



SOAR Photo Feature Story

"Weeks Five and Six – Spring 2010"

R. Kreuzer 05/11/10

Over half-way through the SOAR spring semester and we have gotten out "second wind." Twelve more classes started these three weeks and several courses ended.

"Medical Ethics" with David Hornung is now over. The ethics course included students from St. Lawrence University. They looked at such actual questions as, "Is it ethical to ask people who are going to have routine abdominal surgery if they want also to have one of their kidneys removed and donated for organ transplant?"

Week Five also saw the last of four "Vicarious Voyagers" sessions. Nils and Lynn Ekfelt showed their pictures of gorgeous tulips in their PowerPoint presentation titled "Tulips and Much More: Holland and Belgium in Springtime."

Speaking of beautiful flowers, Alma Garner and her



helper, Donna Doig, were busy

teaching embroidery stitches to a group of SOAR members.

The beautiful pattern they are working on is called: "Simply Irresistible" (*it makes one want to pick up a needle and thread!*).



Joan Howlett began her "Depression: An Overview" course in Week Five. Participants very candidly talked about this subject, one that is often not discussed. Joan gave us welcomed insight into depression and how to recognize it, treat it, and deal with it.





Rita Goldberg began teaching another type of skills course: "Computers: Practical Applications." In these two weeks she dealt with fundamental skills and email; the topics coming up are photo editing and word processing. What a help!

Red Grandy's topic Week Five was "Cameras: Practical Uses." Not only did he share his expertise with us, he



also introduced us to his exciting and interesting life as a photo journalist with "Stars and Stripes." Red showed us some of the early equipment he used as well, and he assured us that now since we all have a digital camera, we are all bona fide photographers too!



"Religion in the North Country" with Rev. Ted Linn got underway in Week Five too. And in Week Six, off we went to the Synagogue in Potsdam for a talk from Jackie Schwartz, President of Congregation Beth El.



Barry (author of *The Power of Prayer: A Science Educator's*



Experience") and Diane Dockum (author of *Just Beyond the Hill*). Both authors read excerpts from their books and told about how they came to write them.

These classes started too: "Financial Planning" – Eleanor Menz; "Lincoln: The Springfield Years..." – Terry Niles; "The Fiscal Crisis of 2008" – Bob Wells; "Vegetarian Cooking" – Juanita Babcock, and "Mah Jongg" – Brenda Francey and Kay Russell.



(to be continued...)

(photographer: Ruth Kreuzer)