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Course Descriptions

SPRING 2024

SOAR

Affiliated with:

ROAD SCHOLAR
Adventures in Lifelong Learning

Lifelong Learning in the North Country

1 AARP Driver Safety

Presenter: Stewart, David

Location: Potsdam Civic Center Community **Cap:** 30

Classes: 2 session(s), 3.5 hours

Dates/Times: Tuesday, Wednesday, 5/7, 5/8, 1:00-4:30

Description: AARP's Smart Driver is the nation's largest refresher course designed specifically for older drivers but is open to all age groups, and is approved by New York State for insurance discounts and driver's license point reduction. The course helps participants update their driving knowledge, skills, and confidence. Courses are offered in two (2) sessions of 3-1/2 hours each over two days. New York State requires that participants complete the full course to receive a 10% reduction in the base rate of automobile and motorcycle liability and collision insurance premiums for three years. Participants also may be eligible to reduce as many as four (4) points from their driving record.

Presenter's Background: David Stewart is a retired university administrator and former radio and TV reporter and has been driving for six decades. He has taught 170 safe-driving courses, primarily in northern New York.

Note: Casual dress; participants must bring their NYS driver's license to class and a current AARP membership card (if a member). The course fee (\$25 for AARP members, \$30 for non-members) is payable at the first session (cash or check payable to AARP). Participants must pre-register and should arrive at least 20 minutes prior to the scheduled start time of the first session.

2 All Hands on Deck! Using the Oceans to Slow Global Warming

Presenter: Baldwin, Brad

Location: SLU Johnson Hall 112 **Cap:** 16

Classes: 1 session, 1.5 hrs

Dates/Times: Tuesday, 4/9, 10:15-11:45

Description: The oceans have already spared us the worst consequences of global warming. But why are we so reluctant to enhance its role? Similar to reforesting the land, we could "reforest" the oceans. Let's explore the possibilities, the benefits, and our hesitancy to use every option at our disposal, even the vast oceans.

Presenter's Background: Brad is a freshwater and marine ecologist, and Professor of Biology at SLU, who tries mightily to push young college students to solve global environmental and food security issues. He's been at this for over four decades & while he's had some successes, he wants to win over a few more people to safeguard the planet!

3 Animal Behavior

Presenter: Romey, Bill

Location: SUNY Potsdam Maxcy 104 **Cap:** 46

Classes: 2 session(s), 1.5 hours

Dates/Times: Fridays, 4/5, 4/12, 1:00-2:30

Description: Most of us cannot resist watching kitten or Attenborough videos about animal behavior. This course will cover the major topics of animal behavior. A general comparative approach among many specific descriptions of the speaker's research.

Presenter's Background: Bill Romey is Emeritus Professor of Biology at SUNY Potsdam. Up until a couple of years ago, he taught courses in Animal Behavior, Entomology, & Freshwater Biology. His research interests include how & why animals group.

4 The Arc of Justice

Presenter: Wojcik, Jan

Location: SUNY Potsdam Maxcy 104 **Cap:** 46

Classes: 4 session(s), 1.5 hours

Dates/Times: Mondays, 3/18, 3/25, 4/1, 4/8, 1:00-2:30

Description: This course will include four connected presentations: Thomas Hickey of Potsdam in the Civil War; William Elderkin of Potsdam in the Civil War; The Leaky Hose: Black self-liberation in the Civil War; & The Arc of Racial Justice in the USA from the Civil War Until Today.

Presenter's Background: Jan Wojcik was educated at Boston College and Yale, and has taught at Purdue and Clarkson Universities. He is a member of the Civil War Round Table of Saint Lawrence County, and has made over two dozen public presentations on the Civil War.

5 The Art of Pressed Flowers

Presenter: Haas, Alison

Location: SUNY Potsdam Kellas 101 **Cap:** 54

Classes: 1 session, 1.5 hours

Dates/Times: Saturday, 4/27, 10:00-11:30

Description: The presenter will discuss a variety of pressing techniques for flowers and botanicals, show examples of pressed materials, and show a variety of ways to use them in design and illustration.

Presenter's Background: Alison Haas is an illustrator who uses the non-traditional materials of pressed flowers, leaves, and other natural materials. Alison's work was featured on the cover of Adirondack Life magazine & she illustrates/designs for other clients. Born & raised in Potsdam, she currently resides in the Adirondacks.

6 Be on the jury: the trials of Andrea Yates

Presenter: Gilbert, Steven

Location: Silas Wright House **Cap:** 40

Classes: 2 session(s), 1.5 hours

Dates/Times: Wednesdays, 4/3, 4/10, 12:00-1:30

Description: Upon arrival, officers found her children laid upon a bed and in the bath tub. Andrea had been suffering mental issues as well as post-partum depression. Andrea was convicted of murder in her first trial, but then acquitted at her retrial. What led to her eventual acquittal? Be on the jury to discuss the Andrea Yates trials and her guilt or innocence.

Presenter's Background: Dr. Gilbert possesses a Ph.D in criminal justice, a master's degree in forensic science & fellowship in forensic medicine. He is retired from the US Army & federal law enforcement & a retired Fellow of the American Academy of Forensic Sciences.

7 The Beatles: Revolution

Presenter: Bradshaw, Richard

Location: SUNY Potsdam Maxcy 104 **Cap:** 46

Classes: 3 session(s), 1.5 hours

Dates/Times: Fridays, 4/5, 4/12, 4/19, 3:00-4:30

Description: The course will focus on the Beatles as innovators of pop music. The work of each of the Beatles in developing a new sound or lyric, along with novel methods of production, will be accomplished by listening to and analyzing individual songs. The comments of the Beatles about their own work will be incorporated in the course.

Presenter's Background: Richard Bradshaw is a retired history teacher, musician and an avid Beatles fan. He lives in Colton with his wife, Kathleen, and enjoys camping, hiking and working with his border collie, Tosh. He is the father of three daughters, two of whom live in the area, and the grandfather of three children.

8 Brazilian Dimensional Embroidery

Presenter: Garner, Alma

Location: SUNY Potsdam Maxcy 104 **Cap:** 10

Classes: 2 sessions, 1.5 hours

Dates/Times: Fridays, 4/26, 5/3, 3:00-4:30

Description: This hands-on course will explore three-dimensional embroidery using special floss to produce patterns of flowers and other art forms.

Presenter's Background: Brazilian Dimensional Embroidery caught Alma's eye as soon as she first saw it in Oregon, where her daughter had moved for a new teaching position. There she met Debbie Kelley, who has written the book Thorns & Roses. She has also designed many beautiful projects, one which will be used in this course. Alma has taught Brazilian Embroidery for SOAR in 2010 and 2015.

Note: Projects will be provided. You will need scissors.

9 Climate Challenges in Implementing New York's Offshore Wind Program

Presenter: Ortmeyer, Tom

Location: SUNY Potsdam Kellas 101 **Cap:** 45

Classes: 1 session, 1.5 hours

Dates/Times: Thursday, 4/4, 10:00 - 11:30

Description: This course will cover the technical aspects of the emerging offshore wind technology. It will then include New York's Offshore Wind program, and the challenges that are faced in implementing this plan.

Presenter's Background: Tom Ortmeyer is Research Professor at Clarkson University, and Director of their Center for Electric Power Research. Ortmeyer has been at Clarkson since 1979, and has been teaching and researching in the power system area during that time.

10 Climate Change and Human Migration

Presenter: Pearson, Jess & Michael Popovic
Location: SUNY Potsdam Flagg 233 **Cap:** 42
Classes: 2 sessions, 1.5 hours
Dates/Times: Wednesdays, 3/20, 3/27, 1:00-2:30
Description: This course will cover the overall topic of climate change and human migration, and contextualize our research on this topic. Also included are different short documentaries about issues affecting indigenous communities confronting this issue from what is called Alaska and Louisiana today. These will provide case studies to anchor our broader global discussion and inform our discussion of the social justice implications of global climate change migration.
Presenter's Background: Dr. Jess Pearson is an Associate Professor of Environmental Studies at SUNY Potsdam. She works at the intersection of environmental conservation and Geographical Information Systems, studying invasive plants and climate.

11 Corruption in Europe: a US Department of State Diplomacy Lab Project with SLU Students

Presenter: Mert Kartal, A. Devane, B. Lloyd, B. Lennon, E. Birkitt, E. Grover, & O. Russell
Location: SLU Hepburn 218 **Cap:** 30
Classes: 1 session, 1.5 hours
Dates/ Times: Friday, 4/5, 3:00-4:30
Description: In Fall 2023, St. Lawrence University students collaborated with the U.S. State Department's Division of European and Eurasian Affairs to conduct a "Diplomacy Lab" project focusing on the factors contributing to corruption in European Union member countries. During a ninety-minute session, SLU students and their faculty advisor, Dr. Kartal from the Department of Government, will discuss this formal partnership between SLU and the Department of State. They will share insights into their "Diplomacy Lab" experience and present the findings of their research.
Presenter's Background: Dr. Kartal earned his Ph.D. in Political Science from the University of Wisconsin-Madison in 2014 and served as an Assistant Professor at the University of Wisconsin-Stevens Point. In 2019, he was a guest researcher at the University of Gothenburg's Quality of Government Institute. His research focuses on international organizations & good governance.
<https://www.stlawu.edu/offices/government/diplomacy-lab>

12 Disney World Tips for Older Adults

Presenter: Madeja, Tammy
Location: SUNY Potsdam Maxcy 104 **Cap:** 46
Classes: 1 session, 1.5 hours
Dates/Times: Thursday, 4/18, 3:00-4:30
Description: Visiting Disney World can be magical but somewhat daunting! This course will provide a bit of pixie dust to help you navigate the planning process to save time, money, and hassle. A guide to Genie+, Lightning Lanes, Disney transportation, Disney dining, helpful web links, and sample costs and itineraries will give you the tools you need for that Disney magic whether you visit as a couple, with friends, or plan that once in a lifetime trip with grandchildren.
Presenter's Background: Tammy is a retired teacher and self-proclaimed travel planner who has visited Disney World thirty-five to forty times as a child, young adult, mom of three kids, empty-nester, senior adult, and grandma of five adorable grandchildren. She has planned multiple trips to Disney with family and friends.

13 Eco-Criticism & Eco-Justice: Necessities to any Planning for a Moral & Sustainable Earth

Presenter: Danny & Marianne Dullea
Location: Potsdam Civic Center **Cap:** 45
Classes: 2 sessions, 1.5 hours
Dates/Times: Tuesdays, 3/12, 3/19, 10:00 - 11:30
Description: In this two session course, we will introduce and examine Eco-criticism and Eco-Justice and our Environmental Crisis. Using an interdisciplinary lens and multidisciplinary points of view, we will analyze and brainstorm possible just solutions to our contemporary disastrous environmental situation.
Presenter's Background: Danny is a performance storyteller, actor and civic media filmmaker. During his career as instructor and Director of Creative Media for the Communication and Media Department of Clarkson University, he taught courses on digital media production, mass media & public speaking. He has BS & MS in Environmental Science & Public Policy from the College of Environmental Science and Forestry at Syracuse University.

14 Estate Planning Basics

Presenter: Menz, Eleanor
Location: Silas Wright House **Cap:** 25
Classes: 2 sessions, 1.5 hours
Dates/Times: Tuesdays, 4/23, 4/30, 10:00-11:30

Description: The presenter will discuss planning for the orderly transfer of assets at death as well as planning for the possibility of incapacity during life. We will address the most common documents used, probate, as well as recent and forthcoming changes in the tax aspect.

Presenter's Background: Eleanor is a Certified Public Accountant and retired Certified Financial Planner. She has most recently retired from fifteen years offering fee only financial planning services.

15 Gettysburg 1863

Presenter: Niles, Terry

Location: Silas Wright House **Cap:** 35

Classes: 2 sessions, 1.5 hrs

Dates/ Times: Wednesdays, 4/24, 5/1, 1:00-2:30

Description: This three-semester course will focus on how a small town of 2400 people, located in southern Pennsylvania, becomes the sight of the bloodiest battle of the Civil War. What kind of a community was Gettysburg in June of 1863, & what attracted over 150,000 soldiers to choose this venue for battle, resulting in unbelievable carnage? The transition from a peaceful community in June 1863 to one of unthinkable bloodshed, culminating just a few months after with a visit by the President of the US who, through a "few appropriate remarks," redefines the war to a much higher cause. This course continues in Fall, 2024 and Spring, 2025.

Presenter's Background: Terry Niles is a local businessman who, along with his sons, owns Niles Financial Group. This business provides wealth management, consulting, and insurance services to north country clients. A 1976 graduate of St. Lawrence University, he majored in History and has taught several SOAR classes.

16 Graphic Novels As Literature

Presenter: Brown, Laura

Location: SUNY Potsdam Saterlee 325 **Cap:** 33

Classes: 1 session, 1.5 hours

Dates/Times: Tuesday, 5/7, 11:00-12:30

Description: This course will explore how graphic novels, much like comics, have been stigmatized as "not real literature" for years. We will look at the incredibly complex storytelling & visual artistry graphic novels have to offer readers of all ages.

Presenter's Background: Dr. Laura Brown is Chair of the Teacher Education Dept. & teaches undergraduate & graduate methods courses on the teaching of English.

17 Growing Dahlias in the North Country

Presenter: Wallace, Kathleen

Location: SUNY Potsdam Maxcy 104 **Cap:** 46

Classes: 3 sessions, 1.5 hours

Dates/Times: Fridays, 4/26, 5/3, 5/10, 1:00 -2:30

Description: Join us as we learn about the springtime duties for the Dahlia lover. Time to get ready for a display of these gorgeous enigmatic flowers! This is a continuation of the Fall, 2023 course.

Presenter's Background: Kathleen Wallace is a retired teacher and lifelong gardener. Since moving to the North Country, she has become obsessed with finding & cultivating dahlias that will thrive here in the frozen north.

18 Hospice 101

Presenter: Jones, Mary & Linda Potter

Location: SUNY Potsdam Maxcy 104 **Cap:** 46

Classes: 1 session, 1.5 hours

Dates/Times: Wednesday, 4/17, 10:00-11:30

Description: Hospice of St. Lawrence Valley recognizes and values the importance of having conversations long before the end of life. This SOAR presentation addresses the importance of talking to your doctor about end-of-life care, Palliative Care and Hospice services. Most importantly, the presentation will focus on conversation prompts to have with your family and friends.

Presenter's Background: Mary Jones has worked for Hospice & Palliative Care of St. Lawrence Valley for over thirty years. She is the Director of Family Support Services supervising Hospice Chaplains, Social Workers, Volunteer Manager and Bereavement Staff, & has served every school district in SLC since 1998. She initiated the program "When Grief Comes to School"; the program supports administrators, teachers & students when a student or staff member has died. Mary is an adjunct instructor at SUNY Potsdam Public Health & Human Performance since 2007, where she teaches Death & Dying.

Note: refer to website www.hospiceslv.org

19 I'll Be Gone in the Dark: Using Genetic Genealogy in the Golden State Killer case

Presenter: Brown, Liz

Location: SUNY Canton Dana Hall 230 **Cap:** 50

Classes: 1 session, 2 hours

Dates/Times: Monday, 4/22, 1:00-3:00

Description: The Golden State Killer was one of the most prolific serial killers operating in California over an extended period of time. The book "I'll Be Gone in the Dark" addresses the crimes, the investigation and the tools used to link the cold cases. We will be covering the Golden State Killer case and discussing how the case was finally solved using genetic genealogy and what this means as a future investigative tool.

Presenter's Background: Liz Brown is the Executive Director for the Center for Workforce, Community and Industry Partnerships at SUNY Canton. Previously, she was a Professor in the Criminal Justice Department where she taught courses on forensic science and serial killers.

Note: Please read the book "I'll Be Gone in the Dark: by Michelle McNamara

20 Insects, Airplanes, and Rockets, Oh My!

Presenter: Merrett, Craig

Location: Clarkson Science Center 346 **Cap:** 30

Classes: 2 session(s), 1.5 hours

Dates/Times: Mondays, 3/11, 3/18, 10:00-11:30

Description: This course will cover how the fields of Entomology and Aerospace Engineering have assisted each other in advancing knowledge in each field. The first part of the course will examine how past studies of noise within rocket engines provided a solution to how some caterpillars can whistle. The second part of the course will examine how studying the structure of butterfly wings has provided insight into designing improved composite wings for airplanes.

Presenter's Background: Dr. Craig Merrett is an Associate Professor in the Department of Mechanical and Aerospace Engineering at Clarkson University. He leads the Aero-Servo-Thermo-Visco-Elasticity Laboratory (ASTVEL) where his team tackles aerospace problems such as creep and stress relaxation of viscoelastic materials, unsteady aerodynamics, and fluid-structure interactions.

21 Intro to the Fitness Center

Presenter: Keenan, Ashley

Location: SUNY Maxcy Fitness Center **Cap:** 20

Classes: 1 session, 1.5 hours

Dates/Times: Monday, 4/15, 1:00-2:30

Description: In this course we will walk through the machines and resources in fitness center in Maxcy Hall. Ashley has been offering this course for a few semesters now and loves it! There has been a great turnout and she loves seeing familiar faces come into the fitness center daily with confidence!

Presenter's Background: Ashley Keenan has been the Fitness Center Director at SUNY Potsdam since 2016. She has worked with a variety of populations and this is her favorite!

Note: Bring a pair of sneakers to class.

22 Introduction to Pickleball

Presenter: Triolo, James

Location: SUNY Potsdam Maxcy Field House
Pickleball Courts **Cap:** 12

Classes: 8 session(s), 1.5 hours

Dates/Times: Tuesdays, Thursdays, 4/2-4/25, 12:00 - 1:30

Description: This course is designed to teach the basic skills necessary to play and enjoy pickleball.

Presenter's Background: Jim has had several years of experience playing pickleball and taught the course for SOAR in the fall semester.

Note: Need to have sneakers to wear on the courts. Paddles and balls will be provided for each session.

23 Keep Your Bones Strong - Staying Ahead of Osteoporosis

Presenter: Molnar, Deborah & Jennifer McDonald

Location: SUNY Canton Wicks Hall 214 **Cap:** 40

Classes: 1 session(s), 1.5 hours

Dates/Times: Thursday, 3/28, 12:00-1:30

Description: Faculty in the SUNY Canton PTA program will share information about osteoporosis. Participants will learn facts about bone loss, including risk factors, activities to prevent the changes that occur as a result of bone loss, nutrition to support healthy bones, and tips on maintaining good posture and healthy movement.

Presenter's Background: Deborah Molnar, PT, DPT, MEd is on the SUNY Canton PTA faculty. Jennifer McDonald, PT, DPT, MS and Derek Brown, PTA are all experienced physical therapy professionals and educators who are passionate about the importance of maintaining overall health and wellness. Together with their PTA students, they are excited about the opportunity to share their knowledge and expertise with course participants.

24 The Kibbutz: an Experiment in Communism

Presenter: ben-Avraham, Daniel

Location: SUNY Potsdam Maxcy 104 **Cap:** 46

Classes: 1 session, 1.5 hours

Dates/Times: Friday, 4/19, 1:00-2:30

Description: The Kibbutz can be regarded as an implementation of Communism. It has existed in Israel since before the country attained its independence, and has played a pivotal role in its history and development. In this course, we will discuss the lessons one can learn from the Kibbutz and their attempt at Communism, based on the presenter's experience living in Kibbutzim (the plural of Kibbutz), first as a child and later as a young adult.

Presenter's Background: Daniel ben-Avraham is a Professor Physics at Clarkson University. Born in Argentina and raised in Israel, he has lived in Potsdam since 1987.

25 The KKK in St. Lawrence County

Presenter: Thompson, Bryan

Location: Silas Wright House **Cap:**35

Classes: 1 session, 1.5 hours

Dates/Times: Monday, 4/29, 1:00-2:30

Description: This class will examine the history of the second KKK in St. Lawrence County in the 1920s.

Presenter's Background: Bryan Thompson is the DeKalb Town Historian.

26 Mah Jongg for Everyone

Presenter: Russell, Kay

Location: Partridge Knoll **Cap:** 12

Classes: 4 session(s), 1.5 hours

Dates/Times: Thursdays, 4/18-5/9, 9:30-11:00

Description: Mah Jongg or the Game of Sparrows is an ancient Chinese game played with tiles. It is similar to gin rummy. In this group we will play by the National Mah Jongg League rules. We welcome all skill levels from beginners to experts.

Presenter's Background: Kay has been playing Mah Jongg since 1969. She has been teaching for SOAR since 2003. At the Spring 2017 luncheon she received the semester's Super SOARer Award. She is a retired Department of Social Services supervisor.

Note: If you have a set bring it to class, the instructor will have extra cards. For cards, sets & other mah jongg accessories go to [National Mah Jongg League](#) To play, go to [Real Mah Jongg Online - 2022 & 2023 Card](#) (\$5.99 monthly). A good book for beginners

"Beginners Guide to American Mah Jongg: How to play the game and Win" by Elaine Sandburg

27 Music and Movement

Presenter: Walter, Alicia & Juanita Babcock

Location: SUNY Maxcy Dance Studio **Cap:** 20

Classes: 3 session(s), 1.5 hours

Dates/Times: Mondays, 4/22, 4/29, 5/6, 10:00 - 11:30

Description: This course will explore how movement with music can help achieve better balance, flexibility & strength while having fun with our favorite music. All levels of abilities are welcome, from chair to full room movement. Finding a connection to music will uplift your emotions while becoming more fit.

Presenter's Background: Alicia has forty years of figure skating experience, coaching students from the age of 2 1/2 to 85. Her off-ice dance background is in ballet, modern ballet, jazz and tap.

Note: Clothing appropriate for movement.

28 Nursery Rhymes

Presenter: Ohst, John

Location: Silas Wright House **Cap:** 40

Classes: 2 session(s), 1.5

Dates/ Times: Thursdays, 4/4, 4/11, 1:00-2:30

Description: This course will explore the history of some English nursery rhymes and the daily lives of the people who used them.

Presenter's Background: John has taught English classes at SUNY Canton, SUNY Oswego, LeMoyne College, and Onondaga Community College. He has taught other SOAR classes in dialects, traditional holidays, folksongs, and children's literature.

29 Our Amish Neighbors

Presenter: Betsy Tisdale

Location: Potsdam Civic Center **Cap:** 35

Classes: 2 session(s), 1.5

Dates/ Times: Thursdays, 4/4, 4/11, 2:00 - 3:30

Description: This course will cover the early history of the Amish in Europe, their arrival in America, & their growth and dispersal. Topics will include the continuum of care, technology, economics, separation from the world, schools, family life, & why they are in the north country.

Presenter's Background: Betsy Tisdale is a friend of the Amish (a Bridge Person). She ran a custom quilt & craft business with the Amish for 26 years.

30 Personal Identification in Crime: How Do They Do That?

Presenter: Gilbert, Steven

Location: Silas Wright House **Cap:** 40

Classes: 2 session(s), 1.5 hours

Dates/Times: Wednesdays, 3/20, 3/27, 10:00 - 11:30

Description: Many crimes are never solved. How can we identify the victims and persons responsible for the crime? What sciences can we use? Join the discussion about these forensic sciences and how they are used. See and handle actual specimens! Can a single bone determine your height?

Presenter's Background: Dr. Gilbert possesses a Ph.D. in criminal justice, a master's degree in forensic science, and fellowship in forensic medicine. He is retired from the United States Army and federal law enforcement and is also a retired Fellow of the American Academy of Forensic Sciences.

31 Poems by Billy Collins, Part 2, 1998-Present

Presenter: DeGraaff, Robert

Location: Canton Free Library **Cap:** 20

Classes: 3 session(s), 1.5 hours

Dates/Times: Tuesdays, 4/2, 4/9, 4/16, 1:00-2:30

Description: Often described as America's favorite living poet, Billy Collins writes poems that are accessible, lively, and full of surprising turns.

Presenter's Background: Bob taught English Literature, including many sections of "Introduction to Poetry," over a forty-year career at St. Lawrence University.

Note: Copies of poems will be provided & will be read and discussed during class time.

32 Quakerism: An Overview

Presenter: Rediehs, Laura

Location: SLU Richardson Hall 15 **Cap:** 30

Classes: 1 session, 1.5 hours

Dates/Times: Friday, 4/12, 3:00-4:30

Description: The Religious Society of Friends (Quakers) arose in England in the 1600s as part of the Radical (or Second) Reformation. The Quakers have often been described as having had an influence out of proportion to their small numbers. We will explore the history of Quakerism as well as Quakerism in the present world, with special attention to the Quaker Peace Testimony and the unique way that Quakers have integrated science and religious thought.

Presenter's Background: Dr. Laura Rediehs is Associate Professor of Philosophy and Coordinator of Peace Studies at St. Lawrence University. She has been a member of the Religious Society of Friends (Quakers) since 1984, and researches the philosophical history of Quaker thought.

33 Removing Toxic Textile Dyes from Water

Presenter: Oldacre, Amanda

Location: SLU Johnson Hall 303 **Cap:** 24

Classes: 1 session, 1.5 hours

Dates/Times: Monday, 4/15, 4:30-6:00

Description: The textile industry is the second largest polluter of clean water sources. Once released through polluted effluent, toxic textile dyes exert deleterious effects on the environment. We will explore what makes textile dyes toxic to humans & how we can use chemistry to remediate textile dye pollution.

Presenter's Background: Amand is an Assistant Professor of Chemistry at SLU. She received her PhD in Chemistry from the University at Buffalo. She teaches general chemistry, environmental chemistry & toxicology, and inorganic chemistry, as well as conducting research on the degradation of environmental pollutants.

Note: This course will include lab components so please wear long pants and closed-toe shoes.

34 Researching Your Family History

Presenter: Bradshaw, Richard

Location: SUNY Potsdam Kellas 100 **Cap:** 24

Classes: 2 session(s), 1.5

Dates/ Times: Tuesdays, 4/16, 4/23, 10:00 - 11:30

Description: This course will provide an opportunity for participants to research their family history. Beginners as well as seasoned genealogists are welcome. Participants will be exposed to online tools, both free and fee based. The course will introduce the essential steps for starting a family history as well as offer experienced researchers a variety of resources to deepen their understanding of their family's past. Participants are encouraged to bring documents and records to the class to aid in their research.

Presenter's Background: Richard Bradshaw is a retired history teacher. He has been conducting research on his family for over twenty years. He has linked over 4,000 people and records to his family. Richard lives in Colton with his wife, Kathleen. He enjoys spending time with his grandchildren, hiking and lifting weights.

35 Rules of Evidence in Criminal Proceedings

Presenter: Robinson, Charles

Location: SUNY Canton Dana Hall 230 **Cap:** 50

Classes: 3 session(s), 1.3 hours

Dates/Times: Wednesdays, 4/10, 4/17, 4/24 2:00-3:20

Description: We will explore the rules of evidence by which federal and state courts determine what evidence is admissible at a criminal trial.

Presenter's Background: Charles Robinson is a former lawyer. After practicing law for twenty-five years, he became a university professor teaching criminal justice and criminology courses in seated, online, and hybrid settings. As a veteran, he is a former U.S. Marine Corps captain.

36 Stretching for Couch Potatoes

Presenter: March, Pam

Location: SUNY Maxcy Dance Studio **Cap:** 50

Classes: 9 session(s), 1 hour

Dates/Times: Thursdays, 3/14-5/9, 12:00 - 1:00

Description: Very mild to mild level exercises sitting on, standing beside, and using a chair to stretch. Includes learning to stretch correctly, breath fully, body awareness, pain reduction, relaxation techniques, brief meditating, using stretchy bands, and moving cans around.

Presenter's Background: Since the age of sixteen, Pam has taught dance, exercise and therapeutic movement both privately & in groups to ALL ages. She has been a hatha yoga practitioner for the last sixty years. Pam has been a professional trainer in the original Pilates Body Conditioning exercise system in NYC for thirteen years. Her work has also included the Feldenkrais and Alexander techniques, physical therapy, psycho therapeutic integration of the body, mind & emotions to provide healing & various other modalities.

Note: Participants should bring to the first class two soup cans or light weights, should wear loose fitting clothing, soft shoes/socks and bring a water bottle.

37 Tai Chi Beginning

Presenter: Pam March

Location: Maxcy Dance Studio **Cap:** 50

Classes: 9 session(s), 1.0 hour

Dates/Times: Tuesdays, 3/12-5/7, 12:00-1:00

Description: This class includes basic Chinese warmups both standing and sitting down, Tai Chi meditation and introduction to the Yang 24 movement short form. Concerns of seniors will be

addressed including balance, leg strength, endurance, taking it easy on the joints, and learning how to relax. **Presenter's Background:** Pam March is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In fall 2010, Pam received the Leon LeBeau SOARing Educator Award in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members.

Note: Participants should wear loose fitting clothing, soft shoes and socks and bring a water bottle. Beginning students may not register for "Continuing Tai-Chi " unless the instructor allows it.

38 Tai Chi Continuing

Presenter: Pam March

Location: Maxcy Dance Studio **Cap:** 50

Classes: 18 session(s), 1 hour

Dates/Times: Tuesdays, Thursdays, 3/12-5/9, 1:00-2:00

Description: This course is intended for students who already have familiarity with Tai Chi & Qigong. The course includes Qigong forms, traditional Chinese warmup exercises, Tai Chi meditation, movement phrases from the short form, and the eight method and five steps form.

Presenter's Background: Pam March is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In fall 2010, Pam received the Leon LeBeau SOARing Educator Award in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members.

Note: Participants should wear loose fitting clothing, soft shoes and socks and bring a water bottle.

39 Think You Know a Lot About Chocolate?

Presenter: Ashpole, Sara

Location: SLU Griffiths Art Center 123 **Cap:** 50

Classes: 1 session(s), 1.5 hours

Dates/Times: Wednesday, 4/17, 1:00-2:30

Description: Cocoa has been cultivated for centuries and today it's a much-loved indulgent confectionery. In this course, we explore the interdisciplinary nature of chocolate and sustainability. Chocolate is art, music, film, literature, spiritual, medicinal, culinary, commodity, injustice, environment, and science. Historians shed light on how chocolate changed the world. Economists show a greedy consumer-driven global chocolate market estimated at 139 billion USD, which might just vanish as scientists estimate

there are less than twenty-five years before the plant faces extinction from climate change.

Presenter's Background: Sara Ashpole is an Associate Professor Environmental Studies and the past director of the Sustainability Program at St. Lawrence University.

40 Tree Rings and Roadways: Evaluating Slope Stability in Alaska

Presenter: Stewart, Alexander

Location: SLU 143-144 Brown Hall **Cap:** 40

Classes: 1 session, 1.5 hours

Dates/Times: Wednesday, 3/20, 3:00-4:30

Description: In this lecture you will learn about how trees can be used to evaluate the spatial and chronological history of a landslide site. Research from many areas around Alaska will highlight this tree-ring science methods. In addition, we may chat about using trees to date earthquakes and even volcanic eruptions!

Presenter's Background: Dr. Alexander Stewart is a surficial Geologist in the Department of Geology at St. Lawrence University. He is a retired combat veteran of the U.S. Army. He and his students work globally using trees to evaluate landscapes amongst other things.

41 Urban Farming and Growing Indoors

Presenter: Bowdish, Raymond

Location: SUNY Potsdam Stowell 205 **Cap:** 24

Classes: 2 session(s), 1.5 hours

Dates/Times: Fridays, 4/19, 4/26, 10:30-12:00

Description: The course gives a brief overview of global urban farming systems and offers a hands-on workshop in the WISER Greenhouses, where we construct and plant Tower Gardens.

Presenter's Background: Raymond Bowdish is a local horticulturalist and WISER Center Coordinator, in the Biology Department at SUNY Potsdam. Ray's master's degree work on the Entomopathology began his lifelong practice of Integrated Pest Management and use of Biological Control Agents (BCAs) in the WISER Center Greenhouses and at Never Tire Farm LLC, a commercial greenhouse he operates with his wife, Megan.

Note:

<https://online.aurora.edu/history-of-urban-agriculture/>

42 Vicarious Voyagers - Egypt

Presenter: Babcock, Juanita

Location: Potsdam Civic Center **Cap:** 45

Classes: 1 session, 1.5 hours

Dates/Times: Monday, 4/8, 1:00-2:30

Description: Egypt is a fascinating country with millennia of history and culture. In this presentation we will let you visit a large number of Egypt's areas and experiences, including Cairo, the stunning pyramids, an oasis, a trip down the Nile, the ancient marvels of Luxor, the Valley of the Kings, and much more.

Presenter's Background: Juanita is an international traveler who loves learning about other countries and their unique histories and cultures. Each country explored becomes a part of her and she believes that travel keeps us connected with other ideas and viewpoints which are invaluable in international understanding.

43 Virtual Reality Tourism

Presenter: Betrus, Anthony

Location: SUNY Barrington Student Union MPR **Cap:** 10

Classes: 2 session(s), 1.5 hrs

Dates/Times: Thursdays, 3/21, 3/28, 10:30-12:00

Description: Explore Virtual Reality visits to locations from around the world.

Presenter's Background: Anthony is a Professor of Educational Technology and Management at SUNY Potsdam, and won the Chancellor's Award for Excellence in Teaching in 2023.

Note: Bring comfortable clothing that you can move in. Motion sickness is possible with VR, so mitigate with Ginger (candy or tea) prior to participation if possible.

44 Watercolor Workshop

Presenter: Kuhn, Donna

Location: SUNY Potsdam Satterlee 225 **Cap:** 18

Classes: 10 session(s), 2 hours

Dates/Times: Fridays, 3/8-5/10, 10:00-12:00

Description: This workshop is designed for aspiring SOAR artists to get together informally and improve their artistic skills through demonstrations, support from other participants, opportunities to have your work critiqued and to critique the work of others. All skill levels are welcome!

Presenter's Background: Donna has participated in several SOAR art courses. She is looking forward to coordinating this workshop & continuing to learn from expertise shared by the participants.

Note: Supplies for the first class: basic watercolor set, watercolor paper tablet, brushes, container for water and an inspiration for your first painting. A list of useful websites will be provided at the first class.

45 The Wild World of Aerosols

Presenter: Ferro, Andrea

Location: SUNY Potsdam Kellas 101 **Cap:** 54

Classes: 1 session(s), 1.5 hours

Dates/Times: Wednesday, 4/3, 9:30-11:00

Description: This course will cover the breadth of aerosol research, including the impact of aerosols on human health, climate forcing, cloud formation, and visibility. We will dig a little deeper in our discussion of indoor aerosol exposure and health, which is Andrea's specific area of research.

Presenter's Background: Andrea Ferro is a professor in the Department of Civil and Environmental Engineering and the Associate Director for Research for the Clarkson Institute for a Sustainable Environment at Clarkson University.

She has been conducting aerosol research for more than twenty-five years. She is a fellow of the International Society of Indoor Quality and Climate and of the American Association for Aerosol Research.

NOTE:

All changes to courses, such as cancellations, time or room changes, will be posted on our website:

SoarNorthCountry.org

**REMEMBER TO CHECK YOUR EMAIL
FREQUENTLY!**