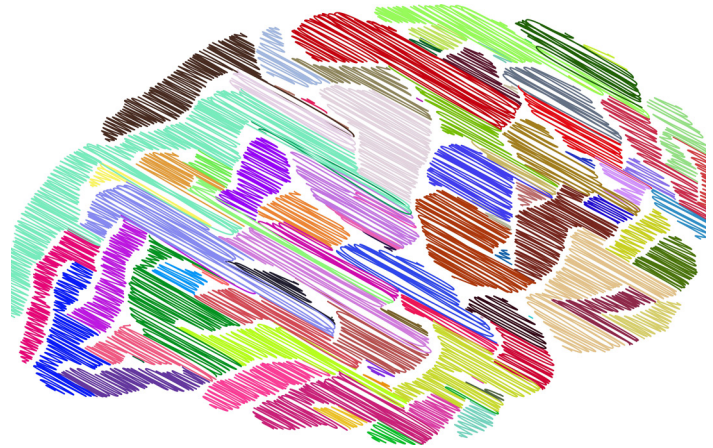
**Tuesdays, 9:30 – 11:30 a.m.**

4 weeks: October 1, 8, 15, 22

5 – 30 students

**Site:** Mellon Room in Northeast Harbor Library, 1 Joy Rd, Northeast Harbor

As we get older changes occur in the brain and certain cognitive functions decline, including the speed at which information is processed, the capacity of the memory, the ability to learn and recall new information, learning speed, multitasking, clarity and efficiency of reasoning. Nevertheless, with normal aging we accumulate positive cognitive changes as well. Despite the age-related changes, older adults can still learn new skills, improve previously acquired skills, and form new memories. “Cognitive super-agers” defy the belief that cognitive decline should accompany aging. We continue to function at a high level at older age because of the ability of our brain to change and adapt to dynamic and constantly evolving environment, and exposure to new information.



The current course is based on the previous course which was offered in May 2023 and now includes additional new information. We will begin this course by talking about normal aging and age-related changes in the brain. Then we will discuss how artistic engagement can help to maintain normal brain function.

**Instructor: Armine Darbinyan** is a physician specializing in neuropathology. She is currently an Assistant Professor Adjunct in the Department of Pathology at Yale University School of Medicine. She completed an anatomic pathology residency and a neuropathology fellowship at Icahn School of Medicine at Mount Sinai in New York and a cytopathology fellowship at Drexel Medical College in Philadelphia. Armine was a scientist and a faculty member at Temple School of Medicine, Department of Neuroscience for many years, conducting research in the fields of neuro-oncology, neurovirology, and stem cell biology. She is an author of book chapters and numerous research papers in peer-reviewed journals in the field of neuroscience and neuropathology. Throughout her career, she taught neuroanatomy, neuroscience, and neuropathology to undergraduate and graduate students, medical residents, fellows, and students in continuing medical education courses. She has studied music and enjoys playing the piano and painting.

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*Acadia Senior College offers intellectual stimulation, practical knowledge, social interaction, and fun for adults over 50.*

# Tuesday Classes Continued

## Just for Fun – Give Watercolor a Try

**Tuesdays, 1:00 – 3:00 p.m.**

6 weeks: September 3, 10, 17, 24, October 1, plus either October 8 or 15 (to be determined)  
6 – 8 students

**Site:** Smith residence in Bar Harbor

*NOTE: the course will be held in Marion's second floor home art studio. It is NOT handicapped accessible. One must be able to walk up a flight of stairs to reach the work area.*

This course is designed for those who have always wanted to dabble in watercolor painting but have hesitated to try. It is not about “teaching watercolor” but “experiencing watercolor” and discovering its magic. Sessions will include guided experimental exercises, a demo of a “painting” created at the easel, and finally a sharing of our mutual learning experience. With or without any prior painting experience, all life-long learners are welcome. Come give watercolor a try!



**Instructor: Marion Smith** began painting in watercolor twenty-six years ago. Her professional careers span a variety of interests. Primarily a secondary public school educator of English and history for twenty years, she received her education at Bates College and the University of Vermont. She taught English and history in Burlington, Vermont, Cape Elizabeth, Maine, and Mount Desert Island, Maine. Her teaching experience also included GED, adult ed, and three years as the art teacher in the K-8 one room schools on the Cranberry Islands. As a potter, she was an original member of the co-op, Cone Ten (now Island Artisans), personally owned and operated a handcraft store (A Potter's Choice), and served as an original member of Acadia Senior College's Board of Directors.

# Tuesday Classes Continued

## Vigorous Creative Writing

**Tuesdays, 1:00 – 3:00 p.m.**

8 weeks: August 27, September 3, 10, 17, 24, October 1, 8, 15

5 – 10 students

**Site:** The Common Room in St. John Episcopal Church, 315 Main Street, Southwest Harbor

In this class of eight sessions, the instructor will act as a facilitator. The course will require one classic text by E.B.White and William Strunk Jr., *The Elements of Style*, available to students free of charge at Sherman's. Handouts will be distributed from four other books on the subject of writing and criticism. Participants may share existing writings, works in progress or new efforts, no longer than three pages or approximately 1500 words. The works should be proofread in advance, and then read aloud by the authors for review by class members. Copies of work must be provided by each participant for all other members to make corrections or comments and are returned to the authors.



Every member will have a chance to share their comments and suggestions for improvements. The author is asked to hold comments until the end of the critique unless asked a specific question for clarification. Critiques are suggestions only, all writers should be willing to accept comments as helpful and all critiques are restricted to the quality of the writing, not to the philosophy of the writer or the work. In other words, the content is the writer's own. The purpose of the class is to help writers express themselves and for it to be a learning experience for all present.

**Instructor: Beth Warner** has a BA in English from Nasson College with an undergraduate diploma from the Universitat Wien (University of Vienna). She was a certified secondary school (grades 7-12) English teacher for eighteen years. Beth worked as a permanent substitute teacher in five school districts and taught all grade levels and all subjects. She has also taught adult ed at MSAD 71 "WELCOME IN!" for three years. Beth is the author of five yet to be published books and her pastimes include reading, traveling, car camping, walking, gardening, shell collecting and working summers at the Bar Harbor Campground.

# Tuesday Classes Continued

## 1816: The Year without a Summer – Impacts of a Volcano-induced Climate Change

**Tuesdays, 1:30 – 3:30 p.m.**

4 weeks: October 8, 15, 22, 29

5 – 15 students

**Site:** Carriage House behind 67 Mount Desert Street, Bar Harbor

Two hundred and ten years ago this coming April, a massive volcanic eruption occurred in the Indonesian Archipelago. It was the most explosive volcano in recorded history and injected 100 cubic kilometers (km<sup>3</sup>) of earth into the atmosphere producing aberrant weather all across the globe, including strikingly low temperatures and drought in North America during the spring, summer and fall of 1816. That year became known as the “Year Without Summer” and “Poverty Year,” “1800 and Froze to Death,” or “The year the elements were all mixed up.” In Maine, 1816 was known as the “Mackerel Year”.

Topics to be covered include mechanisms of the volcano-induced climate change, the impacts of Mt. Tambora’s eruption on North America and Europe, the development of food shortages and subsequent starvation and disease, the impact on art and literature, and the stimulus for migrations. Much of the material will focus on the Year without a Summer on the frontier communities in the Northeast U.S. including Maine. We will also briefly explore the implications of this climate disaster on present-day climate issues and possibilities for solutions.

**Instructor: David Gapp** has a BS and MA in Biology from College of William and Mary, received his PhD from Boston University, and conducted postdoctoral research at the Jackson Laboratory. David taught for 40 years in the Hamilton College Biology Department providing instruction at introductory and advanced levels, and in courses for both majors and non-majors.

His interest in 1816 evolved from delving into the historical background of biological phenomenon first described in the late 18th and early 19th centuries. Later in his career he began research into the Year without a Summer as it related to Central New York State, specifically the impact of 1816 on food availability for the college dining hall.

David has given numerous presentations on this topic and presented a poster on his 1816 research at the University of Bern in 2015 marking the 200th anniversary of the Tambora eruption. He authored a chapter on the Year without a Summer in a symposium proceeding marking the 200th anniversary of the publication of Frankenstein, the Modern Prometheus. David has taught three courses through the Acadia Senior College and he has presented this course in the Acadia Senior College in April of 2022 and 2023.



Left: The colorful sunset and hazy atmosphere in J.M.W. Turner’s Chichester Canal (1828) may have been influenced by the eruption of Mount Tambora.



# Wednesday Classes

## Geology of MDI – Section 2

**Wednesdays, 9:30 – 11:30 a.m.**

6 weeks: September 4, 11, 18, 25, October 2, 9

10 – 18 students

**Site:** Classes will meet at selected sites on MDI

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Duane and Ruth Braun are coauthors of *Guide to the Geology of Mount Desert Island and Acadia National Park*.



# Wednesday Classes Continued

## Other Amendments (and Today's News)

**Wednesdays, 9:30 – 11:30 a.m.**

6 weeks: August 28, September 4, 11, 18, 25, October 2

10 – 40 students (maximum 20 students in-person and 20 students online)

**Site:** MD 365, 6 Old Firehouse Lane, 2nd floor, Northeast Harbor; also on Zoom

Please note this room is on the second floor - there is **NO** elevator.

*NOTE: This is a HYBRID class and will be offered in-person and on Zoom at the same time. When registering, please choose either the in-person or the Zoom section - they are listed separately on the website.*

In prior courses, we have discussed the Bill of Rights and the Civil War Amendments. But, there are 14 other amendments, all worth study. In addition, there are a number of amendments that were proposed over our history, but not adopted. Two of them were proposed as part of the Bill of Rights. Many unsuccessful efforts have been made over history to amend parts of the Constitution. Retired Justice Stevens wrote a book suggesting six amendments he thought would solve many problems, and Prof. Richard Hasen wrote a book this year, offering a comprehensive elections amendment. These are all worth studying. There will likely be legal developments in this year's presidential campaign. Class discussion of those developments will come first, and may take considerable time away from the planned topic.

**Instructor: Richard Cohen** is a New Jersey native, born July 6, 1934. He graduated cum laude from the School of Public and International Affairs of Princeton University, and cum laude from the Yale Law School. After twelve years of law practice, he was a trial judge of the New Jersey Superior Court for ten years and a judge of the Appellate Division of the New Jersey Superior Court for eleven years. Part-time teaching experience at Rutgers School of Engineering 1962-63, Seton Hall Law School 1996, Harvard Law School 1986-90. After retiring from the bench, he conducted an arbitration and mediation practice, and served as special master for various courts. He has summered on MDI since 1977, and retired here in 2017. He has taught several ASC courses.

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# Wednesday Classes Continued

## Just This Meditation

**Wednesdays, 9:30 – 11:30 a.m.**

6 weeks: September 25, October 2, 9, 16, 23, 30

5 – 10 students

**Site:** Somesville Library, 1116 Main Street, Somesville

Meditation invites us to be present to our life as it is happening here and now.

Accepting this invitation is to practice paying attention moment by moment.

We need to practice because it can be challenging to stay here awhile.

With practice we see for ourselves what it means to be fully present; sitting, walking, stopping, looking, listening and feeling. Practice will naturally extend to daily life and relationships. It is available anytime, anyplace. It is Just This.

Sharing our practice with others who also accept the invitation means seeing our interconnection and unique presence.

This invitation extends to those curious enough to practice being Just This.

**Instructor: Tom Tanguay** is a long-time meditator and teacher of mindfulness and zen meditation. He is a Dharma holder in the Sanbo-Kyodan Zen lineage. He taught a meditation class for ASC this past winter.

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# Wednesday Classes Continued

## James Joyce's *Ulysses*

**Wednesdays, 1:00 – 3:00 p.m.**

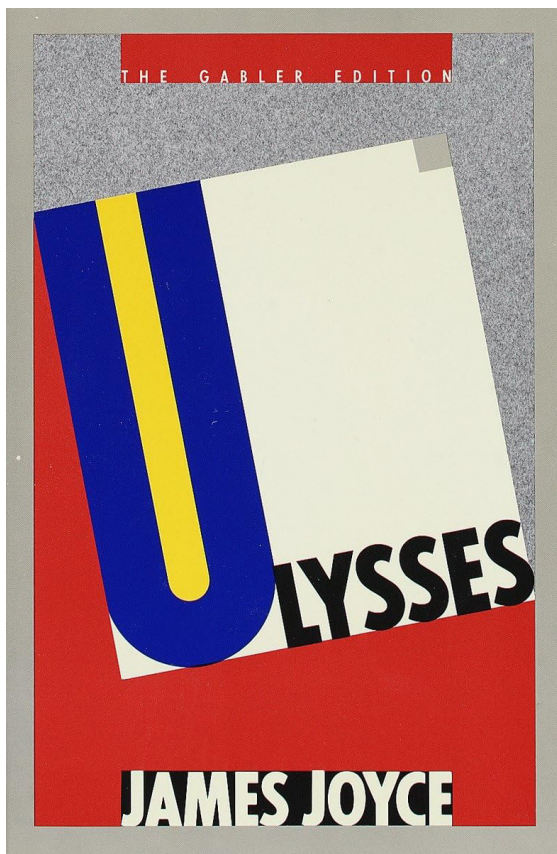
8 weeks: September 4, 11, 18, 25, October 2, 9, 16, 23

8 – 26 students (maximum 16 students in-person and 10 students online)

**Site:** MD 365, 6 Old Firehouse Lane, 2nd floor, Northeast Harbor; also on Zoom

Please note this room is on the second floor - there is **NO** elevator.

*NOTE: This is a HYBRID class and will be offered in-person and on Zoom at the same time. When registering, please choose either the in-person or the Zoom section - they are listed separately on the website.*



Ranked by Modern Library as the greatest English-language novel of the Twentieth Century, *Ulysses* has enthralled, frustrated, delighted and/or perplexed its readers for over 100 years. It is presumably the only novel to have inspired a holiday now celebrated worldwide: Bloomsday, June 16. While Stephen Dedalus engages in deep thinking and deeper drinking, our plucky protagonist Leopold Bloom navigates the streets of 1904 Dublin, and their creator travels his own odyssey through exotic narrative styles and voices. This class will explore why *Ulysses* has become so admired, revered, and for many, addictive.

**Instructor:** **Bill Dohmen** is reviving his initial career as a university professor by teaching numerous literature courses for ASC. Bill has been a Joyce enthusiast since his undergraduate days, and his first publication appeared in the *James Joyce Quarterly*. He holds a PhD in English literature from the University of Virginia, with a specialty in modern fiction.

# Wednesday Classes Continued

## Meaning

**Wednesdays, 1:00 – 3:00 p.m.**

4 weeks: September 11, 18, 25, October 2

5 – 15 students

**Site:** Carriage House behind 67 Mount Desert Street, Bar Harbor

What is meaning? Over the past century, multiple authors have attempted to define the place of meaning in human life. Ogden and Richards (1923) review various approaches in their book on the “Meaning of meaning” and Langer (1942) builds on their work in her “Philosophy in a new key” with a chapter on the “Fabric of meaning.”

In psychology, Osgood, Suci, and Tannenbaum (1957) define the “Measurement of meaning” and two years later Frankl publishes an English language translation of his “Man’s search for meaning.” In sociology, Becker (1962) describes the “Birth and death of meaning” and Berger and Luckmann (1967) write about meaning in “The social construction of knowledge.” Finally, Pearce (2007) develops the co-construction of meaning in his “Making social worlds” and Gardenfors (2017) details a “Geometry of meaning” that facilitates the “meeting of minds.”

This course will summarize these social science perspectives on meaning and describe the implications for our personal lives and relationships. Presentations will offer a coherent summary for reflection and discussion of each perspective. Readings, in accessible PDF files, provide background information for those who wish to explore these ideas in more detail.

**Instructor:** John Sherblom, PhD, professor emeritus, taught at the University of Maine for 30 years, and has published numerous articles and three books in the areas of interpersonal, group, and computer-mediated communication. Much of his work examines the influence of interpersonal, social group, and work team communication on the personal experiences of psychological stress, self-esteem, and hope. His current work explores the language, social, cultural, and interpersonal communication influences on personal consciousness and the construction of meaning.

# Thursday Classes

## Designing Women: Landscape Architecture, 1890 – 1950

Thursdays, 9:30 – 11:30 a.m.

4 weeks: September 19, 26, October 3, 10

8 – 25 students

**Site:** Offered on Zoom only, possibly one field trip



What unique contribution did women practitioners make to American landscape architecture? Designing Women will explore the challenges American women faced to enter the field of landscape architecture & create their designs. We will look at the careers of several famous designers including Beatrix Farrand and Ellen Shipman as well as less familiar names such as Marian C. Coffin and Annette Hoyt Flanders, as we travel from the Northeast to the South, Midwest & West Coast.

**Instructor: Valencia Libby** retired as an Associate Professor of Landscape Architecture & Horticulture at Temple University. In 2004 she served as the Fulbright Distinguished Chair in Landscape History in Portugal. She has authored numerous articles on landscape preservation and women's history. Val has presented several classes for ASC, and is the author of an award-winning book called *The Northwest Gardens of Lord and Schryver*.

# Thursday Classes Continued

## Are You a Systems Thinker?

**Thursdays, 9:30 – 11:30 a.m.**

4 weeks: September 12, 19, 26, October 3

12 – 30 students

**Site:** Sound School House & Museum, Route 198, Mount Desert

We make many decisions every day. Many are instinctive or are so common that we give them little thought. Others are more deliberate and require a careful approach that involves having enough information to make informed decisions and a deep understanding of the competing, conflicting, and, occasionally complementary objectives.

This course provides a framework and processes for evidence-based decision making and uses multiple cases to help participants practice dealing with complex problems that involve people, values, technology, economics, policy, and other considerations. For example, how should we proceed with repairs on Seawall Road? Should we limit cruise ships in our local harbors? What do we do about affordable housing for seasonal and year-round workers on MDI? While we may not “solve” these problems, we will discuss the process and practice with some relevant and accessible cases that will help us all as we confront complex decisions. It would be helpful to have a laptop computer and some experience with a spreadsheet application (e.g, Excel), but it is not required.

**Instructor: Michael Smith** has a BS, MS, and PhD in Industrial/Systems Engineering. He served on the industrial engineering faculty at Oregon State University, University of Missouri, and University of Virginia, where he served as Executive Director of Accelerated Masters Program in Systems Engineering (a graduate program designed for working professionals). Michael was a senior scientist at SAIC (now Leidos) for 20+ years and continues supporting projects on a part-time basis. He has experience in national security, health systems, advanced manufacturing, transportation systems, critical infrastructure protection, commercial vehicle operations, and border security.

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*Scholarships are available.  
Interested in a class, but need some financial help?  
Easy and confidential – please contact ASC for more information!*

# Thursday Classes Continued

## Women in the European Inquisition: A 500-Year Reign of Terror, A Feminist Perspective

**Thursdays, 1:00 – 3:00 p.m.**

4 weeks: October 10, 17, 24, 31

6 – 58 students (maximum 18 students in-person and 40 students online)

**Site:** Wolf Conference Room in Lisa Stewart Women’s Health Center, 330 Main Street, Bar Harbor; also on Zoom

*NOTE: This is a HYBRID class and will be offered in-person and on Zoom at the same time. When registering, please choose either the in-person or the Zoom section - they are listed separately on the website.*

The scope of the witch hunts represents a deep-seated campaign of terror spanning more than four centuries in Europe. Women made up 85% of those executed – old women, young women and children. The “witch” was a triple threat to the church: She was a woman and a healer whose practice was based in empirical study. In the face of the repressive fatalism of Christianity, she was a heretic.

In this class, we will attempt to get beyond some common myths about the witch-craze – myths that rob the “witch” of any dignity and put the blame on her and the peasants she served. Who were the witches and what were their crimes?



**Instructor: Carol Leonard** is a retired midwife, a naturalist and a writer. She wrote for the Bangor Daily News on her blog “Bad Beaver Tales.” She has authored several books, including her 2010 memoir, *Lady’s Hands*, *Lion’s Heart: A Midwife’s Saga*. Her new 2019 book is called *Bad Beaver Tales: Love and Life in Downeast Maine*. Carol has previously taught a course for ASC called “When God was a Woman.”



# Thursday Classes Continued

## The Heath Family of Seal Cove: Early American Economic Fortunes and Failures

**Thursdays, 1:00 – 3:00 p.m.**

4 weeks: September 12, 19, 26, October 3

5 – 28 students (maximum 8 students in-person and 20 students online)

**Site:** Clark Room in Southwest Harbor Public Library, 338 Main Street, Southwest Harbor; also on Zoom

*NOTE: This is a HYBRID class and will be offered in-person and on Zoom at the same time. When registering, please choose either the in-person or the Zoom section - they are listed separately on the website.*

The Heath Family of Seal Cove will explore the history of one of the earliest families on Mount Desert Island, following the frontier patriarch William Heath's arrival in 1789, the development of his mill operations, the rise to wealth of his son Capt William Heath Jr in the shipping industry, the progressive educational reforms of his grandson William W. A. Heath, first selectman of Tremont, and the final demise of the family fortune in the changing economics of the island.

The course will include a guided tour to the family homestead in Seal Cove with a short walk to the family burial grounds.

**Instructor: Terese Miller** is a board member of the Tremont Historical Society, a primary representative of the History Trust, a guest lecturer for the Bar Harbor Historical Society, and a volunteer lecturer for Acadia National Park's "Historical Hikes". She retired after 20 years of education in the grade school system on Mount Desert Island. I continue to lead boat excursions for the private tour company, Sail Acadia, of Southwest Harbor.



Mt. Desert, Me. The Old Mill.

“William W. A. Heath Mill, Seal Cove,” Southwest Harbor Public Library, accessed June 24, 2024, <https://swhpl.digitalarchive.us/items/show/9104>. Item 13117

# Thursday Classes Continued

## iPhone Photography

**Thursdays, 1:00 – 3:00 p.m.**

4 weeks: October 10, 17, 24, 31

8 – 10 students

**Site:** Birch Bay Village Inn Library, off Crooked Road, Hulls Cove

Today's iPhones are more powerful and produce better images than the cameras that professional photographers were using less than 10 years ago. In this class you will learn how to take better pictures by making the most of your iPhone camera's features, many of which you might not know about or fully understand. You will get to practice your new skills during class.

The class will focus on taking still pictures, but will also touch on video, photo editing, and managing your photos. It will also explain how digital cameras work and demystify terms like megapixels, optical zoom, HDR, and Live Photos. The class will cover camera features available in newer iPhones including the iPhone 16 Pro. No photography or iPhone expertise is required, but to get the most from this class, you should have an iPhone 10 (also called iPhone X), iPhone SE 2nd generation, or newer model, with iOS 18 installed (to be released in September 2024)

**Instructor: George Soules** is a software architect and photographer. He brings to this course a career in technology, a lifelong passion for photography, and professional experience in both fields that brings the two together. George says "I love my iPhone because it's always with me, and with the right know-how, can produce fantastic images."

# Friday Classes

## Easier Movement for Golden Years

**Fridays, 10:00 – 11:30 a.m.**

6 weeks: September 27, October 4, 11, 18, 25, November 1

6 – 20 students

**Site:** The Undercroft in St. John Episcopal Church, 315 Main Street, Southwest Harbor

The Feldenkrais Method® is a revolutionary combination of biology, neuroscience, and motor development that engages the brain's neuroplasticity to benefit the body. It uses gentle movement combined with careful attention to improve your ability to move more freely and easily. Feldenkrais® group classes are known as Awareness Through Movement® lessons that capitalize on the brain's inherent ability to learn through exploration and innovation.

Experimentation, curiosity, and variation help you become aware of habitual ways of moving which may be limiting or creating pain and discomfort; and instead establish new neural pathways for healthier, efficient, and pleasurable movement. Participants can expect to feel improved coordination, flexibility, balance, and a sense of grace and ease. This class will be taught seated in chairs, using the principles of slow, attentive movement, and a little neurological magic.

**Instructor: Deborah Page** has been a Guild Certified Feldenkrais® Practitioner and Awareness Through Movement® teacher since 2001. She has maintained a private practice in somatic education since 1988. Currently, she teaches classes on-line via Zoom.

# Friday Classes Continued

## The Lesbian History Trail of MDI

**Fridays, 1:00 – 3:00 p.m.**

5 weeks: October 11, 18, 25, November 1, 8

8 – 40 students (maximum 20 students in-person and 20 students online)

**Site:** Mellon Room in Northeast Harbor Library, 1 Joy Road, Northeast Harbor; also on Zoom

*NOTE: This is a HYBRID class and will be offered in-person and on Zoom at the same time. When registering, please choose either the in-person or the Zoom section - they are listed separately on the website.*

From Jane Addams to Marguerite Yourcenar, Mount Desert Island has been home to some of the most prominent artists, thinkers, writers, reformers, and activists in the world, and many of these women were in long-term, same-sex partnerships, or “Boston Marriages.” Many of these women were part of national and international networks of lesbians of achievement--networks that included First Lady Eleanor Roosevelt, who, in July 1933, came to have tea in Southwest Harbor with her friends Mary Dreier and Frances Kellor.

In the classroom, we will track the Lesbian History Trail (<https://lesbianhistorytrailmdi.weebly.com/>) through slides and lectures about 16 of these women of achievement... and their island homes, from their mansions to their cabins. The Trail will also take us through the historical eras as they were manifest on Mount Desert Island: the glittering history of the turn-of-the-century Gilded Age in Bar Harbor, the social dynamism of the Roosevelt years, the establishment and development of Acadia National Park, the devastation of the Great Fire, and the paranoia of the McCarthy era.

**Instructor: Carolyn Gage** is a playwright, performer, director, and activist. The author of nine collections of lesbian and feminist themed plays and eighty-four plays, musicals, and one-woman shows, she specializes in non-traditional roles for women, especially those reclaiming famous lesbians whose stories have been distorted or erased from history. She has taught at the University of Southern Maine and at Bates College. She taught this course last winter and looks forward to teaching again. [www.carolyngage.com](http://www.carolyngage.com).



## MORE INFORMATION

- You must be a current ASC member (or a member of another senior college) to register for courses.
- Your membership must be active through the end of the term (November 8, 2024).
- Registration is first come, first serve.
- You may register for more than one course.
- Tuition for the first course is \$60; additional courses are \$35 each.
- When registering online, you may pay with a credit card or choose to send a check.
- Registration by phone or email will be only be processed beginning at 10:00 a.m. on November 29<sup>th</sup> (one hour after registration opens) as space permits.
- Registration requests received after August 5, 2024, may be honored with instructor approval. In these cases, students must purchase their own books, if applicable.
- If a class has assigned books, they will be available for pick up at Sherman's in Bar Harbor one to two weeks before the start of the term. We will notify you when they are available. **Books and supplies are included in your course fee.**
- **For Zoom classes with an assigned book, students who are out of the area will be responsible for purchasing their own book, but may request reimbursement from ASC. Local Zoom students may still pick up their books at Shermans. ASC does not mail books.**

**Member of another senior college?** Please call or email to register.

**Instructor using a course credit?** Contact ASC before registration so we can add a course credit to your account. When you register, the credit will be applied automatically on the checkout page. If you haven't contacted us before registration, go ahead and register online as usual and choose "Pay by check." Then contact the office to confirm your registration.

### [ONLINE REGISTRATION](#)

**Opens – 9:00 a.m. on Wednesday, July 24, 2024**

**Closes – midnight on August 5, 2024**

[www.acadiaseniorcollege.org/courses](http://www.acadiaseniorcollege.org/courses)

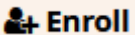
**FALL 2024 TERM**

**August 26 – November 8, 2024**

*Scholarships are available. Please contact ASC for more information!*

## HOW TO REGISTER ONLINE

**Registration opens at 9:00 a.m. on Wednesday, July 24<sup>th</sup>  
and closes at midnight on August 5<sup>th</sup>**  
[www.acadiaseniorcollege.org/courses](http://www.acadiaseniorcollege.org/courses)

1. Log in to your ASC account.
2. Go to [acadiaseniorcollege.org/courses](http://acadiaseniorcollege.org/courses).
3. Review the class offerings.
4. Click  **Enroll** below the course description. Please note that the Enroll link does not display until registration opens at 9:00 a.m.
5. Once you have enrolled in the class(es) you want, click the “Go to your cart” link in the upper right of the screen. This will take you to the Enrollments screen where you can choose to pay by credit card or by check.

### IMPORTANT

**You must know your username and password to log in and register for courses online.  
Please take a moment to log in to the website before registration starts.  
If you need help please call or email.**

**The Enroll link does not display until registration opens at 9:00 a.m.**

*Acadia Senior College offers intellectual stimulation, practical  
knowledge, social interaction, and fun for adults over 50.*

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