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THE STATE UNIVERSITY OF NEW YORK
Potsdam

Course Descriptions Fall 2022

SOAR

lifelong learning in the North Country

affiliated with:

ROAD SCHOLAR
Institute Network

01 AARP Smart Driver Course

Presenter: David Stewart

Location: Potsdam Civic Center Meeting Room (2 Park)

Classes: 2 sessions, 3.5 hours

Dates: Wed 10/5, Thurs 10/6, 12:30-4:00

Cap: 30

Description: AARP's Smart Driver course is the successor program to Defensive Driving and is approved by New York State for insurance discounts and driver's license point reduction. Smart Driver is the nation's largest refresher course designed specifically for older drivers, but it is open to all age groups. The course helps participants update their driving knowledge, skills, and confidence. Research shows that, after completing the course, most people make positive changes to their driving behaviors.

Presenter's Background: David Stewart, a retired university administrator and former TV and radio reporter, has taught almost 150 safe-driving courses mostly in northern NY.

Note: 1) **Please arrive at least 30 minutes early!** Bring your NYS driver's license and, if you have one, your current AARP membership card; 2) Fee: \$25 for AARP members (MUST show proof of AARP membership for this fee); \$30 for non-AARP members (pay in cash or make your check out to AARP). 3) Both sessions must be attended to receive a 10% reduction in the base rate of auto or motorcycle liability and collision insurance premiums for 3 years. You also may be eligible to reduce as many as 4 points from your driving record.

Link: <https://www.aarp.org/auto/driver-safety/>

02 Be on the Jury! Who Killed Charles Lindberg's Son?

Presenter: Steven Gilbert

Location: Maxcy 104

Classes: 3 Sessions, 1.5 hours

Dates: Mondays, 10/24-11/7, 10:00-11:30

Cap: 40

Description: On March 1, 1932, Charles Lindbergh Jr. was kidnapped from the family home in Hopewell, NJ. A lengthy investigation identified Richard Bruno Hauptmann who was convicted and executed for this crime. Was he the kidnapper and killer? Ever since this crime occurred, there has been much speculation about Hauptmann's guilt. Be on the jury and decide once for all about who the killer really is.

Presenter's Background: Steve Gilbert, a Ph.D. in criminal justice, is a former U.S. Army and federal law enforcement officer and retired Fellow of the American Academy of Forensic Sciences.

03 Beautiful Malaysia

Presenter: Dana Barry

Location: Maxcy 104

Class: 1 session, 1.5 hours

Date: Monday 9/19, 10:00-11:30

Cap: 40

Description: It includes general information (like the country's history, culture, music, religion, etc.), a short video with highlights of Malaysia, a look at the poor and wealthy sections of the country, and a hands-on display of clothing and other items from Malaysia.

Presenter's Background: Dana Barry, a Clarkson University Research professor, has visited Malaysia four times and served there as acting president of a small private university; she has 5 graduate degrees and over 300 academic/professional publications.

04 Canine Body Language

Presenter: Kris Hoffmann

Location: SLU, Valentine 103

Classes: 2 sessions, 2 hours

Dates: Mondays 9/12 & 9/19, 4:00-6:00

Cap: 28

Description: Dogs are constantly telling us about themselves, but we need to use our eyes rather than our ears to listen. Is that dog friendly or fearful? Is she playing nice or being a bully? Is it safe to pet him? Through photos, diagrams, videos, models, and live dog demos, you'll learn what body cues to look for and what they mean.

Presenter's Background: Kris Hoffmann, a St. Lawrence University conservation biologist, is currently training a wildlife-detector dog-and-student team to find a rare frog for conservation work.

Note: Live dogs will be present and off-leash

05 Ceramics

Presenter: Meadow Alexander**Location:** Brainerd 107**Classes:** 8 sessions, 1.5 hours**Dates:** Wednesdays 9/21-11/9, 4-5:30**Cap:** 8

Description: This course will provide a fun and exciting environment for students to learn the basics of ceramics. We will learn techniques including throwing, sculpting and hand building! You have the freedom to create works as functional or decorative as you'd like. The clay is in your hands!

Presenter's Background: Meadow Alexander, a graduate student at SUNY Potsdam with an Art Studio degree, has been working in ceramics for almost 8 years.

Notes: A check for \$46 written to Meadow Alexander should be enclosed with the registration form to cover the cost of clay and glazes (other materials will be provided).

06 Cruising America's Inland Waterways

Presenter: Arthur Johnson**Location:** Maxcy 104**Class:** 1 session, 1.5 hours**Date:** Tuesday 10/11, 10:30-12:00**Cap:** 40

Description: This course will describe cruising on Long Island Sound, the Hudson River, The Erie Canal, and the St. Lawrence River. It includes one cruise from Chicago to New Orleans, one from Quebec City to Newfoundland, and one on the Intra-coastal waterway from Florida to Rhode Island.

Presenter's Background: Arthur Johnson, an emeritus professor of history at SUNY Potsdam (1968-2012), is a member of the Steamship Historical Society and has lectured aboard vessels of the American Canadian Carribean Line.

07 Current Events

Presenter: John Casserly**Location:** Potsdam Town Hall Community Room (18 Elm)**Classes:** 8 sessions, 1.5 hours**Dates:** Fridays 9/9-10/28, 10:30-12:00**Cap:** 20

Description: A discussion of current events

Presenter's Background: John Casserly, a retired Canton high school social studies teacher and first winner of the Leon LeBeau SOARing Educator Award, has facilitated current events discussions for SOAR since 2005.

08 The Dams of the Raquette River

Presenter: Mary Jane Watson & Mimi Van Deusen**Location:** Potsdam Civic Center (2 Park)**Class:** 1 session, 1.5 hours**Date:** Sunday 9/25, 1:00-2:30**Cap:** 45

Description: The Raquette River, the second longest river in New York State, starts on the slope of Blue Mountain and ends at its confluence with the St. Lawrence River. Its 174 mile trip flows over 24 dams powering 20 hydroelectric generating facilities. Local residents believe that the Raquette is the most dammed river east of the Mississippi. This course is in conjunction with the current exhibit at the Potsdam Museum.

Presenter's Background: Mary Jane Watson is a member of the St. Lawrence County Historical Association and on the editorial board of its *Quarterly*; Mimi Van Deusen is director at the Potsdam Museum.

09 December Holidays

Presenter: John Ohst**Location:** Silas Wright House**Class:** 1 session, 1.5 hours**Date:** Wednesday 11/9, 1:00-2:30**Cap:** 25

Description: In the U.S., Christmas is the best known December holiday, but there are at least 10 other holidays in that month that are celebrated here and around the world. This course will examine their history and their significance.

Presenter's Background: John Ohst has taught English classes at several NYS colleges and previous SOAR classes in dialects, traditional folksong, and children's literature.

10 Detecting Toxic Metals in Your Drinking Water—A Simple Home Test Based on Color Change

Presenter: Fadi Bou-Abdallah**Location:** Maxcy 104**Class:** 1 session 1.5 hours**Date:** Wednesday 11/2, 10:00-11:30**Cap:** 40

Description: The discovery of "Lead" in Flint Michigan's drinking water, but also in some of the schools in our district, drew renewed attention to the health risks posed by this toxic metal. Exposure to "Lead" represents a serious health concern that has been linked to various neurological disorders and diseases, particularly in young children whose developing brain acts like a sponge. In this seminar, I will share recent advances in this area of research and show you how our laboratory has successfully developed a simple and inexpensive test based on a visual color change to detect not only lead, but a host of other toxic metals like chromium, mercury, arsenic, and aluminum that could be present in your drinking water at home. Although we are still working towards improving the sensitivity of our test, the current detection

level is somewhere around 200 parts per billion, which is quite remarkable. If permitted, I am happy to hand over sample tests to all participants to try at home.

Presenter's Background: Dr. Fadi Bou-Abdallah, Professor of Chemistry at SUNY Potsdam, is the recipient of multiple accolades and awards for his teaching, mentorship and research; his research program is supported by over \$1.5 million in grants.

11 Drinking Water Treatment

Presenter: Siwen Wang

Location: Maxcy 104

Class: 1 session, 1.5 hours

Date: Monday 9/26, 11:00-12:30

Cap: 40

Description: This course will introduce drinking water treatment processes and promote public awareness on water sanitation and hygiene.

Presenter's Background: Dr. Siwen Wang is an Assistant Professor in the Department of Civil and Environmental Engineering at Clarkson University where her research interests are the treatment and detection of waterborne pathogens. She received her PhD in Environmental Science and Engineering from California Institute of Technology and M.S. and B.S. from Tsinghua University.

12 The Flight of Friendship 7

Presenter: Terry Niles

Location: Silas Wright House

Classes: 2 sessions, 1.5 hours

Dates: Thursdays, 10/27 & 11/3, 9:00-10:30

Cap: 25

Description: On February 20, 1962 John Glenn became the first American astronaut to orbit the earth. Sitting in a tiny capsule, Friendship 7, for well over 4 hours, and orbiting the earth at a speed of 17,500 miles per hour, Glenn navigates what was a truly remarkable flight. The success of this flight gave Nasa a greatly needed boost, which propelled the space program towards the ultimate goal of landing men on the moon by decade's end. We will look back at the early days of Nasa and specifically this flight, and the various challenges that Glen confronted on that historic day.

Presenter's Background: Terry L. Niles, a native of northern NY, graduated SLU in 1976 with a degree in History and Government, worked in banking before establishing his own businesses. He has previously taught SOAR classes on the life of President Lincoln as well as others relating to both American and European history.

13 Humor: Exercises to Change the Character of Your Thought

Presenter: Ina Brockriede

Location: Maxcy 104

Class: 1 session, 1.5 hours

Date: Friday 9/16, 10:30-12:00

Cap: 40

Description: This course will explore the reception and function of humor, the categories of humor, and examples of each to enjoy. Class participants are encouraged to bring a favorite piece of humor to share.

Presenter's Background: Ina Brockriede is a retired teacher with a sense of humor.

14 James Joyce's Ulysses: Controversies and Conundrums

Presenter: Doug Rose

Location: Maxcy 104

Classes: 3 sessions, 1.5 hours

Dates: Wednesdays, 10/12-10/26, 11:00-12:30

Cap: 40

Description: In 1922, the literary world was shaken by the publication of James Joyce's novel *Ulysses*. Regarded as obscene literature in the United States and Britain, the novel gained further notoriety and popularity as well. This course will examine the book's controversial publication history, the 1933 Supreme Court's decision to allow publication in the United States, and the novel's literary and academic significance.

Presenter's Background: Doug Rose taught in the English/Humanities Department at SUNY Canton for 28 years where he occasionally assigned selected chapters and passages from Joyce's *Ulysses* to his literature students; since then, he has continued to reread, study, and discuss the novel with colleagues and friends.

15 Liars, Murderers, and Rapists: The Biology of Deviant Behaviors in Nature

Presenter: Gordon Plague

Location: Maxcy 104

Class: 1 session, 1.5 hours

Date: Thursday 9/15, 4:00-5:30

Cap: 40

Description: All human societies have laws against deviant behaviors, although humans are not the only species that exhibit such behaviors. In this course, we will take an evolutionary approach to explore the adaptive benefits of some fantastically deviant behaviors in nature.

Presenter's Background: Gordon Plague, Professor of Biology at SUNY Potsdam since 2011, mainly teaches courses in microbiology and evolutionary biology, and has published papers on topics ranging from the behavioral ecology of insects to the evolution of parasitic genes in bacteria.

16 Mah Jongg for Fun

Presenter: Kathleen Russell and Brenda Francey

Location: Partridge Knoll

Classes: 4 classes, 1.5 hours

Dates: Thursdays 9/15-10/6, 9:30-11:00

Cap: 6

Description: Mah Jongg, or Game of the Sparrows, is an ancient Chinese game played with tiles and is similar to gin rummy. We play the standard version. The object of the game is to be the first to complete one of the hands on the National Mah Jongg League official card. This class is for beginners and experienced players.

Presenter's Background: Kathleen, a retired Department of Social Services Supervisor, has been playing mah jongg since 1969 online and with friends, and has taught it as a SOAR class since 2003 following the National Mah Jongg league rules.

Note: A good book: *A Beginners Guide to American Mah Jongg: How to Play the Game and Win*. By Elaine Sandburg. For cards, games and instruction book: www.nationalmahjongleague.org.

17 Medicare A, B, C and D's—What Everyone Needs to Know

Presenter: Barb McBurnie

Location: Maxcy 104

Class: 1 session, 1.5 hours

Date: Monday 10/3, 10:30-12:00

Cap: 40

Description: Medicare can be very confusing. What's good coverage for one is totally different for another. Learn about Medicare basics and how to select the best plan for you. Did you know that Medicare loses billions of dollars each year due to fraud, errors and abuse? One of the most effective steps we can take to improve Medicare's long-term health is ridding the program of waste, fraud and abuse. Learn how to protect your Medicare information and help detect and report Medicare fraud and abuse.

Presenter's Background: Barb is a SMP (Senior Medicare Patrol) volunteer in NYS; the SMP program is funded by the US Department of Health and Human Services' Administration for Community Living. She is retired after twenty years with the county Office for the Aging.

18 Mixed-Media: Drawing, Painting, and More

Presenter: Sandra Nestlerode-Hale

Location: Satterlee 225

Classes: 4 sessions, 2 hours

Dates: Fridays 9/9-9/30, 1:30-3:30

Cap: 10

Description: The class will explore a wide variety of mixed media techniques, including drawing, painting, photographing, journaling and collage. We will explore the works of the 19th century artists who combined drawing and color washes to quickly capture a moment in time and how modern artists combine painting with markings, collage, fiber and ephemera. Then we will try different techniques as a group and create individual projects. No experience is necessary. The course will encourage group interaction and sharing of ideas.

Presenter's Background: Sandra Nestlerode-Hale is a working artist and has lectured on Art in England, Maine, and Pennsylvania. She has a Masters degrees from Keele University in England.

Note: Students will be responsible for bringing their own drawing materials and watercolor paper and paints. You will be sent a list of suggested supplies before the first class.

19 Modern Western Square Dancing

Presenter: Joe Tebo and Ron Roy

Location: Knights of Columbus Hall (30 Miner St, Canton)

Classes: 9 sessions, 1.5 hours

Dates: Fridays 9/9-11/4, 3:00-4:30

Cap: 40

Description: Learn the first forty basic square dance calls and use "Taminations" app to review the moves. Each class, we will review the moves that were already taught and then we will teach two to three new moves each class. There are two types of calls, hash tip and singing class. Modern music is used.

Presenter's Background: Ron Roy, retired, has danced for many years and has called for a few years.

20 Patterns in Our Genomes: What Can They Tell Us about Evolution

Presenter: Susan Bailey

Location: Maxcy 104

Classes: 1 session, 1.5 hours

Date: Wednesday 9/28, 10:30-12:00

Cap: 40

Description: What can patterns in the DNA sequences of genomes tell us about an organism's evolutionary history? And can those patterns help us to predict how organisms might evolve into the future? Drawing from examples ranging from viruses (e.g. SARS-CoV-2) to humans, we will discuss current approaches used to analyze genome sequence data and what they can (and can't!) tell us about the past, present, and future evolution of the diversity of life in our world.

Presenter's Background: Susan Bailey, an Assistant Professor of Biology at Clarkson University, specializes in evolutionary biology and bioinformatics and uses experiments with microbes, along with mathematical and statistical models of DNA sequences to explore fundamental questions about how evolution has shaped the diversity of life we see in the world around us.

21 Production Engagement with the Department of Theatre and Dance:

Presenter: Rivka Eckert **Location:** SUNY Potsdam Performing Arts Ctr
Classes: 7 sessions, length varies, **Cap:** 20
Date: Wednesday, 10/12: 9:30-11:00 AM **Location:** Black Box Theater
 Season overview with Assistant Professor Rivka Eckert
Date: Wednesday, 10/26: 9:30-11:00 AM **Location: Black Box Theater**
 Enrichment and engagement prior to *Night of the Living Dead* matinee
Date: Sunday, 10/30: 2:00 PM **Location: Black Box Theater**
Night of the Living Dead performance and talk-back with Chair of the Department of Theatre and Dance and Director Jay Pecora
Date: Sunday, 11/6: 2:00-3:30 PM **Location: Black Box Theater**
 Enrichment and engagement prior to *Amélie* matinee
Date: Wednesday, 11/9: 9:30 AM **Location: Snell Theater**
Amélie performance and talk-back with Assistant Professor and Director Anthony Eversole
Date: Wednesday, 11/30: 9:30-11:00 AM **Location: Dance Theater**
 Enrichment and Engagement prior to Student Choreographers' Concert Matinee
Date: Sunday, 12/4: 2:00 PM **Location: Dance Theater**
 Enrichment and Engagement prior to Student Choreographers' Concert Matinee
 Student Choreographers' Concert Matinee performance, talk-back with choreographers and Assistant Professor Kerri Canedy

Description: This series of workshops and performances, paired with a talk-back, will engage participants in a deeper understanding and appreciation of the performance offerings from SUNY Potsdam's Department of Theatre and Dance. The engagement prior to the performance and talkback will vary from looking at story-boards and the aesthetic development of the productions to reading source materials and inspiration for the performances. Choreographers and directors will host talk-backs after the production to answer questions and give further insight to the productions.

Presenter's Background: Rivka Eckert is an Assistant Professor of Theatre at SUNY Potsdam where she focuses as a community-based theatre artist exploring the intersections of theatre and social justice.

22 Quantum Mechanics, the Dream that Stuff is Made of

Presenter: Daniel ben-Avraham **Location:** Maxcy 104
Classes: 3 sessions, 1.5 hours **Dates:** Fridays 9/16-9/30, 1:00-2:30 **Cap:** 40
Description: There is a great deal of confusion and suspicion regarding quantum mechanics and its underlying principles, yet it is the most successful theory to date to explain practically all of the phenomena around us. This course will introduce quantum mechanics, its development and its many successes as a practical science. We will also discuss how to make peace with quantum mechanics' bizarre principles. No knowledge of math and/or physics is required for this course. Come to class with a curious, open mind.
Presenter's Background: Daniel ben-Avraham has been teaching physics and mathematics at Clarkson University for the past 35 years.

23 The Sky in Motion

Presenter: Aileen O'Donoghue **Location:** SLU, Bewkes 232
Classes: 4 sessions, 1.5 hours **Dates:** Tuesdays 9/6-9/27, 9:00-10:30 **Cap:** 30
Description: The sky, though it looks static, is in constant motion. In this course we will explore sky motions through the day (and night), the month, the year, and on scales longer than years. This will help us understand how the first clocks and calendars people used were the motions of the sky.
Presenter's Background: I've been in love with the sky all my life, teaching astronomy at SLU for over 30 years, plus appearing monthly on North Country Public Radio to discuss the sky, and serving on the board of trustees of the Adirondack Sky Center and Observatory.

24 Solve a Mystery—Mystery at Magnolia Gardens

Presenter: Liz Brown

Location: Maxcy 104

Class: 1 session 1.5 hours

Date: Wednesday 10/5, 10:30-12:00

Cap: 40

Description: Have you ever wanted to solve a mystery? In this course we will discuss the motive and opportunity of an offender to commit a crime. Then using a "Hunt a Killer" all-in-one mystery we will investigate a poisoning case at Magnolia Gardens. We will investigate multiple suspects, look at evidence, build a timeline and figure out which suspect had the means, motive and opportunity to commit the crime.

Presenter's Background: Liz Brown is a Professor at SUNY Canton in the Criminal Justice Department where she has been teaching forensic science and criminal justice courses for 14 years.

25 Stretching for Couch Potatoes

Presenter: Pam March

Location: Maxcy Dance Studio

Classes: 8 sessions, 1 hour

Dates: Tuesdays 9/20-11/8, 11:00-12:00

Cap: 25

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, and moving cans around.

Presenter's Background: Since the age of 16, Pam has taught dance, exercise and therapeutic movement both privately and in groups to ALL ages.

Note: Participants should bring two soup cans or light weights and a water bottle; also, wear loose fitting clothing, soft shoes and socks.

26 Stretching on a Mat

Presenter: Pam March

Location: Maxcy Dance Studio

Classes: 8 sessions, 1.5 hours

Dates: Thursdays 9/22-11/10, 11:30-1:00

Cap: 10

Description: Moderate stretches lying down, sitting, and sometimes standing on a mat. Includes breathing correctly for maximum stretch with minimum wear and tear, relaxation techniques, brief meditating, and wiggling. Students will receive personal attention from the instructor.

Presenter's Background: Since the age of 16, Pam has taught dance, exercise and therapeutic movement both privately and in groups to ALL ages.

Requirements: 1. Be able to get up off the floor (if not, then take "Stretching for Couch Potatoes") 2. Be able to walk up the stairs to class (without taking the elevator)

Special instructions: Participants should bring a mat (e.g. a yoga mat), two to three towels to roll up and put under your head, a water bottle, and therapeutic stretching bands; also, wear loose fitting clothing and warm socks (no shoes).

27 Tai Chi and Qigong—Beginning

Presenter: Pam March

Location: Maxcy Dance Studio

Classes: 8 sessions, 1 hr

Dates: Tuesdays, 9/20-11/8, 12:00-1:00

Cap: 25

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, relaxing and taking it easy on the joints, and learning how to relax.

Presenter's Background: Pam March, a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi, received the "Leon LeBeau SOARing Educator Award" in 2010 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 and Qigong" unless the instructor allows it.

28 Tai Chi and Qigong—Continuing

Presenter: Pam March

Location: Maxcy Dance Studio

Classes: 16 sessions, 1 hr

Dates: Tuesdays & Thursdays 9/20-11/10, 1:00-2:00

Cap: 25

Description: This course is intended for students who already have familiarity with Tai Chi and 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, a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi, received the "Leon LeBeau SOARing Educator Award" in 2010 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.

29 Travel stories from a World-travelling Composer/Conductor

Presenter: John O'Reilly

Location: Maxcy 104

Class: 1 session, 1.5 hours

Date: Friday 9/9, 10-11:30

Cap: 40

Description: Interesting experiences traveling to conduct my compositions.

Presenter's Background: John O'Reilly, a 1962 graduate of the Crane School of Music and a 2014 recipient of an Honorary Doctor of Music from Crane, is one of the most-performed composers of numerous school band and orchestra compositions at all levels of performance; he has conducted in 48 states, all Canadian provinces, and in many international venues.

30 Trees and Shrubs of the North Country

Presenter: Glenn Johnson

Location: Stowell 103

Classes: 2 sessions, 1.5 hours and field trip

Cap: 40

Date: Mondays 9/5 & 9/12, 3:30-5:00 plus optional field trip Saturday, 9/17

Description: Identification and ecological and silvicultural characteristics of native and introduced woody plants (trees, shrubs and vines). Two lectures and an optional Saturday field trip to a local natural area.

Presenter's Background: A Professor at SUNY Potsdam and Chair of the Biology Department, Glenn Johnson, who teaches conservation biology, ecology, dendrology and vertebrate biology courses, describes his main interest as Conservation Biology, especially endangered vertebrates, particularly, amphibians and reptiles; he coauthored a field guide to amphibians and reptiles of New York and has taught three Dendrology (trees) courses for SOAR.

31 The Utility of Some "Useless" Mathematics

Presenter: Lawrence Brehm

Location: Maxcy 104

Class: 1 session, 1.5 hours

Date: Monday 10/17, 10:00-11:30

Cap: 40

Description: How a branch of mathematics often thought to be of no practical use turned to be anything but.

Presenter's Background: Lawrence Brehm, a retired associate professor of Physics, taught at SUNY Potsdam.

Note: Some paper and pencil might be useful. While not at all necessary, it might be instructive to read a bit beforehand about Evariste Galois (French, 1811-1832), from Wikipedia, or wherever else.

32 Vegetarian Cooking—Local, Fresh, and Delish

Presenter: Juanita Babcock

Location: Knapps Station Community Church

Classes: 2 sessions, 2 hours

Dates: Mondays 10/10 & 10/17, 11:00-1:00

Cap: 12

Description: Think a vegetarian diet is eating only rabbit food? No way! Let your taste buds shriek in sheer delight with locally grown, fresh-from-the-garden foods that are guaranteed to satisfy even the most diehard carnivore. Protein complementarity will be discussed, and recipes for all the offerings will be handed out. NOTE: This is not a vegan class, and the offerings do use nuts and gluten-based ingredients.

Presenter's Background: Juanita Babcock has been a vegetarian for more than forty years and has taught Vegetarian Cooking for several semesters for SOAR.

Note: The course fee is \$30 and covers several vegetarian offerings, beverage, paper goods and cutlery, and donation to the church for utility usage. A check for \$30 fee should be written to the presenter, Juanita Babcock and mailed with registration form. Please bring containers with you to class for leftovers.

33. Watercolor Workshop

Presenter: Donna Kuhn

Location: Satterlee 225

Classes: 9 sessions, 2 hours

Dates: Fridays 9/9-11/4, 10:00-12:00

Cap: 18

Description: This workshop is designed for SOAR aspiring 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. While there is no designated instructor for this workshop we hope to have guest artists from time to time to share their expertise.

Presenter's Background: Donna Kuhn has participated in several SOAR art courses and looks forward to continuing to learn from expertise shared by the participants.

Note: Supplies you'll need for the first class: basic watercolor set, watercolor paper tablet, brushes, container for water and an inspiration for your first painting.

<http://colormatters.com/color-and-design/basic-color-theory>

34 What is GardenShare?

Presenter: Carlene Doane

Location: Maxcy 104

Class: 1 session, 1.5 hours

Date: Monday 9/12, 10:00-11:30

Cap: 40

Description: Explore and understand the role GardenShare has in St. Lawrence County. Information about our local food system, fresh local food incentive programs, St. Lawrence County farmers markets will be shared. Nutritional security which includes access to healthy food is important to all residents. Come join the discussion around local food.

www.gardenshare.org

Presenter's Background: Carlene Doane, GardenShare's Executive Director, oversees several programs that assist income eligible households with access to local food, liaises with farmers' markets, does community outreach and education on food security resources, and volunteers with the Canton Free Will Meal Program, Food Bank of Central NY, Church and Community Program, local parent groups via public schools, United Methodist Women, and others.

35 Why People Falsely Confess to Crimes

Presenter: Steven Gilbert

Location: Maxcy 104

Class: 1 session, 1.5 Hours

Date: Friday 10/14, 10:00-11:30

Cap: 40

Description: In recent years false confessions have been the subject to intense research. Why do people falsely confess to crimes they did not commit? Who are they? Who is responsible? And why do we hesitate to believe the confession is false? Join the discussion and see how innocent people find themselves in prison.

Presenter's Background: Steven Gilbert, who possesses a Ph.D. in criminal justice, a Master's degree in forensic science, holds fellowship in forensic medicine, and is retired from the United States Army and federal law enforcement, is also a retired Fellow of the American Academy of Forensic Sciences; his dissertation was entitled, "What Criminal Investigators Believe are the Causes of True and False Confessions."

36 Women's Place

Presenter: Ina Brockriede

Location: Maxcy 104

Classes: 3 sessions, 1.5 hours

Dates: Wednesdays 9/7-9/21, 10:30-12:00

Cap: 40

Description: This course will present women's roles in societies and the forces that create and maintain those roles from ancient times to the present with exploration of likely changes to come.

Presenter's Background: Ina Brockriede is a retired teacher who has nurtured her exploratory kind of thinking for several decades and can't resist the drive to share.

37 Zhou Enlai: A Subordinate's Efforts to Influence the Prince

Presenter: Grace Huang

Location: SLU, Hepburn 113

Class: 1 session, 1.5 hours

Date: Friday 11/4, 1:30-3:00

Cap: 40

Description: Zhou Enlai (1898-1976) was a key player in the Chinese Communist Party's rise to power and an indispensable partner to Mao Zedong. Yet for much of this time, Zhou was Mao's subordinate, and while Zhou has garnered near unanimous admiration for his charm, experience as a negotiator and administrator, and humanity in curbing the violent excesses of Mao's policies, he has also been criticized for being a willing implementer of Mao's regime, and that perhaps without his help, the state might have collapsed. As Zhou's case will suggest, examining the second or third in command is important because they may do more to institutionalize ideas, and thus their ability for creative self-preservation can profoundly impact the future trajectory of the collective.

Presenter's Background: Grace Huang is professor of Government at St. Lawrence University where she teaches comparative politics, politics of Asia, Chinese politics, and the rise of India and China.

<https://www.stlawu.edu/people/grace-huang>

