

***The Survival Guide
For New Faculty***

***Produced at the Center for Teaching and Learning
2007***

Table of Contents

Part I: About St. Lawrence University

Transition to a Small Rural Liberal Arts College	5
What Does it Take to Get Tenure Around Here?	9
The First-Year Program.....	16
Writing the Annual Activity Report.....	22
University Committees	27
Opportunities for Professional Development.....	29
Remembering Why You Are Here	31

Part II: About the North Country

Adjusting to the North Country	36
Restaurants	41
R & R.....	53
Pampering Yourself	61
Places to go in Canada	64
Housing	66
Fix-it Folk & Other Services	69

Appendix

Faculty Benefits At-A-Glance.....	81
Directions to Important Destinations	82
Acknowledgments.....	85

ORIGINAL PREFACE 1999-2000

This guide represents the effort of St. Lawrence University faculty to welcome our new colleagues in a practical and supportive way. For this first edition, the faculty simply asked themselves, “What is important for new colleagues to know when they arrive on campus and establish households in the North Country?” Upon reading the guide from cover to cover, a seasoned St. Lawrence faculty member might be able to generate a long list of topics that are not covered here, but our intent was not to provide exhaustive advice, rather, our goal was to simply facilitate your initial transition to your new position and home.

The inception and completion of this guide provided the opportunity for current St. Lawrence faculty of all ages and ranks to collaborate and spend some quality time talking and sharing their experiences. This is by no means an official handbook of St. Lawrence regulations; in fact, we expect the information to change from year to year, depending on the group that gets together to revise and update the peer advice. We encourage you to keep notes in the margins and submit your suggestions for revisions in the year ahead. Better yet, consider joining the working group when the time comes to prepare the next edition.

The Survival Guide Working Group

Maegan Bos, Mathematics
Cathy Crosby-Currie, Psychology
Anne Csete, History
Sarah Dakin, Psychology
Neil Forkey, Canadian Studies
Laura Fredrickson, Environmental Studies
Catherine Jahncke, Physics
Val Lehr, Assoc Dean FYP/Government
Marina Llorente, Modern Languages

Patti Lock, Mathematics
Kim Mooney, Assoc. Dean/Psychology
Calvin Moore, Sociology
Aileen O’Donoghue, Physics
Jim Shuman, Education
Natalia Singer, English
Mary Jane Smith, History
Eve Stoddard, Internat’l Prog/English
George Torres, Music

Our thanks to Knox College, Galesburg Illinois for sharing their idea for a faculty guide at a “Best Practices” Session, AAC&U, San Francisco, 1999. Our gratitude to Nancy Bovay, Academic Affairs Office, for her editorial and clerical work on this project. We appreciate the input and support from many other faculty who encouraged our efforts to complete this guide. Please send your suggestions and comments to Kim Mooney, Associate Dean for Faculty Affairs, Vilas 103.

August 1999

Part I

About St. Lawrence University

Transition to a Small Rural Liberal Arts College

Most faculty come to St. Lawrence from a large, often public university, often in an urban or cosmopolitan setting. It is useful to approach your new social and work environments as requiring the same kind of cultural adjustments one faces in a foreign country. While this may sound like a dramatic statement, the fact is that most faculty come from urban or suburban environments, often in more moderate climates. Life in a rural, almost totally white, extremely northern setting is significantly different from what most of us have come from. The vast majority of St. Lawrence faculty end up loving it, but it takes time. You will be able to buy a house and you don't have to lock your doors or face traffic jams every day, but you won't find Cuban restaurants or international newspapers or some kinds of medical specialists. Over time your perceptions, even of the natural world, will become more subtle and you will find cultural events and outdoor beauties you might miss in your first year or two. Some people will find the small liberal arts college familiar and the North Country strange; others will feel the reverse. That is to say you will probably go through periods of excitement, dismay, confusion, and frustration; you will find many desirable features of life in the North Country and many bewildering ones. Much of this handbook focuses on life in the North Country, so this section will address primarily adapting to the ethos of a small college in general and St. Lawrence (SLU) in particular.

Faculty Culture

As in any new cultural setting, it takes a considerable period of adjustment in order to feel at home. One handbook on cultural adjustment recommends having tolerance of ambiguity, cognitive and behavioral flexibility, a sense of your own cultural identity, enthusiasm and commitment, openness to new experiences and people, empathy, respect, and a sense of humor. Interestingly, while most of us would adopt these dispositions in moving to another country, we do not expect to need them in the United States and we especially do not expect to need them at work. On the contrary we feel that we should be assuming a mantle of authority and professional competence born of graduate training and research, and insecurity makes some new faculty assume a more rigid demeanor rather than a flexible one. The fact is that many of the "cultural" values and practices at St. Lawrence may be diametrically opposed to those of your graduate institution, and that can be disorienting and confusing. While this section gives advice on orienting yourself to SLU's faculty culture, it does not mean to imply that you should thereby accept that culture as you find it. Part of the culture here is its willingness to entertain change and to respect junior faculty who are willing to stick their necks out to intervene, so long as they do it with some tact and understanding of the context. So the first piece of advice is to seek out institutional history from a variety of perspectives before leaping to conclusions. Your criticisms and suggestions will be met with much more respect if you show some knowledge of how things have evolved here over time. While the faculty is not as homogeneous as it appears, there are some dominant values, such as the importance of excellent teaching and collegiality. How these are interpreted can vary a great deal, and some departments

have their own strongly held subcultures, which range from a sense of closely-knit community to factionalism to a shared discourse of complaint. But one of the big differences between SLU and a large university is that your department is not the exclusive agent of your success or failure. You are part of the faculty as a whole, and the more connections you can make across the faculty, whether socially, on committees, or in interdisciplinary programs, the stronger your position will be when it comes time for tenure and promotion decisions (see Committees chapter). Once you have these connections, you will be able to seek advice from people with diverse opinions and teaching styles, and you will be assured of a variety of perspectives in evaluating your achievements and contributions. In fact it would be a bad idea to rely exclusively on the views held about university politics and criteria for tenure within any one department.

The St. Lawrence faculty is like a small community in that everyone pretty much knows everyone else at least enough to place them in various categories of curricular politics, teaching skills, and personality. These judgments are not always accurate, but they do circulate, and the best antidote to stereotyping is first-hand conversation. Because a lot of institutional history underlies debate in faculty meetings, for a while you may feel that others are reading bizarre subtexts into seemingly simple statements of position. As you talk to various people you will begin to piece together the different positions people hold, but you might do well to try to bracket your own judgments about people and positions until you have had some first-hand experience.

One of the areas of tension over the past decade has been the relative importance of obligations to interdisciplinary programs versus departments. We seem to be evolving to a point where interdisciplinary programs are accepted as integral to the mission of the university, so this may be less of a conflict in the future. But some junior faculty receive conflicting advice for example about whether to stick within the department until tenure or to go into the First-year program in order to develop their teaching skills and serve the university outside the department. It is important to know that the FYP has been an area of contention in the past (see FYP chapter). If you feel conflicting pressures, you should not hesitate to make an appointment to talk over your situation with the Dean. He or she will have a larger perspective on your situation than any one mentor will, including your department chair.

Some junior faculty fear that voicing controversial opinions or voting against their department members at a faculty meeting will doom them at tenure time. This is not the case. But constant complaining with no counterbalancing positive action can have a negative impact. Find colleagues, including some senior colleagues, who support the same goals you do and work with them. Try to couch your concerns in as constructive and collegial way as possible. There is a kind of dominant manner of discourse among the faculty, characterized by a calm, deliberative, dispassionate manner, culturally specific to northeastern private institutions, and it can feel stifling to people whose cultural or ethnic or class backgrounds have strikingly different discourse patterns.

While you should not have to change yourself to be successful here, a bit of camouflage or code switching will ease your ability to intervene and be heard when you need to be. As the faculty becomes more diverse, this should be less of a concern, but it is good to be forewarned.

Attitudes toward Teaching

Whereas at graduate school, your main job, like that of your faculty role models, was to go off and do your research by yourself, at SLU it is important to be a contributing member of the campus community. Just as a liberal arts education aims to educate not just the intellect but the whole person, so a faculty member at a liberal arts institution is expected to be present as a whole person, not just as a classroom teacher or isolated scholar. A faculty member who does great teaching and research but never serves meaningfully on committees or participates in faculty meetings or in some way joins into community building activities will not be viewed favorably by colleagues (see [Committees](#) chapter). Thus, SLU is not a place where you can work from nine to five on Monday through Friday.

You are expected to be a fully participating member of the community. That means organizing and attending some co-curricular events, participating in Family Weekend, and other such activities that mark life at a residential college. Your students will expect more time and attention from you than would students at a big research university. They will expect both formal and informal advising, interaction at co-curricular events, help with papers and other assignments, and interest in them as people. Most faculty at SLU are deeply invested in their teaching. Especially since the inception of the FYP and the Center for Teaching and Learning, a culture of faculty development has evolved here. Through team teaching, faculty development seminars, faculty presentations, teaching with technology grants, attending conferences, and other means, faculty think self-consciously about and talk about their teaching. Most faculty are interested in moving beyond disciplinary boundaries in some way. There is a great deal of exciting ferment around faculty development.

There is also considerable debate over the challenges of moving students toward serious intellectual inquiry. Faculty have a range of opinions about the academic preparation of the students here, probably echoing the opinions of faculty at most other institutions. St. Lawrence students represent a wide range of abilities, but most are well above average and a number are as good as students anywhere. A few faculty have been known to equate arrogance and condescension toward students with holding high academic standards. The ideal here, on the other hand, is to balance high academic standards with respect and concern for the well-being of students. St. Lawrence students will perform up to a very high standard so long as the course is structured in such a way as to hold them accountable for doing the work. They do not tend to do so well when there are no direct consequences for not doing the reading, for example. Thus it is helpful to be as explicit as possible about expectations when you write your syllabi.

Research

So what if you jump enthusiastically into the life of the college and earn a reputation as a great teacher? Is that enough for tenure? And will you have time for a life? Alas, the answers are no and no. Most of us want to do scholarship or create art or do whatever is done to be productive in our fields. You need to set aside enough time for research so that you will be tenurable. Above all, the message of this handbook is that we all need to strike a balance in our lives, and that can be very difficult at a place like St. Lawrence. Some colleagues will be pushing you into more service and students will be asking you for more time. If you have a family you need to be present for them. You need to maintain your own sanity through exercise and recreation (see [R&R](#) chapter). But you do need to produce scholarship as well.

Many of us find that we can only do research during vacations and summer. We have almost a month in January, enough to do some serious writing or field work or archival research. You might weigh the benefits to your scholarly profile of entering the FYP sooner rather than later so as to have a pre-tenure leave.

If you are coming to SLU from a large research university, you may be alarmed at losing the resources you have enjoyed in libraries or laboratories. You will find that SLU does everything possible to make resources available. While our library is an undergraduate one, there are funds available to build collections relevant to your teaching and research needs.

We have growing access to full text journal databases and extremely efficient and generous Interlibrary Loan services. We have various grants for technology needs. We are planning new facilities for the arts and sciences within the next five years. We have had numerous opportunities for travel to other countries over the past six years, and hope to have more in the future. We have an extremely generous faculty travel policy and competitive grants available for faculty research. In most cases if faculty members are productive and make a reasonable case, a way can be found to gain access to the resources they need.

So, while SLU is a small, rural college, it will present you most likely with too many opportunities, and your job will be to find the balance that makes sense for you among the demands of teaching, community service, scholarship, and personal life. In order to thrive here, you need not only attend to all four of these areas, but to grow and flourish in all four. Finding this balance will be your greatest challenge, but colleagues will be glad to offer advice.

Eve Stoddard is the primary author of this chapter (1999).

“Take advantage of conference funding—both for disciplinary conferences and for attending a pedagogy conference. Attending a pedagogy conference, especially in the first year, especially in November or March, can help give you new ideas and rejuvenate you at a stressful time of the semester. Also, although you’ll get a ton of great teaching ideas during new faculty orientation, don’t forget to teach to your strengths. Try one or two new ideas, but don’t think you have to change your whole teaching style.”

Erin McCarthy, Philosophy

What does it take to get tenure around here?

Whether implicitly or explicitly asked, this pressing question is on the minds of new tenure-track faculty. While the [Faculty Handbook](#) (available on the Academic Affairs website) is the authoritative source for the guidelines and criteria for tenure and promotion, pre-tenure faculty appreciate impressionistic answers from faculty members who have recently and successfully gone through the process. Below, a general outline of the tenure and promotion process is followed by St. Lawrence colleagues’ reflections about their own recent tenure cases.

The tenure review process occurs in two stages: mid-probationary review and tenure review. At the mid-point in your pre-tenure period (generally in your third year) your department or program will conduct a review of your teaching, scholarship, and service. Directors from other programs in which you have taught (e.g. the FYP) will also be involved at this time. This report will note your strengths and weaknesses in these areas as the department or program sees them, and it will suggest areas for improvement.

The tenure review process typically occurs in the fall of your sixth year of teaching, though this can vary in cases where faculty have taught full-time elsewhere prior to coming to St. Lawrence. You will compile a detailed file documenting your teaching, scholarship, and service at St. Lawrence, so it is extremely important to keep records starting in your first semester. Your file will be evaluated first by your department, which will then write a statement regarding your case to the university’s Professional Standards Committee (PSC). If you have taught in programs outside of your department, representatives from those programs will also be involved in your tenure review. The PSC will evaluate your file and the submitted statement, along with letters solicited from your colleagues, current and former students, and professional peers outside of St. Lawrence University. The PSC will then make its recommendation regarding tenure to the President, who may concur or ask the committee to reconsider. The details on what happens after concurrence or reconsideration are in the Faculty Handbook.

Six recently tenured faculty were asked to reflect on their own tenure cases while answering questions about teaching, scholarship, and service. Their responses appear in the same order after each question.

What do you think mattered most about your teaching?

“As a group, I think (and hope) my students felt that I treated them with respect, and I think this mattered as they evaluated my courses and wrote letters at the time of my tenure review. I think they felt they were free to express their opinions in my classes, and that I would listen whether I agreed or disagreed, and expect everyone else in the class to do the same. I think they appreciated that I was willing to take the time to talk with them outside of class. And I’d like to think they felt that my courses were demanding because I was concerned about their intellectual growth, and while I expected a lot from them, their efforts would be rewarded if they rose to the standards that were set. My own sense is that the PSC is extremely thorough and discerning in the way it considers the qualities of our faculty as teachers, focusing on their ability over the long haul to challenge and convey ideas to all of our students.”

“I think it was very important to have strong written comments and letters from past students. I didn’t focus on or worry too much about the numbers on evaluations. Even more important is to demonstrate that you approach teaching as an evolving process and that you reflect on and learn from teaching evaluations and past teaching experiences. Hint: After the end of each semester, before you receive your teaching evaluations, jot down some notes about each class taught from your perspective – what worked, what were the real positives, what problems arose and how you dealt with them and how you might better deal with them in the future, what changes you are thinking about adopting next time you teach. You can turn to these notes in writing your annual reports and when you prep for the same classes again. You need to show a willingness to adapt and be responsive to students’ needs without compromising your fundamental beliefs about what’s important in your field and your goals for St. Lawrence University students.”

“Clearly, the students had to believe that I was an effective teacher who graded them fairly. The question becomes how to demonstrate that you are an effective teacher. I used a variety of ways to demonstrate my teaching effectiveness in my reviews; however, I think the most important evaluations of my teaching were the student responses to the PSC questions. The PSC questions represent a “standard” evaluation of teaching across campus and they are the first evidence people will look at to determine your “quality as a teacher”. My evaluations were always very strong. Students typically responded very positively on the PSC questions as well as in written comments. It is hard for me to judge how thoroughly the written comments were read by reviewers. I often get the sense that if you are receiving high marks on the PSC questions that many people do not spend much time reading student comments.”

“I think that what stood out in my evaluations and made them strong was my students’ sense of the passion I have for what I do and their sense that I cared about them as students and as people in general. In terms of the latter, in concrete terms, students often commented on my availability to them, my openness to their ideas, and my willingness to work with them on their papers and other assignments.”

“My teaching was very good for the most part, with a couple of exceptions. I’d been in FYP for 3 years. In the first two years, I got pretty good evaluations. In my third year, I got trashed. However, I was able to point out some interesting statistics to explain the horrid evaluations. My department had a couple of negative things to say about my teaching in their letter, but I didn’t rebut them in my original letter. I should have, and did so effectively in the appeal (after originally being turned down by the PSC).”

“My concern about student understanding what we do in the classroom and the fact that they have to get involved in the learning process. In the classroom I place a premium on active student learning. It’s important to teach the class with the students and not just to the students. Also the careful preparation for class (from a carefully crafted syllabus that provide students with a clear sense of the expectations for the course to the use of a wide variety of activities and materials to reach different learning styles), the high standards that I maintain for myself and for my students and the availability to meet students out of class.”

What do you think mattered most about your research or scholarship?

“I think it mattered that I had more than a few publications; having none would have been a problem, and having just one or two probably would have been as well. It mattered that they were in peer-reviewed journals, and that my dissertation was published. How many publications were needed and how they were weighed is more difficult for me to say, since I didn’t see the process from the side of those evaluating my work. I suspect that there isn’t one answer to these questions for all cases, and that they are often very difficult ones for PSC to answer. But in the end I think quality is much more important than quantity—particularly quality which demonstrates a clear connection between the faculty member’s research and teaching interests.

Regarding my own approach to scholarship, I’ve tried always to be working on something, even if it’s just a vague idea that I occasionally jot down notes about. I found that I did more research and writing during the semesters than over breaks, though I think I’m an oddity in this regard. On occasion I would work on research instead of grading papers, which resulted in some very late paper returns but more scholarly output. I took every chance I could to present papers at conferences—picking the conferences, to be honest, much more because of where and when they were than any other criteria. This often forced me to write during the semester, which was a good thing, with the added benefit of conveying me to someplace warm in February or March.”

“From my view, three things are important from the research perspective:

- Having enough peer reviewed publications (mostly enough being defined by your department)
- Having favorable outside letters commenting on your research
- Showing an active research agenda, including having working papers and ongoing projects and by participating in professional conferences.”

“I had a strong research program that produced peer reviewed papers and also involved students. I think it has become evident that scholarship in the form of some sort of peer reviewed work has become essential for tenure. I had two peer reviewed papers, one invited book chapter, and an NSF grant proposal. I also had presented my research at several national and international meetings. I involved students in my research and also incorporated it into courses as well as independent student projects. Several of my students presented their work at national meetings as well. Lastly, I know that comments of external reviews helped the PSC understand my work and its importance. I would suggest getting as many external reviews as possible. I think that in my case, the evaluation of scholarship was the most critical element in the both departmental and PSC of review of my tenure case.”

“Both that I had a book published and on the shelves and that I had a scholarly agenda that moved beyond the subject matter of the book.”

“I had trouble getting tenure. The PSC heard my case, recommended I be turned down, heard my appeal, and then recommended I get tenure. After that, it was smooth sailing! What was my problem? Mainly, I did not have enough research/scholarship, and what I did have, I didn’t sell well. First problem: I had submitted a paper the summer before going up for tenure, and the committee didn’t know if it was any good. So, in my appeal, I had a bigwig in the field write and say, “Hey, this is worthwhile.” Second problem: my field is more technical, so when I went to write up what I was doing, I didn’t want to get bogged down in a lot of details that the committee wouldn’t follow anyway. THAT was a mistake! In my appeal, I simplified (well, not exactly simplified so much as explained in “English”) what I was doing. Next, and this is VERY important, I had people outside my department who were advocates for me read the appeal. They pointed out stuff like, “Okay, you sound pissed off here. Now that you’ve gotten it out of your system, delete it!” It had read fine to me. Oops. You need folks who will get fired up for you, be willing to read through your tenure file, and help you write a great one; you want people outside of your department/field to make sure it reads well to those not familiar with your research.”

“My active participation in conferences by presenting papers, the publication of a book that was well received by outside readers and the broadening of my research interest beyond my dissertation.”

What do you think mattered most about your service to the institution?

“I think quality matters more than quantity and that the problem for vast majority of junior faculty is not too little service, but too much. You will not be expected to participate in one of the University’s standing committees in your first year, but you also need to be wary of accumulating other service responsibilities—such as departmental subcommittees, interdisciplinary advisory boards, or being advisor to student organizations. You need to be able to say “no,” even to roles that you may be very interested in, or they definitely will start to infringe on the time you need for your teaching, research, and life outside of work. You should expect the support and understanding of your colleagues and especially your department chair when you decide that an assignment will take more time than you can reasonably spare. Also bear in mind that not all University committees will make equal demands on your time; some meet very frequently and have multiple subcommittees; others meet very rarely. It is far better to have a small number of committee responsibilities in which you are deeply and energetically engaged in substantive work, than a greater number for which you don’t have enough time.”

“It is more important to do a very good job serving on one university committee a year – which entails regularly attending meetings, participating in committee discussions, helping with subcommittee work, and even taking on some minor leadership roles – than trying to take on too many responsibilities each year and not performing well on any of them. This enables you to connect with faculty outside your department and get your name known. Through quality committee work, non-department colleagues will appreciate your hard work and will write supporting letters for you at tenure time. “

“I think the most important thing about my service was that it introduced me to faculty in other areas of the University. I served on a variety of committees – University, departmental, special task forces, as well as position searches in other departments. Service on committees also provided me new perspectives about how other departments and disciplines work. Of the three components, service was probably the least important in terms of my evaluation.”

“I would guess that what mattered was that my service wasn’t perfunctory. I found committees and university projects that related to my intellectual interests or my passions and there was a thoughtful coherence to my service.”

“My service was stellar---which was a two-edged sword. Lots of folks on campus knew me, but service was so much easier to do than research. That hurt me.”

“The advising of students, the involvement on interdisciplinary programs, the variety of committees in which I have participated in and outside my department.”

Please share any other impressions about the tenure and promotion process that might be helpful for faculty new to St. Lawrence.

“As you arrive, understand that you will hear much discussion and often disagreement about any aspect of the tenure process that may arise. In the time I have been here I think it has been the issue we have argued about at the greatest length and with the greatest intensity. This can be unnerving as you’re going through the process, but I think it reflects the fact both the faculty and administration regard our practices regarding tenure as profoundly serious issues. Questions about the tenure process are not taken lightly by anyone, and I think the PSC in particular regards its work with extreme gravity. They expect a lot of information, and they spend a huge amount of time and energy considering it. This reflects a faculty culture that acknowledges that tenure decisions are the most important ones that we make as an institution, and for all the effort and anxiety that it entails, this means that the process is exhaustive and fair.

Understand that it is going to be stressful. No matter how hard you work or how successful you are, because there is so much riding on this decision, you are going to be concerned about the outcome. Talk to your colleagues about this—particularly those outside your department, who won’t have a direct role in evaluating you. The bottom line is that it’s not going to be much fun, but neither are you in it alone.

I was lucky that I had a department and particularly a Chair that went to great lengths to evaluate my work carefully and represent it fairly. In particular, I found it incredibly helpful to go through a third-year review process with my department that was essentially identical to the tenure process. This meant that the process was clear to me when my tenure consideration came, that my department’s expectations were clear, and that I already had a tenure file which only needed to be updated rather than created from scratch. This meant more work for both me and my departmental colleagues, but it was very much worth the effort in stress and anxiety avoided.”

“The process is quite streamlined and fast compared to large research, public universities. That helps to reduce the stress. The piece that brings together questions 1, 2 and 3 is the personal statement. Take this seriously and do a good job explaining your goals and philosophies about the three areas of teaching, scholarship and service. Explain your research in layman’s terms. Explain how you have changed, matured, and developed as an academic over the pre-tenure time. Don’t be afraid to bug your department colleagues for examples of successful personal statements. Also, ask for examples of well-organized tenure packets from within or outside your department.”

“First, always present a strong, positive outlook on your work. You are your own best advocate. You need to be realistic, but do not downplay the strengths of your accomplishments. It is hard for many of us to blow our own horns. However, at the time of your 3rd year and tenure reviews you need to blow your horn loud without seeming too arrogant. Second, there are expectations for achievements in teaching, scholarship, and service, although these expectations are not always written down and

differ among departments and areas of the University. You need to meet these expectations as best you can (i.e., you have to play the game as best you can). I think the concern for most people is about scholarship. The nature of the University is that teaching time and service time are scheduled into your life (e.g., classes, labs, and meetings). The hard part is finding the time and energy to conduct and publish your research. I think one of the problems is that often people segregate their teaching and their scholarship. I have found that incorporating my research interests into my courses helps me to schedule research time and helps prepare students to work with me if they continue on to do independent research. The other problem for people is to become over involved in service. Service is great, but service alone will not get you tenure. My last suggestion is that you should start putting together your 3rd year review in your first semester. Keep your course materials and self evaluations organized and maintain an up-to-date CV. For both your 3rd year and tenure reviews, you need to accumulate syllabi, course materials, examples of graded work (including the good, the bad and the ugly), etc. There is a tremendous amount of paper that you have to organize for these reviews. You can reduce your anxiety before each review if you don't have to spend hours and hours trying to find all of the pieces of paper that you need.”)

“The mid-probationary review is very helpful in terms of gauging your progress toward tenure. Save your statement from that review as well as your department's statement. Use that as a jumping off point for the second half of the probationary period as well as for crafting your tenure statement.

When you do get tenure, the letter you receive from the PSC may surprise you a bit: it is the one opportunity your colleagues have to address you and your strengths and weaknesses. They'll use that opportunity to do just that.”

“Advice: Address any negatives in your file head on. Don't ignore them, explain them. Toot your horn! Don't be afraid to ask for help. When I was first denied, many people told me they hadn't bothered writing a letter for me because they figured I would sail through. Ask people to write letters for you! Ask people to visit your classroom, and not just before your third year review and tenure. And relax. Good Luck!”

“Be active in committees where you can contribute to the SLU campus community and where you can work with colleagues from other departments, pay careful attention to student comments and analyze diligently your courses in order to improve the quality of your teaching and start working as soon as possible in the manuscript of your book or your research project to have it ready before coming up for tenure.”

“Some faculty may tell you that it is unrealistic to try to do research during the academic year, and that they only manage to find the time for research during breaks. But it is worth trying from the very beginning to see if you can integrate some research and writing time during the semester, even if it is only a half-hour to an hour every day. Keeping the momentum up from day to day can for some people turn out to be far more effective than waiting for larger chunks of time. Approaching research in this way also can open up possibilities for your teaching and research to creatively inform each throughout the year.”

Laura Rediehs, Philosophy

THE FIRST-YEAR PROGRAM

A Description and Brief History

The First-Year Program (FYP), a living-learning program, began in 1987 as a pilot program and was required for all incoming students in 1988. It is a two-semester, three-unit course, split between a team-taught, residentially-based fall course and an individually taught, research skills seminar in the spring. The fall course, usually called “the FYP,” normally is team-taught by two faculty who are expected to be from different disciplines. Each class, or “college,” has approximately 30-32 students, all of whom live together in their own residence hall or in a wing of a larger hall. The faculty teams create a course based on an interdisciplinary theme. Before they arrive on campus, incoming students rate their level of interest in the available FYPs and are placed accordingly. The courses all include an emphasis on reading, writing, research, and oral communication skills. Each team member is assigned 15-16 students in the college as his or her advisees. The spring course, known as the “First Year Seminar” or FYS, continues the work of the fall, but in a “stand-alone” seminar based on a theme of the faculty member’s choice; an increased emphasis is placed on research skills in the FYS. An FYS course cannot be a course regularly offered by a department, and it should have some degree of interdisciplinarity. Continuing faculty are expected to make a three-year commitment to teaching in the FYP/FYS.

The Goals of the FYP

The following is taken from the Philosophy and Goals statement of the FYP which was revised in the spring of 2006:

With its commitment to collaborative, interdisciplinary teaching and its integrated sets of academic assignments, residential community-building and co-curricular activities, and the cultivation of student intentionality in academic planning over the whole first year, the FYP seeks to foster an intellectual community of literate, thoughtful, rhetorically sensitive and ethically responsible individuals who become increasingly able to:

- take a critical perspective on truth-claims of all sorts;
- confront issues of privilege (including and especially their own);

- develop interdisciplinary and creative intellectual agendas;
- place texts in their historical, cultural and political contexts;
- understand science and assess the ways scientific knowledge is used in society;
- recognize that they are in the world but not the center of it;
- participate in respectful debate about pressing social, environmental and scientific issues;
- recognize and reflect on their role as members of multiple geographical, political, cultural, intellectual and identity communities; and
- recognize the deeply social nature of knowledge production, including the processes that produce scientific knowledge;
- construct a course of study over four years that results from intentional decision-making about the process and goals of their education.

The complete philosophy and goals statement as well as the rhetoric and communication guide for the FYP can be found on FYP website at <http://web.stlawu.edu/fyp>

The FYP Administrative Structure

The FYP office is in 168 Whitman Hall. The program is headed by the Associate Dean of the First Year, who is appointed from the faculty for a three-year term; the current director is Associate Professor of Psychology Cathy Crosby-Currie. The program has a Faculty Development Committee that designs workshops on pedagogy for program faculty and also plans the program's annual retreat. The FYP is supported by two administrative secretaries. Debbie Bishop works directly with the Associate Dean of the First Year and is the main clerical point of contact for the FYP. In addition, Janet Torres provides clerical support for two other Whitman offices (Academic Planning, Advising, and Services and the University Writing Program) in addition to some responsibilities to the FYP.

The FYP and Student Life

In its role as a living-learning program and as a point of entry for new students, the FYP works closely with the Division for Student Life, and the Office of Residence Life in particular. Located in the Student Center, the Director of Residence Life is Dr. Matha Thornton. She has responsibility for the residential staff of the FYP, as well as housing first year students. She has two directors, one for community development, Associate Director Joshua Drake, and one for housing, Assistant Director Stacey LaPierre, as well as three Residential Coordinators who directly supervise the staff of Community Assistants who live in the residence halls. The Associate Dean of the First Year and the Director of Res Life work cooperatively to oversee the residential portion of the FYP. Each FYP college has two student Community Assistants, who are in charge of educational and social programming, referral to campus resources, community building, and enforcement of the Code of Student Conduct. FYP colleges also have one Mentor,

who typically was a member of that college the preceding year and acts as a writing tutor; the mentors hold weekly office hours, often in the residence hall, and also typically attend class meetings.

The FYP and Other Academic Resource Offices

In addition to the FYP, the Office of Academic Advising is housed in Whitman Hall. Because FYP faculty advise first-year students, the program works closely with the Director of Academic Advising (currently Professor of English Bob Thacker) to ensure that student problems are being addressed and that faculty are prepared to engage in short-term and long-term curricular planning with new students. The FYP also works with the Coordinators of Academic Support (Ginny Schwartz) and Academic Achievement (Becky Graham) and the Director of Academic Services for Students with Special Needs (John Meagher) to ensure that first-year students who are struggling academically have access to the services they provide. The Director of the WORD Studio (Dr. Hillory Oakes) and the Director of the Rhetoric and Communications Program (Associate Professor of Performance and Communication Arts Kirk Fuoss) play a central role in carrying forward the FYP's mission to teach communication skills and in broader faculty development initiatives, as does the Director of Research Instruction, Librarian Joan Larsen.

Controversial Aspects of the FYP

The FYP has been subject to ongoing review and controversy. Strong feelings on campus exist about the FYP--most positive, some negative. Over the years, the FYP has become progressively institutionalized and the level of controversy has slowly faded, especially as its positive effects on our recruitment and admissions picture have become clear. The course was originally team-taught for a full year, and one reason for the change to a stand-alone spring course in 2001 was perceived student dissatisfaction with the second semester of the then-current FYP structure. The student evaluations suggest that students are happier with the new spring course, and that the FYP has improved its ability to teach research skills effectively. Another controversial issue is the multidisciplinary aspect of the program, which raises concerns regarding academic rigor and competence. In addition, some departments are concerned about their ability to meet departmental staffing needs when members are serving in the FYP at the same time the departments are trying to put forth a Senior-Year Experience and contribute to other programs on campus.

The Costs and Benefits of Teaching in the FYP

As you consider whether you would like to become part of the FYP, we offer the following non-exhaustive lists of what that commitment usually means for the faculty in the program. The FYP does require a lot of its faculty, but it also provides rewards, some of which are not available elsewhere.

What you give to the FYP:

Regular time commitment of teaching a 1.5 unit course for an entire year. Additional “irregular” time commitments that occur outside the usual teaching semester: for example, an annual 2-day retreat in late May, team planning meetings during the summer breaks, writing and other faculty development workshops during the academic year and breaks, and orientation week obligations.

Advising responsibilities. You are assigned 15-16 first-year students as advisees; these students normally continue to be your advisees until they declare a major in the spring of their sophomore year. The advising relationship can be seen as a plus and a minus. You will definitely get to know these students quite well, which can be good or bad depending on the students. They also will need more time and attention from you than most upperclass students until they learn the ropes. In addition, most FYP faculty participate in advising incoming students during the summer (mostly via email); doing so is compensated with a modest stipend.

Although involvement in the residential life component of the FYP differs among colleges, you may find yourself working with staff on residential issues such as harassment, sexual assault, and vandalism. College teams (faculty, CAs, and the appropriate Residential Coordinator) are expected to meet for an hour or so bi-weekly to talk over relevant student issues. In addition, a phone call or email informing you that one of your FYP students is in the hospital or otherwise in crisis is, unfortunately, not that rare. Contact with parents of your advisees is also an occasional part of the job, both with students having problems and in more general settings such as Family Weekend or Orientation.

Working with a teaching partner. Once again, team teaching is both good and bad (see below for some of the rewards.) Creating a syllabus with a colleague is very time-consuming. Instead of working at your own pace and making your own decisions about books, assignments, policies, etc., you will be negotiating all of these issues at the same time that you must follow common coursework requirements set by the FYP. And these decisions and negotiations do not end with the first day of class. Collaborating on a course requires a great deal of time and patience, especially when teaching first-year students. Some have compared it to “co-parenting.”

The St. Lawrence University stretch--i.e., teaching outside your field. As discussed above, this is one of the more controversial aspects of the FYP, and it is one of the hardest and most time-consuming parts of teaching in the FYP for many faculty. For example, the program recently had a historian of pre-modern China teaching in an FYP college about religious diversity in contemporary U.S. Doing so required from her a great many hours of research, new class preparations, and background reading. In addition, all FYP faculty must adjust to teaching and grading about topics and material taught by their colleagues. Team teaching across disciplinary lines requires the time to

engage in frequent and clear communication among the teaching team members, and to making a sustained commitment to working collaboratively.

In sum, what you give to the FYP is time and lots of it--time you could be devoting to research and scholarship, to departmental or programmatic teaching and service and, of course, to building a life outside work. *On the other hand...*

What the FYP gives back to you

One semester paid leave and other compensation and access to resources. The FYP requires 4.5 contact hours per week, which is 1.5 hours per week more than a standard one-unit course. Over the course of two semesters, this adds up to 3 extra contact hours per week, or a full course. Over three years, this adds up to 3 full courses—i.e., a semester's teaching load. Although you may take a one-course reduction per year as compensation for the overload, you can instead take a semester's paid leave which you will have earned by the end of the three-year commitment. The paid leave is available only to those who teach at least 3 semesters in the fall FYP; i.e., you cannot do 6 semesters in the spring FYS and earn the leave.

In addition, you receive a generous planning stipend the first time you teach in the program. Half of that stipend is contingent upon consistent participation in the various faculty development programs during the year. After the first year, FYP faculty receive a more modest summer stipend for their participation at the May retreat and in course planning. There are also resources available for field trips and other course-related activities with students.

Working with a teaching partner. As we said above, team teaching can also be very rewarding. From the close pedagogical work with a colleague, you can get all kinds of new ideas, you see another teacher in action in the classroom, you receive support and advice from your partner when dealing with problems in the classroom, and you gain the intellectual fun of course planning with a colleague. You may even make a really good friend or two in the process! And even when things are not going so smoothly, since you have to get along with your colleague, you get good practice in conflict management and in the sundry skills required for smooth teamwork. (You can change your partner, but that means a new prep, so if you are happy, it makes sense to stay with the same one for three years.)

Faculty development. The program as a whole offers faculty development workshops and a supportive work environment. Since FYP faculty have many of the same problems and goals, you inherit a ready-made cadre of experienced, understanding, and helpful colleagues. One of the unexpected benefits of the FYP has been its strong, positive impact on the quality of teaching across the campus. Faculty take what they learn about teaching in the FYP and apply it in their departmental courses and elsewhere. The FYP has been the leading edge of pedagogical innovation on campus for many years and that remains one of the significant benefits of program

participation. Fall 2007 marks the beginning of a 4-year grant awarded by the Association of American Colleges and Universities based on SLU's national reputation for innovative teaching within the First Year Program. This grant will provide additional funds to FYP faculty and staff for the study, planning and implementation of engaged pedagogies.

Reduces isolation. Working in the FYP, you can make friends and develop collegial relationships all over the University, which helps you avoid the Stuck-And-Isolated-In-My-Department syndrome. Having a broad and cross-departmental base of support can be very important to personal happiness as well as professional success. In addition, you will accumulate experience dealing with a wide spectrum of student problems. You will also learn more about how Res Life and other Student Life offices work at SLU while developing collegial relationships with staff and thus avoiding the dreaded The-Only-People-I-Know-And-Ever-Talk-To-Are-Professors syndrome.

Common college experience. All students at SLU are in the FYP during their first year. You can use this common experience to connect with students and to help them connect with each other in your other courses, especially those that enroll a lot of first-year students. In addition, you can assume, in all your classes, that your students get basic communication and research instruction. You can also assume they all have the same writing handbook (*Hacker's A Pocket Style Manual*) and refer to it in other classes and when commenting on papers.

First-year student expertise. You are guaranteed to become a certified First-Year Student Expert after a year in the FYP and a Master after three years. This expertise can only help improve your teaching and advising generally.

Miscellaneous Advice From Those Of Us Who Have Been There

Our most important piece of advice for new faculty who are considering teaching in the FYP, or definitely will be teaching in the FYP, is to talk to people who have been there. And from those people, here are some other bits of advice:

Be sure you pick a good teaching partner. Talk to other people (preferably who know you as well as the faculty with whom you are considering working) about your prospective teammate.

Attend as many of the faculty development workshops as you possibly can, not matter how long you have been teaching, and take advantage of the experience and knowledge of other FYP faculty and staff.

Have fun with your teaching partner and students. Don't take yourself too seriously. Never lose your sense of humor.

“Some things I learned the hard way: 1. Say no when you need to. People understand. Only take on extra service work what you can do well. 2. Practice balance: don’t let the campus swallow your life whole, and don’t stress one aspect of the job (teaching, service, scholarship) too much over the others. 3. Be organized. Develop a filing system and keep perfecting it. 4. Take control of the paper//cc:mail/e:mail flow somehow. A method for handling it efficiently will be a boat to let you float on top of it, rather than drown in it. Remember: you don’t have to read everything with equal attention!”

Anne Csete, History

Writing the Annual Activity Report

What is the Annual Report?

Each year the Dean's Office asks all full-time faculty to complete a professional activity report. The report solicits information on teaching activities, achievements in scholarship and/or the arts and service to the community and professional organizations." (The Faculty Handbook of St. Lawrence University)

What is it used for?

The annual report is used by you and by your department chair to review your progress as a teacher, scholar and colleague. It gives your department chair a chance to monitor your progress and also gives you an opportunity for reflection and the self-examination of your goals. The annual report provides a faculty member with an ongoing record that is extremely useful when preparing mid-probationary and tenure and promotion cases. Department chairs and program heads will write their responses to your self-evaluation, usually one paragraph in length, and share them with you. Chairs and program coordinators then meet with the Dean by the end of the summer to discuss all department members' self-evaluations and their responses to them.

When is it due?

The annual report is due at the end of each academic year, usually in early June.

Where do I start?

The first step in writing the annual review is to update your vita. Be sure to include any new courses taught and any committee work from the academic year. In addition you should add any new research projects. We talk more about this later in the section titled, *Things You May Want to Add to Your 'Annual Review' File.*

Your next step is to ask to look at past annual reports of one of your colleagues. It is important that you choose this person carefully. Although you may be tempted to ask the most senior member of your department, this is probably not a good idea. First of all, a tenured faculty member may not change their annual report much from year to year and they will probably have much more included in their vita. A more senior

faculty member may have a report style that is "outdated" and may not be to your liking.

You also should not ask a non-tenured colleague. Although you may feel more comfortable asking a colleague who is at the same stage in their career as you, they may not have mastered this task either. The ideal colleague to ask is a recently tenured faculty member. They have been here long enough to learn the ropes and they will have obviously demonstrated "the right stuff" (at least enough to get them tenured!).

Each spring, as part of the new faculty orientation follow-up sessions, the CTL sponsors an informal workshop for new faculty on writing your first annual review. In addition to receiving practical tips, a few seasoned faculty members attend the meeting and share copies of their own annual activity reports. This session affords new faculty an opportunity to ask questions about topic, content, and page guidelines.

Writing the Review

Seek Balance

- Don't be shy; tell it like it is. Don't hide your light under a bushel basket. If you have had minor successes over the year (e.g., got a manuscript accepted, presented at a regional conference, became actively involved in a new student-faculty initiative, etc.), don't be afraid to "brag" about your success -- or at least call it to the attention of your department chair.
- In the same vein, be certain to mention areas that are of concern to you (i.e., rejection of a manuscript, low teaching evaluations, delays in your individual research, etc.). Sure, we all know it's hard to mention areas that are of personal concern because you think that you run the risk of "exposing" yourself – letting your department chair know that you aren't as brilliant as she/he originally thought upon hiring you. But the reality is, neither is your department chair – brilliant that is. (You know what? You will find that most of your senior colleagues really are interested in helping you become a better teacher/researcher/university citizen.)
- Okay, now that you've laid your heart out on the table, be sure to follow up with positive action plans as to how you are going to actively address possible areas of concern. (How are you going to revise that manuscript? How are you going to change that teaching technique that flopped? How will you find time to do first-rate research while still maintaining your other responsibilities?)
- Be revealing enough that the reader gets a sense of the level of introspection, thought and effort you have put into it, but don't approach the task as if you are going to befriend all of your inner demons by simply writing about them. The point here is to follow the same rule of thumb when sitting down to write a manuscript – that is, engage your reader, be interesting, be exacting, but cut out the fat, and be pithy with your words.

Focus on the Words “Annual” and “Review”

- Remember, this is an annual report, not a day-to-day account of the multitude of successes and failures that each of us faces in any given day as a college instructor. Think of Stephen Hawking’s bestseller, “A Brief History of Time” when writing your report. That is, focus on the big picture (the entire landscape of the year – not just the day-to-day peaks and valleys). Step away occasionally as you are drafting the annual report, let yourself “breathe” and expand your self-understanding as you engage in the writing process – looking for common themes in your daily performance. This will probably be a good indicator of areas in which you need to develop, or areas that you have already mastered and are very good at.
- Cheat. That is, it helps to keep a small journal in your office where you try to keep some sort of running dialogue with yourself about the “day-to-day.” This way, when it’s time to sit down at year’s end and write your annual review, you actually have substantial “data” that will hopefully spark your memory and provide you with enough evidence to say, “yeah, I’m doing just fine here as a new-comer to St. Lawrence.” or “Oh, my god, where did the year go and what did I accomplish?!” (Our suspicion is that you will find yourself somewhere in between these two extremes if you are at all honest with yourself.)
- After all is said and done, and you have written what you consider to be an annual review, set the draft aside for a few days and then come back to it. You’d be surprised how many noteworthy items seep up from the subconscious over the course of a few days (actually, this usually occurs when one is sleeping, when the mind is at ease, not “asleep” so to speak, just in a more receptive state when the level of inner “static” isn’t nearly so distracting.)
- Set some future goals for yourself. Somewhere in your report let your department chair know what your future intentions are. Give her/him the impression that you are thinking ahead, gauging your future progress and being realistic about how much (or how little, whichever is the case) one can accomplish over a year’s time given your individual teaching load, service to other University committees, and pursuing your own on-going scholarly work.

Let It Go and Relax

- When you have completed the report, be finished. Don’t agonize over things you might have said, or issues you forgot to mention. Remember, you are in frequent (sometimes too much) contact with your department chair and immediate colleagues, and can update them as to any particular challenges you face or relevant “coup” you may have obtained over the course of the semester. Now is the time to relax. Don’t let those incessant little self-critics get the best of you.
- Be open and receptive to any immediate feedback you may receive from your department chair. The chair is required to write up a one-page summary of your annual report, which will then be forwarded to the Dean. You should be given the opportunity to review the summary – if not, be bold and ask your department chair to be granted that courtesy. Ask for a written copy of the department chair’s summary to keep in your files if one is not offered freely. (You really shouldn’t have

to worry about taking these types of self-protective actions, but it's to your advantage to have your own complete set of internal files.)

- Having said all this, don't obsess that someone is sitting down and reading these with a "fine-tooth comb" or a "red pen." These reports are used to serve as one of several tools in evaluating one's on-going progress here at St. Lawrence University. (Don't fool yourself into thinking that the Professional Standards Committee—the folks who make recommendations for tenure and promotion to the Dean & President—ever read these summaries. They don't even have access to them.)
- Finally, try and keep things in perspective. All of us are growing deeper into our professions, some just do it with more grace, elegance, and ease, while some seem to struggle, agonize, and regret. Don't let yourself be one of those who regrets.

Things You May Want to Add to Your 'Annual Review' File Teaching

- Courses taught
- New courses taught
- Courses that you have substantially revised
- Any examples of new scholarship that you have incorporated into your courses
- Pedagogical techniques
- New techniques that you have tried
- Team teaching experiences
- Course evaluations
- Pedagogical conferences attended
- Independent studies you have supervised
- Ways in which you have solicited help in teaching from colleagues (i.e. visiting each other's classrooms)
- Faculty development seminars (i.e. reading groups, Shop Talks, Technology for Teaching workshops)
- Experiences with academic advising

Scholarship

- Publications (in progress, submitted, in press or published)
- Presentations
- Conferences attended
- Supervision of student research
- Grants
- Fellowships
- Awards
- Research trips
- Invited peer review
- Professional memberships
- Activities that keep you current in your field

- Service to professional associations (i.e. treasurer, editor)
- Organizing panels, chairing a panel or serving as a discussant
- Current work in progress
- Discussion of future projects and emerging interests

Service

- Departmental service (i.e. Colloquium committee, Search committee)
- Serving on standing University committees (i.e. Faculty Council)
- Ad hoc committees (i.e. events planning, bringing in a speaker, outdoor studies council, cultural encounters planning board--There are a million of these!)
- Advising student groups (i.e. Black student union, Greek organizations, Environmental awareness organization)
- Appointments to task forces (i.e. Alcohol task force, Summer curricular inventory committee)
- Support of and/or attendance at university wide functions such as concerts, plays, art shows, lectures
- Individual student advising tasks (i.e. writing recommendations, graduate study advising)
- Involvement in the wider North Country community (i.e. serving on the Canton Historical Society Board, The CAVA (Citizens against violent acts) board, being a middle school soccer coach)

University Committees

At a liberal arts college like St. Lawrence, committee work is an integral part of being a faculty member. Unlike large or technical universities where a faculty member's responsibilities are almost entirely focused within his or her department, each faculty member at St. Lawrence is expected to carry some responsibility for the work of the entire University. Thus service to the broader University is not an additional task, but an important part of your contribution to the University.

You are not expected to serve on any committees during your first year at St. Lawrence. You will be busy enough without committee work! If there is a committee that you are particularly interested in, however, feel free to ask about it. If you would like to get involved in committee work early, a good choice would be to contribute to a department committee or an *ad hoc* committee in which your particular expertise would be welcome. Beginning in your second year, you are expected to serve the University in some significant way outside of your department or program. For most faculty members, this service consists of serving on a University committee. Committee membership is on a two-year cycle. Every two years, during the spring semester, every faculty member is asked to fill out a form indicating committee preferences. You may also get contacted at other times as new committees are formed or as sabbatical replacements are needed. Faculty committee assignments are made by Faculty Council. You will receive (via email) minutes of all Faculty Council meetings. Read these to find out about committee vacancies and to keep up on University activity.

Committee service will give you insight into your department and insight into other departments' standings on certain issues, as well as the concerns and issues of administrative staff and students. Being part of a campus committee lets you learn how the university works and provides you with insight into the intricacies of the campus system as a whole. In committee work, faculty, administrative staff, and students work together in tripartite committees to govern the University. Thus committee work gives you a chance to work with people from the other campus constituencies. It also gives you a chance to interact with other faculty inside and outside your own department. Committee work is an important way to make connections across campus. It can help give you a broader perspective of the University and to introduce you to people across campus. When you begin attending the meetings, take a few sessions to learn the "style" of the committee. As a newcomer we would advise you at first to listen and observe the system as it currently is operating. After that, jump right in. Your new perspective will be appreciated. You do not need to contribute to every topic or contribute brilliant ideas. When you do have something to contribute you will have taken the time to develop a relationship with your committee members and you will know how to present your idea so that it can be heard most effectively by the rest of the committee.

University wide committees often give you the feeling that you are “part of the system” and that you have a say in the way things are run and done at St. Lawrence University. In this, committee work can be quite gratifying in giving you a sense of contribution and involvement. However, this hides a downside to this work, which is that it is very easy to become over-involved in committee work to the detriment of your other responsibilities. In the hierarchy of your responsibilities keep in mind that:

TEACHING MATTERS MOST BEFORE TENURE!

RESEARCH MATTERS A LITTLE LESS THAN TEACHING.

University service matters less than teaching and research.

No one has received tenure based solely upon his or her superb committee work! Yet committee work is important to your career and to the University. It is important to serve on a committee or committees during your pre-tenure time, but do not get so bogged down by the work that your teaching and/or research suffer. In your first few years volunteer for committees where you can be involved, but be careful not to get over-extended. And don't serve on too many committees: you are allowed to say “no” and most of your colleagues will understand. Saying “no” is not always easy, and the pressure to serve on various ad hoc committees, new sub-committees, and work groups can be intense. New faculty frequently fall victim to “creeping committeeism”, which happens when you are signed up for, let's say, one University standing committee and one search committee in your department. Then, half way through the semester you find yourself on those two committees plus a sub-committee of the standing committee, a search committee for another department that is hiring someone in your field, another subcommittee for your department, and the advisory board for an interdisciplinary program in your field. This scenario is typical, and can be overwhelming. Then, consider how many service commitments you already have, think about your research agenda, teaching responsibilities, and whether you have enough time to have a life outside work. Only then should you say “yes”. If you have doubts, or find it difficult to say “no”, talk to some faculty in their third or fourth year here, and you will very likely be told that doing fewer things and doing them well is better than getting over-committed. Most of us have been there.

The charges and membership criteria of University committees are given in the Faculty Handbook, part II.F. The Handbook can be accessed from the SLU webpage under “Faculty and Staff”. The current membership of committees can also be accessed on the web, off the Faculty Council link found in the same location. In addition to the standing committees given there, there are additional committees such as area studies committees, search committees, and *ad hoc* committees as needed. Ask around to find out what the different committees do and how much work each involves. The time commitment required for different committees varies enormously.

We STRONGLY recommend that new faculty memorize the following reply to be used EVERY SINGLE TIME you are asked to join a committee: “Thanks for asking me. It sounds interesting. Let me think about it and get back to you in a day or two.”

Anne Csete and Patti Frazer Lock are the primary authors of this chapter.

Opportunities for Professional Development

This chapter provides an overview of just a few on-campus faculty development opportunities sponsored by various programs around campus. Its focus on the Library and the Center for Teaching and Learning is not meant to represent exhaustive coverage of the faculty development work that is accomplished on campus; rather it is to familiarize you with a few established and emerging programming sources. In the months ahead, you will learn more about specific professional development activities through email and other campus-wide announcements.

The Library

The Library's overall goal is to promote "research literacy" across the disciplines at St. Lawrence. That is, we want students and faculty to be able to effectively find, use, and evaluate scholarly information, then use this information in a legal and ethical context. Faculty members play a pivotal role in helping us achieve this goal. In this time of rapid and accelerating "information explosions," faculty need to continue to develop their research skills in order to productively support student use of our over 500,000 books and over 20,000 online and paper journals.

The Library offers many services in support of our "research literacy" goal. Some of these are:

Research Instruction: Librarians are available to teach classes covering general or subject specific research techniques, in the library or in your classroom. Topics such as citing styles and plagiarism can also be included.

Research Consultations: Make an appointment for you or your student to meet one-on-one with a librarian to discuss your specific research needs, including research sources and the research process.

Building Online Bibliographies: Let us show you how to search bibliographic indexes, export citations to your personal database, then use software to create bibliographies in your choice of citing style.

Collection Development: Help us ensure that our print and digital resources adequately support your teaching needs by playing an active role in choosing materials to be purchased by the Library.

Copyright: If you choose to supplement your curriculum with additional readings available on Reserve or in a printed course reader, let the Library help you wade the waters of dealing with intellectual property.

Geographic Information Systems (GIS): Integrate geographic data and images into your curriculum using this powerful tool.

Videos: Over six thousand VHS tapes and DVD's are available for your classroom or personal use.

Browsing Collection: Literary award-winning new fiction and non-fiction titles supplement the Library's academic collection.

The Center for Teaching and Learning

62 Park Street

"The university is committed to the goal of fostering excellent teaching in its faculty and to assisting its members to realize their full potential as teachers." St. Lawrence University, Mission Statement: Aims and Objectives.

The Center for Teaching and Learning (CTL), an initiative to create and support faculty development programs focused on teaching innovation and excellence, was founded in 2001. Much of the Center's work is collaborative and its programs are planned in conjunction with other academic affairs and information technology offices. The Center's programming attempts to offer coherent and comprehensive workshops and seminars that enhance the current talents and inspire new pursuits of the St. Lawrence faculty.

Regularly offered programs include the **Shop Talk/Faculty Workshop** series, the **Rhetoric & Communication Institute**, **New Faculty Orientation**, **January Tech Fest**, **Back to Basics**, and the **May Faculty College**.

In addition to the programs and activities sponsored by the Center, its mission also includes internal funding opportunities. Full-time faculty may apply for teaching with technology grants, instructional mini-grants, and pedagogy conference funds.

Under the leadership of Sondra Smith, the Educational Technologies staff works very closely with the CTL to offer a series of hands-on workshops in order to keep faculty updated on emerging teaching with technology opportunities. For the full slate of CTL and IT programs and funding opportunities, please visit <http://www.stlawu.edu/ctl>.

The majority of CTL activities, including the technology workshops, are held right at the Center, 62 Park Street. The Center also has a lending library for faculty who are interested in borrowing resources on instructional design and development (i.e., books, journals, and videotapes).

For more information on the programs and services offered by the Center for Teaching and Learning, please contact Kim Mooney, Director (229-5981).

On Remembering Why You are Here

By Laura Rediehs

Parker Palmer, reflecting on the meaning of work in his book *The Active Life*, shares a prose poem from *The Way of Chuang Tzu* about a master woodcarver named Khing. In the poem, Khing has just carved a wondrous bell stand, so stunning that “all who saw it were astounded.” The Prince of Lu, who had commanded that Khing make the bell stand, now marvels at its beauty and asks Khing his secret.

Khing replies, “I have no secret”¹ and proceeds for the rest of the poem to describe his process. The entire poem is inspiring, as is Palmer’s commentary. Especially striking, perhaps, is that after guarding his spirit, fasting, and meditating for seven days, Khing says,

By this time all thought of Your Highness
And of the court had faded away.
All that might distract me from the work
Had vanished.²

What is interesting about this passage is that Khing tells the Prince that he needed to forget about him before he could work—to think about the Prince and the court counted as a distraction that had to vanish before the woodcarver could make the bell stand. Palmer points out that Khing was not “a dreamy artist creating ‘art for art’s sake’”³ but was making the bell stand because the Prince of Lu had commanded so:

The threat of the Prince’s command and his potential displeasure hangs over the woodcarver’s work like the sword of Damocles. As the woodcarver’s action proceeds from this initial point of coercion, it does move toward the freedom of art for art’s sake. But this is not a freedom granted by the prince or some other external authority. It is a freedom the woodcarver claims for himself, on his own inner authority.⁴

If the woodcarver has a secret to his amazing work, it is this ability to live from the center of his own creative power. Spectacular work does require freedom, a pure spirit, an attitude of love. The hopefulness of this story is that even within a coercive, distrusting context, we can claim our freedom, refusing to be intimidated by the external pressures we still must respect.

Higher education in the United States is full of intimidating external pressures. It can even be said to constitute a coercive, distrusting context. What distinguishes a context

¹ Quoted in Palmer, p. 55.

² Quoted in Palmer, p. 56.

³ Palmer, p. 58.

⁴ Palmer, p. 59.

of distrust from a context of trust is that in a context of distrust, the structures or systems that are meant to ensure accountability become controlling forces and move to the center of attention. A context of trust, in contrast, is one in which a high level of mutual respect shields people from the potentially manipulative effects of fear-based external motivation, so that people are instead trustingly encouraged to live generously from their own self-motivation and creativity. What marks the difference between these two kinds of contexts is whether people feel pressured by fear or anxiety into conformity with externally-defined standards. When people feel controlled by fear, when it is clear that they might be expelled not only for destructive misbehavior, but for simply not being “good” enough (that is, for not conforming to the specifications of standards that others define), then they find themselves embedded in a context of distrust. Because students can flunk out and junior faculty can be denied tenure—and both of these are systems that presume that people need the threat of expulsion to be kept in line—higher education in the United States institutionally constitutes a context of distrust. Students and junior faculty alike can feel under pressure to prove their worthiness over and over again, living in anxious attentiveness towards trying to please those who function like the Prince and his court in their lives.

New faculty especially can be surprised by the transition from the relative creative freedom of the last years of graduate study to the demands of academic employment. However idealistic we were when we aspired to the academic life (“How noble it is to teach! How I love research and writing!”), to enter employment in the profession is to find the tables turned—it is to find ourselves externally commanded to do what we had wanted all along to do, as if without being so commanded, we would no longer strive to do our work well. While it is wonderful to have the external commands correspond with our internal drive, it is disconcerting to find the sword of Damocles hanging over our heads. Because people keep pointing out that sword to us, we feel more and more pressured to conform to others’ expectations. If we are not careful, this steady pressure can erode our self-motivation and make us feel untrusted, perhaps untrustworthy, and defensive.

It took Khing seven days of guarding his spirit before he was no longer rattled by the threat behind the command, before he was finally reconnected to his own artistic sense and to his inner sense of motivation. It took him seven days to attain the state of being from which his work could become authentic, original, and excellent.

While Parker Palmer interprets this story as a metaphor for what our own lives could be, I am struck by one notable difference between the woodcarver’s situation and our own. I marvel that Khing was able to spend seven days free from other distractions. Many of the pressures in our lives seem to forbid our taking seven days to ready ourselves for each new difficult task. Many of these pressures are pressures to busyness. We do not live in a world where the Prince simply commands us to make a bell stand. We live in a world in which our own Princes command us to make a bell stand, a bird cage, and a banquet table with thirty chairs, all by next Thursday! The task of maintaining our freedom and integrity is not at all easy under such

circumstances. Our culture does not support the need for reflective time—even in the supposedly contemplative world of academia.

Nevertheless, there are some practical ways we can reclaim our inner freedom:

1. After making sure you have heard the Prince's commands very clearly and thoroughly, shun all further conversations about tenure anxiety or contract renewal! Trust that you and your colleagues are *already* committed to excellence in teaching, research, and service, and talk about the substance of these activities for their inherent interest instead of for their role in helping one to attain tenure or otherwise keep one's place here. Refuse to shake the sword of Damocles above your own head or the heads of others—doing so reinforces the structures of distrust.
2. Be in touch with (or get in touch with, or get *back* in touch with) your inner sources of motivation. What drew you to the academic life? What are *your* teaching goals? What important research needs to be done in your field that so interests you that you would like to work on it yourself? What ways would you most like to contribute to the quality of life and institutional health here at St. Lawrence? (Remember that you do not have to do everything at once—structure your goals as a progressive series rather than feeling you must do it all immediately.) Develop ways of keeping in touch with your goals and your inner sources of motivation.
3. Be aware of and reflect compassionately on your failures. You might not have failures. Most people do. What is a failure? Anything that you yourself worry might be a failure needs processing. Many of these may turn out, in the end, not to be true failures. But if you have worries, then you need to face your anxieties and process these situations. To process means to reflect thoughtfully on both what went wrong and what good still can come out of the situation. Processing also means coming to terms with the highly likely possibility that no one (including yourself) meant any harm, and forgiving everyone involved (including yourself). The final step of processing is to find a positive way to move forward from what you have now learned: by letting go, making amends, and/or planning new ways to approach similar situations in the future.
4. Tune in as much as you can to what is good and meaningful in your work and in the work of others. Live by positives more than negatives. Education is nurturing and growth-oriented. We should think of ourselves as gardeners, whose task is to create conditions conducive to healthy growth: the growth of our students, and the growth of good new ideas.

The good news is that even though higher education institutionally embeds us in a problematic context of distrust, making it difficult for us to maintain our integrity amidst the many competing external pressures we face, the Prince is not a real person or even a real group of people. It may be that everyone is guilty of uttering the Prince's

pronouncements occasionally (often doing so by pretending to quote someone else!), but overall there is a high level of mutual supportiveness among the actual, living, breathing human beings you meet and interact with from day to day. We can all participate in creating more of an environment of trust by working to center ourselves back in the inherent meaningfulness of our work and refusing to pressure ourselves or each other by fanning the flames of anxiety.

Just as the woodcarver could tell the Prince that he had to forget about His Highness before he could get to work (and the Prince did not then have him arrested for insubordination), so too are we allowed to forget the external pressures that try to control us, seeking instead to remain in touch with the original inspiration that drew us to this profession.

Source Cited

Palmer, Parker J., *The Active Life* (San Francisco: Jossey-Bass Publishers, 1990).

Part II

About The North Country

Adjusting to the North Country

There's no bad weather, only bad clothes.

-- Scandanavian Proverb

For many of us from warmer, drier, more populated areas, adjusting to every day life in the North Country: the weather, the shopping, the familiarity, can be as challenging as our work. It is a real adjustment. But it's not an impossible adjustment, nor is it entirely negative. The North Country, winter and all, can be a very pleasant place to live. This chapter is included to give a few hints from those of us who've adjusted enough to admit we live here to those of you asking in wonder "how do people LIVE like this?"

I. "These people drive their TRUCKS onto the ice!!"

If you've just finished your Ph.D. at the University of Minnesota, you're ahead of the game so skip this section. If you're from somewhere south of the Adirondacks, you may find yourself re-defining "cold." Most of us have our story of discovering deep cold ... finding out that our tire valves tend to fail at -35°F so winter is tire-changing season, that an exposed nose can freeze to numbness in a walk half-way across the parking lot, that by mid-February 0°F sounds like a relief, and 0°C sounds downright balmy, and that hat-hair really doesn't look that bad. Though you'll have your own personal encounters with winter, there are a few simple things that can help immensely:

1. Invest in good boots -- Canadian Sorels are the boot of choice for the really cold days, but other good boots are available ... some local stores (Wear on Earth in Potsdam, Hackett's in Canton, Potsdam and Ogdensburg) carry them as do the outdoor catalogs such as L.L Bean and REI. These boots tend to be too warm to wear inside, so bring extra shoes to work and get used to walking around other people's homes in your socks.
2. Invest in a good parka (good to -25°F), gloves or mittens, scarf, and a hat that covers your ears that you'll actually wear. This could be an excuse for your first shopping trip to Burlington or Ottawa!
3. Obtain two or three cans of lock de-icer (available at some drug stores and some gas stations) to keep at home, in your office, and in your work bag.
4. Get a couple of good ice-scrappers and snow brushes. Credit cards may be OK with light frost, but they're useless on real ice!

Fall can be a beautiful season filled with dry, sunny days and colorful foliage, yet some pointers are also appropriate ...

1. Buy and actually attach those anti-deer whistles to your car, slow down at dusk, and watch the side of the road for large animals contemplating suicide.
2. Don't go into the woods during hunting season and paint your pets international orange.
3. Lock your car doors in faculty parking lot or someone will put a grocery bag of zucchini in it!

Those will help you survive, but how does one THRIVE in this place? It's fairly important to find some positive things about the winter that can bring joy to this half of the year. Among those of us working on this book, we've found

1. The sky can be spectacular. Ice crystals in the upper atmosphere give us a variety of beautiful optical effects such as sun pillars, sun dogs, pillars, and halos. On clear, moonless nights, the winter stars can be close enough to touch. Auroral displays of various colors can pulse and arc across more than half the sky.
2. If it gets cold before much snow falls you can ice skate on the wetlands for miles.
3. It's possible to ski to work at least a few times each year.

And then there's summer! Summer in the North Country can be absolutely fabulous and the best part is that summer is the time of year that we academics have some time and freedom to enjoy the seasons. The Adirondacks provide fine recreation in hiking, swimming, boating, and just lying about the beach. The Adirondack Mountain Club and its local Laurentian Chapter (go to www.adk.org) offer many opportunities to enjoy the outdoors with other people who match your skill level, no matter what it is. A Rocky Mountain chauvinist on the faculty made huge progress toward recovery when she realized that you can get somewhere and back in a day hike in the Adirondacks instead of having to backpack in for a couple days. And it's so nice to shower after a hike! Books describing hikes of a variety of lengths in the local area abound so be sure to browse the SLU bookstore's regional section. There are also lectures, slide shows and scads of cultural opportunities including county fairs, bluegrass festivals, concerts in the parks, and serious theater.

And then there's Canada! Ottawa, a lovely small city that is also the national capital, is only an hour's drive north. Major cultural productions make their way to Canada's capital and it's easier to get from Canton to downtown Ottawa than from Long Island to Manhattan!! If you prefer the feel of a larger city, Montreal is two and a half hours northeast and Toronto is three and a half hours southwest. Both of those cities have major league baseball teams and, of course, hockey teams! If you'd prefer cities with a more European flavor, Quebec City, where you really do have to use some French, is

five hours away. In truth, Canton's only in the middle of nowhere in the US ... when you look across the border, we're not too far from anywhere! The author of this article is campaigning for the North Country to succeed from the USA and join Canada so we can live in the exclusive southern suburbs instead of the boondocks, sing the national anthem, and be in the orange band at the bottom of the weather map instead of the purple one at the top!! So far it hasn't caught on!

Speaking of Canada, we sing "our national anthems" up here so you might want to learn O Canada! To listen to it, check out http://www.pch.gc.ca/progs/cpsc-ccsp/sc-cs/anthem_e.cfm

NATIONAL ANTHEM / HYMNE NATIONAL O CANADA

O Can - a - da! Our home and na - tive
O Can - a - da! Ter - re de nos ai -

land! True pa - triot love in
eux, Ton front est ceint de

all thy sons com - mand With glow - ing hearts we
fleu - rons glo - ri - eux! Carton bras sait por - ter l'é -

see thee rise, The True North strong and free! From
pé - é - e, Il sait por - ter la croix! Ton his -

far and wide O Can - a - da, we stand on guard for thee.
toire est une é - po - pé - é - e Des plus bril - lants ex - ploits

God keep our land glo - rious and free!
Et ta va - leur, de foi trem - pée,

O Can - a - da, we stand on guard for thee.
Pro - té - ge - ra nos foy - ers et nos droits.

O Can - a - da, we stand on guard for thee.
Pro - té - ge - ra nos foy - ers et nos droits.

II. “No matter where I go, there’s someone I know!”

When you first arrive, you may find yourself treated with some suspicion by the locals. They’ll be polite (mostly), but the North Country natives are not quick to warm up to new people. The time it will take people to start to accept you depends on lots of factors, the greatest one being your “differentness” from them. If you’re an active Irish Catholic, the transition into the wider community could be fairly smooth, depending on the conservatism of your Catholic views. Given that most of you who are actually reading this are not practicing Irish Catholics, you can gauge the likely smoothness and completeness of your inculturation to your distance from that profile (a section for minority faculty will address this more fully). Even if you don’t become so integrated into the area, after a while in the Canton-Potsdam area, it’s hard to go anywhere ... to the grocery store, restaurant, post-office, your front yard ... and not see someone you know, or at least recognize. There’s not much anonymity in the North Country once you’ve been here for a while. This is simply a given of the smallness of the towns. The downside can be a sense of living in a fishbowl of sorts (“Whose red Honda was that in your driveway last weekend?”), but the upside is that it can be a fairly safe area where it’s still common to leave houses unlocked, keys hanging in the ignition of unlocked cars, and UPS packages on the steps. One warning to women is to not drink too much in the Casa Blanca restaurant in Gouverneur!!

III. “My kingdom for a Home Depot”

No one from outside the North Country and only a few natives will deny that the shopping situation is relatively grim. If you’ve just come from a metropolitan area filled with retail opportunities, this may be a more difficult adjustment than winter. The basic necessities ... food, T-shirts, hammers and screwdrivers ... are available locally. But selection and variety are necessarily limited. Some of the local standards are Wal-Mart in Massena and Ogdensburg. Malls in Massena (Rt. 37 east toward Malone), Watertown (just off I81 at Arsenal St.), and Syracuse (the Carousel Mall is just off I81 on Hiawatha Blvd.). There is now a Home Depot in Massena and another off I81 in Watertown, and a Lowe’s in Ogdensburg.

Fortunately, catalogs abound and we’re only one extra day away from the world south of the Adirondacks via UPS, Fed Ex, and USPS! The web is a great resource for more and more items. It’s at least a good place to learn about products when there’s no opportunity for “browsing” in stores. However, all of us end up making a few shopping pilgrimages each year. Fortunately, within 3 driving hours, there’s Syracuse, Burlington, the largest city in Vermont (complete with a downtown pedestrian mall), Montreal and Ottawa across the northern border with underground and tunnel-linked shopping, as well as most big US chains (Home Depot). Boxing Day (the day after Christmas) is a big sale day in Canada and you can get the GST (Canadian Taxes) back by filing a form available at US Customs. Shopping can be a good excuse to take a Saturday off in spite of a stack of grading, particularly if you can find a friend to come along ... ask around, you might be surprised at the enthusiastic response to the offer of a shopping trip!

IV. “Where is there to eat around here?”

One of the most distressing aspects of the North Country for those of us from elsewhere is the small number of interesting restaurants. It will take all of a semester for you to sample just about every local restaurant and after a year or two even the Olive Garden and Red Lobster will seem exciting. Among SLU faculty there’s some agreement that the best food around is served at SLU catered dinners! Unless some of us go into the restaurant business, there’s not much we can do about this!! But at least make sure you try all the local hot-spots: See Restaurant chapter.

Aileen O’Donoghue is the primary author of this chapter (1999).

Restaurants

*"One cannot think well, love well, sleep well, if one has not dined well."
Virginia Woolf, A Room of One's Own*

Canton

A-1 Oriental Kitchen – 43 Main Street – Basic Chinese-American menu.

Asian Buffet & Grill – *University Plaza* – Chinese, Japanese, Korean, Thai and American food.

Blackbird Cafe – 107 Main Street – Newest restaurant in Canton (July, 2007) and it's already a hotspot for SLU folks, and others. I've never been there without running into another faculty member. Every day they have a special panini and 1 or 2 soups. If you're lucky, they'll have gazpacho the day you go. On the standard menu, there are lots of interesting panini, GREAT desserts, and a nice cup of coffee.

Best Western University Inn and Lounge – 90 E. Main – Open for breakfast, lunch, and dinner. Pretty basic hotel food, with service that is often slow. These days many SLU students hang out in the bar.

Brewer Bookstore & Caribou Coffee Café – Park Street – Best coffee and espresso drinks in the North Country. Good biscotti, cakes, pies, etc.

Cascades – 4 W Main Street – Okay, it looks like a dive from the outside, but it is good for breakfast. They're one of the few places that have real hash browns, not "home fries." Try the farmer's omelet. Yum!

Cindy's Cake Shop – 2738 State Hw 68 (1/2 mile past SUNY Canton) – Good place to order cakes for special occasions. Has some cakes on hand as well as various party accoutrement. Cindy is REALLY good about handling last minute orders. Good cake-like brownies, too.

Doggybag Deli – 1 Hodskin Street – Open for lunch. Very good Boar's Head deli meats and cheese. All kinds of sandwiches, including panini. The horseradish sauce is particularly nice with roast beef. Rubeens are also very good.

Josie's (Upstairs)/Sylvia's Lounge (downstairs, with full bar) – 25 Main Street – Pizza (including Bianco and others with unusual toppings, for example Mexican Pizza), pizza rolls, salad. Ben and Jerry's ice cream by the pint. If you ever want ice cream delivered to you, call Josie's and order a pizza with a side of ice cream (Ginny Schwartz perfected this technique).

Larry's Fish Truck – Comes to Canton every Thursday morning with fresh seafood. Stops at the corner of Park and Main, across from the Post Office. Also in Potsdam on Thursday afternoon, at the corner of Market and the Rt 11 bypass, across from Stewart's (not bad for ice cream itself!).

McCarthy's – Route 11, toward Gouverneur – Open for breakfast, lunch, and dinner, with breakfast available all day. The best time of year to visit McCarthy's is in early summer when fresh strawberry shortcake is available. The rest of the year, there are many different pies each day. If you want more than dessert, there is a salad bar with soup and daily specials. Basic American food, including veggie burgers. Great pie.

Meadows – Russell Road (what Park Street turns into after the village) – Breakfast and lunch. Good, diner-type food, including veggie burgers. Good fries, good blueberry pancakes, with real maple syrup available.

Nature's Storehouse – 21 Main Street – Wholesome vegetarian soup and wrap available for lunch, with the kind changing each day.

Partridge Café – Miner Street (between Hacketts and Aubuchon) – Bagel sandwiches, wraps and espresso coffees. The sandwiches are good, but service is sometimes slow.

Phoebe's – 5994 Route 11 – Right outside of Canton on your way to Potsdam. Nice menu.

Sergi's – 31 Main Street – Basic Italian food, including pizza and calzone. Pasta, veal, chicken dishes. Fast service, good food. Wine and beer.

Too Sister Salads – 70 Main Street – Good soup, salad and ice cream shop.

Potsdam

1844 House - 6885 Us Hwy 11– Between Canton and Potsdam. Upscale, pricey, but very good. Most new faculty probably have been here on their interview dinner! Uses lots of local meat and produce. They have an early bird special if you are seated before 5:30. Call for reservations: 268-1844.

Angelo's – 43 Maple Street – Best place to get well prepared seafood in the area. Angelo is a true restaurateur who enjoys creating new dishes and finding out what his customers like to eat. He also really knows seafood. Lunch menu includes deli sandwiches, fish, and unique offerings like Salmon B.L.T. Dinner menu includes fried fish and shrimp, wonderful scampi, fresh fish, calamari, and pasta-seafood dishes. Small vegetarian menu. They'll make anything you request: try the pan-fried trout served with rice and veggies or the Salmon Oscar. Beer and wine are available. Good selection of retail seafood, and delivery available in Potsdam. Reservations: 265-9227.

Asian Buffet & Mongolian Grill – 175 Market Street

Bagelry – 9 Market St. – New York Water Bagels, made fresh every day. Sandwiches, muffins, soups. Open for breakfast, lunch, dinner, or a late night snack.

Cactus Grill and Cantina – 11 Raymond – Basic Mexican/Southwest with good homemade salsa, nice lime-tinged shrimp quesadilla, full bar. Prices are reasonable. Converted warehouse setting means it's loud, especially on weekends when it's crowded.

Caroline's Diner – 124 Market – Absolutely Good pancakes, including chocolate chip (with chocolate syrup and whipped cream if you're premenstrual!). Friendly service. Also basic lunch selection with fantastic french fries.

Ebens Hearth – 115 Maple Street

The Fields – 2A Market Street – Coffee bar and smoothies, bagels, desserts, soup, and wraps, salads, and sandwiches.

First Crush Wine Bar – 32 Market Street – Lunch and Dinner served. Excellent desserts and good service. Love the chocolate fondue!

Great Wall Buffet – 145 Market Street

Little Italy Pizzeria – 30 Market Street

Mama Lucia – 1 Constitution Street – Fun atmosphere. Family style Italian restaurant. With good wood-fired pizza. Take a group!

Maxfield's – 15 Market – Lunch includes unique wraps, salads, sandwiches. Dinner menu includes a range of appetizers, meal-type salads, pasta, burgers, and seafood, steak, and currently some Asian influenced selections. Great beer selection, including a lot of microbrews. Nice a place to relax with reliable meals in a nice atmosphere. Beautiful deck overlooking the Racquette River open in the summer. Reservations: 265-3796.

Mom's Schoolhouse – 809 Rte 34, West Potsdam (about 10 minutes from downtown Potsdam toward Madrid) – Breakfast, lunch in an old-fashioned soda fountain/restaurant. Sandwiches, grinders, homemade (and absolutely wonderful) coleslaw, milkshakes, sundaes, fresh pie. A real treat!

Scoopuccinos Bakery & Café – 167 Market Street – Ice cream by the scoop, sundaes, milkshakes, fried dough, scones, muffins, ice cream cake, coffee and espresso drinks. Great little spot to dine in, out, or drive-through.

Sergi's (10 Market), *Josie's* (13 Market): Menus are pretty similar to their Canton counterparts.

Indian Carnival – 38 Market – This replaced our previous Indian restaurant, and it's very good. Nice atmosphere, good service, great food. Reservations: 265-0500. (not needed, though)

Tardelli's – 141 Market – Has its 1950s menu on the wall featuring \$1.45 pasta with “olio and aglio”! Still on the menu, slightly more expensive. Great minestra, good pasta and other standard Italian fare. They advertise the best veal in the North Country. Wednesday special is a deal: Pasta, salad, and garlic bread for the price of pasta only. Good prices overall. Reservations: 265-8446.

Village Diner – Market Square Mall – Breakfast and lunch fare, with specialties such as an egg, cheese, and grilled tomato sandwich. Home of the “largest pancake” contest that evidently has area college students competing for the carbohydrate gold.

North of Potsdam – Norwood to Massena

Angelo's – 240 E. Orvis, Massena – A decent Italian restaurant, casual. They usually have some good specials, both appetizer and dinner. Excellent puttanesca, possibly the only place serving it in the county! Great homemade dessert. Reservations: 769-9701.

Hotel Grande – 9 South Main Street, Norfolk – Good Tex-Mex menu, with nice shrimp fajitas, chile relleno, burritos. Val also likes the Montezuma Pie; Marta likes the deep fried corn. When they have it, the tortilla soup is also good. Basic menu, nicely done. Sopapilla served at the end of every meal. Good place to bring kids.

The Lobster House – Route 56, Potsdam-Norwood Road – Seafood & Prime Rib.

Violi's – 209 Center Street, Massena – By far, the nicest Italian restaurant in the area. Great caesar salad, roasted sweet pepper appetizer, perfect escargot. For pasta, try salmon affumicate, pesto, and penne arrabiate. Other dishes we like are St. Peter's Fish, steak, and lasagne. Extensive veal menu. Save room for outrageous desserts, like Almond Cream Pie, Pannacotta, and Tiramisu. Nice wines by the glass or bottle. Upscale casual and on the expensive side. Reservations: 800-650-7077.

Waddington

A Touch of Icing – 19 Main Street – Cake Creations.

Mimi's Nest – 169 Lincoln (on route 37) – Restaurant and Bar, with ice cream shop attached. View the beautiful St. Lawrence River from their outside bar and dining area.

Ogdensburg

China Star – 981 Ford St. Ext. (In strip mall across from WalMart) — Basic fast food Chinese. Sauces can be a little sweet, but the crab rangoon is yummy.

Simply Sandwiches – 981 Ford St., Ext. (In strip mall across from WalMart) – Good sandwiches.

Stone Fence Inn – Riverside Drive – A little pricey, but very fine dining and atmosphere.

Brockville

The Issac Brock – 59 King Street West – A pub type place with Shepherd's pie and other traditional pub foods.

Pippins – 32 Apple Street – Rather upscale. Great food, though not a whole lot for vegetarians. However, chef will accommodate.

Sackett's Harbor/Watertown Area

The Apollo – 1283 Arsenal St Stop 7, Watertown (same shopping center as Staples) – A strip mall setting but worth stopping for. Basic family-style Greek menu with specialties like spanikopita and good Greek salad. They also serve really good hummus and fluffy pita bread.

Sacket's Harbor Brewing Company – 212 W.Main St., Sacket's Harbor – Brew pub on Lake Ontario with great burgers, sandwiches, huge onion rings. We also like the beer. And dining al fresco while you can is a must. Other than Lake Placid, this is the closest microbrewery in the area.

Tin Pan Galley – 110 W. Main St. – Chef-owned restaurant which features fresh, seasonal food, always well-prepared. Nice, large salads and good bread make for a decent meal in a great spot on eastern Lake Ontario.

Adirondacks

There are many wonderful places to eat in the Adirondacks, some featured in the Mountain Lake Public Television program, *Roadside Recipe*. Go to www.mountainlake.org and follow links to *Roadside Recipes*. This show also features places in Ontario and Quebec, including bakeries, chocolateries, and other microscale specialty food producers.

The Wawbeek – Panther Mt. Road, Rt. 30, Tupper Lake (just down the road from Canaras) – Fine dining; another good choice for a special meal. The menu includes local, seasonal game and fish. The Wawbeek is a resort in an old Great Camp. History, news, rates, and menu: www.wawbeek.com

Paradox Lodge – 76 Saranac Avenue, Lake Placid – French-American, chef-owned restaurant. Great steak au poivre, fish, dessert. Very small dining room with open kitchen (chef close enough to chat while he's preparing your meal!) located on first floor of four-bedroom lodge.

Oscar's Smokehouse – Main St., Warrensburg – A family-owned smokehouse featuring all kinds of meat, cheese, and fish. Pick-up andouille, chorizo, smoked trout and salmon, chicken sausage, variety of bacon....anything a bacon vegetarian desires! Pack a cooler if you're driving to or from Albany.

Rock Hill Bakehouse – Rt.17N, South Glens Falls (about ½ mile off Rt 87) – Awesome bakery: crusty loaves of paisano, baguette, farm bread, rye, wheat, pane bello, cinnamon raisin...plus true butter scones. Unassuming storefront in a strip mall on the way to Glens Falls.

Clayton

Clipper Inn – State St. Route 12, just on Rt 12 as you enter the village – Mainly seafood menu that is not terribly fancy, but the food is well-prepared.

The Riverside – 506 Riverside Dr. – Awesome clam chowder made with tomato and cream, not the gloppy chicken-broth based stuff typically claiming the same name. Good sandwiches and salads. Deck looks over the St. Lawrence River.

Lake Placid

La Bistro Laliberte – 51 Main Street (Below EMSO) – Chef-owned restaurant. Food is excellent. Sea bass in coconut – saffron bouillabaisse under pastry was both beautiful and tasty. For dessert, we had chocolate cake with a creamy interior topped with ice cream. The baguettes are perfect. Expensive, but worth it for an occasional treat.

Nicolas Over Main – Main Street – Mediterranean food that you can see prepared in an open kitchen. Wood fired pizza oven. Excellent selection from appetizers to salads to pizza to pasta to main dishes. Food is always prepared well. Good wine selection and dessert selection. Pretty expensive, and can get noisy.

Long Lake

Long Lake – Lake St. – Don't fly through town without a stop here for breakfast or lunch. Standard fare but really well done. Homemade potato chips (sweet and regular) and great homemade cinnamon rolls. The cook really likes to experiment and offers a couple of interesting main or side dishes on a regular basis.

Saranac Lake

Casa del Sol—157 Lake Flower Ave, just outside the village, toward Lake Placid – Wonderful Mexican food with a wide variety of beef, pork, chicken, and vegetarian options. Excellent mole sauce.

Ottawa

This is our mini-guide; check out a more comprehensive one covering a wide range of cuisines and prices on the Web: <http://www.ottawastart.com/eat.shtml>. Also, in general, Byward Market is a great place to head---lots of different restaurants and shops.

Amber Garden – 1 Richmond Rd – Cuisine of the “ancient European Amber Route.” I don’t know what the Amber route was, but this place has what I would call eastern European food: Hungarian, Polish, Czech, Russian, Slovak, and Ukrainian. Quite tasty and filling.

Bakery Stop – 434 Preston – Small retail storefront near Italian Delight on Preston, this bakery seems to bake most of the bread and rolls you’d eat in area restaurants. Loaves are crusty and fresh, hard rolls for Canton sandwiches later in the week remind you how close you are so you can return the next weekend for a fill-up!

Cafe Henry Burger – 69 rue Laurier – The most expensive and incredible restaurant, actually in Hull but you think you are in Paris: Cafe Henry Berger, just across from the musee de civ. VERY expensive, but you dine for 3 hours with your every wish anticipated by the tuxedo-clad wait staff. Expect caribou, and the most incredible creme brulee ever made.

Café Indochine – 105 Clarence St. (Byward Market-cross street is Dalhousie) – Very fresh, tasty Vietnamese fare, including nice vegetarian options.

Café Sharfal – 308 Dalhousie St. (Byward Market) – They also have a small take-out stand in the enclosed market within Byward. Bring a cooler and take a meal home. Very good Indian; even SLU students who’d never before eaten Indian food liked it!

Canal Ritz and other Ritz restaurants – Good, basic Italian food. Since they are located in a few places in the city, they are always good if you’re not sure exactly where you want to go. Some seasonal items using fresh vegetables in sauces and pastas.

Chateau Laurier High Tea – 1 Rideau St. – If you are in the mood for high tea in an elegant setting, stop at the Chateau Laurier. Tour the rest of the hotel too! Beautiful antiques and an Art Deco-era pool that’s great at an aerial view (which you can easily do!)

Clare de Lune – 81b Clarence St. French and Belgian – We had an interesting and tasty meal here recently, including a warm beet soup and a nice asparagus appetizer to begin! Since they are located in a busy area of the market, a reservation is advisable. 241-2200

Domus Café – 87 Murray St. – “Imaginative, Unusual food” (*To Market, To Market*, 1996-1997). Domus also has a seasonal menu, featuring regional Canadian ingredients. Excellent Sunday brunch. We’ve had perfect risotto and roasted chicken, in addition to soups, salads, and desserts. Restaurant is attached to a nice housewares store in the Byward Market. Reservation necessary.

Eggspectations – This Canadian chain serves wonderful breakfast, brunch, lunch and dinner, with a definite breakfast emphasis.

Festival Japan – 149 Kent Street – Good Sushi and easy parking!

Fratelli – 749 Bank – The shrimp in a vermouth cream base appetizer is wonderful. Other dishes are also very good. Reservation is necessary, particularly on weekends. Fairly wide variety, from sandwiches to main dishes.

Haveli – 194 Robertson Rd., Village Mews, Bells Cors.; also 39 Clarence St. – Indian Restaurant where you oddly and unpredictably-yet-often have a good chance of seeing someone from SLU. Excellent Northern Indian cooking. Dishes such as Kadai Paneer and dal makahni are two of our favorites, but everything is good. Sunday buffet is available for lunch and dinner.

Horn of Africa – 364 Rideau – Good Ethiopian food.

Juniper Wine Bar and Restaurant – 1293 Wellington St. – Chef-run restaurant with seasonal menu. Table d’hote menu always available with 2-3 choices for each course. A recent menu included chilled cucumber soup, salad with maple vinaigrette, brie fritter with mango chutney, asparagus salad with chevre-raspberry dressing, Salmon in Moroccan spices. Desserts are also seasonal and excellent. Nice atmosphere. Reasonable prices – Dinner for two with wine and dessert came to about \$75.00(US). Reservation necessary. 728-0220

Kettelman’s Bagels – 912 Bank St. – A 24-hr bagel shop selling Montreal bagels and Montreal cream cheese. Here’s the difference: Montreal bagels are baked in a wood-fired oven and taste more like soft pretzels than the hard-crust NY-style bagel we’re used to. They’re a little sweeter and smokier at once. The classic is sesame. Montreal cream cheese has a high fat content; hence, it’s creamier and spoils faster, so buy it, take it home, and eat a lot of bagels quickly! Share with your friends who don’t or won’t make the trip; they need to experience the northern bagel difference.

LaPointe’s Seafood Grill and Deli – 55 York St., Byward Market Square – Nice seafood menu. If you are ever in the area when shrimp bisque is on the menu, stay for dinner. They also have a very nice selection of wines by the glass. 241-6221

Light of India – 730 Bank St – Best Indian food in the area, in our book, in terms of both quality and variety. Everything is absolutely fresh, brought to the table on small chafing dishes to keep food warm. Plan for a long dinner.

Pasticceria Gelateria – 200 Preston St. – Espresso bar and gelato place with real pastry-chef sweets: cake, tarts, cookies, biscotti, napoleon, éclair. Recently added light lunches to the menu and will be offering bread soon, but no reports from that front yet. They also have the best espresso that we've had in the city and that Val has had since visiting Italy. The gelato, though, is nowhere near as good as in Italy.

Pub Italia – 434 ½ Preston St. (small Italian strip) – Half Italian, half Irish pub. Good salads, pizza, extensive beer and wine list. Great place to get a lunch before the Sunday matinee at the Great Canadian Theatre Company www.gctc.ca -- located at 910 Gladstone, near Pub Italia. Wonderful regional theater with a pay-what-you-can ticket deal for Sat. and Sun. matinees).

Royal Thai – 272 Dalhousie at Murray St. – Excellent Thai food.

Vineyards Wine Bar – 54 York St. (Byward Market, across from enclosed market) – Excellent selection of wine and beer to sample; food is secondary, though appetizers are decent. Hundreds of wines by the glass. Jazz on Wednesdays.

Starbuck's, *Second Cup*, and *Grabbajabba* – If you feel urban coffee-bar withdrawal, you'll find a coffee shop on many street corners. Starbuck's is the cornerstone of Chapters bookstore, also on many street corners.

Tratoria Zingaro – 18 Beechwood Ave., Unit 10, Vanier – Expressive Tuscan Seafood-based, Italian menu changes daily. Excellent food with beautiful presentation. Wines by the glass available. Reservation necessary. 744-6509

Wilfrid's – Chateau Laurier – Wonderful Sunday breakfast buffet. Ottawa Citizen recommends it for all meals. The buffet is part of a weekend bed-and-breakfast deal that is a reasonable treat!

Kingston

Windmill's Café – 184 Princess Street –Eclectic cuisine, great sauces and preparations. Examples include veggie sushi appetizer, spring rolls with a great homemade peanut sauce, caesar salad, and grilled trout. A number of appetizers are put together on a tapas menu so you can sample much at a reasonable price. They also have a take out around the corner, so if you want a quick meal at home after a trip to Kingston, stop and pick it up.

Chez Piggy – 68-R (rear) Princess Street – Similar menu as Windmill's but a little pricier. Nice setting for a meal, though, in a courtyard. Nice wines by the glass.

Cook's – 61 Brock Street (613-548-7221) – Wonderful (though fairly expensive) gourmet food store carrying loads of fun imports from England. They roast coffee everyday, including that served at Chez Piggy. Aged extra sharp cheddar is excellent.

Syracuse

A good web site to check out is <http://dinesite.com/city/city-3597/?t=8574/>, a dining guide for Syracuse.

Aunt Josie's – 1110 North Salina Street – Good Italian, with homemade sausages.

Brick Alley Grille House – 317 Montgomery St. (downtown) – Fantastic Sunday brunch options, including homemade sausage patties. Good place to dine before Sunday matinee at Syracuse Stage, another great regional theater (get the theme here?).

Dinosaur Barbecue – 246 W. Willow St. – If you ever crave good barbecue or blues, drive to Syracuse (also one in Rochester). This is bikers' haven, with all you'd expect from a place pushing its honky-tonk credentials. And it's great to boot! Don't forget to look for their cookbook if you want to dabble with ribs at home...and check local grocers for their few frozen meals, which actually taste good and aren't full of additives.

Erawan – 2724 Erie Blvd. E – Decidedly un-fancy Thai restaurant, with excellent and inexpensive food. Made us tofu panang addicts! Plan drives down south with this lunch or dinner stop in mind.

Lemon Grass – 238 W. Jefferson St. on Armory Square – Thai food prepared fresh with unusual curries and sauces. We had sea scallops in a coriander-coconut red curry paste that was phenomenal, both to look at and eat. They also make wonderful tofu satay appetizer, using a dried tofu that's grilled to perfection...a tofu rarity, and in a restaurant yet! Desserts are architectural masterpieces, reaching skyhigh and decorated with panache. They're edible and worth the trip...plan your trip through Syracuse with this place in mind.

The Mission – Columbus Circle (downtown, in former Wesleyan Methodist Church) – Mexican and South American cuisine. We had an assortment of appetizers, tapas-style, including a variety of great homemade salsas. Good fare following Sunday matinee at Syracuse Stage, before the not-quick-enough jaunt home!

Food Stores

You probably had no trouble finding the P&C in Canton. Here are a couple of places that you may not have thought of for groceries, or didn't find.

Dollar General, Wise Buys – University Square, Canton – Both have an interesting inventory. Need a mole sauce? Check out the Dollar General!

Farmer's Market – In the summer, we have a local Farmer's Market every Tuesday and Friday from 9:00-3:00. There are many local farms represented at the Farmer's Market, plus, lots of other kinds of vendors: maple candy, bread, candy apples, jewelry, goat cheese, local wineries, etc. From 12:00-1:00 there is usually live music. The Farmer's Market opens around May and stays open into the fall.

Frontenac Crystal Water – Clayton – Bottled Water, Water Coolers, Spring Water 1-800-722-0236 or 686-4142.

Hannaford – 6300 State Hwy 37, Massena – In the mall parking lot with BJ's. Nice, large grocery store. Good cheese selection.

Heritage Cheese House – 4786 Rte 812, Heuvelton – Teeny, tiny place. Fresh cheese, and cheese curd, and various Amish canned goodies.

Johnston's H2O Zone – Madrid – 322-4300 – Bottled Water, Water Coolers, Cool Beans Coffee

Nature's Store House – 21 Main Street, Canton – This a good place to pick up healthy food. Rainbow, who owns Nature's Store House, is a wonderful resource for anything you want to know. She also cooks big vats of vegetarian soup and sandwiches every day. Since there are few places to eat a healthy lunch around here, you may want to pop into her store and pick up something to go.

O'Reilly's – Prescott, Ontario – is a real live grocery store: lots of produce, freshly made bread and pastries, BEAUTIFUL cakes and pies. They carry President's Choice brand, and has a surprisingly good selection of house wares. Just remember, you can't bring back beef or citrus fruit. Anyways, to get there, cross the bridge at Ogdensburg and get on the 401 westbound but take the next exit (about 2 or 3 miles from the bridge). You'll see the store right off the highway....and best of all, there's a new Canadian Tire store next door.

P&C – 179 Market St, Potsdam and 152 Harte Haven Plz Massena – The P & C in Potsdam is better stocked than the one in Canton, especially in terms of organics. The P & C in Massena is better than both the Potsdam and the Canton store. If you trek that far, be sure to do a B.J.'s run! (a wholesale club.)

Potsdam Co-op – 24 Elm St, Potsdam – You don't have to be a member to shop at the Potsdam Food Co-Op but it's nice to get the discount (2%). You can also work (1 hour per month per adult in the family) and get an even better discount (10 %). As a member, you also get a card which gives you other discounts around the North Country.

It's a nice friendly place with a pretty good selection, and great fresh made bread. They also have a wonderful collection of Sun Feather Soaps (a local soap company) if you enjoy that kind of indulgence. <http://www.potsdamcoop.com/>

Price Chopper – 981 Ford St Ogdensburg – Nice, large grocery store, recently updated. Good meat, seafood and deli selections.

Purple Rice – 20 Elm St, Potsdam – Has a good supply of Asian food stuff, and Alex, the owner, is always friendly and cheerful and willing to get things you request if she doesn't already have it. There is also sushi on Thursdays (no raw fish) and various steamed buns and other goodies that Alex (or someone else) cooks on the premises.

Schwan's – <http://www.schwans.com> – Food delivered to your door in cute, little yellow trucks! Frozen foods: meats, meals, fruit, ice cream, etc.

Wegman's –Syracuse – ahhh...the Mecca of grocery stores around here. If you make it to Syracuse, and have time, go by here on the way home to stock up. There are several in Syracuse, but I think the best is off interstate 481 in DeWitt.

“...you have to go to Ottawa or Syracuse to get that...”
Maegan Bos, Mathematics

R & R

In the spirit of helping you make the adjustment to St. Lawrence University and the North Country, be certain you take time out occasionally for a little “R & R.” There’s lot to do and see here in the North Country, and here are a few of our suggestions. Do not consider this list exhaustive. For a more complete list of local events and activities tune to WSLU 89.5 FM for the Community Calendar which is run several times throughout the day. Or, check out The North Country This Week a free publication found in most stores and restaurants in Canton and Potsdam – or online at <http://northcountrynow.com>

Activities – There is lots to do if you like biking, hiking, cross-country skiing, camping, canoeing, kayaking. Your best bet is to contact the NY State Department of Environmental Conservation (DEC) who will provide you with more detailed information and a map about the location of various hiking trails, camping areas, and canoeing spots. Phone: 315-265-3090 – Web site www.dec.state.ny.us . You can also get information and rent outdoor equipment at SLU’s outdoor program office. (They also have a yearly equipment swap.) Phone 229-5016. Here are a few of our favorite biking, hiking, skiing, and picnicking spots in the immediate vicinity:

Bowling

Local bowling alleys include Gray Bowling Lanes, 1 Main St., Canton 386-3961, and Market Lanes, 144 Market Street , Potsdam 265-9210. Check out the yellow pages for other local bowling alleys.

Biking & Rollerblading

There are many lovely back country roads for you to bicycle along. The Canton Bike Club announces its meetings and activities in *North Country This Week* (or online at <http://northcountrynow.com>). Between April and October, this biking group meets for 10-100 mile trips several times a week. The rides are a wonderful way to get to know the local area, meet some great people and get exercise. The Bike Club is low-key and relaxed: no racers! The members, currently around ten active, regularly participating people, are from all walks of life, so you also get to make friends off campus.

For those who want to expand their horizons and bicycle in the Potsdam area, visit the Tread Mill, at 55 Market Street, in Potsdam (265-5850). These folks are helpful, knowledgeable about routes (as well as bikes) and will get you started on enjoying the many bicycling opportunities in the North Country.

For those folks who are a bit more adventurous and like to occasionally travel cross-country on weekends, head down to the Finger Lakes (around Ithaca, NY) region, where you will find spectacular scenery, miles and miles of paved road, and quaint local wineries and plentiful restaurants – the quintessential weekend get-a-way.

In the immediate Canton area there is a terrific 3-mile paved loop around the Partridge Run Golf Course, located at 70 Sullivan Drive (just off of State St. beyond the middle school-high school). The topography varies little, so those who prefer big hills or wide open runs of flat terrain are best to try back country roads in the area.

Fitness Club – SLU's Ronald B Stafford Fitness Center

A state-of-the-art facility that offers a safe, clean, friendly atmosphere. The facilities are available for Fitness Club Members use during posted hours. These hours are subject to change due to intercollegiate athletic practices or contests and/or during non-academic sessions. Check out the SLU Website for Fitness Center details and schedules or call 229-5421.

Local Golfing

<u>St. Lawrence University Golf Course</u> – located on Rte 11, Canton	Phone: 386-4600
<u>Partridge Run Golf Course</u> – 70 Sullivan Drive, Canton	Phone: 386-4444
<u>Potsdam Golf & Country Club</u> – located on Route 56, Potsdam	Phone: 265-2141
<u>St. Lawrence State Park Golf Course</u> – Riverside Dr., Ogdensburg	Phone: 393-2286
<u>Cedar View Golf Course</u> – Route 37C, Massena	Phone: 764-9104
<u>Fox Hill Golf & Country Club</u> – 216 Bayley Road, Massena	Phone: 764-8633
<u>Massena Country Club</u> – Route 131 Massena	Phone: 769-2293

Local Hiking, Camping, Canoeing & Picnicking

Call the local DEC for more specific information 265-3090.

Postwood Park – located in Hannawa Falls, off Route 56.

Lampson Falls – Within 15 miles of Canton, this scenic spot is frequented by students and faculty alike. Head out of town on Park St., proceed to the first stop sign, take the middle fork, go past the Brick Chapel to Waterman Hill. On the hill take the right fork, go ~4 miles to stop sign. Cross intersecting road, proceed past Claire town barns (located on the right), where you will then drop into a little valley. Pull off for Lampson Fall is on the right, ~2 miles. Hike into the falls is ~1/2 mile.

Indian Creek Nature Center – Rensselaer Falls. Take route 68 north towards Ogdensburg for approximately 12 miles, watch for sign indicating a left-hand turn to the Nature Center.

Stone Valley Trail – located in Colton. Route 68 south takes you to Colton (where 68 intersects with route 56). Take a left at the end of 68 and a right onto Main St and proceed over the Racquette River. Right after the bridge take the next left, onto Mill St. This road will come to a dead end which is the parking area. There are extensive trails systems on both sides of the Racquette River, ideal for picnicking, no camping allowed.

Wolf Lake State Forest – Located just outside of Edwards, the area contains three fresh water glacial lakes – ideal for swimming. Wolf Lake, Huckleberry Lake and Moon Lake all have camping areas. Good local get-away.

Higley Flow State Park – Camping, canoeing, cross-country skiing, hiking opportunities abound.

Regional Hiking, Camping, Canoeing & Picnicking

For an exhaustive pamphlet which describes the various Forest Preserve and State Campground locations managed by the **NYS Department of Environmental Conservation**, call 518-457-2500 or access the descriptive pamphlet via their Website at www.park-net.com.

For a complete listing of favorite places to hike in the Adirondacks pick up a copy of the highly appraised book "Day hikes in the Adirondacks" found in the SLU bookstore. (Well worth your money!) For additional premier camping, canoeing, hiking, biking, kayaking, and rock climbing spots make certain to visit The Adirondack Park. For additional information about the Park, contact either the **NYS DEC** (phone number listed above) or the **Adirondack Mountain Club** at their North Country Operations Office #518-523-3480 or their website at www.adk.org

For those folks interested in the Thousand Islands region contact the **New York State Office of Parks, Recreation, and Historic Preservation** a #315-482-2593 or online at <http://nysparks.state.ny.us> These folks can send out an exhaustive pamphlet that describes the various recreational opportunities in the Thousand Islands region.

Ice Skating

Canton boasts two ice arenas: The Pavilion and St. Lawrence's own Appleton arena, home of the Skating Saints. The Pavilion hosts high school hockey games but also offers open skating and private skating lessons to the public. Call 386-3992 for specific information. Appleton arena hosts terrific Division I Men and Women's hockey games and is the place to be on winter weekends when the Saints play at home. There is an adult figure skating group in Canton. For more information, contact faculty member Brian Watson at 229-5497. Thursday nights are staff hockey nights! Contact faculty member Robin Lock for more information at 229-5960. Appleton arena has open-skating most week days, and hours are announced over the FacStaff listserv. The St. Lawrence Center Mall in Massena has an ice arena and it seems to be a great place for kids to skate while parents shop. Rentals available. When the Rideau Canal in Ottawa freezes over, it is the site for outdoor skating. Rentals available.

Skiing

One of the great charms of North Country winters is the ease with which one can put on X-country ski gear and slip out your own back door and in many cases on this campus, your own office door. Groomed trails connect to the campus via the golf course and the Kip Trail. Ask your colleagues for the best lunch time route, or better yet, find out who typically heads out and tag along. There are downhill ski facilities in Lake Placid (Whiteface Mountain) and Malone (Titus Mountain). Whiteface is a bigger mountain. Titus is closer. There is also down hill skiing at Tremblant - approximately 3 hours drive, north of Montreal (<http://www.tremblant.ca/e/themountain/winter-index.html>)

Swimming

SLU Augsbury Pool – Contact 229-5421 or 229-7260 for information on open-swim hours.

Places and events – Even if you are not all that interested in outdoor activities, do not despair. The North Country offers many other recreational opportunities. In fact, there are quite a wide variety of annual cultural activities happening in Canton and the surrounding vicinity.

Antiquing

For those who are into sipping coffee on the weekend and heading off on bike or in the car to scrounge the local garage sale scene and flea markets, looking for ‘golden oldies’, you’ve moved to the right place. The North Country is notorious for those odd one-of-a-kind antique finds. You may have to do a lot of sifting and scavenging through piles of junk but you’ll usually find some real treasures if you are persistent enough. Areas known to have bona fide open market/antique shops -- Crary Mills, DeKalb Junction, Norwood, Norfolk, and Potsdam. Spring, Summer and Fall, check out the *North Country This Week* and *The Watertown Daily Times* for local auctions.

Museums & Libraries

St. Lawrence County Historical Association at the Silas Wright Museum – 3 East Main St., Canton. Located in original home of state governor (1844-46) Silas Wright. Building was restored in 1978 by the county historical association, and features rooms from the 1830-50s period. Adjacent structures house archival research material on history of the county. Open noon-4 pm, Tues. – Sat. Phone: 315-386-8133.

Crane Music Library – Potsdam State College houses the Crane Music Complex and includes a collection of music materials including approximately 12,800 books and periodical volumes, over 23,450 pieces of choral and instrumental music and over 16,200 recordings. Crane School of Music also hosts seasonal feature events. For more information call SUNY Potsdam library at 315-267-2451.

Akwesasne Museum & Library – Located on Route 37, Hogansburg, approximately 30 miles north of Potsdam. Museum is situated on the Akwesasne Mohawk Reservation and it preserves and perpetuates the best instances of Mohawk culture, with both contemporary and historic materials pertinent to Mohawk and Iroquois culture. Admission charged. Call for hours. Phone: 518-358-2240 or 518-358-2461.

Adirondack Museum – Located in Blue Mountain Lake and noted by the New York Times as “the best of its kind in the world.” The museum’s twenty-two indoor/outdoor exhibit areas tell the stories of how people lived, moved, worked and played in the Adirondacks. New exhibits, year-round programs, family workshops and special events combine to make this a “must-see” while in the North Country. Open daily 9:30-5:30 Memorial Day weekend until mid-October. Admission charged. Phone: 518-352-7311.

National Museum of Science & Technology – 1867 St. Laurent Blvd. Ottawa, Ontario. An easy 1.5 hour drive from Canton, this award winning science museum is sure to please both kids and adults. The children’s museum is a terrifically innovative environment for curious young learners. Great gift store and a reasonable cafe on the museum property. Cross the border at Prescott and proceed on hwy 16 to 416 into the center of the city. For more information and admission fee contact: 613-991-3044.

Antique Boat Museum – “The Antique Boat Museum is America's freshwater boating museum. There are other marine museums on freshwater, even a few that pay attention to recreational boat and boating; but the Clayton museum is pretty much the largest and most impressive collection of inland recreational boats in the world.” Joseph Gribbins.

The Wild Center – Natural History Museum of the Adirondacks is a brand new museum (2006) where the wild world of the Adirondacks opens before your eyes. Tupper Lake, NY. <http://www.wildcenter.org/index.html>

Nautical Quarterly Magazine. 750 Mary Street - Clayton, New York 13624. #315-686-4104, Fax 315-686-2775, www.abm.org/

Canadian Museum of Civilization - 100 Laurier St., Hull, Quebec, J8X 4H2, #819-776-7000.

Biodome in Montreal-- 4777 Pierre-De Coubertin Avenue, Montréal, Québec H1V 1B3, #514-868-3000, website <http://www.ville.montreal.qc.ca/biodome/ebdm.htm>

Arts & Theatres

Richard F. Brush Gallery – Located in the Griffiths Art Center on the St. Lawrence University campus, the gallery presents approximately 15 exhibitions per academic year of regional, national, and international historical and contemporary art. The Gallery maintains the University’s permanent collection of nearly 7000 art objects and artifacts, specializing in 20-th century American and British photographs, prints, and drawings. For Gallery hours and a list of yearly exhibits call #315-229-5174.

Lake Placid Center for the Arts – Located in Lake Placid on Saranac Avenue, the Lake Placid Center for the Arts presents a variety of exceptional theater, dance and music events year round. For more information or a yearly calendar of events call #518-523-2512.

Ottawa National Arts Centre – Located at 53 Elgin (at Queen) in the heart of one of Ontario’s finest cultural centers. Call 613-996-5051 for general information and directions. Call 613-947-7000 to hear a listing of current events. Bilingual.

National Gallery of Canada – Located at 380 Sussex Drive, in Ottawa, Ontario. Cross the border at Prescott and proceed on hwy 16 to 416 into the center of the city. Plenty of wonderful cafes, art galleries and cosmopolitan flair within an easy walk of the museum. For more information and admission fee contact: 613-990-1985.

Frederic Remington Art Museum – 303 Washington St. Ogdensburg, 18 miles north of Canton. The museum is named after Frederic Remington, one of the foremost artists of the Old West. The Remington collection contains bronzes, oil paintings, watercolors and pen and ink sketches by Remington and much of his personal art collection. Telephone: 315-393-2425.

Pendragon Theater – Located at 148 River Street in Saranac Lake, the Theater provides professional theatre performances in the center of the Adirondacks featuring theater and music. For more information call #518-891-1854.

TAUNY – located in Canton on the “island” on west side of town. Features work by North Country artists, including pieces of various media: clay, fiber, oil, pastel. Call 386-4289 for hours.

Flynn Theater – located at 153 Main St. in Burlington, VT. Live performances ranging from rock to reggae, classical ballet to modern dance. Call 802-652-4500 for a current listing of events, show times, and ticket information. It is well worth the drive – Burlington is a culturally thriving, vital hot-spot!

Cinema 10 – Film series run throughout the fall at the ROXY Theater located at 20 Main St. in Potsdam. Features quality foreign and independent films. Call 265-9630 for current listing.

Syracuse Stage - 820 East Genesee Street Syracuse, New York 13210-1508 – Administrative office phone: 315-443-4008 Fax: 315-443-9846 Box Office:315-443-3275 Fax: 315-443-1408 - website www.syracusestage.org/

Great Canadian Theatre Company - 910 Gladstone Ave., Ottawa, Ont - phone: (613) 236 5196 – website <http://www.gctc.ca>

A.C.E. Movies – Current movies are shown on campus throughout the school year. A number of faculty have recommended the 7pm showing over the 9 pm. Check the Student Activities listing on the SLU homepage, under A.C.E. (Association of Campus Entertainment) or contact Student Activities at 229-5757 for a complete listing of movies and other campus wide events and activities.

Music and Dancing

For musical events happening in the area check with the previously mentioned theaters (Lake Placid Center for the Arts & the Flynn Theater, or the Crane School of Music for

their current listing). *The North Country This Week* also lists local music events. Check out their website at <http://northcountrynow.com>

SLU hosts various music events and performances throughout the school year including a University Concert Series, Laurentian Singers, the Sinners & Saints, the University Chorus, and the Early Music Ensemble. Faculty and staff can participate in the last two groups. Contact the music department for more information. For a more complete listing of events, check the calendar of events located on the SLU homepage under Campus Life or watch for flyers and brochures that are posted throughout the Student Center.

For those folks who tend toward coffee-house ambiance, check out the periodic music at the JAVA House located on campus. Or, for those who want an off-campus coffee-house try The Fields located on Market St. in Potsdam. Call 265-7700 for current listing of music events. They make exceptionally yummy desserts and a pretty good cup 'a jo, too! During the academic year, Tuesday is open mic night. In the summer it switches to Thursday night.

The Norwood Village Green holds a summer concert series and the season's featured artists are run in the local newspaper throughout the late spring/early summer. Weekly events can also be found in the local papers or tune into WSLU 89.5 FM for the Community Calendar.

The Syracuse Symphony Orchestra – ONCENER Civic Center, 411 Montgomery Street, Syracuse. The Syracuse Symphony performs more than 200 orchestral concerts each year in Syracuse and the surrounding area. For annual events listings call: 315-424-8222.

Contra Dance Series- This dance is held on the second Saturday of each Month. Check out the *North Country This Week* for details.

Fifth Saturday Contra Dance- This dance is held during months when there are five Saturdays. The dance is held on the fifth Saturday in the Crary Mills Grange Hall from 7:30 til 11:00.

Sporting Events

Support St. Lawrence University athletics. You can pick up game schedules at the Newell Fitness Center or check out SLU Athletics website at <http://web.stlawu.edu/sports/sports.html>

You can also check out the Lake Placid Olympic Regional Development Authority website for all winter sporting events in the area <http://orda.org> . There are some minor league baseball, football and hockey teams in the area that are listed below.

Baseball

Montreal Expos <http://expos.mlb.com/mon/home.html>

Ottawa Lynx <http://www.ottawalynx.com>

Syracuse Sky Chiefs <http://SkyChiefs.com/SkyChiefs/index.tpl>

Football

Watertown Red and Black

<http://eteamz.active.com/watertownredandblack/index.cfm?>

St. Lawrence Valley Trailblazers <http://eteamz.active.com/trailblazers/index.cfm?>

Hockey

Ottawa Senators <http://www.ottawasenators.com/>

Montreal Canadiens <http://www.canadiens.com>

The US National Women's team trains and plays games in Lake Placid.

Pampering Yourself: The Incomplete List of Be-Good-To-Yourself Services and Treats

Massage (And Assorted Specialties)

Lamar Bliss	Massage and Traeger	322-8922
Annie McLaughlin	Massage and manual lymph drainage	386-4944
Valerie Summer	Massage, connective tissue,	379-1955
Nancy Chase	Swedish Massage	324-5272
Laurel West	Reflexology, Reiki	394-7352
Jody Wallace	Massage, Tarot readings	386-3725
Helen Langford	Massage	322-4368
Mary Snider	Swedish/Neuromuscular Massage	764-0980
Jamie Briggs	Massage	287-0770
Shannon Van Kirk	Massage	244-3276
Julie Foster	Massage	591-3375
Helen Kenny	Swedish and Sports Massage	265-3369
Sherri Grant	Massage	386-2273
Tracy Baxter	Massage	379-0866
Erin Cougler	Massage	528-5971
Alice Poole	Massage	386-2971

Acupuncture

New Possibilities
Shelby Connelly
2 Wildwood Rd
Colton
262-2622

Beautifying the Bod

York Street Spa
Ottawa

Facials, massages,
pedicures, etc

(613) 562-2121

Carol VanderMark
Dynamic Designs Salon
9 Hale Rd, Canton

Facials

386-8414

York Street Spa is dreamy. Right down in the Byward Market, this place does a good job of pampering you. Afterwards, try out the Chateau Laurier for high tea. *sigh* I checked out Carol VanderMark in the phone book but haven't been. I've heard good things.

Yoga

The North Country Center for Yoga and Health (**The Yoga Loft**), Downtown Canton, <http://www.yoga-loft.org>. The Center offers classes and workshops in various forms of Yoga (Gentle Yoga, Deeper Yoga, Kripalu Yoga, Ashtanga Yoga, Pregnancy Yoga, and Teen Yoga), Introduction to the Shamanic Journey, Meditation, Tai-chi, Reiki, Fitness through Conscious Movement, Chanting, Chautauqua (a talk group), Therapeutic Touch, Integrated Energy Therapy and Authentic Movement. For more information or to be added to the center's mailing list contact Pat Glover at 379-1418 or pglover@northnet.org.

Jazzercise

Instructor: Jane Khondker, 265-0849 (call for schedule and price list).

Potsdam Location: 22 Depot Street – Canton Location: Banford Gym, 99 State Street

Hair

Finding someone to cut and style your hair will be one of your first concerns. For years I went to Tony, at Hair to Please, in Potsdam, until, on his suggestion, I tried Vidal Sassoon when I was out of town and got hooked. Candace at Candace's Shapes & Colors in Canton is extremely popular with faculty and students alike. Both of these hairdressers are good about layering hair, working with color and highlights, and being subtle. You will not come out looking like a poodle.

Shapes and Colors by Candace Riverside, Canton	379-0363
Today's Hair, 22 Depot, Potsdam	265-0018
Susan's Hair Shop, Miner Street, Canton	379-9342
Hair to Please, 72 Elm, Potsdam	265-4372
Hair Designs, 76 Main Street, Canton	379-9662
Total Image, 29 Main Street, Potsdam	268-6825

African American Hair Care

Most of us have experienced the anxiety, sometimes downright dread, of moving to a new location and among all the other adjustments having to find a new hair stylist. When we move to a new location, most of us, ask our new colleagues and friends about hair stylists and salons and we rely on word of mouth to point us in the right direction. And usually within a couple of months (maybe shorter, maybe longer), we find a new stylist with whom we are at least satisfied, if not ecstatic. And as new

colleagues arrive we continue the process by recommending our new (by now old) stylist to new colleagues and friends. However, for black folk, especially African American women, moving to the North Country this process can be daunting. When I arrived at St. Lawrence in the Fall of 1998 there were no African American women on the faculty. When I looked around to ask about hair salons there was virtually no one to ask. After a bit of consulting around campus and in the community, I discovered that most black women either did their own hair or went "back home" to get their hair done. Mostly, they wore braids. However there are some places around that can provide good to excellent hair care for African Americans. Below is a beginning list:

Hair Care Salons

Shapes and Colors by Candace 379-0363
14 Miner Street, Canton, New York

Scissor Hands 241-1313
155 Rideau Street (at Dalhousie St.), Ottawa, Ontario
Scissor Hands has a barber shop on one side and a full service hair salon on the other. Walk-ins are welcome, although they are usually really busy on Friday and Saturdays.

Miss Gail's Hair Creations 613-789-3000
222 Dalhousie Street, Ottawa
This is a full service hair salon. A barber is also available. Hours are Tuesday-Friday, 10:30-6:00 and Saturday, 9:30-5

Ebony Beauty Salon 613-733-8671
Located in Ottawa also

Total Image Salon (Emily Sanchez) 268-6825
29 Main Street, Potsdam

Hair Care Products

Sally's in Massena and Watertown.

Tropicks, Ottawa, Ontario, 613-241-3333. *Tropicks* has a full selection of hair care products, plus cultural books and magazines.

The Brewer Bookstore and *Rite Aid Drugstore* have a small selection.

Pharma Plus, Rideau Shopping Center, Ottawa. Although a drugstore, it has a good selection of basic black hair care products at good prices.

Hair Removal

Sugar Works and Electrolysis by Joan 386-3507
Owner: Joan Hastings

Places to go in Canada

This section addresses some basic travel destinations in the predominantly English-speaking province of Ontario, and the predominantly French-speaking province of Quebec. Having lived in Ontario for eight years, I will mainly address the province with which I am most familiar.

First, and foremost, it is advisable for visitors to Canada to carry valid travel documents, and it is now mandatory to travel with a passport if your trip takes you to the international airports at Ottawa or Montreal.

Second, if you plan to shop in Canada, then it might be wise to consult the U.S. Customs website [“Know Before You Go”](http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/) at <http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/>. This site will provide some idea of what can and cannot be brought back to the U.S., or the duty that might be levied on your purchases.

Several Eastern Ontario cities and towns can be reached from Canton within one to two hours' drive. There are three ways to get into Ontario by car, over the international bridges at Ogdensburg (north of Canton on Rt. 68/Rt. 37), Wellesley Island (northwest on Rt. 12/I-81 north), and Massena, New York (northeast on Rt. 37). It is also worth noting that Via Rail, Canada's passenger train service, passes through or connects with all of the cities and towns listed below. For more precise information visit their website:

The following section (listed alphabetically) is by no means exhaustive, but does include a few points of interest and a brief description. Additional information can be obtained at the Ontario Tourism Network website: <http://www.ontournet.com/> or, for Quebec Tourism: <http://www.bonjourquebec.com/>

Brockville: A truly Loyalist town named for War of 1812 hero General Issac Brock. The city has a pleasant waterfront where boat cruises originate. The waterfront is also home to some great restaurants. There is also a museum of local history and an dart gallery.

Cornwall: Houses two museums that display the city's history from the 18th through the 20th centuries. As well, the North American Indian Travelling College (a Living Museum) conveys the culture of the Cree, Ojibway, and Iroquois peoples since the 18th century.

Gananoque: Along the Thousand Islands' Parkway, the town is a resort from where boat cruises originate. It has great restaurants, bed-and-breakfasts, a museum, and is a pleasant town for walking. Also, the 1000 Islands Playhouse operates from May to October.

Kingston: Canada's first capital during the mid-19th century. The city offers several excellent restaurants, many of which are located in the Confederation basin in the city's downtown. Bellevue House, now a National Historic Site, was home to the nation's first Prime Minister, Sir John A. Macdonald. Queen's University houses the Agnes Etherington Art Centre; and, several museums and historic sites of note are located in or near Kingston, including Fort Henry on the grounds of the Royal Military College, the Maclachlan Woodworking Museum, the Marine Museum of the Great Lakes, and International Ice Hockey Federation Museum. Also, nationally and internationally known artists frequently perform at the Grand Theater.

Morrisburg: Noted for its depiction of life in 19th century Ontario at Upper Canada Village, an interpretive museum. Nearby is a park and monument recounting the battle of Crysler's Farm, a key encounter during the War of 1812. A site with a more tranquil history is the Upper Canada Migratory Bird Sanctuary, an autumn fly-off point for Canada geese and other birds.

Ottawa: Canada's national capital. A plethora of fine restaurants, hotels, museums, art galleries, and a variety of entertainment can be found here; in fact, too abundant to adequately list. A practical feature is the city's international airport.

Prescott: Fort Wellington protected this town from American invasion during the War of 1812 and throughout the 19th century. Today, the fort is a national historic site and interpretive museum. As well, the Forwarders' Museum presents the town during its heyday as a commercial port along the St. Lawrence River.

Smith Falls: Similar to New York State, the province of Ontario underwent a commercial and transportation revolution during the 19th century. The Rideau Canal was key to the success of many business ventures and its history is chronicled at the Rideau Canal Museum. The second phase of this revolution involved railways, a history that is presented at the Smith Falls Railway Museum.

"Everything always takes three times longer than you think it will."

Catherine Jahncke, Physics

HOUSING

Our purpose is not to cover every area or question regarding housing, but to offer an idea of the common channels for housing solutions. Canton and Potsdam are the two main centers of housing in this area, although a significant number of faculty and staff choose to live outside of these two places.

When deciding where to live, the first question you will face is “in town or out of town.” Living in the countryside offers the prospect of peace and quite, beautiful scenery and wildlife, and the sense that you’re really away from work when you go home. You’re also likely to have a lower tax bill living out of town. However, you may pay for all of these advantages with challenging winter driving, a sense of isolation, and the aroma of neighbors fertilizing their cornfields. Living in town, on the other hand, offers proximity to work and activities (even a short commute can get very burdensome if you have school-age children, according to some faculty), as well as village services like water, sewer, and gas.

Renting

Canton is not a renter’s market. Potsdam has more renting options and services, but is ten miles from campus. Downtown Potsdam is larger than Canton with more retail and restaurant choices.

Apartments: To emphasize, Canton is *not* a renter’s market. There are more rentals in Potsdam and surrounding villages than there are in Canton. Nonetheless, there are some landlords in the village that rent units, apartments being more common than houses. We suggest consulting the local newspapers cited below, or contacting a local realtor to gauge the situation.

Buying

Houses: Those interested in purchasing a house would do well to consult the most prominent realtors in Canton and Potsdam:

Century 21 (20 Elm St., Potsdam): 265-3000

Pat Collins (34 Park St., Canton): 1-888-386-4521

<http://www.patcollinsrealestate.com>

Dott Realty (75 Market St., Potsdam): 265-4444

Plumley Real Estate (outer Market St., Potsdam): 1-800-286-6720

<http://www.slcmis.com>

County Seat Realty (107 ½ Main St., Canton): 1-888-511-7328

<http://www.countyseatrealty.com>

Note that all real estate agents are the seller’s agent, unless you as the buyer agree to pay them a commission to represent your interests. Jeff Thayer of Segar Real Estate helped Karl Schonberg find a house in the area, and was an invaluable resource throughout the process.

The university also offers housing loans to faculty and staff for the purpose of assisting in financing their first home purchased in the Canton area. The loan application is generally for \$5,000; however, with valid reason, you may apply for the maximum amount of \$7,500 (consult the Faculty Handbook, or call Anne Chism 229-5656).

If you are a first-time home buyer, there are good books and internet resources that describe the process, and it is extremely helpful seeking advice from other faculty, especially those who have recently purchased a house.

Home prices in this area vary considerably, but in general if you are coming from an urban or suburban area anywhere in the United States, you will probably find that your house buying dollar goes much further in the North Country than it would have in your previous location. Resale values are likely to be lower than elsewhere too, of course, but one great advantage of working at St. Lawrence is the prospect of living in a more comfortable home with a smaller mortgage than you would be able to nearly anywhere else.

In and around Canton there are a variety of home styles, from newer houses to Victorian and Greek-revival homes dating to the 19th century. There are also many properties on the banks of the rivers running through Canton and Potsdam, in the village centers or out of town, or near one of the lakes and ponds nearby. Out of town, there are frequently both new homes and 19th century farmhouses for sale; the latter typically seem to need a fair amount of work but are also often worthy of the attention if you're inclined to give it. Does the prospect of a sprawling farmhouse with acreage and views for what you'd pay for a broom closet in Manhattan appeal to you? However, note that renovation can be slow and expensive, and that old houses are notorious for always having something that needs repair. It is also safest to assume that any house built before 1970 contains lead paint, which can pose a serious health risk to children, though this risk can be minimized by removing peeling paint and taking other precautions.

Prices of homes in and around Canton tend to vary largely based on school district. Real Estate agents are forbidden by law from advertising one school district as superior to another, but if you see two similar homes five miles apart in distance and \$50,000 apart in price, this may well be the reason why. Depending on whom you talk to, the differences may be justified by the quality of schools, or may be based on a common but overstated bias against smaller outlying school districts. If you don't have kids or plan to, it may not matter, except that it appears to be consistently important in setting the prices within the market, and thus determining what is fair for you to pay and what you should expect for resale value. Some of the schools in towns surrounding Canton and Potsdam are very good, when judged based on state-wide standardized test scores. Some are not, however, and many will have much smaller numbers of students, which may mean a less varied menu of classes available.

Canton's school system has an outstanding reputation, though you can generally expect to pay more in taxes if you live within the Canton school district than if you don't. Suffice to say that if you have children or intend to, you should carefully research the strengths and weaknesses of the school district in which you're considering buying a home.

Also note that the school districts in the area don't necessarily correspond exactly with town lines on a map. This means that there are pieces of towns adjacent to Canton that are within the Canton school district, and pieces of the town of Canton that are not. This is important to note, because it may affect both your decision about whether to buy a house and your opinion of what is fair to pay. A map of the school districts in the area is available from the real property office in the county administrative building on Court Street in Canton.

There is something of a home buying season in the area, with most entries to the market coming in the spring and summer and fewer in the fall and winter (nobody really wants to move all of their belongings across town in January). In part because of this, if you're shopping for a home to buy and are unable to find one (especially by late summer or early fall), a local real estate agent may be able to put you in touch with a seller whose home has not sold, and who is looking to rent it until the next year.

Resources

For those looking to rent or buy an apartment or house in the Canton/Potsdam area, the classified section of the weekly St. Lawrence Plain Dealer, North Country This Week, and Potsdam Courier are the best place to start looking. All are available at many local businesses.

The following web pages may also be of help:

North Country Now, the online version of North Country this Week, including some real estate classifieds, can be found at: <http://northcountrynow.com/>

The web page of the Potsdam-Massena Courier-Observer, including some real estate classifieds, is: <http://www.mpcourier.com/>

The shared web page of the area's real estate brokers, with a searchable database of houses for sale in Canton and the surrounding area can be found at: <http://www.slcmis.com>

FIX IT FOLK

First bit of advice: If all else fails, ask! The people in your department or those you met at lunch in the Faculty Dining Room or the Northstar pub are the best source for *who does what* well. That's what I did when I first got here, and it worked great! Of course, be prepared to ask 3 people and get 3 different answers! Many of these blurbs are in the first person. I just wrote down what folks told me, as they told it to me!

Disclaimer: This list is NOT exhaustive; the following are not the only good fix-it folks in the area. The people on this list did a satisfactory or better job for a faculty member and/or a friend of a faculty member. Also, there are horror stories out there that can't be printed. Ask around!

Repairs and Home improvement:

Before you start, if you are in University Housing, call Physical Plant if there are problems with your place. Find out what *they* are supposed to fix and what *you* have to fix.

Next, the folks that are listed under various categories are most well known in that area. However, general contractors can do electrical, roofing, etc. Ask 'em.

Appliances

Fran Baxtor	393-7438
<i>Fran's Repair Service</i>	

Car Repair

Canton Tire	386-8114
18 Riverside Drive, Canton	

Star Route Sales/Major Muffler	386-2396
--------------------------------	----------

Martin's Maple Street Station – AAA	265-7380
Road Service, 59 Maple St, Potsdam	265-9620

Bell's AAA Towing & Repair	386-2919
Corner of Riverside Dr. & Chapel St., Canton	

Bruce's Auto	386-3673
Old Route 11, Canton	

Niles' Auto Shine	344-7179
1195 Route 14, Rensselaer Falls	

Boyden Brook Body Works Meade Road near Langdon Corners	379-9853
Pike's Auto	386-3690
Rick Snell at Shell Station	379-0261

Canton Tire seems fairly reasonable. Scott Todd is good for minor maintenance: nice and cheap. *Major Muffler* is also pretty good. *Martin's* is in Potsdam, and also got good review. Other good references went to Bell's, Bruce's and Niles'. Niles' does a really good job on detailing your car, inside and out. We have had good luck with Bell's Service station on Riverside Drive for car repair. Lance Bell is an interesting fellow [a hoot, in fact], besides. Pat Alden and Bob Blewett say that Rick Snell is the best car repairman in Canton!

Construction

Brian Coots	386-4130
Elia Filippi	347-3665
<i>Fine Carpentry</i> Ryan Hicks	386-2086
John McCloskey	347-1807
Paul Petroccione	386-2084
Jacent Storie	393-6277
Coakley's	386-8161
Bruce Lester	344-8856
Rich Douglass & Sons Builders	379-9145

Several names come up when you ask about construction. Brian Coots does a good job and is reasonable. Jacent has done quite a bit of work on my house and has good prices. Elia Filippi is also recommendable. Paul Lytle is very good and also does roofing. (You'll find that a lot of these guys are a jack-of-all-trades.) Paul Petroccione is very good, and he is the only one that Collen Knickerbocker will let work on his house, so says his wife! Peter's name also has come up several times when I've asked who would be good at doing some construction. Be advised: Bruce is a friendly

southerner, says Judy Simon, and the only person to call Daniel Koon “Bubba.” As I am a southerner, I see nothing wrong with this, except maybe Bruce has bad eyesight! Be warned, these guys have a heavy workload, as do many in construction. Be prepared to wait.

Electrician

Auggie Weiss 386-4395
Weiss Electric

E.C Dean Electric 386-4418

Auggie comes highly recommended.

Handy Work

Larry Dubey 379-0920

Brian Mullaney 265-0223
Mullaney's Home Works btmbtm1@twcny.rr.com

Dave Witherheads 386-3068
Witherheads Professional Services

Bill Locy 379-9220
William's Homework

Gregg Halstead 315-854-0875
Axis Landscaping

Larry Dubey does a little bit of everything: construction, plumbing, plowing, electrical, landscaping, etc., as does David Witherheads. Brian Mullaney will “fix it, paint it, build it, do it.” Bob Panetti is a good general handyman and may not have as long of a wait. Glenn Ames does general handiwork: mows the lawn, shovels the snow, cleans the porch in spring, stacks wood for Joe in the winter.

Painter

Kevin Alban 379-8134

David Lafaver 384-8962

Sean Hernandez 268-0988

Bruce Lester 344-8856

Dave also does drywalling, ceramic tile, and wallpapering.

Plumber

Bob Lobdell	386-3959
Grant's Plumbing and Heating	379-1308
Bronson Service Corp./ Roto Rooter	265-8192
Rivers Septic Tank Service	386-8610

Bronson also deals with heating problems. They've gotten me out of deep...well, you know...several times.

Refinished Furniture

<i>Paul Hurlbut</i>	379-9008
---------------------	----------

With all the auctions and antique stores up here, this is a must!

Roofer

<i>Bellinger's</i>	386-3759
Paul Lytle	386-4605

Bellinger's is solely a roofer. Ask any of the contractors if they will do your roof and get estimates. I'm getting Steven Cotter to do mine.

Seamstress/Tailors

Lisa Cullen	379-0646
Kathy Burns <i>Burns Design Studio,</i> 652 Hatch Rd, Potsdam, NY	265-0065

She altered Melissane's wedding dress and revived some consignment store finds. She's great. Pat recommends Sylvia.

Windows

<i>Windows Only</i>	265-3568 www.windowsonlyws.com
---------------------	--

Also, check with the contractors and/or handymen.

Cabinet Maker

From the Heart Cabinetry 268-0713
1591 Route 11B, Potsdam

Frame Maker

Brewer Bookstore 229-5460

Frame of Mind 386-5757
The Copy Shop 265-2424

Chores you don't feel like doing**Lawn Care/Snow removal**

Troy Burchell 386-1330

Bill Locey 379-9220
William's Homework

Frances Rookey 386-3218

Dave Witherheads 386-3068
Witherheads Professional Services

Todd Axtell 323-8873 (Cell)
Tru-Cut Lawncare 386-8873 (H)

When I first got here, I thought shoveling the driveway would be fun. We had our first real snow and I spent 2 hours shoveling. It was fun, and good exercise, too. I went to a Holiday party, and by the time I got back, I had to shovel again. It was no longer fun! One problem with several of the snow removal people is that they sometimes come TOO often, especially if there hasn't been much snow that winter. Also, you may want to invest in your own snowblower; it may save you money in the long run. Your best bet for cutting grass is probably kids in the neighborhood. Maybe your fellow professors have kids who are interested. I found this is also an excellent source for pet and baby sitters!

Trash Removal

Waste Stream Management (Casella) 265-3860

BLB Haulers 262-2122

Frank's Bottle Redemption 386-2850

Actually, unless you want to haul it to the dump yourself, this really is a must.

Waste Stream Management is easy. They give you a can that you drag out to the curb once a week. I have a smallish can (not the smallest) that holds about 2 bags of trash, plus a small bag of recyclables and the paper bin on top. This costs about \$27 a month.

BLB Haulers also charges a flat fee for a bag a week, and charge a fee for extra bags. They don't provide a trash can. Dave Weaver has also been recommended.

When I first came up here, I was surprised to find a \$ 0.05 deposit on a can of soda/beer. Now, I drink a lot of soda, and I find it annoying to put all my cans into the machines at the grocery store. And heaven help you if the can is any bit bent, or if you didn't actually buy that particular brand at the store. Enter Frank's Redemption! Call him with the number of cans you have (rinsed and in a nice clear bag, of course) and he will pick them up from your house and pay you the full 5 cents per can.

The Presbyterian Church in Canton runs a Thrift Shop and Food Pantry, and are always looking for donations. They'll take almost anything. Also, I find it amazing what gets picked up if you leave it on the curb with a "free" sign attached to it. If you have an item with ANY conceivable use, try this before paying to have it hauled away. If you want to try and sell your old stuff, *The PennySaver* will advertise for free any item under \$50 or try a garage sale---they're very popular.

House cleaners

Diana E. Dafoe <i>Di's Cleaning Services, Winthrop</i>	384-3761
Ginger Huckle	386-1523
Tina Holmes	714-2435

Di's Cleaning Services comes recommended. Ginger is very reasonable. There are several others that work in the area, but they change. Ask around. Tina's looking to expand her housecleaning business. She is reliable and does a thorough job.

House Inspectors

John Rossi, ASHI-certified inspector, 7 Ike Noble Dr , Canton, 386-3579

Medical care

Finding a doctor (or alternative) can be tough in the North Country. You never know who is taking new patients. Ask around and call around soon, and get a regular health care provider. If something comes up you don't want to be stuck going to the emergency room for a simple ailment.

General

<i>Canton Family Physicians</i> Noble Building, Canton	386-8184
Dr. Gary Berk 105 Main, Herman	347-2191
Dr. Gregory Healey 25 Park Street, Canton	379-9158

Canton Family Physicians is a good place to start. They have several good doctors, but you can never tell who's taking patients at a given time. One drawback is that *Canton Family Physicians* doesn't take St. Lawrence's Insurance, so you have to pay them and then get the insurance company to reimburse you. Dr. Gary Berk resists high tech methods and incorporates alternative medicine in his practice. Dr. Greg Healey is a nice general practitioner: easy to talk to and laid back.

OB/GYN

Planned Parenthood of New York	386-2441
Dr. Peter Dargie, Claxton Hepburn Hospital	379-1024
Dr. A. Ogden, Claxton Hepburn Hospital	393-6186
Dr. Joseph Lee, Canton-Potsdam Hospital	379-9375

If you need just the basic pap or pelvic and you don't feel the need to have a gynecologist do it (or if you don't want to wait 6 months to get in to see one), Planned Parenthood of New York in Canton does a good job. If you want a gynecologist, Dr. Peter Dargie comes highly recommended.

Pediatrician

Dr. Marta Szoke	265-0907
Dr. Kathleen Terrence	265-0907
Dr. Michael Lynch	379-4700

Szoke and Terrence have extended hours evenings and Saturdays.

Other

Colleen Livingston MD, Psychiatry, 80 E. Main Street, Canton	379-9162
Michael Brown, Miner Street, Canton	379-9333
Alexandru Stoian MD, Cardiology, Canton-Potsdam Hospital	

Physician's Assistants

Martha Cole, w/ Dr. Dargie	379-1024
Joanne Scott, w/Dr. Healey	386-8588
Allison Koch, CNM, <i>Tree of Life</i>	386-4458
Heather Wright, alternative/ complementary care health care practitioner w/ Dr. Karinka Romanowska	394-7542

Tree of Life offers hypnobirthing instruction---hey, don't laugh. It works!

Chiropractors

Lisa Francey	386-2273
--------------	----------

Eye Care

Dr. William Petersen	265-8017
<i>Empire Vision Centers</i>	265-7872
Dr. Michael Saidel, <i>Canton Optical</i>	379-0939

Dentists

Dr. John Carvill	265-8494
Dr. Joseph DeVincenzo	379-9195
Dr. Curt Ross	386-2960
Dr. Mark Moreau <i>Smile Care, Park Street</i>	386-3886
Dr. Terence Reed	265-3377
Dr. Stacey Howlett	265-5344

As with doctors, dentists can also be hard to find. I have Dr. Curt Ross, and I think he's pretty good. I had to have a root canal and I couldn't wait until the next day, so he came into the office at 7 o'clock at night. I've also heard good things about Dr. Mark Moreau and Dr. Joseph DeVincenzo in Canton and Dr. Terence Reed and Dr. John Carvill in Potsdam.

Veterinarians

Dr. J. C. Palermo <i>Potsdam Animal Hospital</i> Rte 11, between Potsdam & Canton	265-9113
Dr. Michael S. Smith <i>Trout Brook Veterinary Clinic</i>	265-3337
<i>Bridge Port Veterinary Clinic</i> Ogdensburg	393-4900

Dr. J. C. Palermo has a great sense of humor, and is a great Vet. He seems to be the most popular among faculty. If you're in the market for a new puppy, Ms. Palermo raises the cutest Cairn Terriers. Dr. Michael Smith boards cats and dogs in addition to veterinary services.

Pet Grooming/Boarding

Chris Taylor, <i>Bows and Bandanas</i>	265-3647
<i>Moonlight Kennels</i>	265-2877 or 347-2006
<i>Maple Ridge Kennels, Rt 68,</i> Langdon Corners, Canton	386-3796
<i>Bark Avenue, Potsdam</i>	265-7297

Heh! Your pet deserves a great doo, too! If you need a place to board your pet, Moonlight Kennels boards pets. Chris, the manager, walks the dogs 3 times a day. It's fairly easy to get a student/faculty child to come in once a day and feed your cat(s), and that's much cheaper than a kennel, plus the cat gets to stay at home!

Organics, Nutrition

Nature's Store House 386-3740
21 Main Street, Canton

Potsdam Food Co-Op 265-4630
24 Elm Street, Potsdam

Frontenac Crystal Springs 1-800-722-0236
Bottled Water, Water Coolers,
Spring Water, Clayton or 686-4142

Rainbow, who owns Nature's Store House on 21 Main Street in Canton (386-3740), is a wonderful resource for anything you want to know. She also cooks big vats of vegetarian soup and sandwiches every day. Since there are few places to eat a healthy lunch around here, you may want to pop into her store and pick up something to go.

You don't have to be a member to shop at the Potsdam Food Co-Op but it's nice to get the discount. You can also work and get an even better discount. It's a nice friendly place with a pretty good selection. They also have a wonderful collection of Sun Feather Soaps (a local soap company) if you enjoy that kind of indulgence.

In the summer, we have a local Farmer's Market every Tuesday and Friday from 9:00 2:00. There are many local farms represented at the Farmer's Market, plus, lots of other kinds of vendors: maple candy, bread, candy apples, jewelry, goat cheese, etc. From 12:00-1:00 there is usually live music. The Farmer's Market opens around May and stays open into the fall.

Grocery Stores

Dollar General, University Square,
Canton

Wise Buys, University Square,
Canton

Purple Rice, Potsdam

O'Reilly's, Prescott, Ontario

Okay, you probably wouldn't think of grocery stores as pampering yourself. Well, this is the North Country! Trying to find good food sources CAN be a luxury! One comment: the P&C in Potsdam is better stocked than the one in Canton, especially in terms of organics.

Both Dollar General and Wise Buys have interesting selections. Dollar General has a good selection of Mexican Food. Purple Rice has got a good supply of Asian food stuff, and Alex, the owner, is always friendly and cheerful and willing to get things you request if she doesn't already have it. There is also sushi on Thursdays (no raw fish) and various steamed buns and other goodies that Alex (or someone else) cooks on the premises. Purple Rice is on Elm Street two houses down from the Potsdam Food Co-op.

O'Reilly's is a real live grocery store: lots of produce, freshly made bread and pastries, BEAUTIFUL cakes and pies. They carry President's Choice brand, and has a surprisingly good selection of house wares. Just remember, you can't bring back beef or citrus fruit. Anyways, to get there, cross the bridge at Ogdensburg and get on the 401 westbound but take the next exit (about 2 or 3 miles from the bridge). You'll see the store right off the highway....and best of all, there's a new Canadian Tire store next door.

Bed and Breakfasts

Brambles - Tom & Eleanor and Colin
48 Elm Street, Potsdam, NY 13676
www.thebrambles.biz

268-0936

Sweet Grass Bed & Breakfast
Mike and Chris
2591 Rte 21, Canton, NY 13617

386-8492

White Pillars – John & Donna Clark
395 & 441 Old State Rd.
Canton, NY 13617
www.whitepillars.com

386-2353

Appendix

2007-2008 SUMMARY SHEET FOR CANDIDATES Faculty

Moving Allowance: \$2,500 (receipts necessary)

Housing: Contact **Anne Chism** at 315-229-5656. The University cannot guarantee housing but will make every effort to accommodate you within existing policies. For detailed information regarding Faculty/Staff Housing, visit <http://www.stlawu.edu/resources/facultystaffhousing/faculty-staff%20housing.htm>

External grant funding support: Contact **Susan Pankey** at 315-229-5584

Immigration Support Services: Contact **Colleen Manley** at 315-229-5988

Employee Benefits: Contact **Debra Mousaw** at 315-229-5597. For complete description of the benefits please consult the benefits booklet.

- Disability pay (short and intermediate term)
- Employee assistance program (EAP)
- Health insurance (individual coverage)
- Life insurance and AD&D
- TIAA-CREF Retirement Plan (Supplemental Retirement Annuity)
- *Tuition assistance (Dependent children: matriculated full-time enrollees)
- Tuition-free courses at SLU (including partner and dependent children)
- 1 course per semester and 1 course each summer session
- *Tuition Remission at SLU (Dependent children: matriculated full-time enrollees)
- Tuition Exchange (Dependent children, for more information visit www.tuitionexchange.org)
- Workers' Compensation
- Flexible Benefits Plan
- Dental Insurance
- Bookstore discount (15%) and charging privileges
- Fitness Center Membership
- Identification cards (and courtesy card for spouse/partner)
- Business travel accident insurance

Shared costs:

- Health insurance (Family coverage)
- Social Security
- *Long-term disability
- TIAA-CREF Tax-Deferred Annuity Plan

***not available for visiting faculty**

Directions to Important Destinations (departing from Canton)

St. Lawrence County

Stop at the Department of Highways (44 Park Street) and pick up the most recent St. Lawrence County map. This map shows most county roads, inset maps of towns, and other interesting information about the county.

Syracuse, New York (approximately 2 hrs. and 15 mins.)

Hancock International Airport

Take Route 11 South toward Watertown, which is about an hour or so away. Approximately 1 mile past the Fort Drum intersection, on Rt. 11, is the Route 342 intersection. Turn right onto 342. On Route 342 you'll come to an intersection for Route 37. Go straight through this intersection. Approximately one-half mile past this intersection you'll see the entrance for Route 81 South. Follow Route 81 South to Exit 27, Hancock International Airport.

Carousel Center Mall

Follow instructions above to Route 81 South and continue past the airport exit. In Syracuse, take the Hiawatha Boulevard exit. Follow for about .5 mile, mall will be to your right.

Titus Mountain Ski Area (approximately 1 hr. to 1 hr. and 15 mins.)

Take Route 11 to Potsdam, staying straight at the fork. Cross the river and go past the movie theater. Turn left at Cedar St followed by a quick right on Elm St (Route 11B). Take Route 11B to Malone. Turn right on Route 30 for about 1 mile. Turn left at Woodward St., go through the stop sign and down the steep hill. Turn right at Duane St. and follow this road for 6-7 miles. Turn right at the Titus Mountain sign.

Burlington, Vermont (approximately 3 hrs.)

University Mall/Market Street

Take Route 11 to Potsdam where you pick up 11B to Malone. Take 11B to Ellenburg (approximately 1 hr. and 15 mins.). In Ellenburg, turn right off Route 11 (watch for signs for Route 190); cross bridge and bear left onto Route 190 (Military Turnpike). Follow Route 190 to traffic light (approximately 1 hr. and 15 mins.). At light, turn left onto Route 374. Stay on 374 to Route 87 North. Go one exit up to Exit 38 (Cumberland Bay/Ferry). Bear right off exit and at traffic light, go straight, watch for Grand Isle Ferry signs. The Ferry ride is approximately 10-15 minutes across Lake Champlain and costs approximately \$13 round trip.

Once off the Ferry in Vermont, take right out of parking lot and follow this road to blinking light. Turn right onto Route 2 (Zach's Pizza is on the right). Follow signs through South Hero toward I-89. Take I-89 South to Exit 14E. A right off of the exit will lead you to downtown Burlington.

Ottawa, Canada (Approximately 1 hr. and 15 mins.)

Ottawa Airport -- (Make sure you have your Passport, Visa and/or birth certificate)

Take Route 68 to Ogdensburg. At the traffic light, turn right onto Route 37 North. Follow this route to the bridge to Canada (this will be a left turn). Once over the bridge, you'll stop at customs for a brief conversation with a customs officer who will want to know where you are from and where you are going. After customs, at the stop sign you'll see signs for Rt. 416, take a left and head north staying on Rt. 416. After approximately 35 miles, take Exit 57, with signs for Ottawa airport (airplane symbol) and Route 16 (the key landmark for this exit on 416 is the Car Canada lot on the left)

This exit immediately delivers you to a stop sign--go right, then a mile or so to the first stop light--go left. All this is very well signed. You are then on Route 16. Stay on it (8 miles) until you come to Hunt Club Road, on which you turn right, again signs for the airport are well placed. Stay on Hunt Club through two or three lights, then turn right at Uplands Road. Uplands Road merges with the Airport property and if there are a number of parking choices, stay to the right as Uplands merges with airport road if you want parking closest to the terminal.

Ottawa's Byward Market

Follow instructions above to Route 16. Go about 10 miles, turn right at Hogs Back Rd. Hogs Back to Colonel By Drive -- LEFT onto Colonel By.

Colonel By goes along the Rideau (REE-doe) Canal and is just beautiful, so take it slow and enjoy the views.

Colonel By will leave the canal and come to a major intersection.

All street names change at this intersection!

Colonel By becomes Sussex Drive as it crosses the intersecting streets are Wellington to the LEFT and Rideau to the RIGHT.

You'll be able to see Parliament and the Weston Hotel to your left.

The Byward Market is the 10 square blocks or so on your right.

Continue on Colonel By (now Sussex) for a block or two.

Turn right on George or York Street to find parking garages

(Parking is not very expensive and it's easy to find your car!)

Faster but less scenic route to downtown Ottawa

Follow Route 416 to Route 417 east. You will notice several shopping centers along the way. For the Parliament area, take Exit 121 A, Bronson Ave. and proceed north. Parking lots near Parliament are very expensive, and most metered street parking has a 1-2 hour time limit.

For the Byward Market, take Exit 117, Riverside/Vanier Pkwy north. Proceed a few miles and turn left at either Montreal Rd. or Beechwood Ave. to cross the Rideau River.

Cornwall, Canada (Approximately 1 hr.)***Rail Station***

Take Route 310 north to Route 56 north. Turn right at Route 37 and follow signs for Canada. Cross the bridge and proceed north. Turn right on 11th Street. Left on Pitt. Right on Balmoral. Left on Station Rd.

Brockville, Canada (Approximately 45 mins.)***Rail Station***

Take Route 68 north to Ogdensburg. Turn right at Route 37 and follow signs for Canada. Cross the bridge and take Route 401 west. Take exit 698 for Brockville and head south. Right at Central Ave. Left at Route 29 (Stewart Blvd). Right at Front Ave. Left at Perth Rd.

Acknowledgments 2007 Edition

Thanks to Bart Harloe, Cathy Crosby-Currie, Patti Frazer Lock and Maegan Bos for updating and revising as much as they could in a pretty tight timeframe. Thanks to Eileen LaCourse for keeping us all on track.

Kim Mooney
Director, Center for Teaching and Learning

Acknowledgments 2004 Edition

This second substantive revision of the **Survival Guide for New Faculty** builds upon the work of the many St. Lawrence faculty members who have contributed to and updated its content since its first appearance in 1999. Thanks to each and every one of them and to the newest contributors: Carol Budd and Traci Fordham-Hernandez. Maegan Bos and Val Lehr were instrumental in updating the ever-changing *Restaurant* and *Fix-it Folk* chapters. I also greatly appreciate the candor and thoughtfulness of the recently tenured faculty members whose reflections made possible the new chapter *What Does it Take to Get Tenure Around Here? Special thanks to Julie Johnson whose efforts allowed the 2004 edition to come out on time.*

Kim Mooney
Director, Center for Teaching and Learning

PREFACE 2001-2002

This edition of *The Survival Guide for New Faculty* marks the first substantive revision since the original handbook was produced in 1999. The few chapters that remain mostly unchanged are noted by the 1999 date appearing on the primary author line at the end of each chapter. The other chapters were reviewed, updated and expanded by the individual authors who then came together for a group editing session on a windy summer day on Patti Lock's camp deck overlooking the Racquette River. Thanks to this group of committed faculty, the supportive community spirit in which the *Survival Guide* was first conceived has been sustained for another edition.

The Survival Guide Working Group 2001-2002

Maegan Bos, Mathematics
Cathy Crosby-Currie, Psychology
Anne Csete, History
Jeffery Greathouse, Chemistry
Steve Horwitz, Assoc Dean FYP/Econ
Catherine Jahncke, Physics
Val Lehr, Government
Patti Lock, Mathematics

Erin McCarthy, Philosophy
Kim Mooney, Assoc Dean/Psychology
Aileen O'Donoghue, Physics
Laura Rediehs, Philosophy
Karl Schonberg, Government
Mary Jane Smith, History
Eve Stoddard, Global Studies/English

The working group would like to thank Nancy Bovay, Academic Affairs, for her good humor and unending patience while working with our revisions.

Please send your suggestions for additions and updates to include in the next revision to Kim Mooney, Associate Dean for Faculty Affairs, Vilas 103.