SOAR
Fall 2026
Course Descriptions

SOAR Office
382 Van Housen Ext.
SUNY Potsdam
MWF 9am-2pm
(315) 267-2690

1 A Brief History of the Kanienkehaka

Presenter: Katrina Herne
Location: SUNY Potsdam Timerman 131 **Cap: 72**
Classes: 2 sessions, 1.5 hours
Dates and Times: Mondays, 9/14-9/21, 10:00-11:30
Description: Even in modern times, what you learn in history class is often one-sided and most likely told by the oppressor, the tale of the conquering hero. For the people in Akwesasne, that story is much different than the ones you may have heard. This class is a brief history lesson told by the Kanienkehaka themselves and talks about the timeline of events from contact to modern day.
Presenter's Background: Katrina Herne is the Outreach Worker and Community Advocate for the **Seven Dancers Program**, the Kanienkehaka Cultural Consultant for the French-Canadian School Board of Ontario, and a lifelong learner of the Kanienkehaka traditional ways.

2 Smudging and the Importance of Gratitude

Presenter: Katrina Herne
Location: SUNY Potsdam Kellas 102 **Cap: 54**
Classes: 1 session, 1.5 hours
Dates and Times: Monday, 9/28, 9:00-10:30
Description: As Haudenosaunee people, we greet our day with the Ohenton Kariwatekwen, also referred to as the Thanksgiving Address or Opening Prayer. This course explains the science and spiritual aspects of smudging as well as the importance on gratitude in our lives.
Presenter's Background: Katrina Herne Refer to Course 1.

3 The Haudenosaunee Creation Story

Presenter: Katrina Herne
Location: SUNY Potsdam Timerman 131 **Cap: 72**
Classes: 2 sessions, 1.5 hours
Dates and Times: Mondays, 10/26-11/2, 10:00-11:30
Description: The Creation Story is the foundation of all other traditional life teachings. It explains the origins of life on earth, humanity, and the essential balance of life through the lens of Haudenosaunee culture.
Presenter's Background: Katrina Herne Refer to Course 1.

4 Signs and Symbols of the Haudenosaunee

Presenter: Katrina Herne
Location: SUNY Potsdam Timerman 131 **Cap: 72**
Classes: 1 session, 1.5 hours
Dates and Times: Monday, 11/9, 10:00-11:30
Description: You may have seen signs and symbols or flags that you know are somehow relevant to your Indigenous neighbors, but what do they mean? This course will take a look at the most common symbols and imagery we see and their meanings.
Presenter's Background: Katrina Herne Refer to Course 1.

5 3D Printing: It's Not Sci-Fi! Section 1

Presenter: Casey DeJesus-Webb
Location: SUNY Potsdam Makerspace - Lougheed Learning Commons **Cap: 6**
Classes: 2 sessions, 2.5 hours
Dates and Times: Tuesday, Thursday, 11/3, 11/5, 11:00-1:30
Description: **Continued on the next page**

5 3D Printing: It's Not Sci-Fi! Section 1 (continued)

Description: Dive into 3D printing with SUNY Potsdam's resident expert - Casey! Learn the basics of bringing 3D models to life using free online websites and community made software. Start with an idea, find or make a model, then let the printer do the rest! Participants will learn how to work with consumer-grade 3D printers and Tinkercad (a free, browser-based 3D modeling software program) while they let their creativity soar!

Presenter's Background: Casey DeJesus-Webb is a SUNY Potsdam Music Education graduate student who has been the SUNY Potsdam Makerspace's Manager for the past three years. Beyond that, he has worked with 3D printers for the past five as a Makerspace Assistant and a hobbyist. He has worked on a large range of projects, from small product prototypes for business majors and conducting batons for music majors, to sidewalk stamps for the Town of Potsdam and full suits of 3D printed armor.

Note: *Participants should establish a free Tankercad.com account to be used during class and bring a personal laptop if able.

Note: *Do Not Register for both Course 5 and Course 6. Choose only ONE course.

6 3D Printing: It's Not Sci-Fi! Section 2

Presenter: Casey DeJesus-Webb

Location: SUNY Potsdam Makerspace - Lougheed Learning Commons **Cap: 6**

Classes: 2 sessions, 2.5 hours

Dates and Times: Tuesday, Wednesday, 11/10, 11/11, 11:00-1:30

Description: Refer to Course 5.

Presenter's Background: Casey DeJesus-Webb Refer to Course 5.

Notes: Refer to Course 5.

7 Acrylic Painting

Presenters: Sheila Hossain and **Jim Murray**

Location: SUNY Potsdam Satterlee 225 **Cap: 12**

Classes: 8 sessions, 2 hours

Dates and Times: Tuesdays, 9/8-10/27, 10:00-12:00

Description: This class is offering basic acrylic instruction and techniques for acrylic painting. No experience is necessary. For the first two classes materials will be provided, along with assistance as needed. After that you will bring your own materials with your own ideas. We will share our information and enjoy each other's company.

Presenters' Backgrounds: Sheila Hossain is originally from Bangladesh and has a Master's Degree in Education. She is a self-taught artist who has worked with many mediums and enjoys various forms of art. **Jim Murray** is a North Country native and veteran. He has a Master's Degree in Social Work and is retired from St Lawrence Psychiatric Center. He is a self-taught artist who works in most mediums.

Note: Further information will be shared during the first two classes regarding materials and where to purchase them.

8 The Adirondacks and American Art

Presenter: Caroline Downing

Location: SUNY Potsdam Kellas 103 **Cap: 105**

Classes: 1 session, 1.5 hours

Dates and Times: Thursday, 11/5, 2:30-4:00

Description: The Adirondacks have long been a source of inspiration for American artists. Thomas Cole, Frederic Remington, Georgia O'Keeffe, and Rockwell Kent are just a few of the many artists who have created art inspired by living and working in the Adirondack Park. Join us as we explore the art of the Adirondacks then and now.

Presenter's Background: While **Caroline Downing**'s area of specialty is Greek and Roman art, she has long had an interest in the art of the Adirondacks and has published a book chapter on the topic.

9 Architectural Psychology

Presenter: Thomas Greene

Location: SLU Brown 122 (Bloomer Auditorium) **Cap: 60**

Classes: 3 sessions, 1.5 hours

Dates and Times: Wednesdays, 9/23-10/7, 10:00-11:30

Description: This course covers the interaction between built or managed environments and human behavior and well-being. Topics include evidence-based design, ambient conditions, ergonomics, and the elusive sources of sense of place. Short walking tours will supplement classroom discussions.

Presenter's Background: Thomas Greene earned his Ph.D. in Environmental Psychology from Colorado State University and recently retired after teaching more than 40 years at St. Lawrence University. Tom co-authored an environmental psychology textbook and has participated in the planning and design of a number of buildings and spaces.

10 Be the Bridge: Vital Skills Until Help Arrives

Presenter: Richard Thayer

Location: Colton Fire Hall, 80 Riverside Drive, Colton, NY 13625 **Cap: 24**

Classes: 1 session, 1.5 hours

Dates and Times: Friday, 10/16, 1:00-2:30

Description: When an emergency happens, the first few minutes are the most critical. This introductory session is designed to empower you with the confidence and practical skills needed to act effectively before professional responders arrive. We will cover how to recognize medical emergencies, learn "hands-only" CPR techniques, and the immediate steps to take for various common crises. This is a non-certification course focused on providing clear, life-saving knowledge for anyone who wants to be better prepared to help their neighbors, friends, or family.

Presenter's Background: R.J. Thayer is the Director of Strategic Initiatives for the Student Affairs Division at SUNY Canton, where he founded the campus's student-run EMS squad and the Outdoors for All initiative. He holds a Master's in Emergency Management, a Bachelor's in Environmental Studies, and an Associate's in Education. In the community, R.J. serves as a Fire Commissioner and IT Administrator for the Colton Fire District and is a volunteer EMT, Fire Police, and Interior Firefighter with the Colton Volunteer Fire Department. In his spare time, he is an avid outdoorsman who enjoys hiking and geocaching throughout the North Country with his wife, daughter, and their two dogs.

11 Become Energy Wise

Presenters: Nick Hamilton-Honey and **Louise Jensen**

Location: CCE Extension Learning Farm, 2043B State Highway 68, Canton, NY 13617 **Cap: 30**

Classes: 3 sessions, 2 hours

Dates and Times: Wednesdays, 9/30-10/14, 10:00-12:00

Description: "Become Energy Wise" is a series of three workshops to address the most frequent energy needs and concerns of homeowners and tenants. "Save Energy/Save Dollars", a broad-based overview of DIY opportunities, resources, and programs (no- and low-cost), that can increase your home's energy efficiency, reduce your fuel consumption, and help to reduce utility costs. "From There to Here - An Electron's Journey", a look at the electricity generation and delivery to better understand the grid. "Bring Your Bills & Stump the Energy Educator & Advisor with your Questions", an examination of your heating and electricity bills.

Presenters' Backgrounds: Nick Hamilton-Honey is the Coordinator of the Energy Navigator Volunteer program. Nick and the Energy Navigators can do preliminary home energy walkthroughs to give you DIY measures or tips and tricks to save money and energy. **Louise Jensen** is the Energy Advisor for St. Lawrence and Franklin Counties. She can help you connect to energy efficiency programs including getting a home energy audit, walk you through the application process for taking advantage of energy incentives, and help you to save money and energy.

Note: Useful resources: North Country Clean Energy Hub (www.northcountrycleanenergyhub.org), New York State Energy Research & Development Authority (NYSERDA) Home Energy Efficiency Programs (www.nyserda.ny.gov/All-Programs/Home-Energy-Efficiency-Upgrades), NYSERDA Home Energy Assessment (www.myenergy.ny.gov/how-to-upgrade/home-energy-assessments/, New York Independent Systems Operator Real-time Dashboard (www.nyiso.com/real-time-dashboard)

12 Community Science Projects

Presenter: Nick Hamilton-Honey

Location: 1st Class - CCE Extension Learning Farm, 2043B State Highway 68, Canton, NY 13617

2nd Class - Indian Creek Nature Center, Main Entrance, 770 County Route 14, Rensselaer Falls, NY 13680 **Cap: 25**

Classes: 2 sessions, 2 hours

Dates and Times: Wednesday, Tuesday, 9/9, 9/15, 10:00-12:00

Description: "Community science (sometimes referred to as "participatory science" or "citizen science") is a form of research that provides everyone, regardless of their background, an opportunity to contribute meaningful data to further our scientific understanding of key issues. By engaging community members, researchers can collect a larger amount of data, and can often span more geographic regions in a shorter amount of time. In turn, data collected informs larger conservation efforts." -- Xerces Society. Join Nick and learn about ways you can participate and make a difference in community science even in your own backyard.

Presenter's Background: Nick Hamilton-Honey is the Natural Resource and Energy educator for Cornell Cooperative Extension of St. Lawrence County. Nick utilizes several community science apps and loves to identify plants, animals, fungi, insects, and more when they are outside.

Note: Rain date for September 15 is September 16, 2026

13 Current Events

Presenter: John Casserly

Location: Potsdam Town Hall, 18 Elm Street, Potsdam, NY 13676 **Cap: 45**

Classes: 10 sessions, 1.5 hours

Dates and Times: Fridays, 9/11-11/13, 10:30-12:00

Description: A group discussion of the events of the time period in which we are living.

Presenter's Background: John Casserly is a retired Canton Middle School Social Studies teacher.

14 Driver Safety by AARP

Presenter: David Stewart

Location: BOCES, 40 W. Main St Canton, NY 13617 **Cap: 35**

Classes: 2 sessions, 3 hours

Dates and Times: Monday, Tuesday, 10/5-10/6, 1:00-4:00

Description: AARP's Smart Driver course 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 is open to all age groups. Research shows that, as a result of completing the course, most people make positive changes to their driving behaviors. Courses are offered in two sessions of 3 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 points from their driving record.

Presenter's Background: David Stewart is a retired university administrator and former radio and TV reporter. He has taught more than 190 safe-driving courses, primarily in Northern New York.

Note: 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.

15 Drugs: The Good, the Bad, and the Ugly

Presenters: Samuel Tartakoff and **SLU students**

Location: SLU Johnson Hall of Sciences, Room 303 **Cap: 30**

Classes: 1 session, 1.5 hours

Dates and Times: Friday, 10/23, 3:30-5:00

Description: The development of new medicines is fascinating and multifaceted, whether you are primarily interested in chemistry, biology, healthcare, or societal impact. In this course, we will cover different aspects of the pharmaceuticals process, from finding a potential new medicine, through clinical trials, FDA approval, and beyond. Using hands-on examples and case studies, the course will look at how tiny molecules can impact our health, for better or for worse, in profound ways.

Presenters' Backgrounds: Samuel Tartakoff is a professor at St. Lawrence University and received his Ph.D. in Organic Chemistry from the University of California - Irvine. He teaches general and organic chemistry, as well as conducting research into new chemical reactions and potential new medicines. Other presenters include chemistry, biochemistry, and biology students from St. Lawrence University, who will be leading portions of the discussion. **SLU students**: Background information not provided.

16 Eating for Maximum Nutrition

Presenters: Brad Pendergraft and **Sara Trimm**

Location: SUNY Potsdam Kellas 105 **Cap: 205**

Classes: 1 session, 2 hours

Dates and Times: Wednesday, 9/30, 10:00-12:00

Description: This course will cover interesting scientific data and fun facts on what plant varieties are most packed with nutrition, and ideal ways to prepare them. You will go on a journey from the wild plants that comprised our original diets to those we see in grocery stores today. Find out how to reclaim the vitamins, minerals, protein, fiber, healthy fats, and antioxidants that have been lost in favor of other characteristics, and get gardening tips from the best if you're inspired to grow your own food.

Presenters' Backgrounds: Brad Pendergraft has bachelor degrees in Geology and Art, and a Master's Degree in Education. He taught night classes in the geology department at SUNY Potsdam for 15 years and Earth Science at Salmon River Central High School for 17 years. Brad moved to the North Country 46 years ago to homestead on 180 acres and built a stone house, raised Black Angus cattle, honey bees, gardened, and made compost. He is a Master Gardener. **Sara Trimm** grew up in a farming community in the Midwest and has been gardening in Colton, NY for more than 20 years now. She is a Master Gardener and enjoys learning all things, reading, and spending time in nature. She finds joy experimenting with garden plants and growing new things. She has had a lifelong interest in nutrition and wellness and recently began studying more natural healing methods.

Note: Eating on the Wild Side website: www.Eatwild.com

17 Experience the Mediterranean Diet

Presenter: Linda Reece

Location: Knapps Station Community Church, 3035 County Route 47, Norwood, NY 13668 **Cap: 12**

Classes: 6 sessions, 2 hours

Dates and Times: Tuesdays, 9/22-9/29, 10/13-11/3, 11:00-1:00

Description: In 2025 the Mediterranean diet was ranked Best Diet for Diabetes, High Cholesterol, Gut Health, Mental Health, Inflammation and many other health conditions. Each session will highlight a component: Healthy Fats, Fruit/Vegetables/Herbs, Whole Grains, Beans/Peas/Lentils, Fermented Dairy and Seafood. We will be preparing and sharing a meal during each session. Participants will receive a booklet including all recipes. **Send a $35 check, made payable to Linda Reece, with your registration form, to cover the cost of food.**

Presenter's Background: Linda Reece is a retired Occupational Therapist. She taught cooking classes in conjunction with Maple Rock B&B and presented Prevent Type 2 Diabetes classes for the Health Initiative. She received her certification to provide the Mediterranean Diet Program from Oldways, an educational nonprofit that promotes heritage diets as healthy, sustainable ways of eating.

Note: *There will be NO CLASS on October 6, 2026

Note: **Optional to bring: beverage, apron and knife for chopping vegetables.

18 Feng Shui

Presenter: Kathryn Farr

Location: SUNY Potsdam Kellas 101 **Cap: 20**

Classes: 1 session, 2 hours

Dates and Times: Monday, 10/5, 9:00-11:00

Description: Feng shui is the ancient art and science of placement, linking people to their surroundings to promote success in life, health, love, wealth, and happiness. The class welcomes discussion, including via student participation in analyzing living spaces and the application of feng shui components and principles within them.

Presenter's Background: Kathryn Farr has informally studied and practiced the art of Feng Shui for decades, creating balanced, uncluttered living spaces in her home.

19 Fun with Fermentation

Presenters: Flip Filippi and **Carolyn Cook**

Location: CCE Extension Learning Farm Harvest Kitchen, 2043B State Highway 68, Canton, NY 13617 **Cap: 15**

Classes: 1 session, 2 hours

Dates and Times: Wednesday, 9/16, 10:00-12:00

Description: Join us for this fun hands-on session where each participant will make and take a quart jar to ferment and eat at home. Many traditions developed fermented vegetable staples, such as kimchi in Korea and curtido in El Salvador. The course will start with locally grown cabbage and have three flavor variations for participants to choose from that include additional vegetables and aromatic spices. Participants will learn about the ancient practice of lacto-fermentation and take inspiration to create their own at home.

Presenters' Backgrounds: Flip Filippi is the Ag & Local Food Program Leader at Cornell Cooperative Extension. She manages the shared use space and the Harvest Kitchen (which is rented to food entrepreneurs, as well as used for Extension programming such as Chef Training Camp, Celebrating Local Food classes and the ever-popular food preservation workshops). **Carolyn Cook** is a Master Food Preserver Volunteer, and serves as a resource in the community to provide the public with research- based information from various sources including Cornell Cooperative Extension, National Center for Home Food Preservation, and the USDA.

Note: The ingredients, supplies, aprons and jars will all be supplied by Cornell Cooperative Extension (https://stlawrence.cce.cornell.edu)

20 Geology of Selected National Parks

Presenter: Brian Carl

Location: SUNY Potsdam Kellas 105 **Cap: 205**

Classes: 4 sessions, 1.5 hours

Dates and Times: Thursdays, 10/15-11/5, 10:00-11:30

Description: This course will review major geologic features found in selected National Parks (tentatively Acadia, Joshua Tree, Sequoia Kings-Canyon, and North Cascades) as well as environmental and ecological threats facing our national park lands today. Key geologic concepts will be reviewed during the first session.

Presenter's Background: Brian Carl worked as a geologist in both the environmental and oil industries, as well as in academia in the US (including SUNY Potsdam) and overseas. He has personally visited about half the parks and loves to share pictures and stories of his adventures within them.

21 Hello, Insects! Getting to Know the Neighbors

Presenter: Eudora Watson

Location: SUNY Potsdam Kellas 105 **Cap: 205**

Classes: 1 session, 1.5 hours

Dates and Times: Tuesday, 9/8, 1:00-2:30

Description: This course will offer a photo tour of the presenter's backyard insects and provide tips on finding, photographing, and identifying some of your own smallest neighbors. The presentation will include a comparison of the iNaturalist and Bug Guide online identification tools, the results of planting explicitly for insects, and insight into how learning the basics of scientific names can quickly deepen your understanding of the insects who share our world.

Presenter's Background: Eudora Watson is a retired educator who, inspired by biologist Howard Ensign Evan's book *Life on a Little-Known Planet*, began photographing and identifying the insects in her yard years ago and has never looked back. More recently she began planting to provide food and shelter for insects. Read more about Eudora's adventures with insects at her website blog, eudorawatson.com, and at her Substack account, eudorawatson.substack.com.

22 Hiking in the North Country: Tips and Trips

Presenter: Tom Wheeler

Location: SUNY Potsdam Flagg 235 **Cap: 45**

Classes: 2 sessions, 2.5 hours

Dates and Times: Tuesdays, 10/20-10/27, 9:00-11:30

Description: Hiking is very beneficial both physically and mentally. This area has a tremendous variety of hiking opportunities at all levels from difficult to accessible. The course will cover modern apps that can improve enjoyment and safety. The second session will involve an optional slow-paced hike appropriate to the group.

Presenter's Background: Tom Wheeler is presently chapter chair of the local ADK chapter. A former president of the Adirondack Forty-Sixers, a former president of ADK, he has hiked all of the northeastern peaks above 4000 feet and has done all of the ADK high peaks in winter. He and his wife have been avid birders and their travels have involved hikes in many foreign countries.

Note: If more than 12 wish to do a hike we will schedule additional hikes as necessary.

23 Intro to the Alexander Technique Part 1

Presenter: Beth Robinson

Location: SUNY Potsdam Maxcy Dance Studio **Cap: 25**

Classes: 2 sessions, 1.5 hours

Dates and Times: Thursdays, 10/8-10/15, 10:00-11:30

Description: The Alexander Technique is a proven, safe, self-care method to stop pain, stress and muscular tension caused by everyday misuse of the body. In this class, learn how our everyday movements such as sitting down, standing up, and walking may create unnecessary tension in our bodies. Through increased awareness, and occasional gentle hands-on guidance from the teacher, we create the possibility for change.

Presenter's Background: Beth Robinson is a certified Alexander Technique teacher. She received her training at the Montreal School of the Alexander Technique. A member of the American Society for the Alexander Technique (AmSAT), and Chair of the Committee for Alexander Technique in the Performing Arts, Beth has worked individually with musicians, actors, dancers and athletes, and pregnant women. Beth taught the Alexander Technique at SUNY Potsdam's Theatre & Dance department for 17 years.

Note: Useful resource: www.alexandertechnique.com. Participants are encouraged to wear comfortable clothing. They may choose to work in either socks or clean footwear.

24 Intro to the Alexander Technique Part 2

Presenter: Beth Robinson

Location: SUNY Potsdam Maxcy Dance Studio **Cap: 25**

Classes: 2 sessions, 1.5 hours

Dates and Times: Thursdays, 10/22-10/29, 10:00-11:30

Description: This class will build on the activities presented in Alexander Technique Part I with additional attention to the eyes, the breath, as well as any specific interests of the participants.

Presenter's Background: Beth Robinson Refer to Course 23.

Note: Refer to Course 23.

25 Introduction to Casino Gambling

Presenters: Charles Foster and **Mary Sue Foster**
Location: SUNY Potsdam Maxcy 104 **Cap: 20**
Classes: 3 sessions, 1.5 hours
Dates and Times: Thursdays, 9/24-10/8, 3:00-4:30
Description: The purpose of this course is NOT to encourage casino gambling. It is to provide the basic skills to participate in casino games (Blackjack, Roulette, Craps, etc.) and have some fun in the process too!
Presenters' Backgrounds: Charles Foster bears the scars of 40 years of casino gambling, including over 30 trips to Las Vegas. **Mary Sue Foster** has gambled with Charles for those 40 years. Most of those Vegas trips were her idea!

26 Introduction to the Fitness Center

Presenter: Ashley Keenan
Location: SUNY Potsdam Fitness Center **Cap: 20**
Classes: 1 session, 1.5 hours
Dates and Times: Monday, 10/12, 10:00-11:30
Description: This course is an orientation to the SUNY Potsdam's fitness center and equipment. It is the perfect opportunity to learn about the cardio and weight training machines while being able to ask questions.
Presenter's Background: Ashley Keenan is now in her 11th year as the Fitness Center Director at SUNY Potsdam. She loves working with clients, teaching them about balance and fall prevention.
Note**: Come prepared to exercise. Bring closed toed shoes and a water bottle**.

27 Lifestyle and Cardiovascular Disease

Presenter: Bob Rogers
Location: SUNY Potsdam Flagg 210 **Cap: 49**
Classes: 1 session, 1.5 hours
Dates and Times: Wednesday, 9/23, 1:30-3:00
Description: This course will review the history of cardiovascular disease in the US, with emphasis on the current roles of weight gain and sedentary behavior. Discussion will include the pathophysiology of obesity and inactivity, the effects of weight loss and exercise, and opportunities to reduce the predicted growth of cardiac and other lifestyle-related diseases.
Presenter's Background: Bob Rogers worked in outpatient, inpatient, and critical care Internal Medicine for 40+ years with particular interest in Cardiology. He started the exercise testing and echocardiography services at CPH and was the Medical Director/Chief Medical Officer at CPH/SLH for 28 years. He was also the Medical Director and lecturer in Cardiology at Clarkson's PA program for 15 years. Bob is a lifelong runner, biker, hiker, and skier.
Note: Optional viewing: YouTube video by Dr. Mike Evans. "23 1/2 hours: What is the single best thing we can do for our health?"

28 Line Dancing

Presenter: Rochelle Lashomb
Location: SUNY Potsdam Maxcy Dance Studio **Cap: 50**
Classes: 16 sessions, 1.5 hours
Dates and Times: Mondays, Wednesdays, 9/14-11/11, 10:00-11:30
Description: Participants will learn the steps needed to Line Dance as well as other dances in this course. Plan to learn and have fun.
Presenter's Background: Rochelle Lashomb is a retired Nurse. She has line danced close to 20 years and has taught line dancing for the majority of those years.
Note: Please wear sensible shoes - no flip flops or open back shoes. Bring a water bottle.

29 The Lives of Stars

Presenter: Aileen O'Donoghue
Location: SLU Bewkes Hall 232 **Cap: 30**
Classes: 4 sessions, 1.5 hours
Dates and Times: Thursdays, 9/10-10/1, 9:00-10:30
Description: Stars, like humans, have finite lives. In this course, we'll explore how stars form, how they live, and how they die. We'll also learn that we, and most of what we know on Earth, are the products of stars that lived and died before the Sun and Earth were born.
Presenter's Background: Aileen O'Donoghue has taught physics and astronomy at St. Lawrence University for many years. She observes the hydrogen content in galaxies using the Green Bank Radio Telescope to characterize the galaxies' mass, rotation, and motion in the universe.

30 Mah Jongg for Fun I

Presenters: Carol Rossi-Fries and **Pam Dumas**

Location: Potsdam Civic Center Community Meeting Room, 2 Park Street, Potsdam, NY 13676 **Cap: 13**

Classes: 6 sessions, 2 hours

Dates and Times: Tuesdays, Thursdays, 10/20-11/5, 9:00-11:00

Description: This course is designed for people who have never played Mah Jongg before. Focus will be on learning the fundamentals of the game: identifying the tiles, reading the 2026 Mah Jongg card, and using basic strategies to build winning hands. The ultimate goal is to have fun and meet people who form groups to play Mah Jongg together. Helpful resources: *A Beginner's Guide to American Mah Jongg, How to Play the Game and Win* by Elaine Sandberg and the website www.ilovemahj.com.

Presenters' Backgrounds: Carol Rossi-Fries was an educator in Potsdam for 37 years teaching both at Potsdam Central and SUNY Potsdam. She enjoys playing Mah Jongg for fun, socialization, keeping her mind active and passing on her love of the game to others. **Pam Dumas** was a high school teacher at Potsdam Central School for 30 years. She enjoys playing and teaching Mah Jongg because it's fun, challenging and a great way to meet new people.

Note: Materials will be provided in class for reference and for homework.

31 Mah Jongg for Fun II

Presenters: Carol Rossi-Fries and **Pam Dumas**

Location: Potsdam Civic Center Community Meeting Room, 2 Park Street, Potsdam, NY 13676 **Cap: 13**

Classes: 3 sessions, 2 hours

Dates and Times: Tuesdays, 10/20-11/3, 11:30-1:30

Description: This course is for those who already know how to play Mah Jongg, may need a refresher or are looking for others to play with. The first class will focus on playing standard American Mah Jongg using the 2026 card. The second class will introduce players to Siamese Mah Jongg which is a challenging game for two players. The last day will be player's choice, regular Mah Jongg or Siamese. Our primary goal is to have fun! Helpful resources: *A Beginner's Guide to American Mah Jongg, How to Play the Game and Win* by Elaine Sandberg and the website www.ilovemahj.com.

Presenters' Backgrounds: Refer to Course 30

Note: The 2026 Mah Jongg card will be available for those who do not have one. Extra games or cards are welcome!

32 Medicare A, B, C & D's: Navigating the Confusion

Presenter: Barbara McBurnie

Location: SUNY Potsdam Kellas 105 **Cap: 205**

Classes: 2 sessions, 1.5 hours

Dates and Times: Thursdays, 9/17-9/24, 10:00-11:30

Description: Medicare can be very confusing. What's good coverage for one can be entirely different for another. Learn the Medicare basis and the options you may have. Did you know that Medicare loses billions each year due to fraud, errors and abuse? One of the most effective steps we can take to improve Medicare's long-term solvency is by ridding the program of waste, fraud and abuse. Learn how to protect your Medicare information and detect fraud and abuse.

Presenter's Background: Barb McBurnie is a SMP (Senior Medicare Patrol) Volunteer in NY State. She is retired after 20 years with the County Office for the Aging.

33 Meet the Mediums (Art, That Is)

Presenter: Jennifer Cavanaugh

Location: St Lawrence Arts, 14 Main Street, Waddington, NY 13694 **Cap: 15**

Classes: 1 session, 1.5 hours

Dates and Times: Tuesday, 9/22, 1:00-2:30

Description: In this course, participants will tour a local cooperative gallery and discover basics about the three mediums: pastel, watercolor, and acrylic. They will also create and take away at least one small painting or greeting card using materials provided. No experience is necessary.

Presenter's Background: Jen Cavanaugh is a retired vocal music teacher who decided - with a great start from SOAR - to take up painting. She has taken classes in watercolor and pastel, but is largely self- taught. Born and raised in Potsdam, she and her husband now live in Waddington where she is an artist member of the Gallery at Lake St Lawrence Arts.

34 Microsoft Excel for Beginners

Presenter: David Mathie

Location: SUNY Potsdam Flagg Hall 232 **Cap: 10**

Classes: 2 sessions, 2 hours

Dates and Times: Tuesdays, 9/29-10/6, 1:00-3:00

Description: Do you have Excel on your computer but don't have a clue how it works? Are you itching for a way to organize your spouse's bottle cap collection but don't know how? Would you like to make a daily calendar of your upcoming trip to Paris but don't know where to begin? This class will teach you, step by step, how to use Microsoft's Excel spreadsheet program, beginning with how to open it, how to enter information, how to use the features such as sorting, adding numbers, copying and importing data, eventually leading to making budgets, lists, calendars, inventories, to-do lists and other useful things. Please note this is a course for beginners or novices.

Presenter's Background: A Potsdam native, **David Mathie** has served on the SOAR Board since 2019 and is Chair of the Curriculum and Scheduling committees. He was awarded the SOAR SuperSOARer award in 2026. In his pre-retirement life, he was a Professor of Music at Boise State University in Idaho for 24 years where he taught trombone and music education, inservices and classes in basic computer techniques for college students and public-school teachers, and is the father of a son who is a software engineer. He was also a former professional trombone player in New York City. He has had absolutely no formal training whatsoever in computers but has used them since the 1980s and enjoys being the person who can usually fix my &#~!% computer problems.

Note: You will be required to bring a laptop to class.

35 Music & Medals: The Crane School of Music at the 1980 Winter Olympics

Presenter: Bryan Kvet

Location: SUNY Potsdam Stowell 211 **Cap: 144**

Classes: 1 session, 1.5 hours

Dates and Times: Tuesday, 9/29, 2:00-3:30

Description: This course covers The Crane School of Music's role in the 1980 Winter Olympics. Using materials and photos from the SUNY Potsdam Archive, this course describes how Crane became the Olympics' official music provider, the hurdles faced during the organizing efforts, and the performances by the Crane ensembles during the Lake Placid games.

Presenter's Background: Bryan Kvet is SUNY Potsdam's Information Literacy and Archives Librarian, where he has worked since 2022. He is a native of Northeast Ohio and earned his Ph.D. in History and Masters of Library and Information Science at Kent State University.

36 Navigating the Grief Journey

Presenter: Kate Favaro

Location: SUNY Potsdam Flagg 206 **Cap: 49**

Classes: 1 session, 1.5 hours

Dates and Times: Monday, 10/19, 10:00-11:30

Description: We live in a society that does not talk about death, dying, or grief, and "spoiler alert", you're going to experience each of them. This class will explore the grief journey, one most of us walk daily, what we know about it, and what is new in the field of grief. This informative and interactive presentation invites participants to learn about grief theory and apply it to their own experiences. Not only will this course give you a clearer understanding of how to navigate your own grief, but it will also help you build a foundation to support others on their grief journeys.

Presenter's Background: Kate Favaro, C.T., a native Adirondacker and graduate of SUNY Potsdam, has worked for Hospice of St. Lawrence Valley for five years. Normalizing conversations about end-of- life planning, death, dying, and grief has become an unforeseen passion of hers. When not doing this work or supporting individual grievers she can be found by the lake with her golden retriever and a good book or adding stamps to her well-worn passport.

Note: Come prepared to share and engage!

37 Photos of the Adirondacks

Presenter: Phillip Bridgman

Location: SUNY Potsdam Timerman 131 **Cap: 72**

Classes: 2 sessions, 1.5 hours

Dates and Times: Mondays, 9/14-9/21, 2:00-3:30

Description: This course will include photos taken by the presenter of the Adirondack Mountains, lakes, rivers, and flora and fauna in various seasons. These photos were taken while hiking, snowshoeing, skiing, canoeing and camping.

Presenter's Background: Phillip Bridgman is a retired pathologist with a passion for outdoor photography. He has been exploring the Adirondacks since moving to Potsdam 40 years ago, always carrying a camera. The Adirondack mountains are beautiful all year, but especially magical in the winter. The abundance of lakes and rivers also provide many places to explore when the Adirondacks thaw out.

38 Put That Book Down and Come to Supper Now!

Presenter: Elizabeth O'Brian

Location: Jernabi Coffeehouse, 11 Maple St., Potsdam, NY 13676 **Cap: 10**

Classes: 5 sessions, 1.5 hours

Dates and Times: Wednesdays, 9/16-10/14, 10:00-11:30

Description: While taking part in fun activities, you will delve into your past and present life as a unique reader. We will explore our reading history in five sessions, loosely divided into five "eras" of our lives.

Presenter's Background: Elizabeth O'Brian has two Master's Degrees in Education; one from SUNY Potsdam and one from St. Lawrence University. She taught in Ogdensburg Middle School for 30 years, and served as a teacher and facilitator at both the Strong Children's Museum in Rochester and the Adirondack Museum at Blue Mountain Lake.

Note: For the first session please bring ideas, memories, pictures, and/or old or new copies of books that remind you of your earliest years (being-read-to through elementary school age).

39 Simple Start: Creating Your Own Native Pollinator Garden

Presenter: Louise Jensen

Location: Potsdam Civic Center Community Meeting Room, 2 Park Street, Potsdam, NY 13676 **Cap: 20**

Classes: 1 session, 2 hours

Dates and Times: Thursday, 9/17, 10:00-12:00

Description: Fall is the perfect time of year to plan and prepare for planting your own simple native plant garden to attract our native pollinators who are starving for a home and food in your yard. No matter how small a space you have for gardening, you will learn which plants to choose and how to plan, prepare, and maybe get started right away. You will leave the class with your own personal plan, a list of resources for plants, and a guide to the Village of Potsdam's native plantings to visit and enjoy.

Presenter's Background: Louis Jensen is a member of the Native Pollinator Plant Initiative and the Potsdam Joint Climate Smart Community Task Force.

40 Strength Training for Older Adults

Presenters: Richard Bradshaw and **Alexander Kodama**

Locations: Potsdam Town Hall, 18 Elm Street, Potsdam, NY 13676

Bjorn Fitness, Market Square Mall, 22 Depot Street, Potsdam, NY 13676 **Cap: 45**

Classes: 3 sessions, 1 hour

Dates and Times: Wednesdays, 10/21-11/4, 1:00-2:00

Description: Being strong is an essential part of aging well. This seminar will explore the physical and psychological benefits of strength training, including increasing muscle mass and bone density, boosting mood, preventing injury, and improving brain health. **Session 1**: Held at the Potsdam Town Hall, will discuss the rationale for strength training and present evidence that strength training is appropriate for all older adults, regardless of their physical condition. **Session 2**: Held ***twice** at the Bjorn Fitness Center. Participants will be introduced to various strength training exercises and equipment through practical demonstrations

Presenters' Backgrounds: Richard Bradshaw, who retired in 2019, now resides in Colton, NY with his wife Kathleen Wallace. He remains actively engaged in his community as a substitute teacher in the local public schools and as a presenter of SOAR courses. Richard is a grandfather of three and enjoys a variety of hobbies, including hiking, teaching, and weight training. Richard expanded his knowledge of barbell training and coaching by completing the Coaching 101 and Principles Courses from the Barbell Logic Academy. Recently he participated in his first powerlifting competition in Albany, NY. **Alexander Kodama**, the founder and owner of Bjorn Fitness is dedicated to empowering his clients to live longer, healthier lives. His journey began in 2019 when he started coaching friends and family, marking the inception of Bjorn Fitness. Since then, he has successfully led over 2,600 group and one-on-one sessions annually. Alexander holds certifications from StrongFirst, Flexible Steel, and the National Academy of Sports Medicine, underscoring his expertise in fitness and wellness.

Note: *Participants will attend only ONE of the two sessions at the Bjorn Fitness Center. Attendance is based on which session participants sign up for at the beginning of Session 1.

41 Stretching for Couch Potatoes

Presenter: Pam March

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

Classes: 9 sessions, 1 hour

Dates and Times: Thursdays, 10/1-11/12, 12:00-1:00

Description: Very mild to mid-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: **Continued on next page**

41 Stretching for Couch Potatoes (continued)

Presenter's Background: Since the age of 16, **Pam March** has taught dance, exercise and therapeutic movement both privately and in groups to ALL ages. She has been a Hatha Yoga practitioner for the last 60 years. Pam has been a professional trainer in the original Pilates Body Conditioning Exercise System in NYC for 13 years. Her work has also included the Feldenkrais method, Alexander Technique, physical therapy, psychotherapeutic integration of the body, mind and emotions to provide healing and various other modalities.

Note: Participants should bring two soup cans or light weights, and squishy balls that fit in the palm of your hand, to the first class. Wear loose fitting clothing, soft shoes and/or socks and a water bottle.

42 Tai Chi Beginning

Presenter: Pam March

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

Classes: 9 sessions, 1 hour

Dates and Times: Tuesdays, 9/29-11/10, 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, relaxing and taking it easy on the joints, and learning how to relax. **Beginning students may not register for Course 43 Tai Chi Continuing unless the instructor allows it.**

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 for her exceptional and long-lasting impact she has had on the well-being of SOAR members.

Note: Wear loose fitting clothing, soft shoes and socks and bring a water bottle.

43 Tai Chi Continuing

Presenter: Pam March

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

Classes: 18 sessions, 1 hour

Dates and Times: Tuesdays, Thursdays, 9/29-11/12, 1:00-2:00

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. **Beginning students may not register for Course 43 Tai Chi Continuing unless the instructor allows it.**

Presenter's Background: Pam March Refer to Course 42.

Note: Wear loose fitting clothing, soft shoes and socks and bring a water bottle.

44 Thomas Jefferson, the Many Facets of Him

Presenter: Jane Amelotte

Location: SUNY Potsdam Timerman 131 **Cap: 72**

Classes: 1 session, 2 hours

Dates and Times: Wednesday, 9/16, 1:00-3:00

Description: In this course we will discover and touch upon some of Thomas Jefferson's many talents, inventions, accomplishments and controversy. Discussion is encouraged!

Presenter's Background: Jane Amelotte is an avid fan of Thomas Jefferson. She has visited Monticello several times and his personal getaway named Poplar Forest. She has a library of 31 books on him and has delved into his life extensively.

45 Tour of St. Lawrence Nurseries

Presenter: Allyssa Hardiman and **Connor Hardiman**

Location: St. Lawrence Nurseries, 6527 NY-56, Potsdam, NY 13676 **Cap: 60**

Classes: 1 session, 1.5 hours

Dates and Times: Thursday, 9/10, 10:00-11:30

Description: This class will be a tour of the new St. Lawrence Nurseries (SLN) property. Participants will get a closeup view of our orchards, nursery beds, beehives, newly renovated barn/event space, and more! We will cover topics like regenerative practices on farms, grafting fruit trees, composting, chickens, and other related topics. With any luck, there will be lots of fruit to pick and eat! For further information visit www.slngrow.com, Facebook: St. Lawrence Nurseries, or TikTok: www.tiktok.com/@sln_grow

Presenter's Background: Allyssa and Connor Hardiman are the third non-familial generation who has stewarded SLN. Connor started working for the previous owner, Bill MacKentley, when he was a teenager and took over the business in 2015. Since then, Connor and Allyssa have expanded the business and moved it across town to its new location.

Note: *We will be walking around the farm, so appropriate footwear is encouraged!

Note: **Rain Date will be September 11, 2026

46 Trees and Shrubs of the North Country

Presenter: Glenn Johnson

Location: SUNY Potsdam Timerman 131 **Cap: 45**

Classes: 2 sessions, 1.5 hours

Dates and Times: Monday, Tuesday, 10/12-10/13, 2:00-3:30

Description: This course, through lectures and field visits, will investigate the diversity of woody plants found in the North Country, including natives, planted exotics and invasive species. We will discuss their ecology, evolutionary relationships, identification and conservation.

Presenter's Background: Glenn Johnson is an Emeritus Professor in the Biology Department at SUNY Potsdam, where he taught Conservation Biology, Ecology, Dendrology and Vertebrate Biology courses mostly. His main interest is Conservation Biology, especially endangered vertebrates and most particularly amphibians and reptiles; he co-authored a field guide to amphibians and reptiles of New York. He has taught a Dendrology (tree) course numerous times, including several times for SOAR, and Biology of Woody Plants at SUNY Potsdam in alternate years.

47 Turning Waste into Energy: Recovering Valuable Resources from Food Waste with Anaerobic Digestion

Presenters: Jan DeWaters and **Stefan Grimberg**

Location: Clarkson University TBA **Cap: 25**

Classes: 1 session, 2 hours

Dates and Times: Monday, 11/2, 1:00-3:00

Description: Food waste represents more than 20% of our waste discarded to landfills. Instead of throwing it away, our food waste can be processed to recover important resources: ENERGY and FERTILIZER. This course will cover the process of using anaerobic digestion to produce biogas from food waste, and will present results from a "food-to-energy" outreach program with Canton Central School and Cornell Cooperative Extension Service. The classroom presentation will be followed by a tour of the actual treatment system.

Presenters' Backgrounds: Jan DeWaters and **Stefan Grimberg** are both faculty at Clarkson University. **Jan** teaches freshmen engineering students about the significance of engineering contributions to our society and courses in sustainable energy systems. **Stefan** is a Professor in the Department of Civil and Environmental Engineering. His research explores ways to improve anaerobic digestion systems so they will be economically viable for smaller farms or smaller waste generators.

Note: Be prepared to spend some time outdoors.

48 Two Years on the South Pacific Kingdom of Tonga

Presenter: Bill Romey

Location: SUNY Potsdam Flagg 206 **Cap: 49**

Classes: 1 session, 1.5 hours

Dates and Times: Thursday, 10/29, 10:00-11:30

Description: The presenter just published a book, which contains weekly letters from when he was a Peace Corps volunteer in Tonga. The course will include readings from these letters which describe what it was like to be on a remote South Pacific island teaching biology for two years. It will also have slides and demonstrations showing the Tongan culture: kava drinking, spearfishing, weddings, wearing skirts, opening coconuts, and making tapa cloth.

Presenter's Background: Bill Romey is an Emeritus Professor of Biology at SUNY Potsdam, where he taught Animal Behavior, Insect Biology, Freshwater Biology, and Winter Ecology. As a 23-year-old, he spent two years as a Peace Corps volunteer on the South Pacific Kingdom of Tonga. While teaching high school biology there, he learned Tongan, learned how to spearfish, and traveled widely among the hundreds of islands.

Notes: Optional reading, *The Tonga Letters: Peace Corps in the South Pacific* (on Amazon in paperback or Kindle)

49 U.S. Submarines in World War II

Presenter: Tom Butcher

Location: SUNY Potsdam Flagg 210 **Cap: 49**

Classes: 2 sessions, 1.5 hours

Dates and Times: Tuesdays, 11/3-11/10, 1:00-2:30

Description: This course will present the role played by US Submarines in WW II. It will detail their successes, frustrations, and losses beginning with the attack on Pearl Harbor and ending with the Japanese surrender in August 1945.

Presenter's Background: Tom Butcher was the Supply Officer onboard the USS BERGALL (SSN667), a nuclear fast attack submarine, from 1972 to 1975. As such, he was responsible for the management of the Boat's spare parts inventory and the food service. At sea, he was a Diving Officer.

50 Ukraine in 1991 and Ukraine in 2026

Presenters: Karen Easter and **Gary Landrio**

Location: SUNY Potsdam Kellas 104 **Cap: 105**

Classes: 2 sessions, 1.5 hours

Dates and Times: Tuesdays, 9/15, 9/29, 9:00-10:30 - No Class 9/22

Description: In 1991 Karen visited Ukraine, at that time a new country trying to find its foundation, then visited two more times. In 2023, 2024 and 2025 Gary travelled to Ukraine to help its people in a war for survival. This course will explore Ukraine then and now.

Presenters' Backgrounds: Karen Easter organized the Suicide prevention services for St Lawrence County and directed them for 47 years. In 1991 she was asked to go to Ukraine to assist their mental help assistance formation. **Gary Landrio** started his railroad career with the OBPA railroad. Having assisted in the formation of 20 railroads in the US and Canada, he took off for Kyiv to assist people he had never met.

51 Vicarious Voyagers Oman: Culture, Heritage, and Religion

Presenter: Juanita Babcock

Location: SUNY Potsdam Timerman 131 **Cap: 72**

Classes: 1 session, 1.5 hours

Dates and Times: Monday, 10/5, 1:00-2:30

Description: Oman is a fascinating country that is firmly rooted in tradition but is looking toward the future with incremental changes. Once a maritime power, it is now a country that values diplomacy with its neighbors while still respecting its history and cultural values.

Presenter's Background: Juanita Babcock is a world traveler who enjoys exploring the various cultures and history of the countries she visits. She has taught several Vicarious Voyager classes for SOAR in the past.

52 Viruses: Covid-19, Shingles, and Rabies

Presenter: Dana Barry

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

Classes: 1 session, 1.5 hours

Dates and Times: Wednesday, 10/21, 1:00-2:30

Description: This course covers the differences between a virus and bacteria. Also, the presenter will provide and discuss information about the three viruses that cause these diseases. Handouts and door prizes will be included.

Presenter's Background: Dana Barry has three doctoral degrees, numerous honors, and over 400 academic publications including 30 textbooks. She also served as a keynote speaker and visiting professor overseas.

53 Watercolor Workshop

Presenter: Donna Kuhn

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

Classes: 10 sessions, 2 hours

Dates and Times: Fridays, 9/11-11/13, 10:00-12:00

Description: This workshop is designed for all levels of SOAR aspiring artists to get together informally to learn, paint, and improve their artistic skills through demonstrations and support from other participants. Instruction is provided for beginners. Participants share their work each week as a learning experience for all.

Presenter's Background: Donna Kuhn has participated in several SOAR art courses and has served as the coordinator for this course for several semesters. She is looking forward to this workshop and 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. Participants are encouraged to check out some YouTube tutorials for beginners and some examples of watercolor images on Pinterest.

54 What Am I Going to Do with All this Stuff!!

Presenter: Jane Amelotte

Location: SUNY Potsdam Timerman Hall 131 **Cap: 72**

Classes: 1 session, 1.5 hours

Dates and Times: Wednesday, 9/9, 1:00-2:30

Description: This is an informal class with tips and group discussion for everyone about finally putting on your schedule, the DREADED "what am I going to do with all this stuff?" project. Along with that, we will also discuss other ways to prepare for downsizing.

Presenter's Background: Jane Amelotte's first career was as a Gerontologist. She worked one-on-one with older adults in transition and developed a system for getting them ready to move or remain in place (with assistance).

55 Will Eisner's "The Spirit": Weekend Crime Fighter

Presenter: Doug Rose

Location: SUNY Potsdam Flagg Hall 235 **Cap: 12**

Classes: 4 sessions, 1.5 hours

Dates and Times: Thursdays, 9/17-10/8, 2:00-3:30

Description: "Action. Mystery. Adventure." Readers of 1940s weekly Sunday comics were guaranteed these and more whenever they turned to writer/illustrator Will Eisner's The Spirit section. In this course, participants will read selected Spirit stories, examine Eisner's innovative drawing techniques, and discuss why the stories are both entertaining and provocative.

Presenter's Background: Doug Rose taught Comic Books as Literature at SUNY Canton for several years and included Will Eisner's *Comics and Sequential Art* and *The Best of The Spirit* as required reading for his students.

Note: Copies of *The Best of the Spirit* will be available to purchase for $5.00. If interested in purchasing, participants should bring $5 to the first class.

56 Will Elephants in the Wild Become Extinct?

Presenter: John McDonald

Location: SUNY Potsdam Timerman Hall 131 **Cap: 45**

Classes: 2 sessions, 1.5 hours

Dates and Times: Wednesdays, 10/14-10/21, 3:00-4:30

Description: In this course you will learn about the evolution, history, physical characteristics, environment and social behavior of elephants. We will examine the human and elephant conflicts that are driving both the Asian and African elephants towards extinction. Between 2006 and 2016, the wild elephant population in Africa declined by 30% or 111,000 individuals. Between now and 2030, Africa's human population will grow by 130 million to 1.7 billion, increasing the demand for more agricultural land. Over the last three generations, the Asian elephant population has decreased by 50%. Poaching of elephants for tusks continues to meet the increased demand for ivory. We will review efforts by individuals, private organizations and governments to save the wild elephants.

Presenter's Background: John McDonald retired from IBM and Arrow Electronics. He has had a lifelong interest in Africa and its wildlife. After graduation from college, he spent time with Dave Hoover, the lion and tiger trainer for the Clyde Beatty and Cole Bros, Circus. He corresponded with George Adamson of " Born Free" fame and was offered the opportunity to conduct field research on Adamson's lions in Kenya. After retiring, he traveled to Africa multiple times over a three-year period working with cheetahs in Namibia and observing elephants in the Etosha National Park.

57 Women of the American Revolution

Presenter: Dallas Robinson

Location: SUNY Potsdam Flagg Hall 206 **Cap: 25**

Classes: 2 sessions, 1.5 hours

D**ates and Times:** Friday and Tuesday, 10/9, 10/13, 10-11:30

Description: This course will bring to light how the support from women on the home front contributed to the success of the American Revolution.

Presenter's Background: Dallas Robinson has been a Civil War Reenactor since the 1990s and is currently a member of Hazen's Regiment of the American Revolution.

58 Yoga Nidra, Guided Meditation for Deep Relaxation

Presenter: **Terry delaVega**

Location: Trillium Yoga Room, Potsdam Presbyterian Church Community Center, 42 1/2 Elm Street, Potsdam, NY 13676 **Cap: 14**

Classes: 4 sessions, 1 hour

Dates and Times: Fridays, 10/23-11/13, 11:00-12:00

Description: Yoga Nidra is a guided meditation practice to cultivate deep relaxation in the body, mind, and spirit. Often referred to as yogic sleep, or divine sleep, this contemporary practice is based on ancient meditation and yogic wisdom. The practice of Yoga Nidra releases tension and stress naturally, calming the nervous system. All that is required is to lie down in comfort and listen. No yoga experience is needed.

Presenter's Background: **Terry delaVega** is a certified 200-hour Kripalu Yoga Teacher with over 25 years of teaching experience and ongoing training in various aspects of teaching yoga, including Prenatal Yoga, Restorative Yoga, Dynamic Gentle Yoga, and Divine Sleep Yoga Nidra. Terry teaches two weekly sessions of Dynamic Gentle Yoga at the Trillium Yoga Room, Potsdam Presbyterian Church Community Center.

Note: Please wear comfortable, loose-fitting clothing. You will need to remove your shoes before entering the yoga room. Yoga mats, blankets, and bolsters will be provided. Please park on Elm Street and enter through the Trillium entrance to the community center. Parking is also available in The Quarry lot, across the street at 41 Elm Street.