Spring Brochure – 2019

207-255-1384
sunriseseniorcollege@maine.edu
machias.edu/ssc
SSC presents the Winter Warm-Up

Saturday Matinees!

All films will be shown in Science 102. First feature always starts at 12:30 pm. Second feature starts at designated time for each Saturday. Bring your own popcorn or snacks. If you wish to bring a drink, please bring it in a closed container to keep spills to a minimum.

January 12 ~ Double Feature!

**Hatari** [G] (1962) – starts at 12:30 pm. A Tanganyka (now Tanzania)-based group of hunters (Red Buttons, Hardy Kruger, Gérard Blain) led by Sean Mercer (John Wayne) trap wild African animals for zoos. A reporter (Elsa Martinelli) documents their exploits while having epic clashes with the gruff Irishman. She is initially frozen out of the testosterone-filled group until her strong-willed personality endears her to the men. 2 hours 37 minutes

**Argo** [R] (2012) – starts at 3:30 pm. This film won Oscar for Best Movie in 2012. On Nov. 4, 1979, militants storm the U.S. embassy in Tehran, Iran, taking 66 American hostages. Amid the chaos, six Americans manage to slip away and find refuge with the Canadian ambassador. Knowing that it's just a matter of time before the refugees are found and likely executed, the U.S. government calls on extractor Tony Mendez (Ben Affleck) to rescue them. Mendez's plan is to pose as a Hollywood producer who is scouting locations in Iran and train the refugees to act as his "film" crew. 2 hours 10 minutes

January 19 ~ Double Feature!

**Ever After** [PG13] (1998) - starts at 12:30 pm. This updated adaptation of the classic Cinderella fairy tale tells the story of Danielle (Drew Barrymore), a vibrant young woman who is forced into servitude after the death of her father. Danielle's stepmother Rodmilla (Anjelica Huston) is a heartless woman who forces Danielle to do the cooking and cleaning, while she tries to marry off her own two daughters. But Danielle's life takes a wonderful turn when she meets the charming Prince Henry (Dougray Scott). 2 hours
Pan’s Labyrinth [R] (2006) – starts at 3:45 pm. In Spanish and subtitled in English. This film won four Academy Awards. It's 1944 and the Allies have invaded Nazi-held Europe. In Spain, a troop of soldiers are sent to a remote forest to flush out the rebels. They are led by Capitan Vidal, a murdering sadist, and with him are his new wife Carmen and her daughter from a previous marriage, 11-year-old Ofelia. Ofelia witnesses her stepfather's sadistic brutality and is drawn into Pan's Labyrinth, a magical world of mythical beings. 2 hours

January 26 ~ Double Feature!

The Sting [PG13] (1973) - starts at 12:30 pm. This film won Best Picture Award for 1973. Following the murder of a mutual friend, aspiring con man Johnny Hooker (Robert Redford) teams up with old pro Henry Gondorff (Paul Newman) to take revenge on the ruthless crime boss responsible, Doyle Lonnegan (Robert Shaw). Hooker and Gondorff set about implementing an elaborate scheme, one so crafty that Lonnegan won't even know he's been swindled. As their big con unfolds, however, things don't go according to plan, requiring some last-minute improvisation by the undaunted duo. 2 hours 10 minutes

Butch Cassidy and the Sundance Kid [PG13] (1969). Starts at 3 pm. This film won three Academy Awards. The true story of fast-draws and wild rides, battles with posses, train and bank robberies, a torrid love affair and a new lease on outlaw life in faraway Bolivia. It is also a character study of a remarkable friendship between Butch - possibly the most likeable outlaw in frontier history - and his closest associate, the fabled, ever-dangerous Sundance Kid. 2 hours

February 2 ~ Double Feature!

The Doll Maker [PG13] (1984) - starts at 12:30 pm. This is an award-winning made-for-TV drama. During World War II, hard-luck farmer Colvis Nevels (Levon Helm) leaves his rural Kentucky home to take a factory job in bustling Detroit. Reluctantly accompanying Colvis is his long-suffering wife, Gertie (Jane Fonda), a talented woodcarver set in her traditional ways. When the perils of city life and Colvis' reckless squandering of money send the Nevels into
precarious financial straits, Gertie starts a business making hand-carved dolls in order to provide for her family. 2 hours 30 minutes.

Shakespeare in Love [R] (1998) – starts at 3:15 pm. This film won six Academy Awards including Best Film and Best Actress. Tale about a fictional relationship between William Shakespeare and a young woman who poses as a man in order to star in one of the writer's plays. Suffering from writer's block, Shakespeare needs a new muse. He soon finds inspiration in the form of a beautiful female aristocrat, but her daring determination to act in his play puts their already forbidden relationship on even more dangerous ground. 2 hours 17 minutes

February 16 ~
Kingdom of Heaven [R] (2005) – starts at 12:30 pm. Still in grief over his wife's sudden death, village blacksmith Balian (Orlando Bloom) joins his long-estranged father, Baron Godfrey (Liam Neeson), as a crusader on the road to Jerusalem. After a perilous journey to the holy city, the valiant young man enters the retinue of the leprous King Baldwin IV (Edward Norton), which is rife with dissent led by the treacherous Guy de Lusignan (Marton Csokas), who wishes to wage war against the Muslims for his own political and personal gain. 3 hours 14 minutes

February 23 ~
Doctor Zhivago [PG13] (1965) starts at 12:30 pm. This film won five Academy Awards. An incredibly beautiful cinematic work by David Lean, this film is set during the Russian Revolution. Yuri Zhivago (Omar Sharif), is a young doctor who has been raised by his aunt and uncle following his father's suicide. Yuri falls in love with beautiful Lara Guishar (Julie Christie), who has been having an affair with her mother's lover, Victor Komarovsky (Rod Steiger), an unscrupulous businessman. Yuri, however, ends up marrying his cousin, Tonya (Geraldine Chaplin). But when he and Lara meet again years later, the spark of love reignites. 3 hours 20 minutes
SUNRISE SENIOR COLLEGE

Founded in 2002, Sunrise Senior College, a member of the Maine Senior College Network, and an administrative unit of the University of Maine at Machias, is a member-run, volunteer community group open to all people 50 years of age and older who are seeking to enrich their lives. The mission of Sunrise Senior College is to provide intellectual stimulation, practical knowledge, social interaction and fun to people 50 and older and their spouses or partners of any age. We’re old enough to know that we are young enough to learn!

Spring Semester 2019 March – April – May - June

Please register by February 10, to facilitate the ordering of books and supplies. Late registrants may not receive books by the start of class. Some classes have limited space and fill quickly. Limited enrollment classes fill quickly, so mail in your registration form as soon as possible.

If you are not able to attend a class that you have been confirmed for, please call 255-1384. Your thoughtfulness may allow waiting-list members to attend.

Scholarships are available. SSC offers scholarships for those with limited funds. A request for scholarship must be made in writing on the enrollment form. Contact SSC by phone for further information. Confidentiality is maintained.

SSC MEMBERSHIP and TUITION

Membership dues of $25 includes access to semester courses at Sunrise Senior College (SSC tuition is $15 per semester course or $5 per single session class, unless otherwise stated) and at other senior colleges throughout Maine, The Jabberwocky, our semi-annual newsletter, with free business card advertising for members, free Summer Shorts programs, social activities, a parking permit at UMM, and UMM library privileges that include Internet access. Persons age 50 and older and their spouses or partners of any age are welcome to join SSC as paid members. Members are encouraged to both register for programs and volunteer on committees. The new membership year is September 1, 2018 through August 31, 2019. Most books and supplies used in semester courses are free of charge. Membership dues per person are sent by mail using a personal check made payable to UMM; include a completed enrollment form for each person. For additional forms, make copies or print copies found at the website machias.edu/ssc. Membership dues are not refundable or transferable.
Course fees are refundable if the course is canceled by the instructor and if an enrollee is on the waiting list and not confirmed for the class. Free-course certificates are issued to individuals who cancel at least 7 days prior to the first class by contacting SSC at 255-1384. Refunds and certificates are issued within 3 weeks of the end of the semester. No refund or certificate is provided for a member cancellation of a $5 single-session class.

CONTACT US

Please direct all inquiries and comments to 255-1384, the Sunrise Senior College voice mail. Please leave your name and phone number with your message. We will return your call. Alternately, e-mail us at sunriseseniorcollege@maine.edu. We will contact you.

SSC MEMBER REMINDERS

SSC members are reminded that class courtesy includes appropriate behavior and respect for fellow students and instructors in order to carry out the functioning of SSC. °We request that students turn off cell phones during class time and limit distractive talking during events. Photographs may be taken of members and instructors enjoying our classes after an announcement for general audience consent by the class host. Members who do not want to be photographed must identify themselves at the time of the announcement. Photographs will not be taken of these persons. The photographs are used for a retrospective slide show at the Annual Meeting. By registering for SSC courses, you agree to the rights and responsibilities for SSC membership which are consistent with our organizational by-laws. If your e-mail address or phone number is incorrect, please contact us with the correction. If you have a new e-mail address or phone number, please enter it on the registration form. Please make arrangements to have your mail forwarded to a winter address if you have one. Courses at other Maine senior colleges are available to SSC members. For information about locations, courses offerings and websites at all Maine senior colleges, see their website at www.maineseniorcollege.org.

CAMPUS Accommodations and Parking

Semester courses are held on the UMM campus, unless otherwise noted. All buildings and rooms on the UMM campus are wheelchair accessible. A campus map will accompany your course confirmation material. Parking is free at UMM, but you must have a parking sticker, available in the Student Affairs Office on the second floor in Powers Hall.
LIBRARY COURTESY CARDS

One of the privileges of current paid membership in Sunrise Senior College for permanent and seasonal Maine residents is the use of Merrill Library on the UMM campus. Your courtesy card allows you to check out items in the Merrill Library collection, and use the URSUS request function for requesting items held in other URSUS libraries. You also have access to the library computers.

To obtain a Merrill Library courtesy card with privileges:

• Report to the library front desk with identification and proof of Maine mailing address. (This must be a photo ID - Maine driver’s license or state ID, passport, or any government issued photo ID. If a mailing address is not on the ID, the applicant must provide proof of residency with a recent utility bill, property tax bill, lease or rental agreement, or motor vehicle registration.)
• Applicants must present proof of current membership in Sunrise Senior College (a receipt for yearly membership or a registration confirmation).
• You will be asked to complete a courtesy card application form whereby you will agree to comply with the rules of the University of Maine at Machias and Merrill Library and to accept financial responsibility for all items borrowed on the card.

To renew your Merrill Library courtesy card with privileges:

• Report to the library front desk and present your courtesy card and proof of current membership in Sunrise Senior College (a receipt for yearly membership or a registration confirmation).

Using the Merrill Library facilities:

• Your courtesy card is required for all transactions.
• Renew your courtesy card once a year when your SSC membership is renewed.
• You have access to designated computers. Please see a Merrill Library staff member for sign-in and password. Merrill Library offers free Wi-Fi (UMS GUEST).
• Merrill Library does not provide photocopier or computer printing services for SSC members.

~6~
Walking for Fitness and Fun
Tuesdays & Thursdays
January through May 2019
9:00 am – 10:00 am
UMM’s Reynolds Gymnasium
~ Free and Open to the Public ~

This indoor walking program, an important community outreach, is an offshoot of the Matter of Balance course offered over seven years ago by Sunrise Senior College. Every year since then, indoor walking has been supported by SSC and UMM and is offered to all community members at no charge. The hour begins with varied stretching exercises followed by 30 minutes of walking and then some cool down stretches. Participants are encouraged to walk at their own pace and are asked to wear appropriate indoor shoes. A signed UMM risk release form is required from all participants.

As with any exercise program, be sure that you check with your healthcare provider for approval to participate in this program.

Leaders Jim and Celeste Sherman have been instructors for previous SSC courses. Jim has a background in music. Celeste, who has a master’s degree in education, is familiar with the UMaine Extension Matter of Balance program upon which the exercises are based. An enthusiastic core of participants assist with the program as needed.

Inclement Weather Alert for Spring Classes!!
In the event of inclement weather please call our voicemail, 255-1384, and listen to the recorded message. We will attempt to get the message on the machine as soon as the decision is made to cancel due to weather. You may also want to call 255-1200, the UMM switchboard, to see if the university is closed. If classes are canceled, we will do our best to reschedule at the end of the course. Please stay safe!
**PROGRAM DESCRIPTIONS**

**S1901  One Movement Tai Chi**

March 4, 11, 18, 25, April 1, 8  
6 Sessions  
Mondays: 1:30 – 3 pm  
Room: Lower Gym in Reynolds Center

“One Movement Tai Chi” is taken from a larger Tai Chi Chuan form. Benefit from this single 'posture' comes from multiple repetitions. Using repetition, a practitioner can proceed from gross movement to more subtle mind and body relaxation without learning a large number of 'postures.' Benefits are alignment of weight-bearing joints and increased local circulation.

Minimum 5 – Maximum 10

Instructor **Dana McEacharn** has been a practitioner and student of Tai Chi Chuan, Gi Gong and meditation since 1975. Dana taught Tai Chi at UMM from the mid 80s for almost 10 years. James Green taught the first such classes which were passed to Dana upon James' retirement. Dana has attended retreats and workshops with notable teachers. He says “being in my 70s, the rubber has hit the road, so to speak, and my understanding of the need for relaxing has become clear. Relaxation takes a certain kind of effort – both physical and mental together. My interest in teaching again relates to my own recent accomplishment and being curious as to whether I might be able to impart it to others.”

**S1902 In Quest of the 'Masculine' Sea: A Gendered Voyage into Maritime Culture**

March 5, 12, 19, 26  
4 Sessions  
Tuesdays: 2 – 4 pm  
Room: Science 102
How does a man seeking his 'masculinity' see himself, other men, women and any assortment of 'Others'? The premise of the course is that 'masculinity,' as an imaginary and unstable cultural construct, changes over time and within the moment, in situation and by association, in accord with or in discord against the prescribed gender 'norms' of a cultural group or sub-group. Perhaps most difficult will be to describe and to understand the place of intellectual psychology. In examining the performances of or against prescribed gender roles we will make gender-based analyses of historic ballads and chanteys, and sea literature and poetry that include works by Richard Henry Dana, Jr., Herman Melville, Jack London, Eugene O'Neill, Langston Hughes, and Cicely Fox Smith. Class members will be encouraged to discuss short works of their own choosing. And, Yes, we will do a lot of singing. It's all about 'performance.'

Minimum 5 - Maximum 25+

**Instructor Stephen Sanfilippo** earned three graduate degrees, including a Ph.D. in History, from Stony Brook University (New York.) Dr. Sanfilippo, who is an honorably discharged United States Navy Vietnam Era Veteran, has taught maritime history courses at Suffolk County (N.Y.) Community College and the University of Maine at Machias. A student and performer of historic songs of the sea for almost 50 years, Stephen is a frequent performer and presenter of scholarly papers at Mystic Seaport and at major history conferences in Boston, New York, and Norfolk. He has led the monthly “Chantey Sing” at the Pembroke Library for over 10 years, and is a key figure in the revival of the historic song traditions of Maine. Stephen has also recently retired from teaching Maritime History at the Maine Maritime Academy.

**S1903**

**Introduction to Bridge**

March 11, 18, 25
April 1, 8, 15, 22, 29
Mondays: 10 – 11:30 am
Location: St. Aidan's Church Undercroft

This group will spend time together learning some of the foundation
principles of Bridge. By the end of the class, the participants will have the skills needed to enjoy playing bridge for fun with friends.

Minimum 3 – Maximum 16

Instructor Gregory Campbell has been playing Bridge for fun off and on since 1964. He currently coordinates the Bridge Bum, a spin-off of the last SSC Bridge class that plays on Monday afternoons at St. Aidan's undercroft.

S1904 Let's Get Cooking: Food and Fun with Friends, Part 2!
March 12, 19, 26 6 Sessions
April 2, 9, 16
Tuesdays: 10 am – noon
Location: St. Aidan's Church Undercroft

This will be a fun, interactive cooking class using the 'Cooking Matters' for adults curricula. Participants will gain knowledge, tips and tricks around MY Plate. Each participant will receive materials and recipe ingredients to take home. You did not need to participate in the first class to be a part of this one.

Minimum 6– Maximum 16

Instructor Sara McConnell has been teaching nutrition education classes for Healthy Acadia for five years.

S1905 Smartphone Savvy: Android
March 13, 20, 27 3 Sessions
Wednesdays: 2 – 3:30 pm
Room: Science 102

A more in depth look at this operating system that will cover day to day use, applications, cloud storage, and many
tips and tricks. Applicable to Smartphones or tablets, come and learn how to utilize more on your device!

Minimum 8 – Maximum 20

Instructor Christina Craveiro has been a sales associate at PCT Communications for approximately eight years. They are the local US Cellular Agent Store.

S1906 Lost Christian Scripture – What's In and What's Out
March 14, 21, 28  6 Sessions
April 4, 11, 25
Thursdays: 10 am - noon
Room: Science 102

This course will use the series 'Lost Christianities: Christian Scriptures and the Battles over Authentication' from the Teaching Company Great Courses series. The lecturer is Dr. Bart Ehrman, professor at University of North Carolina at Chapel Hill. The lectures will include the “lost gospels” which did not ultimately make the Christian canon. We will also consider those works that were included. Class will consist of watching the lecture and discussing the information provided.

Minimum 10 – Maximum 102

Instructor Gail Peters has taught several other classes using the Teaching Company Great Courses series. Gail has always been impressed with their scholarship. She is familiar with Dr. Ehrman's work in this field. Gail has some background in this field as she spent one year at the Virginia Theological Seminary in Alexandria, Virginia. She has spent many additional years researching this topic.
Who was the Buddha? What were his core teachings? Is 'Buddhism' a religion, a philosophy, a self-help program, a lifestyle, or what? How did it spread and develop from its start in what is now northern India, 2,500 years ago, to places and cultures as diverse as those of Sri Lanka, Thailand, Tibet, and Japan? What does it mean to be a Buddhist in 21st century America? Might Buddhism be of value to you and others in this time of world-wide change?

This course will address these and related questions using a combination of lectures, discussions and brief meditations. It is aimed at those with no prior knowledge of the subject as well as those with some familiarity with Buddhism who are looking to explore it further. Topics will include: the 'three jewels' of Buddhism; the Buddhist world, ancient and modern; 'Hinayana,' Mahayana, Vajrayana; suffering, conditionality and the 8-fold path; the Bodhisattva ideal; ethics, meditation and wisdom; and shaping our lives through practice.

Minimum 8 – Maximum 25

_Instructor Alan Brooks_ has been a practicing Buddhist for over 40 years. He came into contact with the Friends of the Western Buddhist Order (now Triratna Buddhist Community) in London in 1975 and continued his association with it after returning to the US and moving to Washington County in 1980. In 1997 he was ordained as a member of the Western (now Triratna) Buddhist Order, receiving his Order name, Gunopeta. For the last 24 years he has let a weekly meditation and study group in Whiting.
Look – A Book!

April 2, 9, 23, 30  
4 Sessions
Tuesdays: 1 – 3 pm
Room: Powers 209

Write your own short masterpiece – a story, poem, recipe, memoir, travel journal – then illustrate it and build your own unique book. Sculpt a poem; weave some words; fold and be bold. Have fun and try new craft and art skills. No experience (except life) is necessary. Bring ideas, paper, a pencil and an open mind.

Minimum 4 – Maximum 12

Instructor Suzanne Carlisle has taught many classes for Sunrise Senior College and says:

“Crafts and Art Require Heart  
And a Sense of Fun and Play  
So Don’t Be Shy – Come and Try  
And Laugh Your Worries Away “

History of the Crusades, 1096 - 1291

April 4, 11, 25  
4 Sessions
May 2
Thursdays: 3 – 4:30 pm
Room: Science 102

The period of The Crusades is sometimes viewed as a romantic era of knights and chivalry, but the reality is somewhat different. The class will attempt a non-jaundiced view of The Crusades from the European view and the Muslim perspective.

Minimum 20– Maximum 102

Instructor Charles Parker taught chemistry for years in public schools and chemistry has nothing to do with The Crusades. However, as a
retirement project he earned a master's degree in history with an emphasis on the Middle East. Mr. Parker previously taught a class for SSC “The Evolution of Islamic Ideology.”

**S1910**  
*Smartphone Savvy: Apple*  
April 24,  
May 1, 8  
Wednesdays: 2 – 3:30 pm  
Room: Science 102

A more in depth look at this operating system that will cover day to day use, applications, cloud storage, and many useful tips and tricks. Applicable to Smartphones or tablets, come and learn how to utilize more on your device!

Minimum 8 – Maximum 20

_Instructor Christina Craveiro_ has been a sales associate at PCT Communications for approximately eight years. They are the local US Cellular Agent Store.

**S1911**  
*Unique Mosaics*  
April 29  
Monday: Noon – 3 pm  
Room: Powers 209

Participants will be instructed in the fine art of using recycled anything, stained glass remnants, old jewelry, sea glass, buttons, driftwood, etc. and design their own 8x10 picture frame.

Minimum 4– Maximum 10

_Instructor Meri Fern_ considers herself to be a mixed media mosaic artist and photographer. She incorporates many different items into each “unique” piece she makes. For instance, when making a mirror border she may use mosaic tiles, glass beads, stained glass remnants,
wild turkey feathers found in her yard, broken china and ceramic tiles to name just a few items.

With mosaics and photography she is all about color and texture. Vibrant is her middle name, and she feels she must be doing something right as anyone who sees her work touches it. Meri is all about “upcycling,” finding old picture frames at Goodwill or yard sales and making them unique and usable again. It is rare that she buys something new as there is usually life left in the pieces she “upcycles.”

S1912

Reaching for a Healthy Lifestyle as We Age

May 7, 14, 21, 28
4 Sessions

Tuesdays: 2 – 4 pm
Room: Science 102

We will consider healthy aging through the lens of modifiable and non-modifiable risk factors that we face as we age. Understanding these risk factors and what they can lead to from a chronic disease perspective will help us frame a healthy lifestyle, for those who are young (your children and grandchildren) and for those who are older and think changing a behavior will not allow them to feel better. We will look at nutrition and physical activity, addiction (drugs alcohol, food, hoarding), prevention and aging.

Minimum 8 – Maximum 25

Instructor Al May works for the Maine Center for Disease Control and Prevention and is responsible for the public health system in Hancock and Washington counties. He has worked in public health since 1998 in Connecticut and Maine at the community, regional and state level. He has taught public health seminar type lectures within a psychology course at UMM over the past six years.
Che, Castro and the Cuban Revolution

May 9, 16, 23
Thursdays: 3 – 4:30 pm
Room: Science 102

Che Guevara and Fidel Castro were from countries an ocean apart. How did they become the “generals” that succeeded in the revolution for Cuba and how did Cuba respond?

Minimum 12 – Maximum 102

Instructor Diane Parker has a BA in Spanish and has taught Spanish for 17 years. She also majored in history during her first journey in college. Growing up with a bilingual parent gave her an early interest in the language and history.

Appreciating Sake, Understanding Japan

May 17, 24
Fridays: 3 – 4:30 pm
Location: May 17: Torrey 228
May 24: St. Aidan's Church Undercroft

A look into Japanese culture and customs through the world of sake, Japan's National Beverage. Nell will share her educational and professional experiences from her time in Japan for five years. Learn where sake comes from and what it means in Japanese and other foreign cultures today. Learn about the world of rice, its history, and how sake is produced, stored, tasted and paired with various different foods and cuisines. Enjoy a glimpse of an ancient Japanese craft while tasting some various types of the beverage.

Minimum 5 – Maximum 18
Instructor Nell Kido is a graduate of the University of British Columbia and spent five years living and working in Japan. She completed a sake professional course taught by John Gauntner in New York City, where she was also a sake sales rep and sake educator for Kiuchi Brewery in the U.S. She also worked in the Kiuchi Brewery in Naka, Japan and was a maitre d’ at high end restaurants, both in New York City and Japan.

**S1915  Making Glass Beads**
May 17, 31  4 Sessions
June 7, 14
Fridays: 10 - noon
Location: John's Addison Studio

This course will offer experiments in melting colored glass to form beads and other possible shapes. Creative ideas will be shared by participants.

Minimum 3– Maximum 6

Instructor John McMurray is offering this new course with Assistant Lynn Sullivan. He has been teaching art courses for over 50 years and continues to find new techniques to share.

**S1916  Sculpture Workshop**
May 18  6 Sessions
June 1, 8, 15, 22, 29
Saturdays: 10 am - noon
Location: John's Addison Studio

This workshop, held in John McMurray's studio, encourages people to play with possibilities and inspire each other. There are no formal lessons as everyone shares ideas and inspiration. A wide range of tools are available for working in stone, metal, wood, etc. Bring work
gloves, aprons and wear old clothes. Also, bring any crazy item you want to make into a sculpture!

Minimum 3– Maximum 6

_instructor John McMurray_ is an artist, a teacher and an avid student of life. He has hosted this popular course many times and has graciously opened his studio once again to SSC students.