

Spring 2015 Scheduling Insert / Additional Information

locations, days, dates, times (as of 04/23/15) (changes in red)

REMINDERS: 1) For detailed and up-to-date information on classes, presenters, and locations (maps, directions, photos and more), go to the SOAR web site: www.soarnorthcountry.org 2) Sign up only for those courses you plan on attending regularly. 3) On the registration form, circle your check marks for those courses for which you would volunteer to be the ambassador (if needed, you will be asked to be the ambassador for just one course). 4) **(See notes)** means that there is additional information in the course booklet, on your registration confirmation pages, and/or on the individual course pages of the SOAR website. The course pages have **ALL** the notes, and also assignments, links, and location maps.

Aerial Drone Photography – Dennis Barr. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Thursday: 4/23 – 3:00-4:30. **[S-15-1]**

All of You, from Just One Cell? – Cintia Hongay. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Thursday: 5/14 – 1:30-3:00. **[S-15-2]**

Ballroom Dancing for Beginners – Van Hoyt and Diane Crump. 10 sessions, 1½ hours each.

The Church of Jesus Christ of Latter-Day Saints, 21 Castle Drive, Potsdam.

Wednesdays: 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6, 5/13 – 10:00-11:30 **(See note)**. **[S-15-3]**

Beginning Tai-Chi and Qigong – Pam March. 9 sessions, 1 hour each.

SUNY Potsdam: Maxcy Hall Dance Studio. Tuesdays: 3/17, 3/24, 3/31, 4/7, 4/24, 4/21, 4/28, 5/5, 5/12 – 12:00-1:00.

NOTE: Class starts week 2 **(See other notes)**. **[S-15-4]**

Behaviorology: The Natural Science of Why Human Behavior Happens – Stephen Ledoux. 3 sessions, 2 hours each.

SLCHA: Silas Wright House, 3 E. Main St., Canton. Fridays: 5/1, 5/8, 5/15 – 3:00-5:00. **Cap: 40 [S-15-5]**

Big Data: What's the Big Deal about It? – Joe Skufca. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Thursday: 3/12 – 1:30-3:00. **[S-15-6]**

The Biology of Bats and Birds – Roy Horst. 5 sessions, 1½ hours each.

SUNY Potsdam: Maxcy 104. Fridays: 3/20, 3/27, 4/3, 4/10, 4/17 – 2:00-3:30. **Cap: 25 [S-15-7]**

Brazilian Dimensional Embroidery – Alma Garner. 4 sessions, 2 hours each. Course Fee: \$17

Mayfield Apartments (*Community Room*), 22 Mayfield Drive, Potsdam. Mondays: 4/6, 4/13, 5/20, 4/27 – 1:00-3:00.

(See notes). **Cap: 8 [S-15-8]**

Bridge for Fun: Intermediate Level – Don Burlingame. 8 sessions, 2 hours each.

Mayfield Apartments: (*Community Room*), 22 Mayfield Drive, Potsdam.

Fridays: 3/20, 3/27, 4/3 (*class canceled*), 4/10, 4/17, 4/24, 5/1, 5/8, 5/15 (*class added*) – 1:00-3:00. **[S-15-9]**

Bubonic Plague, Syphilis, and Lyme Disease – Gordon Plague. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Friday 4/24 – 9:00-10:30 (*time change due to SUNY Potsdam President's Inaugural*). **[S-15-10]**

Building Better Bones: Levels 1 & 2 (Group A) – Vicki LaFay and Chris Towler. 6 sessions, 1½ hours each

Clarkson U: Clarkson Hall Therapy Dept., 59 Main St., Potsdam. **NOTE CHANGE:** Groups A and B are now combined into just one group and will meet on the same days/dates and at the same time and location.

Tuesdays and Thursdays: 4/28, 4/30, 5/5, 5/7, 5/12, 5/14 – 10:00-11:30. **(See notes)**. **Cap: 40.**

Group A and Group B [S-15-11]

Building Better Bones: Levels 1 & 2: (Group B) **NOTE:** Register for Group A above to sign up for this course.

Cave to Concert Hall: The History of the Horn – Roy Schaberg (w/ Gail Schaberg and Michael Sitton). 1 session, 1½ hours.

SUNY Potsdam: Crane: Wakefield Recital Hall. Friday: 5/15 – 12:30-2:00. **(See notes)**. **[S-15-13]**

Children's Literature: An Overview – John Ohst. 4 sessions, 1½ hours each.

SLCHA: Silas Wright House, 3 E. Main St., Canton. Wednesdays: 4/15, 4/22, 4/29, 5/6 – 9:30-11:00. **[S-15-14]**

China and the West – Ina Brockriede. 6 sessions, 1½ hours each. Potsdam Civic Center (*Community Meeting Room*), 2 Park St. Tuesdays: 3/31, 4/7, 4/14, 4/21, 4/28, 5/5 – 10:00-11:30. **[S-15-15]**

Coffee: Friend or Foe? – Artem Melman. 1 session, 1 hour.
SUNY Potsdam: Maxcy 104. Tuesday: 3/31 – 2:30-4:00. **[S-15-16]**

Computing the Value of a Human Life – Mark Frascatore. 2 sessions, 1½ hours each.
Potsdam Civic Center (*Community Meeting Room*), 2 Park St. Thursdays: 4/2, 4/9 – 3:30-4:00.
NOTE: this is a location change from what's stated in the course booklet. **[S-15-17]**

Concert Music: What's REALLY Going On – Keith Ziemba. 4 sessions, 1½ hours each.
SUNY Potsdam: Bishop 115. Thursdays: 4/2, 4/9, 4/16, 4/23 – 1:00-2:30. **(See notes) Cap: 30 [S-15-18]**

Conflicting Narratives in Northern Ireland – Eve Stoddard. 1 session, 1½ hours.
SUNY Potsdam: Maxcy 104: Wednesday: 4/15 – 9:30-11:00. **(See notes) [S-15-19]**

Contaminants in Great Lakes Fish: Sources and Trends – Tom Holsen. 1 session, 1½ hours.
SUNY Potsdam: Maxcy 104. Monday: 3/30 – 9:00-10:30. **[S-15-20]**

Continuing Tai-Chi and Qigong – Pam March. 18 sessions, 1 hour each.
SUNY Potsdam: Maxcy Hall Dance Studio: Tuesdays and Thursdays: 3/17, 3/19, 3/24, 3/26, 3/31, 4/2, 4/7, 4/9, 4/14, 4/16, 4/21, 4/23, 4/28, 4/30, 5/5, 5/7, 5/12, 5/14 – 1:00-2:00.
NOTE: Class starts week 2. **(See other notes) [S-15-21]**

Crafting with Pressed Flowers and Fall Leaves: Group A (*fee \$10*) – Jean Oathout (assisted by MaryJane Martin).
1 session, 1½ hours each (*offered twice*)
SUNY Potsdam: Kellas 217. Tuesday: 3/10 – 3:30-5:00. **(See notes) Cap: 15. Group A [S-15-22];**

Crafting with Pressed Flowers and Fall Leaves: Group B (*fee \$10*) – Jean Oathout (assisted by MaryJane Martin).
1 session, 1½ hours each (*offered twice*)
SUNY Potsdam: Kellas 217. Tuesday: 3/17 – 3:30-5:00. **(See notes) Cap: 15. Group B [S-15-23]**

Creating a Butterfly Garden – Cynthia Quackenbush. 1 session, 2 hours.
E. J. Noble Hospital Building: Betty Evans Room, Canton. Thursday: 5/14 – 10:00-12:00. **Cap: 40 [S-15-24]**

Creative English Grammar III – John Jaunzems. 4 sessions, 1½ hours each.
SLCHA: Silas Wright House, 3 E. Main St., Canton. Wednesdays: 3/18, 3/25, 4/1, 4/8 – 9:30-11:00. **[S-15-25]**

Current Events – John Casserly. 10 sessions, 1½ hours each.
Partridge Knoll (*Multi-Purpose Room*), 30 Sullivan Dr., Canton. Fridays: 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15 – 10:30-12:00. **(See notes) [S-15-26]**

FDR in the North Country – Arthur (Art) Johnson. 1 session, 1½ hours.
SUNY Potsdam: Maxcy 104. Thursday: 4/30 – 2:30-4:00. **[S-15-27]**

Freemasonry – Trent Trulock. 3 sessions, 1½ hours each. **(course canceled)**
SLCHA: Silas Wright House, 3 E. Main St., Canton. Tuesdays: 3/10, 3/17, 3/24 – 1:30-3:00. **[S-15-28]**

Fuel from the Sun: Solar Energy Conversion – Adam Hill. 1 session, 1½ hours.
SLU: Johnson Hall 309. Tuesday: 3/31 – 4:00-5:30. **Cap: 18 [S-15-29]**

Global Air Pollution – Suresh Dhaniyala and Philip Hopke. 2 sessions, 1½ hours each.
Clarkson University: CAMP 175. Monday: 4/6 and **Wednesday: 4/8** – 4:00-5:30. **(See notes) Cap: 38 [S-15-30]**

Hands-on Kitchen Chemistry Experiments – Jim Barry. 1 session, 2 hours
Canton Free Library, 8 Park Street: Tuesday: 3/17 – 10:00-12:00 **(newly confirmed)**. **(See notes) Cap: 16 [S-15-31]**

Herbs for Health and Healing – Paula Youmell. 1 session, 1½ hours.

Potsdam Civic Center (*Community Meeting Room*), 2 Park St. Monday: 3/23 – 10:00-11:30. **NOTE:** this is a location change from what is stated in the course booklet. **[S-15-32]**

Inner Peace – Donna Clark. 2 sessions, 1½ hours each.

Potsdam Town Hall: Community Room, 18 Elm St. Mondays: 3/30, 4/6 – 1:30-3:00. **[S-15-33]**

Jane Austen and Emma – Cailey Underhill. 3 sessions, 1½ hours each.

SUNY Canton: Halford Hall (CREST CENTER). Thursdays: 3/12, 3/19, 3/26 – 4:00-5:30 (**See notes**) **Cap: 20 [S-15-34]**

Land Stewardship and Conservation Easements – Jessica (Jess) Rogers, Tom Langen, and John Casserly.

2 sessions, 1 hour each. SUNY Potsdam: Maxcy 104. Tuesdays: 3/17, 3/24 – 2:00-3:00. **[S-15-35]**

Lincoln's Funeral – Terry Niles. 2 sessions, 1½ hours each.

SLCHA: Silas Wright House, 3 E. Main Street, Canton. Thursday: 5/7, 5/14 – 2:30-4:00. **[S-15-36]**

Line Dancing for Beginners – Margaret Mauch. 8 sessions, 1½ hours each.

SUNY Potsdam: Maxcy Hall Dance Studio. Fridays: 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15 – 1:00-2:30. (**See notes**) **[S-15-37]**

Living Off the Land in Newfoundland – John Omohundro. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Tuesday: 3/24 – 9:00-10:30. **[S-15-38]**

Lost Railroads of the Adirondacks – Art Johnson. 1 session, 1½ hours.

SUNY Potsdam: Kellas 217. Monday: 4/27 – 12:30-2:00. **Cap: 25 [S-15-39]**

Mah Jongg – Brenda Francey and Kay Russell. 4 sessions, 2 hours each.

Partridge Knoll (*Multi-Purpose Room*), 30 Sullivan Dr., Canton. Thursdays: 4/9, 4/16, 4/23, 4/30 – 10:00-12:00

NOTE: Bring a Mah Jongg set, if you have one. **Cap: 16 [S-15-40]**

Microsoft Word 2010 Basics: Group A – Bob Watkin. 1 session, 2 hours (*offered twice*).

Potsdam Public Library: Public Computer Center, 2 Park St. (*basement*). Tuesday: 4/7 – 1:30-3:30

(**See notes**) **Cap: 5. Group A [S-15-41]**

Microsoft Word 2010 Basics: Group B – Bob Watkin. 1 session, 2 hours (*offered twice*)

Potsdam Public Library, Public Computer Center, 2 Park St. (*basement*). Tuesday: 4/21 – 1:30-3:30.

(**See notes**). **Cap: 5. Group B [S-15-42]**

Modern Cosmology: An Overview – Christian Armendariz-Picon. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Friday: 3/13 – 2:00-3:30. (**See notes**) **[S-15-43]**

The Neurobiology of Pain – Ana Estevez. 1 session, 1½ hours.

SLU: Johnson Hall 142. Friday: 5/1 – 1:00-2:30. **Cap: 20 [S-15-44]**

Old Testament Alignment with God: Causes and Consequences – Alan Steinberg. 2 sessions, 1½ hours

SUNY Potsdam: Morey 117. Fridays 3/20, 3/27 – 10:00-11:30. (**See notes**) **Cap: 20 [S-15-45]**

Photograms: Cameraless Photography (*fee \$5*) – Iggy Beerbower. 1 session, 1½ hours.

SUNY Potsdam: Brainerd 202 (and nearby darkroom). Friday: 3/13 – 12:00-1:30. (**See notes**) **Cap: 18 [S-15-46]**

Plants of St. Lawrence County – Anne Johnson. 2 sessions (1 classroom session, 1½ hours + 1 field trip, 2 hours). SUNY

Potsdam: Wednesday: May 6 – 1:30-3:00 *and* Indian Creek Nature Center: Rensselaer Falls. (*Check the SOAR website for day/date/time for field trip*) (**See notes**) **Cap: 40 [S-15-47]**

Ray Bradbury: Genius of the Short Story Form – Frank Palumbo. 3 sessions, 1½ hours each.

SUNY Potsdam: Kellas 217. Wednesday: 3/11, 3/18, 3/25 – 10:30-12:00. (**See notes**) **Cap: 18 [S-15-48]**

Screenings, Consults and Tests, Oh My! – Deborah Chase-Lauther (*Coordinator*). 5 sessions, 1½ hours each. 20 Cottage St. 2nd floor Conference Room, CPH campus. Presentations are in this order: **1)** Dr. Sebastian Mazzotta, MD, Gastroenterologist – "Old and New GI Issues; History, Myth, and Mystery"; **2)** Dr. Frederic Seifer, MD, Pulmonologist "What's All the Buzz about Population Health?"; **3)** Dr. Vel Matthews-Smith, MD, Oncologist "Screenings and the Importance of Early Detection"; **4)** Dr. Richard Wessel, MD, Cardiologist "Getting to the Heart of the Matter for Seniors"; **5)** Dr. Sheryl Movsas, MD, Physiatrist "Gait, Balance and Fall Prevention." Wednesdays: 3/25, 4/1, 4/8, 4/15, 4/22 – 12:00-1:30. **(See notes) Cap: 25 [S-15-49]**

Sharing Card Games – Brenda Francey. 4 sessions, 2 hours each. Partridge Knoll, (*Multi-Purpose Room*), 30 Sullivan Dr., Canton. Thursdays: 4/9, 4/16, 4/23, 4/30 – 1:00-3:00. **Cap: 12 [S-15-50]**

The Shock of the Great War – Elun Gabriel. 1 session, 2 hours. SLU: Carnegie 10, Canton. Friday: 4/17 – 2:00-4:00. **Cap: 45 [S-15-51]**

Socrates and the Examined Life – Jeffrey (Jeff) Maynes. 4 sessions, 1½ hours each. SLU: Atwood 3, Canton. Wednesdays: 3/25, 4/1, 4/8, 4/15 – 2:30-4:00. **(See notes) Cap: 43 [S-15-52]**

Songs and Sonnets – Robert (Bob) DeGraaff. 4 sessions, 1½ hours each. Partridge Knoll (*Multi-Purpose Room*), 30 Sullivan Dr., Canton. Tuesdays: 4/7, 4/14, 4/21, 4/28 – 1:30-3:00. **(See notes) [S-15-53]**

Stress and Anxiety Reduction – Kathy Montan. 3 sessions, 1½ hours each. Potsdam Civic Center (*Community Meeting Room*) 2 Park St. Fridays: 4/3, 4/10, 4/17 – 9:30-11:00. **[S-15-54]**

Symmetry and Crystals and the Uses of "Useless Math" – Lawrence (Larry) Brehm. 1 session, 1½ hours. SUNY Potsdam: Maxcy 104. Thursday 3/26 – 2:30-4:00. **(See notes) . [S-15-55]**

Techniques of Fiction – Peter Bailey. 5 sessions, 1½ hours each. SLU: Richardson 104. Thursdays: 3/12, *gap*, 3/26, 4/2, 4/9, 4/16 – 10:10-11:40am (*actual time*). **(See notes) Cap: 5 [S-15-56]**

Ten Courageous Women of the North Country – Linda Casserly. 1 session, 2 hours. First Presbyterian Church on the Park: Community Room, 17 Park St., Canton. Wednesday: 3/18, 1:30-3:30 **(See notes) [S-15-57]**

To Kill a Mockingbird – Maria Morrison. 4 sessions, 1½ hours each. SUNY Potsdam: Maxcy 104. Tuesdays: 4/7, 4/14, 4/21, 4/28 – 3:00-4:30. **(See notes) [S-15-58]**

Unearthing the Raquette's Ancient Past – Tim Messner. 1 session, 1½ hours. SUNY Potsdam: Maxcy 104 /Lehman Park. Friday: 5/8, 11:00-12:30. **(See notes) Cap: 20 [S-15-59]**

US-Israeli Relations in the 21st Century – Ronnie Olesker-Norminton. 1 session, 2 hours. SLU: Hepburn 112. Friday: 3/27 – 9:00-11:00. **(See notes) Cap: 20 [S-15-60]**

Vicarious Voyagers XVI – Ruth Kreuzer (*Coordinator*). 4 sessions, 1½ hours each. *Order of presentations:* 1) "Around the Baltic Sea" – Mark and Cynthia Coleman; 2) "Native American Lands of the Southwest" – Don and Nancy Potter; 3) "Sketches of Spain" – Ruth Kreuzer and Rita Goldberg; 4) "Walking the Gentle Paths of Switzerland" – Lynn and Nils Ekfelt. Potsdam Civic Center (*Community Meeting Room*), 2 Park St. Mondays: 3/30, 4/6, 4/13, 4/20 – 2:00-3:30. **(See notes) Cap: 80 [S-15-61]**

Writing Children's Literature – Joseph (Joe) Orobona. 1 session, 1½ hours. SLCHA: Silas Wright House, 3 E. Main St., Canton. Tuesday: 5/5 – 1:00-2:30. **[S-15-62]**

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