

**SPRING 2012 SOAR COURSES – Additional Information**  
locations, days, dates, times (as of 03/01/12)

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**NOTES:** 1) (see note) or (see notes) = course booklet and/or registration confirmation note(s)

2) SUNY = SUNY Potsdam, 3) updated information is found at: [www.soarnorthcountry.org](http://www.soarnorthcountry.org)

**Advanced Contract Bridge.** Don Burlingame. 8 sessions, 2 hours each (Mayfield Apartments, Potsdam)  
Wednesdays: 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16 – 2:00-4:00. [S-12-1]

**Aging: Cross-Cultural Perspectives.** Alan Hersker. 3 sessions, 1½ hours each (SUNY: Maxcy 104)  
Fridays: 3/23, 3/30, 4/6 – 10:00-11:30. Cap: 25. [S-12-2]

**American Silver: Coin, Sterling & Silver Plate.** Jackie Hodges. 1 session, 2 hours (SLCHA: Silas Wright House, Canton)  
Tuesday: 4/17 – 10:00-12:00 (see note). [S-12-3]

**Americans at War: 1860-1865.** Lou Ann Lange. 4 sessions, 1 hour each (SUNY: Maxcy 104)  
Wednesdays and Mondays: 5/9, 5/14, 5/16, 5/21 – 1:00-2:00. [S-12-4]

**Arctic Tundra Expeditions.** Ralph Bathelt. 1 session, 1 hour (SUNY: Maxcy 104)  
Wednesday: 3/21 – 1:00-2:00. [S-12-5]

**Art Workshop B.** Leon LeBeau. 8 sessions, 2 hours each (SUNY: Satterlee 314)  
Fridays: 3/16-5/4 – 10:00-12:00 (see note). Cap: 30 [S-12-6]

**Ballroom Dancing for Beginners.** Van Hoyt & Diane Crump. 10 sessions, 1½ hours each (Mormon Church, Potsdam)  
Mondays: 3/12-5/14 – 2:00-3:30 (see notes). Cap: 20 [S-12-7]

**Beginning Tai-Chi.** Pam March. 11 sessions, 1 hour each (SUNY: Maxcy Hall Dance Studio)  
Tuesdays: 3/13-5/22 – 12:00-1:00. (see notes). [S-12-8]

**Building Better Bones: Level 1 & Level 2.** Stacey Zeigler. 6 sessions, 1½ hours each (Clarkson: Clarkson Hall Therapy Dept.)  
Tuesdays/Thursdays: 5/3, 5/8, 5/10, 5/15, 5/17, 5/22 – 10:30-12:00 (see notes). Cap: 20 (total) [S-12-9]

**Calligraphy: Roman Round Hand.** Martha Grow. 5 sessions, 1½ hours each (SUNY: Van Housen Ext. SB27A)  
Wednesdays: 4/11, 4/18, 4/25, 5/2, 5/9 – 10:00-11:30 (see note). Cap: 10 [S-12-10]

**Cave to Concert Hall.** Roy Schaberg (with Julie Miller). 1 session, 1½ hours (SUNY: Crane – Wakefield Recital Hall)  
Friday: 5/18 – 1:00-2:30. [S-12-11]

**China and the West.** Ina Brockriede. 3 sessions, 1½ hours each (Potsdam Civic Center)  
Tuesdays: 5/8, 5/15, 5/22 – 10:00-11:30. [S-12-12]

**Claxton-Hepburn History in Photos.** Cindy Clusen (w/ Fran Van Horne). 1 session, 1 hour (SLCHA: Silas Wright House, Canton)  
Wednesday: 4/4 – 10:00-11:00. [S-12-13]

**Climate Change Science and Policy.** Jon Rosales. 1 session, 2 hours (Canton Free Library)  
Monday: 5/21- 6:00-8:00pm (see note). [S-12-14]

**Coffee, Gossip, and Math.** Katie Fowler. 1 session, 1½ hours (SLCHA: Silas Wright House)  
Tuesday: 5/15 – 10:00-11:30. [S-12-15]

**Computers à la Carte.** Rita Goldberg. 1-3 sessions each, 1-1½ hours (Potsdam Public Library: Public Computing Center)  
TBA (see note). Cap: 12. [S-12-16]

**Continuing Tai-Chi.** Pam March. 21 sessions, 1 hour each (SUNY: Maxcy Hall Dance Studio)  
Tuesdays AND Thursdays: 3/13-5/22 – 1:00-2:00 (see notes). [S-12-17]

**Current Events.** John Casserly. 10 sessions, 1½ hours each (Partridge Knoll, Canton)  
Fridays: 3/16-5/18 – 10:30-12:00 (see note). [S-12-18]

**Cyber Terrorism: Is It Real?** Harinda Vidanage. 1 session, 1½ hours (SLCHA: Silas Wright House, Canton)  
Tuesday: 5/1 – 10:00-11:30. [S-12-19]

**Decision Making under Risk and Uncertainty.** Andreas Wilke. 1 session, 2 hours (SUNY: Maxcy 104)  
Friday: 4/13 – 1:00-3:00. [S-12-20]

**Digestive Wellness for Vital Health.** Martha Pickard Palmer. 1 session, 1 hour (Potsdam Civic Center)  
Monday: 4/9 – 10:00-11:00. [S-12-21]

**Dry Ice Demonstrations.** Jim Barry and Suna Stone-McMasters. 1 session, 1½ hours (Canton Free Library: Paige Room)  
Tuesday: 4/10 – 10:00-11:30. [S-12-22]

**Early Canada to 1867.** Art Johnson. 3 sessions, 1½ hours each (SUNY: Kellas 101)  
Thursdays: 4/5, 4/12, 4/19 – 12:30-2:00. [S-12-23]

**Early Lighting Devices.** Carlton Stickney. 1 session, 1½ hours (SLCHA: Silas Wright House, Canton)  
Wednesday: 5/2 – 1:00-2:30. Cap: 50 [S-12-24]

**Edgar Cayce Exercises.** Donna Wright (with Pam March). 1 session, 2 hours (SUNY: Maxcy 104)  
Monday: 4/30 – 1:00-3:00 (see note). Cap: 25 [S-12-25]

**50+ Yoga.** Ellen Beeler. 4 sessions, 1½ hours each (SUNY: Van Housen Labyrinth Room)  
Fridays: 4/6, 4/13, 4/20, 4/27 – 10:30-12:00 (see notes). Cap: 20 [S-12-26]

**First Ladies: Children, In-Laws & Outlaws (Part 2).** Fran Van Horne. 4 sessions, 1½ hours each (Partridge Knoll, Canton)  
Thursdays: 3/15, 3/22, 3/29, 4/5 – 1:30-3:00. Cap: 28 [S-12-27]

**Fitness for Seniors.** Jim Murray. 4 sessions, 1 hour each (SUNY: Maxcy Hall: Dance Studio and the Fitness Center)  
Tuesdays/Thursdays: 3/13, 3/15, 3/20, 3/22 – 10:00-11:00 (see notes). Cap: 12 [S-12-28]

- Geology of NY State: Part 2.** Bill Kirchgasser. 6 sessions 1½ hours each (SUNY: Timerman 123)  
Tuesdays/Thursdays: 3/20, 3/22, 3/27, 3/29, 4/3, 4/5 – 9:00-10:30. Cap: 30 [S-12-29]
- Grass Pellets: An Alternative Home Heating Fuel.** Arthur Hurlbut. 1 session, 1½ hours (SLCHA: Silas Wright House, Canton)  
Thursday: 4/19 – 10:00-11:30. [S-12-30]
- Hamlet on Film.** Mark Coleman. 5 sessions, 2½ hours each (SUNY: Kellas 217)  
Fridays: 4/20, 4/27, 5/4, 5/11, 5/18 – 10:00-12:30. Cap: 24 (*see note*). [S-12-31]
- Human Memory: How It Works (or Doesn't).** Alan Searleman. 1 session, 2 hours (SLU, Canton: Valentine 104).  
Friday: 3/30 – 1:30-3:30 (*see note*). Cap: 40 [S-12-32]
- Japan and the US: Comparisons and Differences.** Dana Barry. 1 session, 1½ hours (SUNY: Maxcy 104).  
Thursday: 3/15 – 1:00-2:30. [S-12-33]
- Laura Ingalls Wilder: Beyond the Little House Books.** Jane Subramanian. 2 sessions, 1½ hours each (SUNY: Maxcy 104)  
Wednesdays: 3/21, 3/28 – 2:30-4:00 (*see note*). [S-12-34]
- Mah Jongg.** Brenda Francey and Kay Russell. 4 sessions, 2 hours each (Partridge Knoll, Canton)  
Thursdays: 4/12, 4/19, 4/26, 5/3 – 10:00-12:00 (*see note*). Cap: 20 [S-12-35]
- Mercury Cycling in the Environment.** Tom Holsen. 1 session, 1 hour (SUNY: Van Housen Ext. SB27A)  
Monday: 4/2 – 10:00-11:00. [S-12-36]
- Mexican Train Dominoes.** Faye Hopper. 4 sessions, 2 hours each (Partridge Knoll, Canton)  
Tuesdays: 3/27, 4/3, 4/10, 4/17 – 1:00-3:00 (*see notes*). Cap: 20 [S-12-37]
- Monarch Butterflies: Creating Way Stations.** Cindy Quackenbush. 1 session, 1 hour (SLCHA: Silas Wright House, Canton)  
Thursday: 5/10 – 10:00-11:00. [S-12-38]
- The Music of the Beatles.** Doug Rubio. 4 sessions, 1½ hours each (SUNY: Maxcy 104)  
Fridays: 4/27, 5/4, 5/11 – 9:30-11:00; and (*note: start time*) 5/18 – 8:30-10:00. [S-12-39]
- Nanotechnology for Better Health.** Igor Sokolov. 1 session 1 hour (SUNY: Maxcy 104)  
Friday 3/16 – 1:00-2:00. [S-12-40]
- The New Age: What is It All About?** Charles Bradt. 4 sessions, 1½ hours each (SUNY: Van Housen Ext. SB27A)  
Mondays: 4/30, 5/7, 5/14, 5/21 – 10:00-11:30. [S-12-41]
- Numerology for Fun.** Donna Wright. 1 session, 1½ hours (Partridge Knoll, Canton)  
Monday: 4/2 – 10:30-12:00. [S-12-42]
- Perennialism: Deep Roots for a Resilient Culture.** Bill Vitek. 1 session, 2 hours (SUNY: Van Housen Ext. SB27A)  
Friday: 4/6 – 1:00-3:00 (*see note*), [S-12-43]
- Precious Cameos: Greek to Victorian.** Radmila Zuman. 1 session, 2 hours (Potsdam Civic Center)  
Friday: 4/13 – 1:00-3:00. [S-12-44]
- Ray Bradbury: A Life in Metaphors.** Frank Palumbo. 3 sessions, 1½ hours each (SUNY: Kellas: 217)  
Wednesdays: 3/14, 3/21, 3/28 – 12:30-2:00 (*see notes*). Cap: 24 [S-12-45]
- Religious Etymology.** Behrooz Bassim. 1 session, 1 hour (SUNY: Van Housen Ext. SB27A)  
Monday: 3/12 – 10:00-11:00. [S-12-46]
- Researching the Paranormal in China.** Sid Sondergard. 1 session 2 hours (SLCHA: Silas Wright House, Canton)  
Tuesday: 5/22 – 1:00-3:00. [S-12-47]
- Rushton: The Stradivarius of the Canoe.** Trent Trulock. 1 session, 1½ hours (SLCHA: Silas Wright House, Canton)  
Friday: 3/23 – 1:00-2:30 (*see note*). Cap: 50 [S-12-48]
- Sampling and Polling Processes.** Michael Schuckers. 3 sessions, 1 hour each (SLCHA: Silas Wright House, Canton)  
Wednesdays: 5/2, 5/9, 5/16 – 10:00-11:00. Cap: 20 [S-12-49]
- Spiritual Healing from a Christian Science Perspective.** Paula Jensen-Moulton. 1 session, 2 hours (Christian Science Reading Room)  
Tuesday: 4/24 – 10:00-12:00 (*see notes*). [S-12-50]
- Spring and Summer Sky 2012.** Aileen O'Donoghue. 1 session, 2 hours (SUNY: Stowell 211)  
Thursday: 3/29 – 9:00-11:00. [S-12-51]
- Taking Control of Arthritis.** Ada Santaferra. 3 sessions, 1½ hours each (SUNY: Maxcy 104)  
Wednesdays: 4/11, 4/18, 4/25 – 1:00-2:30 (*see note*). Cap: 20 [S-12-52]
- Tatting.** Betty Mauk. 5 sessions, 1½ hours each (SUNY: Van Housen Link – aka: "Bubble Room")  
Wednesdays: 4/11, 4/18, 4/25, 5/2, 5/9 – 10:00-11:30 (*see notes*). Cap: 12 [S-12-53]
- Vicarious Voyagers X.** Ruth Kreuzer (Coordinator). 4 sessions, 1½ hours each (Potsdam Civic Center)  
(*In this order:* Prague – Radmila Zuman; South Africa – Eileen Raymond; Sri Lanka – Poojitha Yapa; China – Helen Beckerhoff)  
Fridays: 4/20, 4/27, 5/4, 5/11 – 1:00-2:30 (*see notes*). Cap: 80 [S-12-54]
- Warfare in Ancient Greece.** Sarah Melville. 4 sessions, 1½ hours each (SUNY: Maxcy 104)  
Mondays: 4/2, 4/9, 4/16, 4/23 – 1:00-2:30 (*see note*). [S-12-55]
- Weather or Not.** Ray Toland. 4 sessions, 1½ hours each (SUNY: Van Housen Ext. SB27A)  
Tuesdays: 4/10, 4/17, 4/24, 5/1 – 9:30-11:00. [S-12-56]
- Women's Athletics.** Dotty Hall. 2 sessions, 1½ hours each (Partridge Knoll)  
Tuesdays 3/13, 3/20 – 10:30-12:00. [S-12-57]
- Zumba Gold.** June Peoples. 4 sessions, 1 hour each (SUNY: Maxcy Dance Studio)  
Thursdays: 4/26, 5/3, 5/10, 5/17 – 2:30-3:30 (*see notes*). [S-12-58]