



Explore Potsdam Day!

November 11, 2024

12:00 – 12:40pm

Michael Vitalino (Music)

Room: Crane Bishop-C101

Title: *Discerning Musical Meaning in "If I Can't Love Her" (From the musical **Beauty and the Beast**)*

Description: This lecture examines the Beast's song "If I Can't Love Her" from a variety of analytical perspectives. Listeners will be introduced to several ways in which music analysis can enhance our understanding and appreciation of a song.

Iggy Beerbower (Art)

Room: Brainerd 203

Title: *Photograms*

Description: A photogram is a photographic image created without a camera by placing objects on light-sensitive paper, exposing it to light, and developing the paper in chemicals. We will make photograms in a traditional darkroom. **Note: those who are pregnant or nursing should not take this workshop.**

Adam Wheeler (Wilderness Education)

Room: Merrit Hall 133A

Title: *Lost in the Wilderness*

Description: Life is full of challenging decisions, especially when leading groups in the backcountry during activities like backpacking, rock, or ice climbing. Effective decision-making is critical in these situations. This session we will explore the decision-making process and apply it to a real-life incident.

Morgan Greenwood (Public Health)

Room: Kellas Hall 217

Title: *Sugar on the Brain*

Description: In this interactive session, you will explore how the mind and body are connected and how this connection can influence the risk for disease, stress and anxiety. You will participate in an activity, "How much sugar is really in that?", exploring strategies Public Health Professionals use to assess the role of food and drink choices on physical and mental health. This session will be led by Morgan Greenwood from the Department of Human Health and Human Performance.

Tanya Hewitt & Sam Santich (Exercise Science)

Room: Merritt 133

Title: *Energize & Optimize: Writing Your Fitness Warm-up*

Description: This interactive session introduces the RAMP warm-up protocol, a key method for reducing injury risk, enhancing performance, and preparing the body for exercise. Through hands-on activities and practical demonstrations, participants will not only learn about the RAMP protocol but also gain practical strategies to implement it effectively in their own training or fitness programs.

2:00 - 2:40pm

Drs. Joel Foisy and Cornelia Yuen (Math)

Room: Carson 214

Title: *The Mathematics of Bubbles and The Mathematics of Knots*

Description: We will explore frames dipped in a soap solution (bubbles), as well as knots tied out of string. We will then discuss some of the amazing mathematics that has been inspired by bubbles and the beautiful mathematics of knots.

Dr. Jess Tyre (Music)

Room: Crane Bishop-C101

Title: *The Invisible Art of Film Music*

Description: What is music doing in film? How does it function? Why do films have musical soundtracks? This class will investigate how music works to establish setting, create mood, and unify images in film, using examples from movies such as *Beauty and the Beast*; *Vertigo*; and *The Empire Strikes Back*.

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