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LIFELONG
LEARNING
INSTITUTE

Summer 2019

at **Carnegie Mellon University** | cmu.edu/osher



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Amy Burkert, *Vice Provost for Education and our University Liaison*

ON THE COVER

Something "fishy" is happening at CMU. Next time you're crossing the bridge from Newell-Simon to Gates, look over and see if you can "catch" a glimpse of Tutu Fish hanging in the stairwell of Doherty Hall. This is just one of many great pieces of art tucked away around campus. What other hidden artwork can you spot?

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OSHER at Carnegie Mellon | Summer 2019

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IMPORTANT!

It is in your best interest to register online. Paper registrations will be delayed and processed one week after registration opens.

Session Dates

Session One: May 6 - Jun. 28
List of Courses by Day: pgs. 60 - 64

Session Two: Jul. 1 - Aug. 23
List of Courses by Day: pgs. 65 - 69

The course descriptions have been edited with an eye to preserving the voice and spirit of our study leaders.

ONE-& TWO-DAY COURSES

Having trouble committing to a six-week course? Try one of our one-and two-day classes listed below. For full course description, Study Leader biography, dates, and times, please see the course listed on its assigned page.

Start Date	Number of classes	Class ID	Class Name	Page #
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You must be registered to attend these courses.

ARTS & HUMANITIES

Art | Cinema/Film | Drama/Theatre | Literature | Music

ART

American History Through Artworks At Smithsonian American Art Museum

Study Leader: Smithsonian American Art Museum

- 4 Classes: Jul. 2 – Jul. 30* *Class ID:* 2856
- Tuesday, 1:30 PM - 3:00 PM
- Wean Hall, 4708

**Note: Class will not meet on Jul. 23*

Beyond the Frame: American History through Artworks from the Smithsonian American Art Museum will explore America's stories through a series of four highly interactive, artwork-driven videoconferences. Artists give us a diverse window on American life, reflecting the cultural, social, and political climate of the time in which they work. Explore the question "What does art reveal about America?" as you join Smithsonian American Art Museum study group leaders to examine America through the eyes of diverse artists in four discussion-based sessions, each focused on a separate era: Seeing Is Thinking, Early America, Wars at Home and Abroad, and Contemporary Life.

The Smithsonian American Art Museum has connected with learners of all ages, focusing especially on lifelong learning sites during summers since 2013. American Art Museum study group leaders are a corps of seasoned volunteer videoconference presenters deeply familiar with the Museum's collections and facilitating conversations about artworks. Their professional experiences, paired with Museum-provided training, have prepared them to be responsive to participants' interests and to be facilitators of artwork-based discussions.

CINEMA/FILM

Film Titles And Kinetic Typography

Study Leader: Daniel Boyarski

- 5 Classes: May 8 – Jun. 5 *Class ID:* 2844
- Wednesday, 9:30 AM - 11:00 AM
- Margaret Morrison, A-11

We love watching movies, yet few take the time to watch the film titles up front or the end credits after the movie. Many don't regard them as part of the movie. This course will start with a brief history of film titles, their reason for being, and how they evolved. We will examine the transition from static titles to dynamic sequences in the '50s and '60s. A close look at the work of iconic designers like Saul Bass and Kyle Cooper, among others, will provide opportunities for context and comparison. The course will include a look at kinetic typography, which Professor Boyarski taught for 22 years, and its use in titles and information graphics. We will watch many, many title sequences, the only way to really understand and appreciate them. It will be informative and fun!

Dan Boyarski is professor emeritus and former head of the School of Design at Carnegie Mellon University, where he has been for over 35 years. He taught courses in typography, information and interaction design, and time-based communication at graduate and undergraduate levels. His interests lie in visualizing complex information, interface and interaction design, and how word, image, sound, and motion may be combined for effective communication. A fan of movies and title sequences, Dan started teaching kinetic typography and motion graphics in 1994 and continued until his last class in the fall of 2016.

DRAMA/THEATRE

The Art Of The City

Study Leader: Katie Trupiano

- 1 Class: May 20 Class ID: 2802
- Monday, 4:00 PM - 5:30 PM
- City Theatre,
1300 Bingham St., South Side

ONE
DAY

In this course, City Theatre staff, such as the dramaturg, managing director, set designer, costume designer, and lighting director will present significant people connected to the current production. Actors, playwrights, designers, theatre management, and others may interact with City Theatre staff and bring to light behind-the-scenes material that will enhance and deepen everyone's theatre experience. This class will meet at City Theatre.

Katie Trupiano is the Education and Accessibility Manager at City Theatre Company. For the past six years, she has also served as a teaching artist for the Young Playwrights program to help middle and high school students find their voices and tell their stories through theatre. She also teaches for City Theatre's Arts Access program, working to make the arts accessible to all learners. Katie also works as a teaching artist for the Pittsburgh Cultural Trust and the Carnegie Museum of Natural History. She recently completed the Executive Program for Arts and Culture Strategy from The University of Pennsylvania and National Arts Strategies.

LITERATURE

Meet The Wyeths

Study Leader: Rebecca Carpenter

- 4 Classes: Jul. 3 – Jul. 24 Class ID: 2880
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



So much talent in one family, tied so closely to one particular Pennsylvania community! This class is an introduction to the illustrious Wyeth family of Chadds Ford. The focus will be on the environments of the Brandywine Valley and Cushing, Maine, and their denizens who so heavily influenced the art of the children of the famous illustrator, N.C. Please note that this is not a class on artistic technique or art history, although we will touch on the effects of egg tempera and the magical realism in some of the works. Our focus will be on N.C., Andrew, Jamie, Ann, and Carolyn and their artworks relative to the Chadds Ford and Maine communities, with particular emphasis on Andrew. And for those of you who remember, yes, we will be talking about the Helga series and showing a recent interview with her!

Rebecca Carpenter has been an educator for almost 40 years. She taught English literature and writing in both public and private high schools, college, and graduate school. In addition, she taught English in Duquesne University's School of Leadership and Professional Advancement's Saturday program for 25 years. After 19 years, she recently retired from Literacy Pittsburgh where she taught adult literacy classes, trained volunteers, and developed and managed special projects, including Health Literacy. Even though her educational and professional backgrounds are in English and literacy, Rebecca is a serious and longtime admirer of the Wyeths and is eager to share her interest and enthusiasm for them and their works.

Poetry: Current Voices

Study Leader: Judith Robinson, Jay Carson, Jason Irwin

- 1 Class: Jun. 27
- Thursday, 1:00 PM - 3:00 PM
- Wean Hall, 4708

Class ID: 2869



ONE
DAY

Poetry: Current Voices will be a one-day class consisting of a poetry reading by Judith R. Robinson, and two guest poets, Jay Carson and Jason Irwin, of their own work, plus poetry that has influenced and inspired them and the literary world. There will be an interactive component to the class as well. Students will have the opportunity to discuss their impressions and ideas with us. In addition, prompts will be offered to those who wish to write. All poems will be edited and returned.

Judith R. Robinson is an editor, teacher, fiction writer, poet, and visual artist. A 1980 summa cum laude graduate of the University of Pittsburgh, she is listed in the *Directory of American Poets and Writers*. She has published 75+ poems, five poetry collections, one fiction collection; one novel; edited or co-edited eleven poetry collections, including *Signatures*, a publication of Osher at CMU.

Jay Carson taught creative writing, literature, and rhetoric at Robert Morris University, where he was University Professor. Jay has published more than 70 poems in local and national journals and magazines. Jay's chapbook, *Irish Coffee*, was published by Coal Hill Review in 2010 and *Cinnamon of Desire* by Main Street Rag, 2013.

Jason Irwin is the author of *A Blister of Stars*, Low Ghost, 2016; *Watering the Dead*, Pavement Saw Press, 2008, winner of the Transcontinental Poetry Award; and the chapbooks, *Where You Are*, Night Ballet Press, 2014; *Some Days It's A Love Story*, Slipstream Press, 2005. He has an MFA from Sarah Lawrence College.

Wild About That Wit, Wilde

Study Leader: Gloriana St. Clair

- 6 Classes: May 16 – Jul. 25
- Thursday, 1:00 PM - 2:30 PM
- Hunt Library, Osher Classroom

Class ID: 2883



Go wild with the study leader as she waltzes through works by that ultimate wit, Oscar Wilde. Students will work through a variety of Wilde's attempts to instruct his audiences in lessons of respect and love while amusing them with his most precious bon mots. The course will include three fairy stories: (Session 1) *The Canterville Ghost*, *The Selfish Giant*, and *The Happy Prince*, (2) *Picture of Dorian Gray*, (3) *Lady Windemere's Fan*, (4) *Salome*, (5) *The Importance of Being Earnest*, and (6) *Ballad of Reading Gaol*. Many movies are available to enhance our discussions.

Please note: *Class Dates: May 16 & 30, June 13 & 27, July 11 & 25*

Gloriana St. Clair served as the Dean of University Libraries at Carnegie Mellon University from 1998 to 2014, when she became the Inaugural Dean Emerita. During many of those years, she also served as the University liaison with Academy for Lifelong Learning and subsequently Osher Lifelong Learning at Carnegie Mellon University. She holds a B.A. and Ph.D. in literature from the University of Oklahoma; a master's degree in library science from the University of California, Berkeley; and an M.B.A. from the University of Texas. She enjoys teaching, reading, writing, arithmetic, big computer projects (Million Book project, Olive project), playing bridge, swimming, listening, and much, much more.

**Short Stories:
The Shape Of The Whole**

Study Leader: Helen-Faye Rosenblum

Materials Fee: \$5*

- 6 Classes: May 6 – Jun. 17* *Class ID:* 2861
- Monday, 1:00 PM - 3:00 PM
- Hunt Library, Osher Classroom
- *Note: Class will not meet on May 27*

- 6 Classes: May 6 – Jun. 17* *Class ID:* 2863
- Monday, 3:15 PM - 5:15 PM
- Hunt Library, Osher Classroom
- *Note: Class will not meet on May 27*

Practitioners and students of the art and craft of short fiction often ask themselves (and each other) where stories begin and end. How do we draw the line between truth and fact, fiction and memoir, fantasy and memory? In this course, participants will use a variety of contemporary short stories to address the questions. The answers may be elusive, but the quest will be gripping. We will use fresh stories every term, so that the course description is the same, but the content is always fresh.

Helen-Faye Rosenblum, a Phi Beta Kappa graduate of Chatham College, also received undergraduate and graduate education at Barnard College and the University of Pittsburgh. She is the author of two novels published by Putnam with further work in progress. Her first novel, *Minerva's Turn*, won the Ohioana State Library Award for fiction. She has reviewed books and the arts for the *Cleveland Plain Dealer*, the *Pittsburgh Press* and numerous smaller publications and radio stations. She has taught and lectured in many venues, from universities and public schools to the U.S. Correctional System in Ohio. She is a past president of A.L.L. (Osher).

**Materials fees are not refundable; information on page 78.*



**Great And Notable Novels
Read And Revisited**

Study Leader: Mary Schinhofen, Thomas A. Lazaroff, Helen-Faye Rosenblum, Gloriana St. Clair

- 6 Classes: May 9 – Aug. 1* *Class ID:* 2824
- Thursday, 1:00 PM - 3:00 PM
- Hunt Library, Osher Classroom
- *Note: Class will not meet on Jul. 4*

With an emphasis upon earlier works and canonical selections, the Great Novels study group will read and discuss significant novels of the 18th, 19th, 20th, and occasionally the 21st centuries. From the vantage point of age and experience, what insights can we share now that were not available during a previous reading? This course provides opportunities to read novels that we may have "saved for later" or ones that we never knew existed. Class members are encouraged to lead a book discussion session. The class meets on alternate weeks.

Please note: *Meets every other week on 5/9 & 23, 6/6 & 20, 7/18, 8/1*

Mary Schinhofen earned a B.A. degree in literature and philosophy and went on to raise a family and teach English literature at the University School in Shadyside. She has since retired in order to devote more time to reading, writing, and watercolor painting. An Osher member, she is deeply and passionately committed to the continuing education of everyone, especially those who have purportedly reached the age of wisdom. Teaching this class fulfills a lifelong dream of hers.

Thomas A. Lazaroff is a graduate of Pennsylvania State University and the University of Michigan Law School. He has served as a longtime study leader for the Great Novels and Writers Read and Revisited course. He is a member of Osher.

See **Helen-Faye Rosenblum**, *previous listing*

See **Gloriana St. Clair**, *page 7*

French Literature In Translation

Study Leader: Rebecca Taksel

- 5 Classes: Jul. 3 – Jul. 31 Class ID: 2848
- Wednesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom



This course, which does not require any knowledge of French, will give members a taste of Francophone literature and culture as we sample tidbits of prose and poetry from the 17th through the 20th centuries. We will also examine what we mean by translation, comparing different English translations of the same French passage and looking at the ways we translate from one style to another in our own language. We will also explore how artists working in different genres translate each other's work: Proust will be our guide to French painting; we will listen to Debussy, Fauré and others who set Verlaine's poems to music. A packet of short readings for discussion, with selections to be prepared for each class, will be provided. Participants will be encouraged to visit the Frick or the Carnegie to look at French art and report on their discoveries to the group.

Rebecca Taksel is a retired teacher of French language and literature as well as English and world literature. She taught for many years at Point Park University, where she devised courses in writing, mythology, and French literature. Her core belief about teaching literature is that great writing always awakens the creativity of its readers. Her particular interest is the intersection of literary, visual, and musical art. Rebecca has published prose and poetry (in English!) of her own. She has enjoyed a lifelong interest in dance and has taught Latin dance and dance-based exercise in the Pittsburgh area.

The World Of Agatha Christie

Study Leader: Mark Banister

- 4 Classes: May 7 – May 28 Class ID: 2868
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707



Author Agatha Christie is the best-selling novelist in the world, with over two billion copies of her books sold. (She is outsold only by Shakespeare!) In addition to having 66+ novels and 150+ short stories published, she is the author of more than a dozen plays, including the longest running play in the world, *The Mousetrap*. We will discuss her books, the movie and TV adaptations, her theater work, along with her fascinating life, (including her mysterious disappearance and her marriage to a famous archaeologist), and their effect on her writing. Suitable for both newcomers to her work and long-time fans.

Mark Banister has been enamored with (OK, obsessed with) Agatha Christie since he was 13 years old. He is familiar with all the books and nearly all the movies, plays, TV adaptations, and radio plays. He is also active in online discussion groups for Christie and other mystery addicts like himself! Outside of his Christie expertise, he recently retired from Carnegie Mellon, where he was in the Environmental Health and Safety Office for 18 years.

Important

To attend a course, you must have received a course confirmation for that course through the office. Please don't confuse the course confirmation with a wait list notice. We appreciate your cooperation.

MUSIC

**Beyond The Notes:
How Music Works***Study Leader:* Benjamin Tisherman

- 2 Classes: May 6 and May 13 Class ID: 2875
- Monday, 1:00 PM - 2:30 PM
- To Be Announced

**TWO
DAY**

In what ways was Berlioz's *Symphonie Fantastique* far ahead of its time? Why did Igor Stravinsky's *Rite of Spring* incite riots at its premiere in 1917? And just why did John Cage compose a piece of four-and-a-half minutes of silence? This course will explore these questions and the aesthetic movements that shaped Western classical music. We will delve into music from several centuries, using audio and visual media to make classical music come alive. From Beethoven to Bernstein, Boulez to Bates, classical music can be extraordinarily beautiful, yet a bit complex. This course will give you, the audience member, new insights and listening strategies to better understand and appreciate classical music from the Baroque to the 21st century. Throughout these two weeks, we will aim to illuminate the narrative of classical music and enrich the concert experience for everyone.

Benjamin Tisherman, clarinetist and teaching artist, is devoted to inspiring audiences of all ages through music and the performing arts. He holds a master of music degree from Carnegie Mellon University, where he studied with PSO principal clarinet Michael Rusinek. Benjamin's orchestral performances have taken him from Alice Tully Hall in New York City to Pittsburgh's Carnegie Music Hall. Committed to bringing music into the community, he has worked with youth music programs and performed educational outreach concerts throughout Pittsburgh, and teaches clarinet privately. An avid chamber musician, Benjamin has performed at the Bay View Chamber Music Festival, The Brevard Music Center, and Boston University's Tanglewood Institute. He received his bachelor's degree from Northwestern University and has spent several summers teaching clarinet and chamber music at the Interlochen Center for the Arts.

**Degenerate:
Jewish Music Of The Nazi Era***Study Leader:* Daniel Muller

- 4 Classes: Jul. 1 – Jul. 22 Class ID: 2906
- Monday, 1:00 PM - 3:00 PM
- Wean Hall, 4708



During the Second World War, the Nazis removed an entire generation of musical talent. They allowed no exceptions, pursuing both established masters and young prodigies for their Jewish heritage, dissident political beliefs, or provocative musical aesthetics. In this course, we will define the Nazis' artistic ideals (and their inherent hypocrisy) and follow various artists on their path from prominence to obscurity. Stops along the way will include the ghetto at Terezin, where the arts flourished despite grim conditions, and the United States, where expatriate Jewish musicians took lead roles enhancing the musical culture. Classical music lovers will recognize familiar names like Arnold Schoenberg, Paul Hindemith, and Kurt Weill, but likely discover new ones such as Hans Gal, Viktor Ullmann, and Erwin Schulhoff. The music banned by the Third Reich, much of which was nearly lost, reveals a wide array of styles and a wealth of talent.

Daniel Muller, Pittsburgh saxophonist, encourages his audiences to deepen their understanding and appreciation of the beauty of the world surrounding them through introducing new works, reviving the forgotten, and reanimating the classics. As a member the Besozzi Trio, which explores the unique world of music for two saxophones and piano, Muller has been a winner of the Pittsburgh Concert Society Major Artists Competition, a quarterfinalist in the Fischhoff National Chamber Music Competition, and a featured artist on numerous concert series in western Pennsylvania. As a guest lecturer and recitalist at the Navy Band Saxophone Symposium, Muller presented "The Saxophone and the Third Reich," showcasing Jewish composers whose lives and music the Holocaust nearly erased from history. A graduate of Carnegie Mellon University and Duquesne University, Muller studied with tenor saxophone pioneer James Houlik. In November 2019, he will perform the Concerto for Alto Saxophone by once-prominent American composer Paul Creston with CMU's Wind Ensemble. Muller has always loved to explore the world, both natural and manmade. His hobbies include foreign languages, drawing, and birding.



Vaudeville

Study Leader: Paul Roth

- 5 Classes: May 8 – Jun. 5 Class ID: 2845
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708



Vaudeville was the generic name for a genre of live variety entertainment. Its subject was family-oriented theatrical acts. Its forum was "chains" or "circuits" of theaters, located in most U.S. cities. It developed talent that was later made famous in film, stage, and TV.

Paul Roth is a veteran teacher of entertainment-oriented courses for Elderhostels, Osher, and Chatauqua. His courses have dealt with a wide range of music and comedy subjects. He is a retired faculty member (Computer Science) from Virginia Tech. A native of the Pittsburgh area, he is an author of a series of articles for the Heinz Museum's *Western Pennsylvania History magazine*. As an entertainer, he led a 1930s -style band and has much performance experience in amateur theater and as a radio and TV producer and host.

The Dance Band Era

Study Leader: Paul Roth

- 5 Classes: Jul. 3 – Jul. 31 Class ID: 2846
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708



The dance band era covered approximately 40 years from 1920 to 1960. This course illustrates the historical development of the types of dance band, also known as "big band", "swing band", "sweet band", "society band," and other names. It highlights their periods of popularity, employing audio and video recordings. From the instructor's personal archive, interviews with prominent dance band celebrities will be presented.

See **Paul Roth**, *previous listing*

BUSINESS & COMMERCE

Computers | Economics | Law

COMPUTERS

Practical Computer Security

Study Leader: Jose Morales

- 5 Classes: May 8 – Jun. 5 *Class ID:* 2813
- Wednesday, 6:00 PM - 7:30 PM
- Wean Hall, 4708

Computer security is of critical importance to society. The increase in data theft, malware infection, impersonation, and system compromises has made society more security-aware than ever before. When it comes to an individual knowing how to stay safe in cyberspace, the information can be too technical to understand or too complex to use in a practical way. In a manner easy to understand and use, this course will teach the security practices users need to stay safe. The course will address computer security in areas such as secure online transactions, passwords, mobile devices, surfing the web, emails, downloading programs and files, social networks, and more. At completion, the student will be able to use commerce sites securely, create usable and easy-to-understand passwords, avoid dubious websites and downloaded files, enjoy social networks while protecting private data, surf the web securely, and protect private data on mobile devices from misuse.

Jose Morales is currently a researcher in the Software Engineering Institute CERT Division at Carnegie Mellon University. He has conducted research in cyber security since 1998, with a current focus on behavior-based malware analysis and detection, suspicion-assessment theory and implementation, mobile malware, and malware distribution networks. He has extensive experience in building dynamic analysis systems for executable programs on various platforms. He graduated with a Ph.D. degree in computer science from Florida International University in 2008. Before coming to Carnegie Mellon, he was a post-doctoral research fellow in the Institute for Cyber Security at the University of Texas at San Antonio. He is co-founder and moderator of the Hispanics in Computing email list. He is a senior member of the ACM and The Institute of Electrical and Electronics Engineers.

ECONOMICS

What's Ahead For The U.S. Economy And Equity Prices?

Study Leader: Norman Robertson

- 6 Classes: Jul. 2 – Aug. 6 *Class ID:* 2857
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Our course will discuss the U.S. economy's performance since 2007 and review prospects and problems over the next several years. What caused the "Great Recession" of 2008-2009? Could it happen again? What is the near- and long-term outlook for the U.S. economy, and equity prices? We will review the key determinants of economic growth and examine the major economic challenges facing the U.S., including income inequality, lagging productivity growth, the clash between globalism and nationalism, the rise of public and private debt, and international trade tensions.

Norman Robertson is a consulting economist and adjunct professor of economics at Carnegie Mellon. In addition, he is economic advisor to Smithfield Trust Company of Pittsburgh. For 20 years, he was chief economist at Mellon Bank and served as a director of PP&L Resources, Inc. His presentations and written commentaries on economic issues have been widely reported in the national, regional, and local news media. He studied at the London School of Economics and is a graduate of the University of London.



Boxes And Really Big Stuff: The Hidden World Of Global Logistics And Project Cargo

Study Leader: Douglas Webster

- 2 Classes: Jun. 18 and Jun. 25 *Class ID:* 2871
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

**TWO
DAY**

A largely invisible global logistics network moves materials and goods from origin to consumers. Our updated two-class course examines two major parts of this network: First, global logistics — how containerization has revolutionized our world. Then, project logistics — how experts lift, move, and transport very large, very heavy, and very expensive objects to often-remote locations.

Doug Webster holds a degree in journalism and political science from Syracuse University. He has worked as a radio and television broadcaster/producer, a U.S. Senate aide, in university development, and in public relations for McGraw-Hill and private advertising/PR agencies. As head of his own firm, he handled North American PR for multinational companies engaged in trade and transportation logistics. Webster is an accomplished photographer and videographer. His work has taken him to Latin America, Europe, and Asia to photo and video projects for clients in the field of international trade and transportation. He retired in 2010 as communications director for the California Maritime Academy.

Inequality Reduction In History: Dangers And Hope

Study Leader: Hobart Harris

- 3 Classes: May 7 – May 21 *Class ID:* 2859
- Tuesday, 1:00 PM - 2:45 PM
- Wean Hall, 4707



Financial inequality, and how to reduce it, has become an increasing concern for the United States. This course looks at inequality at various points of world history, using material presented by the economist Walter Scheidel and, in particular, his thesis that inequality has only been effectively reduced by violence and state collapse. Recent data shows that inequality is rising rapidly. What are the current methods that the wealthy use to extract resources from the majority? How could these forces be reversed without the violence that Scheidel cites? We will review examples of inequality and its reduction/reimposition from Rome, the Middle Ages, the World Wars, and other societies to understand how wealth has been extracted and how it might be returned to the majority.

Hobart Harris has a Ph.D. in social psychology and has worked for over 30 years in both the public sector in social program evaluation and in the private sector as a consultant in business services. He has always had an intense interest in social policy and history and how they interact with current social challenges. He has presented papers and published professionally about his interests and was asked to testify to a committee of Congress about business services.

LAW

Elder Law — Being Prepared As One Grows Older

Study Leader: Carol Sikov Gross

- 5 Classes: Jul. 2 – Jul. 30 *Class ID:* 2873
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall, 4707

Individuals can face a variety of legal issues as they grow older. It is important to be prepared for life's eventualities. This course will cover estate planning, which includes a discussion of wills, trusts, durable financial powers of attorney, healthcare powers of attorney and living wills, as well as an explanation of the process of probate and estate administration. There will also be a discussion of long-term care planning and asset-protection planning to help individuals and their families if long-term care is needed, as well as a discussion of health insurance coverage for long term care.

Carol Sikov Gross is the managing partner of the Pittsburgh law firm of Sikov and Love, P.A. She received her B.S., her M.B.A. and her J.D. from the University of Pittsburgh. Ms. Sikov Gross is a Certified Elder Law Attorney through the National Elder Law Foundation as authorized by the Supreme Court of Pennsylvania. She was the founding chair of the Elder Law Committee of the Allegheny County Bar Association (ACBA) in 1998 and is a member of the National Academy of Elder Law Attorneys as well as serving on the Council of the Pennsylvania Association of Elder Law Attorneys. Ms. Sikov Gross is the chair of the Probate and Trust Law Section of the ACBA. She is a fellow in the American College of Trust and Estate Counsel (ACTEC). She developed and implemented the "Very Important Papers" Project for the Elderly and writes for the *Pittsburgh Legal Journal* and the Pennsylvania Bar Institute. She is a frequent speaker on legal issues for the elderly, has been listed as an elder law attorney in *Best Lawyers in America* and has been selected for inclusion in *Pennsylvania Super Lawyers* and *Top 50 Lawyers in Pittsburgh*.

Introduction To Real Estate Law

Study Leader: Errol S. Miller

- 4 Classes: Jul. 3 – Jul. 24 *Class ID:* 2903
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



By use of practical information, useful anecdotes, and samples of documents commonly used in real estate transactions, this course will explain many of the legal principles which surround most real estate transactions. The documents analyzed will include deeds from individuals and estates, real estate sales agreements, real estate settlement sheets, residential leases, commercial leases, and residential mortgages. The focus will be on basic principles and provisions and steps you should take or expect your lawyer to take to protect your rights and reduce your risks.

Errol Miller graduated from Dartmouth College and Harvard Law School, and has practiced law for 55+ years. He has been an Osher study leader since 2004, offering six different courses. Trust and Estates draws on his 40+ years in planning and administering estates and as a frequent lecturer in Continuing Legal Education on Elder Law. His two-part course "Questioning The Criminal Justice System," reflects a lifelong interest in criminal justice reform and his experiences as a law clerk to a Pennsylvania Supreme Court Justice; his post-conviction appeals, his activity on boards of community mental health agencies, and his participation in local reform groups who share his interest in reforming the system so it is better coordinated with mental health services and principles. "Those Who Trespass Against Us" addresses tort cases (civil wrongs) with practical advice for non-lawyers on the principles behind most civil cases. "The Current Supreme Court" reviews major decisions since Chief Justice Roberts assumed his position and what changes we might expect as court membership changes. "Introduction to Real Estate Law" explains the legal principles surrounding real estate transactions.

The Federal Courts: Unraveling The Mystery

Study Leader: Bob Fagan

- 5 Classes: Jul. 11 – Aug. 8
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Class ID: 2902



So little is known about the federal courts. When we were growing up, we learned that there were three branches of government. But the Supreme Court was all we learned about the Third Branch. On top of that, everyone seems to confuse federal courts with state and local courts, and some think they are part of the Department of Justice. WRONG! This course will unravel the mystery of the federal courts. It will include a history of how this wonderful experiment evolved into what it is today, what kinds of cases come before the courts, a sample of historical cases, how the courts are structured, and who besides judges works there. Based on availability, guest speakers from the local federal courts may be invited to talk about their courts.

Bob Fagan has conducted numerous programs dealing with court-related topics, including juror utilization, case management, strategic planning, court outreach, and a wide range of effective management and supervisory skills since his retirement from the Federal Judicial Center (1987 to 2007). He is a frequent speaker at national and local conferences at both federal and state courts. He also serves as a mentor for the Center's Probation and Pretrial Services Leadership Development Program. At the FJC, Bob was responsible for developing education and training programs for Federal appellate, district, and bankruptcy court judges, and court unit executives and their staffs, including audio and online conferences and live broadcasts as co-host of the Federal Judicial Television Network's satellite education program Court to Court. Bob serves on the board of directors for Calliope, the Pittsburgh Folk Music Society, and is an avid Appalachian Mountain Dulcimer player.

2019

Chamberfest Cleveland

June 29 & 30



Join Osher instructor Owen Cantor for a two-class course and then a memorable overnight trip to ChamberFest Cleveland, one of America's newest summer chamber music festivals. Discover passion and exciting music-making right in our own backyard. This will be a musical occasion to remember.

The two pre-trip lectures will examine the ChamberFest's mix of chamber music masterpieces and newer works.

For more travel and hotel details check the Osher website. \$260.00 for the bus, festival tickets, and hotel for a single room / 2nd person is \$110 if the room is shared. Meals are not included.

Course ID: 2927

Class Dates: Wed., June 19 & 26
1:15 pm - 2:45 pm
Wean 4708

Travel Dates: Sat., June 29 - Sun., June 30

LEARN BY DOING

Art | Crafts/Hobbies | Culinary | Dance/Exercise | Finance/Insurance | Games | Gardening | Language | Self-Improvement | Technology | Wellness | Writing

ART

Drawing: A Lifelong Journey

Study Leader: Judy Spahr *Materials Fee:* \$27*

- 5 Classes: May 10 – Jun. 7 *Class ID:* 2886
- Friday, 9:30 AM - 12:00 PM
- College of Fine Arts

Did you ever enjoy drawing on your own? Did you ever wonder about developing your art technique and having fun doing it? Then this is the course for you and working with Judy Spahr will do it. The class will explore space based on observational study and address fundamental techniques and conceptual problems. Still life, landscape, and life drawing will be part of the program. Materials will include sketchbooks, pens, pencils, conté crayons, acrylic paints, and charcoal. Don't be surprised to find that no matter where you start, you are going to be proud of your accomplishments.

Judy Krause Spahr is a lifelong resident of Pittsburgh. Art has been her first passion since childhood. She is an accomplished artist who received her B.F.A. degree from Carnegie Mellon University and M.S.W. degree from the University of Pittsburgh. She also did graduate work in painting and drawing at Carnegie Mellon and studied art therapy at Carlow University. She has taught art in the Pittsburgh Public Schools and in the Pittsburgh suburbs. After a 20-year career in social work, she has now returned full time to her art, creating whimsical graphics, fine art paintings and murals, as well as teaching drawing to adults. She has found a new love, teaching drawing at Osher. She is a member of the Associated Artists of Pittsburgh and the Pittsburgh Society of Artists. She has received numerous awards, and her work is included in collections throughout the United States and Canada.

**Materials fees are not refundable; information on page 78.*

Beginning Painting In Acrylics

Study Leader: Francine Vandenberg

Materials Fee: \$30*

- 6 Classes: Jul. 1 – Aug. 5 *Class ID:* 2854
- Monday, 9:00 AM - 11:00 AM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

Beginning Painting in Acrylics is an introduction to the glorious color and forgiving nature of the acrylic medium. Beginning students will explore color, value, composition, and amazingly easy-to-learn techniques while developing a personal style. Each class will begin with a quick warm-up exercise before focusing on the current project. With individualized instructor guidance in a fun, supportive environment, students will awaken hidden talents, develop painting confidence, and learn to look at the world around them in new and exciting ways. Paints, canvases, brushes, easels, and other incidental materials are provided.

Francine Vandenberg's lifelong interest and involvement in the arts is evident in her lively and enthusiastic teaching style. She is a member of the Pittsburgh Society of Artists, the Pittsburgh Watercolor Society, and The Pittsburgh 10 Plus group of artists, exhibiting at various Pittsburgh area galleries including Panza Gallery, Boxheart Gallery, and the American Jewish Museum at the Jewish Community Center. She strives to capture a fleeting impression, a feeling, and enthusiastically paints primarily in acrylics and pastels, fascinated by the process of experimentation and discovery. She is inspired by a variety of subjects: landscapes, seascapes, scenes discovered while traveling, wildlife, and pets.

**Materials fees are not refundable; information on page 78.*

Continuing Painting In Acrylics

Study Leader: Francine Vandenberg

Materials Fee: \$10*

- 6 Classes: Jul. 1 – Aug. 5 Class ID: 2850
- Monday, 11:30 AM - 1:30 PM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

Continuing Painting in Acrylics is for Intermediate level students who have completed Beginning Painting in Acrylics or who have some painting experience. It continues the exploration of the rich color possibilities and forgiving nature of the acrylic medium. Intermediate students will continue to work with color, value, composition and a variety of techniques while developing a personal style. Students will work from their own or instructor-suggested source material to further develop their individual artistic visions and enhance painting confidence and skills. Students are expected to provide their own paints, canvases, and brushes. A list of suggested supplies will be e-mailed. Easels, extra supplies, and other incidental materials such as palettes, paper towels, etc. are provided.

Please note: *SL will collect \$5 for painting supplies.*

See **Francine Vandenberg**, previous listing

**Materials fees are not refundable; information on page 78.*



Introduction To Pastels

Study Leader: Francine Vandenberg

Materials Fee: \$25*

- 2 Classes: Jul. 11 and Jul. 18 Class ID: 2849
- Thursday, 1:00 PM - 3:00 PM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale



Pastels are the purest form of powdered color pigment mixed with just enough binder to form a useable "crayon" for drawing. Pastels, along with pencil and charcoal, are perhaps the most spontaneous mediums available to the artist. The artist needs only to pick up a pastel crayon and begin! Students will be introduced to a brief history of the pastel medium, ingredients used in manufacturing pastels, pastel forms, and the variety of pastel surfaces. Students will explore mark making, color mixing and layering, and pastel painting techniques through Study Leader demonstrations and hands-on practice. Students will develop self-confidence and utilize new skills through experimentation with various pastel materials and surfaces.

Please note: *Material fee includes art supplies.*

See **Francine Vandenberg**, previous listing

**Materials fees are not refundable; information on page 78.*

Ikebana For Your Space

Study Leader: Karen Fung Yee

- 6 Classes: Jul. 12 – Aug. 16 *Class ID:* 2889
- Friday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

Learn how you can enjoy seasonal fresh flowers in your home all year for very little cost. With the proper line, proportion, and placement of a few fresh flowers, leaves, and branches, you can create Ikebana (Japanese floral art) suitable for your spaces: entry, living area, office, tables, etc. Fresh flowers will be provided at cost (less than \$10 per class) for students who request them three days prior to each class. Students may bring their own flowers.

Karen Fung Yee is a professor in the Ikenobo School of Ikebana (flower arranging) in Kyoto, Japan, and has served as president of the Ikenobo Society of Pittsburgh since 1990. She has demonstrated and taught in the Pittsburgh area and exhibited in many places, including Kyoto, Phipps Conservatory, Carnegie Museum, Carnegie Music Hall, Fifth Avenue Place, PPG Wintergarden, Station Square, and the University of Pittsburgh.

Independent Art Study

Study Leader: Gary Bates

- 6 Classes: May 9 – Jun. 13 *Class ID:* 2882
- Thursday, 9:00 AM - 11:00 AM
- To Be Announced

Prepare a portfolio of six or more pieces of your artwork to be shared and critiqued with the course study leader to determine a direction and plan for individual growth during the six sessions. Various drawing and painting techniques will be employed to enhance student growth and development to meet the mutual goals determined by leader and student together.

Gary Bates has spent over 45 years as a professional artist, arts administrator, and professor during his long career in the arts. He has served as president of the University Council for Art Education at Columbia University, and as president of the New York State Art Teachers Association, as well as several other arts organizations in New York. He was named New York State Art Teacher of the Year, and has received many other special recognitions in the field of art education. Gary has exhibited his work in museums and galleries in both the United States and Mexico.

CRAFTS/HOBBIES

Visual Time Line

Study Leader: Beth Asper *Materials Fee:* \$20*

- 4 Classes: Jul. 1 – Jul. 22 *Class ID:* 2876
- Monday, 1:00 PM - 2:30 PM
- Hunt Library, Osher Classroom



It was Plato who said "The unexamined life is not worth living." In this course, we will be examining the past periods of our lives and also creating goals for the periods to come. You will be asked to divide your past life into three time periods, noting the significant events, people, and circumstances of each. We will use Washi tape, collage, and mosaic materials to lay out your Time Line like a colorful road map. The Time Line of the past periods will be on three 11" X 14" sheets of cardboard that will form a tri-fold. The future period will go on a separate sheet. Revisiting your former time periods in this visual way should prove interesting and provide insight about the patterns of your life.

Beth Asper is an art teacher and art therapist. She has taught Art in the Pittsburgh City Schools and at the Children's Institute. Currently, she is an art therapist for art expression, an organization which brings art therapy to children in after-school programs.

**Materials fees are not refundable; information on page 78.*



Create Trendy Jewelry

Study Leader: Gerry Florida Materials Fee: \$25*

- 1 Class: May 10 Class ID: 2806
- Friday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

ONE
DAY

This one-session course will introduce students to the fun and trendy design aspects of jewelry making. Students will create a fashionable 17-inch necklace and bracelet set to match a favorite outfit or be perfect for gift giving. Students will be inspired to design pieces that will suit their personal tastes, styles, and needs. This course will focus on the design quality of jewelry making and offer design tips that will inspire even the most basic skill level. No assembly or finishing techniques will be introduced or required to participate in this course. No previous skill required. Students will work with semi-precious shell, glass, acrylic, and vintage beads.

Gerry Florida is an award-winning assemblage artist who refers to herself as a "Master of Imperfection." Her creations deliver underlying messages of rebirth, recovery, and reclamation through an array of salvaged, recycled, and contemporary materials that she employs in work. Her intrigue with the "beauty of imperfection" has led her to work on behalf of at-risk populations locally and nationally, fostering the belief that integrating failures, accepting imperfections, and embracing differences are paths to living in harmony with the imperfections surrounding us and to living in sync with the real world and the one we can create.

**Materials fees are not refundable; information on page 78.*

Continuing Knitting: A Sampler

Study Leader: Barbara Gengler

- 6 Classes: May 7 – Jun. 11 Class ID: 2823
- Tuesday, 3:15 PM - 4:45 PM
- Hunt Library, Osher Classroom



Continuing Knitting: A Sampler is for those who have completed the course Learn to Knit or for anyone with some knitting experience. In this course you can try out a new pattern or technique in a small way—through a sample block. Want to try cables? How about lace? Would you like practice reading (and executing) patterns? The study leader will offer individualized guidance in the supportive environment of a knitter's circle. You can work on your own project or work on blocks for a group afghan. Bring your own needles and yarn for your own project, or use yarn the leader will have for the group afghan. Try as many different sample blocks as you'd like. The completed group sampler will be donated for a cause.

Please note: *There is no materials fee; however, the SL would appreciate an offering of \$10 for yarn used in the afghan to be donated.*


Barbara Gengler is a serial hobbyist who has played with fiber, glass, silver, and wood to create afghans, windows, vases, jewelry, musical instruments, and other functional art. As in her work developing software solutions, she enjoyed the challenge of creating functional solutions using resources and materials at hand. While some hobbies have come and gone, she always returns to her knitting.



CULINARY

Beat The Heat

Study Leader: David Green Materials Fee: \$35*

- 5 Classes: May 7 – Jun. 4 Class ID: 2911
- Tuesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Kitchen,  7604 Charleston Ave., Swissvale

With the summer heat looming over us we will explore meal preparation that will require minimal or no use of heat sources. Let's keep our kitchens cool.

David Green is the former owner of Café dez Artz in Swissvale and Sweetie Sweetie Bakery in Edgewood. Over the years he has split his time between culinary arts and musical arts. He began undergraduate studies in music at Carnegie Mellon University, continuing with private studies in New York, Austria, and Italy. While in New York, he was a regular with the Light Opera of Manhattan, doing lead roles in many Gilbert and Sullivan and Victor Herbert operettas. He was also a regular performer in several New York cabarets. Before leaving New York, he also served as pastry chef for Amber Waves in Manhattan and the Living Room Café in Brooklyn. David is a graduate of the Culinary Institute of Pennsylvania.

**Materials fees are not refundable; information on page 78.*

DANCE/EXERCISE

Hatha Yoga

Study Leader: Loretta Barone Materials Fee: \$10*

- 7 Classes: May 9 – Jun. 20 Class ID: 2794
- Thursday, 10:00 AM - 12:00 PM
- Dance Alloy Studio,
5530 Penn Ave., East Liberty

This class will involve gentle, sensible, challenging exercises. Each week participants will be performing classical postures of stretching and strengthening in accordance with the course objectives, which are to increase flexibility, to gain strength, to learn correct breathing techniques, to promote better body alignment, to learn deep relaxation techniques, and to manage stress and tension better. Exercises can be adapted for those with a variety of abilities. Participants will need a mat or pad to sit/lie on (a carpet strip, foam pad, or blanket is fine) and will need to wear loose, non-binding clothing.

Please note: *Short summer session is for returning students only. New Students are welcome in the fall and winter. For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premises during any courses with physical activity.*

Loretta Barone took her first yoga class in 1966. She's been practicing and teaching yoga ever since. Her class is a melding of all the best things she has learned from a variety of yoga teachers, disciplines, and practices. She began teaching in her son's kindergarten class when she realized that five-year-olds could not bend down and touch their toes. In 1978 she began teaching in the adult program of the Dade County Public Schools, Florida. After 10 years, she moved on to teaching privately. All in all, she taught for 20 years in Miami and has taught here since 1998.

**Materials fees are not refundable; information on page 78.*

Get Fit: A Sizzling Hot Latin Cardio Workout

Study Leader: Connie Pollack *Materials Fee:* \$10*

- 6 Classes: May 8 – Jun. 12 *Class ID:* 2891
- Wednesday, 1:15 PM - 2:15 PM
- Beth Shalom,
5915 Beacon St., Squirrel Hill



Are you looking for a NEW way to jazz up your exercise routine and make exercise fun? Then you will like this NEW 60-minute course! Come groove to an energetic mix of hip-hop, international, and Latin-inspired music and dance movements like the cha-cha, salsa, samba, and more. This class embraces all levels of ability by providing step-by-step instruction, demonstration, and modified moves. No prior experience is necessary! It's a great way to build your cardio fitness while having fun and is perfect for both men and women of any age and fitness ability. Each class consists of warm-up exercises, aerobic/Latin cardio movements, and cool down. Please wear comfortable shoes and bring a water bottle. No mat or hand weights are required.

Please note: *For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premises during any courses with physical activity.*

Connie Pollack has been teaching aerobic dance to adults for the past 15 years at Congregation Beth Shalom. She loves singing and dancing to music and enjoys choreographing energetic and fun routines. With a degree in health and physical education, she taught physical education to students of all ages for 15 years before obtaining her master's degree in school counseling and transitioning to the field of college consulting. Currently, she works as a private college counselor in Squirrel Hill and helps students with their college or graduate school selection and application process, and tutors students in English, writing, reading, and test prep. She has always been passionate about teaching, encouraging fitness and exercise, and volunteering in her community.

**Materials fees are not refundable; information on page 78.*

Tai Chi Ch'uan - Review For Returning Students

Study Leader: Judith Crow *Materials Fee:* \$10*

- 6 Classes: May 6 – Jun. 17* *Class ID:* 2901
- Monday, 10:00 AM - 11:30 AM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

**Note: Class will not meet on May 27*

Tai Chi Ch'uan is an ancient Chinese martial art, an exercise to raise and balance energies in the body, and a moving meditation. Tai Chi is usually first approached as a gentle exercise to increase flexibility; promote better balance; and generally enhance physical, mental and spiritual well-being. There are many forms and styles of Tai Chi, and the Yang style is one of the most popular. "Long" forms usually have 50 or more postures divided into three sections. This six session course provides the opportunity for students who previously studied and practiced this style of Tai Chi to review the whole form. Each week will focus on a different part of the form, in sequence, and special attention will be given to postures that are unique to each section and not repeated.

Judith Crow is a graduate of Mt. Holyoke College with a degree in philosophy. She began her studies of Tai Chi Ch'uan under Yung Ko Chou in Pittsburgh in 1974. In 1980 she was chosen as one of five to receive training as a teacher in both the exercise and the martial arts aspects of Tai Chi. For over 30 years she has taught courses through the Community College of Allegheny County evening noncredit program, conducted classes and workshops throughout the eastern United States, and taught in a variety of senior centers and lifelong learning programs.

**Materials fees are not refundable; information on page 78.*

Move It Or Lose It At Dance Alloy

Study Leader: Elsa Limbach *Materials Fee:* \$10*

- 6 Classes: May 7 – Jun. 11 *Class ID:* 2884
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio,
5530 Penn Ave., East Liberty

Enhance your own gift of movement with this class designed for the inner dancer hiding inside your mature body. Discover how attention to the way you move can increase your energy and make daily activities more comfortable. As we age, our movement repertoire narrows. By increasing the variety and range of our movements, we can better maintain and even enhance our physical capabilities. Accompanied by an eclectic array of recorded music, each class begins with gentle standing and seated floor exercises, and culminates in movement combinations to excite that inner dancer. The focus is on breath, flexibility, coordination, and balance. No prior experience is necessary — only a willingness to expand your movement horizons. Please bring a yoga mat or thick towel for the floor exercises.

Please note: *For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premises during any courses with physical activity.*

Elsa Limbach was a founding member of Dance Alloy and artistic director of the company from 1984-1991. She continued her dance career as a freelance artist in Europe, teaching, choreographing, and performing. During this time, Elsa was awarded a Fulbright lectureship to teach at the National Academy of Theater and Film Arts in Sofia, Bulgaria. In addition to extensive training in contemporary dance and classical ballet, Elsa is fond of Bulgarian folk dance.

**Materials fees are not refundable; information on page 78.*

Move It Or Lose It at TBA

Study Leader: Elsa Limbach *Materials Fee:* \$10*

- 6 Classes: May 9 – Jun. 13 *Class ID:* 2885
- Thursday, 10:00 AM - 11:30 AM
- Location TBA

Enhance your own gift of movement with this class designed for the inner dancer hiding inside your mature body. Discover how attention to the way you move can increase your energy and make daily activities more comfortable. As we age, our movement repertoire narrows. By increasing the variety and range of our movements, we can better maintain and even enhance our physical capabilities. Accompanied by an eclectic array of recorded music, each class begins with gentle standing and seated floor exercises, and culminates in movement combinations to excite that inner dancer. The focus is on breath, flexibility, coordination, and balance. No prior experience is necessary — only a willingness to expand your movement horizons. Please bring a yoga mat or thick towel for the floor exercises.

Please note: *For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premises during any courses with physical activity.*

See **Elsa Limbach**, *previous listing*

**Materials fees are not refundable; information on page 78.*

Feeling Better: Stretching Exercises For Eliminating Pain

Study Leader: Mark Spanos *Materials Fee:* \$10*

- 6 Classes: May 7 – Jun. 11 *Class ID:* 2807
- Tuesday, 10:00 AM - 11:30 AM
- Location TBA

This course includes therapeutic stretching exercises to decrease or eliminate pain, improve stamina, and increase range of motion. The class will also contain 100+ stretches for myofascial pain and dysfunction. Individual problems will be discussed, and gentle stretches for the whole body will be demonstrated. The stretches will be in four parts: first, seated on a chair; second, standing (chair can be used for support); third, floor exercises. In the fourth part the class will conclude with a wonderful relaxation and breathing session. There will be additional information on exercises that will help with specific issues, such as dealing with muscle problems while flying and while traveling in a car. Exercises are all performed at the individual's own pace, and students do not have to be ambulatory. Thus, those in wheelchairs, using walkers, and with other special needs are all welcome!

Mark G. Spanos is a Pittsburgh native and has been a certified and practicing Myofascial Trigger Point Therapist and a teacher of stretching exercises classes for 30 years. He is the co-founder of the Center for Pain Treatment, Inc., (Pittsburgh, PA), which he solely operated from 2013 until February 2015. After closing that corporation, he opened a new practice/corporation: Center for Myofascial Therapy, Inc., located in Pittsburgh's historic and beautiful South Side. Mark has taught this therapeutic stretching exercise class around the country including Pittsburgh, PA; Chautauqua, NY; and Las Vegas, NV, as well as for various conferences such as the American Academy for Pain Management and to a wide and diverse group of people and professionals.

**Materials fees are not refundable; information on page 78.*

Brain Health And Better Balance Through Dalcroze Eurhythmics

Study Leader: Leslie Upchurch

- 3 Classes: Jul. 3 – Jul. 17 *Class ID:* 2899
- Wednesday, 3:15 PM - 4:15 PM
- Margaret Morrison, 119

Brain Health And Better Balance Through Dalcroze Eurhythmics is a class for active seniors and other adults interested in improving their mental clarity and balance. Swiss musician, composer, conductor, and pedagogue Émile Jaques-Dalcroze devised the process of Eurhythmics in the early 20th century. Eurhythmics means good rhythm. The discipline teaches movement in time to music from Mozart minuets to jazz improvisations. Participants walk and turn around, stay in step with changing tempos, learn to shift weight and balance, handle objects while walking, and make elegant gestures. For seniors Dalcroze Eurhythmics can improve balance and reduce the risk of falling. In a study senior citizens cut their risk of falling by 50% after taking classes for six months

Leslie Purcell Upchurch, daughter of the late CMU alum and Pittsburgh band leader Jack Purcell, is the instructor. She also teaches the class in New York City at JCC Manhattan. She is on the faculty of the Marta Sanchez Dalcroze Training Program at Carnegie Mellon and is excited to be able to share her Dalcroze-NYC initiative with seniors in the Pittsburgh area. She has a BFA in piano from CMU, an MM in music from the University of Wisconsin, Madison, and a license in Dalcroze Eurhythmics from CMU.

As you are setting up your course schedule, please be sure the class dates do not conflict with your family events, trips, or religious holidays. Attendance in class is important.

FINANCE/INSURANCE

Financial Success In Retirement

Study Leader: Seth Dresbold

- 4 Classes: Jul. 11 – Aug. 1 *Class ID:* 2865
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

This course will focus on helping to identify the key elements retirees should have in place to prepare for financially successful retirement. We will focus on retirement income strategies, the proper way to invest our assets in retirement, identifying and protecting against certain risk factors in retirement, the advantages and disadvantages of certain insurance products; and estate-planning concerns.

Seth Dresbold is a partner with Signature Financial Planning, having joined the firm in March of 2011 after graduating with his law degree and MBA from the University of Pittsburgh. Seth is a licensed attorney, has passed both the Series 7 and 66 examinations within the financial industry, and is a CFP(R) Practitioner. Seth serves as a board member for several non-profit organizations, including serving as the Chair of FamilyLinks and the president of the ABOA for the American Cancer Society. In addition Seth is very practiced in front of an audience, having won awards as a stand-up comedian.



It's Good To Be Queen! A Woman's Financial Reign

Study Leader: Roselyn Wilkinson

- 5 Classes: May 9 – Jun. 6 *Class ID:* 2811
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

When it comes to your money and finances, are you a damsel in distress? If the whole idea of financial planning scares you, everything you need to know and do to reach your goals and reign supreme will be laid out in simple steps. Learn how to take control of your money including the basics of budgeting, insurance, retirement, and estate planning. You'll master investment basics, industry terminology, and learn how to build your wealth over time. Financial planning is no more complicated than eighth-grade math. It's time to own your financial life just as you do your career and health. Regardless of whether you're single, married, divorced, or widowed, making informed decisions about your short- and long-term financial security is critical to preserving your independence and expanding your options in life. Because today, happily ever after is not a fairy tale, it's a choice.

Roselyn Wilkinson helps people manage their money through comprehensive financial planning. With over 25 years of experience, she serves as President of MD&A financial Management Company. She is licensed to sell life, disability, and long-term care insurance and, as a Registered Representative with Berthel Fisher & Company Financial Services, Inc., stocks, bonds and mutual funds and a host of other investment vehicles. Passionate about helping women become more engaged in their finances, Roselyn is on the board of the Women & Girls Foundation of Pittsburgh and is a member of the Executive Women's Council. As a graduate of Leadership Pittsburgh, Roselyn remains actively involved in its alumni program. She has been a guest writer for the *Pittsburgh Post-Gazette* and the *Pittsburgh Business Times*. Roselyn is a Certified Financial Planner™ certificant, author of *It's Good to be Queen: Every Woman's Pocket Guide to Financial Sovereignty* and a multi-year recipient of the Five Star Wealth Manager Award.

Heirs And Errors: Estate Planning Lessons From Andrew Carnegie And Others

Study Leader: Joe Bull, Mick Koster

- 2 Classes: Jun. 17 and Jun. 24 Class ID: 2866
- Monday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

**TWO
DAY**

Too frequently, the estate-planning process is focused on wills, trusts, bequests, probate, and other confusing and intimidating topics, when in reality, we all want to make sure our children and family are still hugging each other 30, 60, 90 days after we're gone. Whether you're looking to get started from scratch, or simply considering an update to plans already in place, this course offers practical suggestions and coherent strategies to a process that can sometimes feel overwhelming. Drawing from the lessons of Andrew Carnegie and others, you will become familiar with terms and various strategies such as wills, trusts, bequests, and probate. Most important, you will gain appreciation that the estate-planning process is not about property planning. It is about people planning, and about leaving a legacy of your values and beliefs.

Joseph Bull, J.D., is Executive Director of gift planning at Carnegie Mellon. Prior to this appointment, he served in leadership roles for the Columbus Zoo, the Nature Conservancy, and the Ohio State University. With 32 years of experience in philanthropic and estate planning, he began his career at Duke University, and assistant counsel at North Carolina State University. He is past board chair of the National Association of Charitable Gift Planners and a current board member of the American Council on Gift Annuities. Joe has also served as a faculty member in the College of William and Mary. He is admitted to the Ohio and North Carolina bars.

Mick Koster is Director of Gift Planning at Carnegie Mellon. Previously, he served as vice president and trust officer for a major financial institution. His specialties include estate and gift design, trusts, and philanthropic planning. Mick is frequently asked to speak before regional and national conferences on a number of topics relevant to estate and gift design. A native of Michigan, Mick has also served as an adjunct professor for a local university, has been quoted in the *New York Times*, and has served on a number of nonprofit boards.

IRA Distribution Strategies

Study Leader: Bud Kahn

- 5 Classes: May 10 – Jun. 7 Class ID: 2890
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4707



Diligent savers enter the second half of retirement with little insight into the complex tax and distribution planning dangers that can wipe away the sacrifice made during their working years. This course is designed to educate participants about how to keep more of their retirement savings by effective use of planning opportunities available under current tax laws.

Bud Kahn, a Pittsburgh-based wealth manager, is the founder and Managing Principal of Wealth Management Strategies, Inc. with offices in Aspinwall and Greensburg. Bud is a graduate of the University of Pittsburgh, with a bachelor's degree in economics and an MBA in accounting and finance. He also earned a master's degree in taxation at Robert Morris College and has completed executive education programs at Carnegie Mellon University, the Wharton School of the University of Pennsylvania, and the Booth School of Business at the University of Chicago. Bud is a Certified Financial Planner, Certified Investment Management Analyst, Certified Private Wealth Advisor, and Accredited Estate Planner. Bud is also a member of Ed Slott's Elite Advisor Study Group, in which he studies the complexities of IRAs to help his clients with the tax-and-distribution-planning strategies necessary to achieve financial security.



GAMES

Lessons From Bridge Experts

Study Leader: John Olmsted

- 6 Classes: Jul. 2 – Aug. 6 *Class ID:* 2821
- Tuesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

This course is for experienced bridge players who sometimes read the daily bridge columns with puzzlement. Each week, we will discuss one or more bridge columns from the *Post-Gazette* from the perspective of serious social players. Students will receive "challenge deals" to study prior to each class. We will discuss these at the beginning of each class, then talk about various modern conventions used by advanced players, and end each class by playing and discussing two sample deals.

John Olmsted has enjoyed playing bridge since he learned the game from his parents at age 10. He was a member of the Carnegie Tech Intercollegiate champion bridge team as an undergraduate, and he and his favorite partner finished fifth in the ACBL national open pairs competition in Pittsburgh in 1958. Although he has played duplicate bridge on and off over the years, he prefers the relaxed social atmosphere of a friendly "party" bridge game. He has taught several levels of Bridge courses for Osher at CMU and coordinates the Osher Bridge Special Interest Groups.

Improve Your Party Bridge Skills

Study Leader: John Olmsted

- 6 Classes: May 9 – Jun. 13 *Class ID:* 2822
- Thursday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

This course is for contract bridge players who enjoy a good quality social game but do not necessarily wish to pursue the competitiveness of duplicate bridge. It assumes a basic knowledge of the game and will build on that. We will cover modern bidding conventions, competitive bidding, planning play of the hand, and defenders' play. The course content will be partly determined by the desires of the students. The format will be highly interactive, including challenge deals to study prior to each class, in-class example deals, and play and analysis of two deals each week. Repeating students are welcome.

See **John Olmsted**, *previous listing*

Introduction To Duplicate Bridge

Study Leader: Barbara Horowitz

Materials Fee: \$10*

- 7 Classes: May 9 – Jun. 13 Class ID: 2913
- Thursday, 9:30 AM - 11:00 AM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale



- 6 Classes: Jul. 11 – Aug. 15 Class ID: 2914
- Thursday, 9:30 AM - 11:00 AM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale



We will be learning the scoring and playing and their relationship to duplicate bridge. Our class will show how much fun it is to play duplicate. Included will be instruction on bidding and play of the hands and defense.

Barbara Horowitz has taught bridge for many years for the Mother's Day Out programs and has also given private lessons. She is a well-known duplicate bridge player and has over 1500 master points. She has played in national tournaments against Charles Goren and Oswald Jacoby, and has qualified for red and silver events at a national level.

*Materials fees are not refundable; information on page 78.

Intro To Cryptic (British) Crossword Puzzles

Study Leader: Cherie Maharam

- 3 Classes: Jul. 1 – Jul. 15 Class ID: 2826
- Monday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

Cryptic crossword puzzles, also called British crosswords, aren't your grandma's crossword puzzles. And they're not *your* crossword puzzles either! Cryptic crossword clues are initially baffling, and don't make sense when you first look at them. For example, the clue "Aunt Dolly's awful children not welcome" is not about screaming brats. And the solution to the clue "Great Gatsby: one of drama's primary characters" has nothing to do with literature. In fact, the instructions for solving are hiding in the clue. The solution might be an anagram, a hidden word, a homophone, or some other word play. This class will show you how to find those instructions and reach the solutions. Spoiler alert: The answer to the first clue example is ADULTS ONLY, and the second is GOOD. Would you like to know how we got there? If so, this class is for you.

Cherie Maharam has always enjoyed word puzzles and word games. She learned to solve cryptic crosswords after wondering for years what those puzzles in the back of *New York Magazine* were all about. Over the years, she became more involved in solving the puzzles both in print and online, and in the last few years, thanks to a Facebook cryptic group, has begun learning how to construct the clues themselves. She tries to sneak in at least a bit, or more than a bit, of solving every day. She finds these puzzles to be an unending source of wit, surprise, and brain stretching.

Remember to:

- Raise your hand
- Be Recognized
- State Your Name
- Ask Your Question

Frick Park Lawn Bowling

Study Leader: Daniel Boyarski *Materials Fee:* \$15*

- 3 Classes: May 7 – May 21 *Class ID:* 2847
- Tuesday, 2:00 PM - 4:00 PM
- Frick Park, Lawn Bowling Greens

Lawn bowling has been a tradition on Pittsburgh's East-side since 1938. Frick Park's lawn bowling greens, managed by the nonprofit Frick Park Lawn Bowling Club, are one of the many attractions of this part of the city. Come learn the sport's basic skills, guided by experienced players who will lead hands-on coaching sessions and games on the greens. Lawn bowling is fun and easy to learn. Mastering its finer points also provides a steady and very interesting challenge. The course will provide ample opportunity to practice the different strategies employed in singles, doubles, and triples play. All necessary equipment will be provided. This activity requires walking/standing for two hours. Please wear flat-soled shoes and bring a hat, sunscreen, and water bottle.

Please note: *The course is three weeks. A fourth week will be used if a rain-date is needed.*

The Frick Park Lawn Bowling Club (FPLBC) warmly welcomes adults of all ages (and children age 13 and older). It offers a steady stream of activities during the mid-May through October bowling season. In addition to three weekly leagues, the Club offers a community bowling night on Thursday evenings, annual tournaments, special holiday games and picnics, as well as casual pick-up games. Many members also participate in regional and national tournaments here and around the country. Lawn bowling is a great way to have fun, get some good exercise, meet up with neighbors, and make new friends. Dan Boyarski, president of FPLBC, heads the coaching team comprised of Club members.

**Materials fees are not refundable; information on page 78.*

Mahjong Mania! Level 1

Study Leader: Sherri Davis *Materials Fee:* \$10*

- 5 Classes: May 8 – Jun. 5 *Class ID:* 2798
- Wednesday, 9:30 AM - 11:00 AM
- Location TBA

- 5 Classes: Jul. 3 – Jul. 31 *Class ID:* 2800
- Wednesday, 9:30 AM - 11:00 AM
- Location TBA

This is a game that has spanned centuries and continents. It is a rummy-style game played by four participants drawing and discarding tiles to match up a hand on a mahjong card. This course is for those with no prior experience in playing mahjong. We will focus on building a foundation with instruction on the elementary principles of the game. While learning the rules and enjoying conversation with other players at your table, you will soon find that you have become a mahjong devotee!

Please note: *SL will collect \$9 for Mahjong Card, if you don't have one.*

Sherri L. Davis is a consultant at a wealth-management firm in Pittsburgh. Prior to this position, she practiced law in both New York and Pennsylvania. Sherri's love for mahjong began as a teenager when she was drafted to play in her mother's weekly game when a fourth person was needed. She now has her own weekly game.

**Materials fees are not refundable; information on page 78.*

Mahjong Mania! Level 2

Study Leader: Sherri Davis Materials Fee: \$10*

- 5 Classes: May 8 – Jun. 5 Class ID: 2799
- Wednesday, 11:15 AM - 12:45 PM
- Location TBA

- 5 Classes: Jul. 3 – Jul. 31 Class ID: 2801
- Wednesday, 11:15 AM - 12:45 PM
- Location TBA

Would you like to improve your skill at playing mahjong? This course is for players who are familiar with the basic knowledge of how to play mahjong or have taken Mahjong Mania! Level 1. The course will build on that foundation and cover the strategies of how to select a winning hand and how to play defensively to keep other players from winning. Each session will include playing hands and analyzing them in detail. The topics and pace will be adjusted to meet the needs of the participants. The goal of the class is to have you feel confident enough to play in a weekly game or in a mahjong club.

Please note: SL will collect \$9 for Mahjong Card, if you don't have one.

See **Sherri L. Davis**, previous listing

*Materials fees are not refundable; information on page 78.

Bridge Basics I

Study Leader: Jack Patzer

- 6 Classes: May 8 – Jun. 12 Class ID: 2828
- Wednesday, 1:15 PM - 2:45 PM
- Hunt Library, Osher Classroom

Bridge is a card game enjoyed by tens of millions of people who like its social interactions as well as the mental challenges it provides. It involves both bidding and play (one card at a time played by each of the four players). Bridge Basics I is designed for neophytes who have little or no prior knowledge of the game but wish to learn it. Basic instruction will be provided on how the game is structured, how to evaluate your cards, how to bid and play. There will be a preclass assignment every week, and each class meeting will include discussion of that assignment and instruction on rules and strategies. Students will also play two example deals and have those deals analyzed in detail.

Jack Patzer has been playing bridge for more than 40 years. Although he and his favorite partner have played duplicate on and off over the years (even winning a cruise ship tournament once many years ago), Jack prefers the relaxed social atmosphere of a friendly "party" bridge game.

Bridge Basics II

Study Leader: Jack Patzer

- 6 Classes: Jul. 3 – Aug. 7 Class ID: 2832
- Wednesday, 1:15 PM - 2:45 PM
- Hunt Library, Osher Classroom

Bridge is a card game enjoyed by tens of millions of people who like its social interactions as well as the mental challenges it provides. It involves both bidding (competing for the right to select a master suit) and play (one card at a time played by each of the four players). Basic instruction will be provided on how the game is structured, how to evaluate your cards, how to bid and play. There will be a preclass assignment every week, and each class meeting will include discussion of that assignment and instruction on rules and strategies. Students will also play two example deals and have those deals analyzed in detail.

See **Jack Patzer**, previous listing



GARDENING

Minimum Space, Make The Most Of It!

Study Leader: Karin Glass, Patricia Cernicky

- 1 Class: Jun. 25 *Class ID:* 2879
- Tuesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom



Choosing the right plants for your outdoor space will keep it looking great all year long. We will discuss types of containers, soil types, plant materials, design, and more.

Karin Glass is retired from electrical sales. She is a Phipps Master Gardener who learned her love of plants from her father and now enjoys sharing her interest with others.

Patricia Cernicky is a retired school principal with a lifelong love of plants. She is a Phipps Master Gardener and found a growing interest in houseplants since she downsized her home and no longer has the outdoor space of her previous home. She has done presentations at the Pittsburgh Greenhouse on container gardening and phytoremediation.

Hostas - Yesterday, Today, And Tomorrow

Study Leader: Len Lehman

- 1 Class: Jun. 24 *Class ID:* 2893
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4707



This course will trace how Hostas became one of the most-popular perennials in America. This course will be divided into 1. History, 2. Planting and Care, 3. Good Hosta for Beginners, and 4. Hosta Breeding and Future Types.

Len Lehman is a retired teacher of biological sciences at both the high school and college levels. A graduate of Indiana University of Pennsylvania in science education, he also has a graduate degree from the University of Tennessee in entomology. An active gardener, he has been past president of the Men's Garden Club of Pittsburgh, the Pittsburgh Iris and Daylily Society, and Vice President for Daffodils in the Daffodil and Hosta Society Western Pennsylvania. Besides gardening, he also enjoys birding, tropical fish, and reading. In addition, he is co-editor of the *Alpine Line* newsletter for the Allegheny Chapter of the North American Rock Garden Society.

LANGUAGE

Intermediate French Conversation*Study Leader: Veronique Schreurs*

- 4 Classes: May 10 – May 31 *Class ID: 2905*
- Friday, 1:00 PM - 3:00 PM
- Hunt Library, Osher Classroom

We will practice French conversation at the intermediate level. To get started, we will read a text and analyze vocabulary, idioms, and a little grammar. People will be encouraged to bring in other materials for discussion. There will be no assignments; we plan to have fun! Basic knowledge of French is required.

Veronique Schreurs has a B.S. degree from the University of Leuven, Belgium. She has experience teaching French both one-on-one and in group settings. She is a retired software developer. She is active in the blind community as a sighted guide/participant.

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for
Luncheons
Evening Lectures
Special Events

OSHER
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INSTITUTE

We are busy planning many wonderful events from now until the end of the year.

Notices will be sent by email and surface mail and posted online at www.cmu.edu/osher.

Registration is important!

SELF-IMPROVEMENT

Brain Builders

Study Leader: Thelma Greco

- 4 Classes: May 6 – Jun. 3* Class ID: 2841
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

**Note: Class will not meet on May 27*



Brain Builders provides four fun and stimulating classes to maximize your brain's awesome potential. Reconnecting neurons and rewiring synapses is hard work. These classes lighten this task by using challenging exercises and games to help you gain mental flexibility. "Brain facts" are presented along with the exercises.

Thelma Greco holds an M.Ed. specializing in team building from Penn State University, where she was coordinator of student activities for ten years. She is also co-author of *The Personality Compass: A New Way to Understand People*, which has been published in seven languages: Hebrew, Japanese, German, Dutch, Croatian, Arabic, and English. The Arabic edition has been renewed. She has also authored the book *Analyzed: Handwriting of the U.S. Presidents*. In addition, she has been a professional handwriting expert and instructor for the International Graphoanalysis Society since 1989. She is also a Forensic Document Examiner providing scientific validation for the judicial system.

Declutter

Study Leader: Rosa Barnett Averbach

- 4 Classes: May 7 – May 28 Class ID: 2878
- Tuesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

How much stuff is enough?! Unless you are a minimalist, you likely have a lot of stuff. However, managing more than enough stuff is a burden that most people don't realize they have. The "care and feeding" that your junk and clutter exact on your space and nerves is unnecessary and a waste of time, effort, and money. Through this course, you will realize that what you thought was enough is likely too much. Now is the time to declutter and downsize your stuff! This class is interactive and stresses a permanent lifestyle change and behavior modification. This course can be taken more than once.

Rosa Barnett Averbach earned a bachelor of science degree from Penn State University and master's degrees in both education and social work from the University of Pittsburgh, as well as certification in interior design from the Art Institute of Pittsburgh. She taught art education in the Swissvale Area Joint Schools. She has also taught adult education classes on topics including Getting Organized, Time Management, Decision Making, and Procrastination. She was director of Create-A-Space, a space- and design-management business. She also worked at St. Francis Hospital as a behaviorist with obese and morbidly obese patients. Her specialty is behavior modification and permanent lifestyle changes. She has been teaching courses at Osher at CMU since 2008.

Respond to the Monkey in your email!

We are sometimes asked why we keep offering that boring, mediocre course. The answer is, we didn't know it was. The members of Osher at CMU decide which courses continue and which don't! To get everyone's feedback, we now use a system called Survey Monkey. We are now asking for feedback on all new courses, problem courses, and random, frequently offered courses. Your opinion really counts. If you didn't get a Survey Monkey or want to comment on a course, send an email to the office. Thank you for your input!

AARP Smart Driver 8-Hour Course

Study Leader: David Zimmer

- 2 Classes: Jun. 19 and Jun. 26
- Wednesday, 1:00 PM - 5:00 PM
- Hunt Library, Osher Classroom

Class ID: 2909

**TWO
DAY**

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. You will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. Additionally, some things you will learn include: the effects of medication on driving; how to reduce driver distractions; how to maintain the proper following distance behind another car; proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars today; age-related physical changes, and how to adjust your driving to compensate. Current Pennsylvania Driver's License is required as well as attendance at both 4-hour sessions.

Please note: *Pay instructor at 1st class \$20, or \$15 with proof of AARP membership.*

David Zimmer is a retired Trauma and Emergency Response Nurse. He was an American Heart Association Instructor for CPR for over 20 years. David is an AARP Smart Driver Instructor.

TECHNOLOGY

Introduction To Excel

Study Leader: Byron Gottfried

- 4 Classes: May 10 – May 31
- Friday, 1:00 PM - 3:00 PM
- To Be Announced

Class ID: 2870

Excel, a component of Microsoft Office, is a very useful tool for maintaining records, for creating and managing simple databases, and for planning scenarios by determining the consequences of changing one or more numbers in an overall study. This course will present the fundamentals of Excel in a manner appropriate for beginners. The first three classes will emphasize Excel's database features, and the last class will introduce the use of formulas. Participants will be shown how to create simple examples involving common everyday applications, such as maintaining a list of names and addresses, sorting a list, filtering a list, and graphing data in several different ways. We will also create a "what-if" scenario in the last class. The class will be taught in a computer-equipped classroom, providing each participant with hands-on experience under the guidance of the instructor. Note: Participants *must* attend the first class. If you cannot do this, please don't sign up. This is a level 2 skill class.

Byron Gottfried is a retired University of Pittsburgh engineering professor who now teaches computer and photography classes to senior citizens. He received his Ph.D. from Case-Western Reserve University in 1962 and spent several years working as a research engineer before joining the Pitt faculty in 1970. When he isn't teaching, he is busy pursuing his many other interests, which include digital photography, bicycling, travel, playing the drums in concert and swing bands, and spending time with his grandchildren. He is an active member of Osher/CMU.

TOURS

Rodef Shalom Biblical Garden

Study Leader: Rodef Shalom

- 1 Class: Jun. 19 *Class ID:* 2835
- Wednesday, 11:00 AM - 12:00 PM
- Rodef Shalom,
4905 5th Ave., Oakland

ONE
DAY

Enter Pennsylvania's only biblical botanical garden shaped like the Holy Land. It explores the natural world of ancient Israel with more than 100 degree temperate and tropical plants. It is the land of the Bible in the setting of a cascading waterfall, small desert, and a miniature Jordan River which meanders through the garden from Lake Kinneret to the Dead Sea. Represented are grains, herbs, fruits, trees, water plants, and flowers—also plants with biblical names.

Please note: *Class meets rain or shine; there is no rain date.*

The Rodef Shalom Biblical Botanical Garden, established in 1987, is the largest such garden in North America. Sitting on a third of an acre, the garden is the only one of its kind to feature an ongoing program of research and publication.

Our 3 Rivers: Key To Prosperity & Quality Of Life

Study Leader: Richard Lockwood, James McCarville

- 7 Classes: May 8 – Jun. 19 *Class ID:* 2912
- Wednesday, 9:30 AM - 11:30 AM
- To Be Announced

The course will consist of a series of seven field/site visit sessions that will describe the economic, environmental, recreational, cultural, and community importance of our rivers, the inter-relationship of those interests, and how these competing demands are being met and balanced. Each site visit will consist of a guided tour of the site and brief presentation. The focus will emphasize the economic and quality of life aspects of the activity. To participate, you must be able to walk a long distance and climb stairs without assistance. Shortly after enrolling, you will be required to submit documents for a U.S. government facilities clearance. The study leader will contact you, via email, with a request for your documents.

Please note: *Please do not register for this course if you have already taken it. Repeat students will be dropped from the roster. Locations are up to 1-hour away and are not handicapped accessible. Information for government clearance must be submitted to study leader immediately upon request.*

Richard "Rich" Lockwood recently retired as Chief of Operations and Readiness of the U.S. Army Corps of Engineers, Pittsburgh District with 42 years of service. Rich is a licensed Mariner, confirmed "River Rat" and a subject matter expert on the Inland Marine Transportation System and Rivers Information Services.

Jim McCarville retired from a 40-year career of working on ports and waterways, including 20 years as executive director of the Port of Pittsburgh Commission; chairman of an international waterway conference, SmartRivers; and one of eight representatives on the United States delegation to the Permanent International Association of Navigation Congresses (PIANC).

WELLNESS

Mental Aerobics*Study Leader:* Jeanette Matthews

- 5 Classes: May 6 – Jun. 10* *Class ID:* 2805
- Monday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

*Note: Class will not meet on May 27

Mental Aerobics is a fun and interactive way to pump up your brain. We will discuss the normal aging process and its effect on the brain. Then, we will build a tool box of strategies that will stimulate the brain by enjoying a variety of activities designed to give the brain a good mental workout. While participating in group and individualized activities, participants will become informed on how the brain functions, what is "normal" aging of the brain, and how to keep it as fit as possible as we age. We're never too young or too old to begin pumping up our brains. Key words for this class are fun, variety, and challenge. Come prepared for all three!

Jeanette Matthews earned her master's degree in education from Penn State University and worked with adult learners in a variety of settings for several years. Additional training included specialized study in working with learners with learning disabilities. Currently she conducts Mental Aerobics classes in senior centers and other facilities. This knowledge, coupled with a life-long interest in how the brain develops and changes throughout the lifespan, led her in the direction of working with adults as they age, helping them to learn methods to keep their brains as healthy and sharp as possible for as long as possible.

**Better Choices,
Better Health Workshop***Study Leader:* Jeanette Matthews, Rosemary Liebmann

- 6 Classes: May 8 – Jun. 12 *Class ID:* 2928
- Wednesday, 1:00 PM - 3:30 PM
- Location TBA



Put more life back in your life! If you're an adult who has a chronic health condition or are caring for someone who does, you can participate in the Better Choices, Better Health program. This six-week series of workshops will help you learn strategies to manage your symptoms and have an improved quality of life. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health. This evidence-based program, originally developed by Stanford University, is held weekly for 2 1/2 hours for six weeks.

Jeanette Matthews and **Rosemary Liebmann** are certified peer leaders who will lead these workshop sessions. Peer Leaders attend a four-day comprehensive training at Vintage, Inc. in East Liberty. Peer Leader Certification is confirmed when a Peer Leader attends all four training days, performs two practice teachings and facilitates a full six-week workshop. In order to remain certified, all Peer Leaders must facilitate a workshop within a twelve-month period as well as attend yearly refresher trainings.

Exercise For Older Adults

Study Leader: Bill Presutti, Jr

- 3 Classes: May 7 – May 21 *Class ID:* 2916
- Tuesday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

Exercise for Older Adults is a three-module course that will focus on the importance of exercise for older adults; including how exercise affects the body and aging process, the physiology of aging, physical activity and fitness, and the psychological benefits of exercise. The course provides guidance on how to identify the stages of readiness to be physically active, measures for assessing levels of fitness, and a self-assessment on the level of fitness. It will also identify components of a balanced exercise program, how fitness may prevent falls in older adults, issues in getting started, keys to exercise adherence, and a brief look at the relationship between diet and exercise.

Bill Presutti, Jr. recently retired from Duquesne University, where he served as a faculty member and associate dean in the Palumbo-Donahue School of Business for 29 years. He earned an undergraduate degree in business from Duquesne, an MA in economics from Northeastern University, and a Ph.D. in applied history from Carnegie Mellon University. Dr. Presutti earned his certification as a Certified Personal Trainer in 2009 from the American Council on Exercise (ACE). He has also earned certificates in Strength Programming for Older Adults and Exercise for Older Adults from ACE and Senior Strength and Conditioning from Exercise ETC.

Staying Healthy In A Toxic World

Study Leader: Patricia Spear Lemer

- 5 Classes: May 9 – June 6 *Class ID:* 2926
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4707



With increasing frequency, seniors are looking for new ways to enhance health and increase longevity. In this five session course, you will learn about how your lifestyle choices affect health. First, attendees complete an Everyday Epigenetic Evaluation to see what unique risk factors you have. Epigenetics is the new science of how genetics and environment interact. Classes will focus on diet, nutrition, label reading, cooking and eating out; personal care and cleaning products; natural alternatives such as vitamins, supplements, acupuncture, homeopathy, massage, etc; invisible dangers such as electromagnetic fields and toxic relationships; and developing a personal Healthy Living Plan.

Patricia Lemer is a licensed professional counselor with over 45 years experience in helping individuals find satisfying careers, and working with families of those with disabilities. She is particularly interested in finding possible causes for disease and disability and lessening symptoms with lifestyle changes and natural alternatives to pharmaceuticals. She is the author of three books on managing, healing and preventing autism. She founded and ran a non-profit organization specializing in educating parents about alternative therapies for childhood learning and behavioral problems for over 20 years. Understanding how our lifestyle choices impact our health is a lifelong passion.



Healthy Eating

Study Leader: Rosa Barnett Averbach

- 3 Classes: Jul. 11 – Jul. 25 *Class ID:* 2877
- Thursday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

Healthy eating involves thinking about what food does for your body rather than simply how it tastes or fills you up. Being mindful and aware of what you eat will help you feel and look better as well as become healthier. Although it is hard to break old habits, this course will help you think about eating as a key to becoming a better you. Through this interactive course, you will learn to modify your eating behaviors and make permanent lifestyle changes. This is a course which can be repeated.

See **Rosa Barnett Averbach**, page 32

WRITING

The Writing Circle: Write Now!

Study Leader: Mimi Botkin

- 6 Classes: May 6 – Jun. 17* *Class ID:* 2894
 - Monday, 9:30 AM - 11:00 AM
 - Hunt Library, Osher Classroom
- *Note: Class will not meet on May 27*

This course offers non-professional writers the opportunity to explore different modes of writing and sharing within a friendly audience of responders. Six sessions will focus on different modes of writing, including narrative, memoir, nonfiction, and poetry. Guided by prompts presented by the facilitator, participants will write and share that writing with others, receiving feedback. These writing starters can then, if the writer chooses, grow into longer pieces.

Mimi Botkin retired in 2007 after 37 years of full-time teaching of English and language arts at the high school and middle school levels and began a new teaching and writing life. A fellow of the Western Pennsylvania Writing Project, she now volunteers for JFilm's Teen Screen program, in which she writes and teaches curriculum for Holocaust films shown in this program as well as leading response sessions with students after they have seen the films. She also facilitates a writing circle at Temple Sinai as well as in the Pitt Osher program.

Check Your Schedule

Check your course schedule carefully to be sure classes do not conflict with appointments, vacations, religious holidays, or family events. Please drop courses with conflicts to free up your seat for another member. Thank you!

Writers' Workshop

Study Leader: Thalia Snyder, Helen Wilson

- 6 Classes: May 8 – Jun. 12 Class ID: 2809
- Wednesday, 9:00 AM - 11:00 AM
- Hunt Library, Osher Classroom

Would you like to connect to fellow classmates through your writing? This workshop will get your creative juices flowing. We will begin each session with an in-class writing exercise. In addition, you will be asked to submit a writing assignment in the form of essay, poetry, memoir, fiction, or creative nonfiction each week, which will be discussed the following week. You will discover what your classmates appreciated about your piece, what they didn't understand, and how you might improve your writing. We support and encourage each other in the process of putting words on paper.

Thalia Snyder is a writer, actor, retired dentist, and language enthusiast. She studied theater at Northwestern University where she graduated with a BA in Russian language and literature. From the University of Pittsburgh, she earned an MA in Slavic Languages and Literature as well as a DMD and MS in prosthodontics. She taught at the University of Texas School of Dentistry in Houston and worked in private practice. She currently narrates books as a voiceover artist at Carnegie Library for the Blind and Physically Handicapped. She enjoys writing poetry and memoir. Her work was published in *Signatures* (Osher Lifelong Learning Institute at Carnegie Mellon University, 2016). Thalia has been a member of Writer's Workshop for many years, where the experience has been as joyful as it is enlightening.

Helen Wilson, during her career as an art teacher for the Pittsburgh Public Schools, worked in the Division of Curriculum Development as a writer, editor, illustrator, and graphic designer. Since retiring in 2006, she has pursued her interest in writing and historical research. Her articles have been published in local magazines and newspapers, and she is co-author of two books, *Pittsburgh's Bridges* (Arcadia Publishing, 2015) and *Squirrel Hill: A Neighborhood History* (The History Press, 2017), for which she also served as editor.

Women Write: A Time For Stories To Surface

Study Leader: Hana Haatainen-Caye

- 6 Classes: May 7 – Jun. 11 Class ID: 2795
- Tuesday, 9:00 AM - 11:00 AM
- Hunt Library, Osher Classroom



Women are finally telling their stories. In this course, participants are encouraged to write compelling stories from their past. With the #MeToo movement, the doors have been opened for women to tell their truths, however they perceive them. But this will not simply be stories of past traumas. Participants will be encouraged to write their accounts of other events as well. Perhaps there was a forbidden crush, a skipped career choice, the loss of a child, the nervousness of a new mother... the list is endless. All that is needed is YOUR story to add to richness of this class. No previous writing experience is necessary.

Hana Haatainen-Caye is an award-winning writer and blogger whose work has appeared in magazines, websites, and anthologies, such as *Chicken Soup for the Soul*. She published her non-fiction book, *Vinegar Fridays*, in 2011 and sold 100 of her children's books to iStoryBooks, an online library for young children. Hana is a popular workshop leader at writing conferences, and has facilitated an assignment-based monthly writing group in North Hills for over 14 years. As a writing coach, Hana works with clients to bring their publishing goals to fruition. Additionally, Hana is a voiceover talent who has voiced thousands of children's books, eLearning programs, commercials, adult audio books, and more. She is the Operations Manager of Dignity Home Care Professionals, an in-home senior care company in Pittsburgh.

SCIENCE

Architecture | Astronomy | Environment | Life Science | Medical

ARCHITECTURE

Architecture In Action: Collaboration!

Study Leader: Eric Fisher

- 1 Class: Jun. 25
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Class ID: 2900



ONE DAY

Architects design better buildings when they collaborate. But how can they resolve this 21st century reality with their desire to create individualistic, uncompromising, personally expressive work? The new reality is that architects must lead teams of professionals who each contribute their expertise to the building design process. It's simply wrongheaded for architects to not share work with others for fear of diluting their design brands. This lecture will discuss the paradox that design quality actually improves when design experts share the load. Architects are now not only collaborating with engineers and contractors, they are bringing artists, politicians, computer experts, clients, and even other architects to the table. As a result, an architect's design process can now bend and swerve in response to complex challenges as never before.

Eric Fisher (AIA, LEED AP), a Harvard-educated Pittsburgh native, puts the experience he has gained working for renowned architects around the world to use in his hometown. He assisted with the design of the Getty Museum for Richard Meier and Partners. Now he runs FISHER ARCHitecture, an innovative, green Pittsburgh architecture and design firm. FISHER ARCHitecture creates "experiential" buildings that are sustainable and affordable. Fisher has taught at CMU and has designed homes, businesses, restaurants, churches, museums, parks, community centers, furniture, and even bridges in Western Pennsylvania.

ASTRONOMY

The Quark Gluon Plasma

Study Leader: Leonard Kisslinger

- 1 Class: Jun. 19
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Class ID: 2908

ONE DAY

In one hour we shall discuss the Quark Gluon Plasma. At early times, the Universe was too hot for atoms, atomic nuclei, and protons to exist. Protons are not elementary particles. They consist of elementary particles called quarks, which are bound to form protons by gluons, the quanta of the strong interaction. Quarks and gluons are elementary particles. Before about a millionth of a second after the time our Universe was formed, often called the Big Bang, the matter in the universe consisted of very dense matter called the Quark Gluon Plasma. In our one-hour session I will describe the Quark Gluon Plasma (QGP), how high energy particle experimentalists are trying to produce QGP by colliding heavy atomic nuclei together, and how particle experimentalists with the help of particle theory can determine if the QGP has been produced. No mathematical equations are used.

Leonard Kisslinger joined the faculty of Carnegie Mellon's Department of Physics in 1969, coming from Case Western Reserve University, where he attained the rank of full professor. The program of research in Dr. Kisslinger's laboratory was the study of the quark/gluon structure of hadrons and nuclei, but now is mainly engaged in particle astrophysics. Since 2000, he has directed the Carnegie Mellon/Colfax/Helen Faison Physics Concepts Program, which pairs undergraduates with inner-city middle school students to learn science by hands-on experience. He is a fellow of the American Physical Society and served as associate editor of committees of the Space Radiation Effects Laboratory and the Los Alamos Meson Physics Facility. He was also a member of the Executive Committee, Division of Nuclear Physics, of the American Physical Society. He received his Ph.D. degree from Indiana University.



ENVIRONMENT

What's Up With Mother Earth?

Study Leader: Randy Weinberg

- 5 Classes: May 10 – Jun. 7 *Class ID:* 2874
- Friday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

We depend on nature for everything—our food, water, air, energy, shelter, and all of the things that sustain us. Yet almost every day we hear news about climate change, rising oceans, disappearing glaciers, carbon dioxide in the atmosphere, dramatic storms, and droughts. This course takes a broad, non-technical look at the "health" of the amazing planet we inhabit. Through various readings, videos, and class discussions, we will look at the concept of eco-sustainability. What does it mean to live in a way that satisfies today's needs and still leaves enough for the future? We will discuss our ecological footprint and look at some vital signs, including energy sources, food security, water, and air. We will examine our relationship to the natural environment and explore how individuals and communities can respond. How can we constructively adapt to the changing world ahead?

Randy Weinberg taught Information Systems for over 30 years and is retired from the CMU faculty. He has long been interested in the state of the environment, sustainability, and underlying principles of equity. His classes at CMU included "IT and Sustainability" and "Geographic Information Systems" in addition to involving students in projects with an environmental focus.

LIFE SCIENCE

Love Is In The Air

Study Leader: Robert S. Mulvihill

Materials Fee: \$30*

- 1 Class: Jun. 24 *Class ID:* 2892
- Monday, 10:00 AM - 12:00 PM
- National Aviary, Entrance,
700 Arch St, North Side



For this class, National Aviary Ornithologist Bob Mulvihill will introduce you to the often complex and elaborate breeding behaviors of birds, including courtship, pairing, nest building, and chick rearing. He will compare and contrast different species having markedly different behaviors, and will provide scientific explanations for the variations. Just about everything we love about birds, like their beautiful appearances and songs, is thanks to a ubiquitous biological process, sexual selection. First espoused in 1871 by Charles Darwin, it is Nature's love potion! A tour of the Aviary is included in the program. Maybe we can see some courtships while we tour!

Robert S. Mulvihill, the National Aviary's Ornithologist, has been an active member of the birding and bird conservation community in western Pennsylvania for more than 40 years. He began his ornithological career at Powdermill Nature Reserve, the biological field station of the Carnegie Museum of Natural History, where he worked at the world-renowned Powdermill bird-banding station. During his nearly 30-year tenure there, Bob banded more than 200,000 birds and conducted in-depth long-term field research on the Dark-eyed Junco, Ruby-throated Hummingbird, and Louisiana Waterthrush. He has conducted field research across Pennsylvania and in Mexico and Central America. In 2013, shortly after he arrived at the National Aviary, Mulvihill brought Neighborhood Nestwatch, a citizen-science project developed by the Smithsonian Institution, to backyard bird-lovers in the Greater Pittsburgh area. He also brought Project OwlNet, a collaborative continent-wide study monitoring the migrations of Northern Saw-whet Owls, to Pittsburgh—banding owls three nights a week at a popular urban park in spring and fall. He also leads spring and fall birding tours for the National Aviary. Bob has received awards in recognition of his efforts to promote bird conservation from the Audubon Society of Western Pennsylvania and the Pennsylvania Society for Ornithology.

**Materials fees are not refundable; information on page 78.*

Food Curiosities Explained

Study Leader: Gloria Silva

- 6 Classes: May 8 – Jun. 12 Class ID: 2833
- Wednesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom



This course will answer questions that you probably never thought of asking, such as: Why do pretzels have that golden brown color? Why does beef remain red for so long in America? Why do gnocchi float when done? How is chocolate made? Why is beer high in calories? We will answer these and other questions through the lens of chemistry and physics. During this course I will teach you basic scientific concepts that will help you understand the "why" of facts that relate to food. Water will be one of our main topics; we will continue with the three macro-nutrients: carbohydrates, fats, and proteins. Understanding food through science is fascinating and I hope that it will reveal some food secrets to you. This is not a cooking course and no nutritional advice will be provided.

Gloria Silva is an assistant teaching professor in the Chemistry Department of CMU. She graduated with a double major as B.S. in chemistry and as a pharmacist from the National University of Cordoba (UNC), Argentina. She got her Ph.D. in Chemistry at the same university and did postdoctoral studies at the University of Illinois at Chicago. Her main focus was the study of bioactive natural products from plants. She was a tenured assistant professor at UNC and a researcher for the Argentinean Research Council. Gloria and her family immigrated to the U.S. in 2002, and she has been a faculty at CMU since. She performed research aimed at developing light-up fluorescence probes used to answer biological questions, and since 2007 she has taught graduate and undergraduate courses related to organic chemistry, synthesis, bioactive natural products, and food science. She is a judge for several science competitions at the local and international levels, and participates in the Gelfand Outreach program. Her hobbies are gardening and genealogy research on her family ancestry.

MEDICAL

Aging Without Growing Old

Study Leader: Richard Kalla

- 1 Class: Jun. 26 Class ID: 2867
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

ONE
DAY

Aging is physical and psychosocial. We will explore some of each and examine ways to enhance our lives as we continue to mature. How do we interact with our health care providers and our social environment will be topics of discussion.

Richard L. Kalla, MD., M.S. is board certified in nuclear medicine. He served as the director of nuclear medicine and diagnostic ultrasound at Montefiore Hospital for 17 years. He was a clinical professor of medicine and diagnostic imaging at the University of Pittsburgh School of Medicine. Dr. Kalla has served as president of the Pittsburgh Chapter of the Society of Nuclear Medicine and as the president of the medical staff at Montefiore Hospital. He currently works part time as a reviewer for the Intersocietal Accreditation Commission, evaluating the quality of nuclear medicine facilities across the country.

Everything You've Always Wanted To Know About Disease

Study Leader: Stephen Fisher

- 6 Classes: Jul. 1 – Aug. 5 Class ID: 2793
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

This course will focus on medical topics that are currently in the news and on questions that participants may have regarding disease, medical treatment, or medical science. Dr. Fisher will invite guest speakers appropriate to the topics selected.

Stephen N. Fisher, M.D., is a licensed practicing physician. He attended the University of Illinois, where he studied chemistry, mathematics, and physics, and then went on to medical school. After several internships and completing a residency in diagnostic radiology, he served in the military in Vietnam. He practiced medicine in underserved parts of Pittsburgh for 18 years. He is board certified in addiction medicine and biomedical research.

Regenerative Medicine

ONE DAY

Study Leader: Bryan Brown

- 1 Class: Jun. 27 Class ID: 2803
- Thursday, 2:00 PM - 4:00 PM
- McGowan Institute for Regenerative Medicine, 450 Technology Dr, Room 503

Regenerative medicine provides the potential to repair or replace diseased or damaged tissues and organs in contrast with the current approach of treating the symptoms when the body is adversely affected by trauma, disease, or congenital deformities. Scientists and clinicians are evaluating various therapies such as using a patient's own cells to help repair a disease or defect in the body. Advances are being made in the laboratory and in the translation of these novel therapies into clinical assessments.

Please note: Room 503, Bridgeside Point 2, 450 Technology Drive - off 2nd Ave.

Bryan Brown is a highly respected scientist, a committed educator, and a mentor extraordinaire. Dr. Brown currently serves as an assistant professor in the Department of Bioengineering and the Department of Obstetrics, Gynecology, and Reproductive Science at the University of Pittsburgh. Additionally, he holds an appointment as an adjunct professor of clinical sciences at the Cornell College of Veterinary Medicine.

Aging Voice And Hearing: What To Do?

Study Leader: Libby Smith, Catherine Palmer

- 1 Class: Jun. 28 Class ID: 2918
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

ONE DAY

The proportion of people over 65 years of age is increasing rapidly, due in large part to the projected increases in life expectancy. Older people are also participating in the paid and voluntary workforce for longer because of their desire to remain active in society and because of necessity. However, with age come changes in voice and hearing. The aging auditory system will be discussed in terms of hearing and speech processing. The impact of untreated hearing loss on cognition and health outcomes will be discussed in light of the most-recent data. In addition, tips on being an educated consumer of hearing health care will be provided. The aging voice will be discussed in terms of anatomy and physiology of the aging respiratory and phonatory mechanism. The latest preventive care, diagnosis, and treatment will be outlined in this workshop on the aging voice.

Libby J. Smith is an associate professor of otolaryngology at the University of Pittsburgh School of Medicine. Dr. Smith received her undergraduate degree from the University of California, Santa Cruz, and her medical degree from Kansas City University of Medicine and Biosciences. She completed her otolaryngology training at Grandview-Kettering Medical Center in Dayton, Ohio, and completed a fellowship in laryngology and care of the professional voice in Philadelphia. A board-certified otolaryngologist, Dr. Smith specializes in the care of the professional voice and the treatment of voice disorders. Her current research activities are in vocal fold paralysis, laryngeal electromyography, and ergonomics of micro laryngeal surgery.

Catherine Palmer is an associate professor in the Department of Communication Science and Disorders at the University of Pittsburgh and serves as the Director of Audiology and Hearing Aids at the University of Pittsburgh Medical Center including the UPMC Children's Hospital. Dr. Palmer conducts research in the areas of auditory learning post-hearing aid fitting and the relationship between hearing and cognitive health. Dr. Palmer opened the Musicians' Hearing Center at the University of Pittsburgh Medical Center in 2003, and her work has included a partnership with the Pittsburgh Public Schools and the Pittsburgh Symphony.

SOCIAL SCIENCES

Contemporary Topics/Sociology | Cultural | History | Pittsburgh | Politics/Government | Religion/Philosophy | Travel

CONTEMPORARY TOPICS/ SOCIOLOGY

Authoritarianism, Politics, And Hate Crimes

Study Leader: Lloyd Stires

- 6 Classes: Jul. 3 – Aug. 7 *Class ID:* 2904
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4708



Pittsburgh residents don't need to be reminded that hate crimes have increased substantially in America in the past three years. Why? And why now? We will examine and discuss both the individual and societal causes of hate crimes—violence and criminal behavior in which perpetrators target victims based on their race, religion, gender, or other group membership. We will study how authoritarianism is measured, its developmental origins, and its behavioral consequences. We will examine the realignment of the U. S. political parties that has occurred in the last two decades, as well as changes in the structure of mass communication with the arrival of the internet and social media. We will address the question: "To what extent is Donald Trump's rhetoric responsible for an increase in hate crimes, or is Trump's election just a symptom of other long-term societal trends?" Finally, we will brainstorm on suggestions for preventing future hate crimes.

Lloyd Stires (Ph.D., Duke University) is a retired professor of psychology at Indiana University of Pennsylvania, where he taught social psychology, environmental psychology, and mass media and behavior. He was a jazz and blues disc jockey on WIUP-FM. He blogs about social science and current events.

The Palestinian Story: Hope In The Absence Of Hope

Study Leader: Tina Whitehead

- 5 Classes: Jul. 2 – Jul. 30 *Class ID:* 2895
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

The course will deal with the history and current situation in Israel-Palestine from the perspective of the Palestinian people. The four primary components of the "peace process" will be the main focus: right of return, settlements, boundaries, and Jerusalem. The content of the course will also address the issues that are happening as the course is being taught.

Tina Whitehead, a Canadian and a graduate of Duquesne University with an M.A. in Spiritual Formation, has been volunteering in Jerusalem and the West Bank since October 2006. Her primary work has been with Sabeel, a Palestinian Christian Peace and Justice movement. In October 2015, she helped coordinate a regional Friends of Sabeel conference in Pittsburgh with the theme, "We Refuse to Be Enemies." In addition, she has worked with the Bethlehem Bible College, where she helped coordinate three international "Christ at the Checkpoint" conferences, in 2010, 2012, and 2016. For the past two years she has been working as a hospitality representative in Bethlehem for an American tour company, giving lectures and helping organize dinners with Palestinian families. Tina and her husband, the Rev. Dr. Thomas Whitehead, served United Methodist churches in Western Pennsylvania from 1984 until his death in 2005. When not in Jerusalem, she resides in Oakmont.

Enjoying *The New Yorker*

Study Leader: Mary Duquin

- 6 Classes: May 7 – Jun. 11 Class ID: 2827
- Tuesday, 1:00 PM - 2:30 PM
- Hunt Library, Osher Classroom

This will be an interactive discussion course with a limited enrollment. All members will be expected to present at least one article over the six weeks. Each week the class will focus on a current issue and discuss one or more features of particular interest. It might be part of the "Talk of The Town," a short story, a cartoon, the cover art, or one or more critiques, whatever inspires members' interests.

Mary Duquin received her Ph.D. at Stanford University in education with a minor in women's studies. She taught at the University of Pittsburgh from 1974 to 2013. Over the past 40 years, she has taught courses in personal health; wellness; the philosophical, social, and cultural aspects of health; the sociology and psychology of sport; stress management; massage therapy; and women's studies courses. She enjoys reading *The New Yorker* and is excited about the dynamic discussions this course will produce.

Enjoying *The New Yorker*

Study Leader: Mona Strassburger

- 6 Classes: Jul. 2 – Aug. 6 Class ID: 2915
- Tuesday, 1:00 PM - 2:30 PM
- Hunt Library, Osher Classroom

This will be an interactive discussion course with a limited enrollment. All members will be expected to present at least one article over the six weeks. Each week the class will focus on a current issue and discuss one or more features of particular interest. It might be part of the "Talk of The Town," a short story, a cartoon, the cover art, or one or more critiques, whatever inspires members' interests.

Mona Strassburger is a lifelong Pittsburgher and has been a member of Osher since 2011. She was a high school English teacher and then for 19 years a psychotherapist at the YWCA Women's Counseling Center. After retiring, she became involved as a volunteer with many community organizations. She has facilitated support groups at the Good Grief Center for Bereavement, Gilda's Club, and most recently, the Women's Center and Shelter. She volunteers at the Carriage House Children's Center and the National Council of Jewish Women. She is a board member for Awesome Pittsburgh and Osher at CMU, where she is on the Curriculum Committee.

Domestic Terrorism

Study Leader: Carla Gedman

- 1 Class: Jun. 25 Class ID: 2825
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

**ONE
DAY**

Trying to achieve consensus on the definition of "domestic terrorism" can be controversial. Some use the term "lone wolf" or affiliation with a "hate group" rather than "terrorist." This class will explore three local cases: Richard Baumhammers, Richard Poplawski and Emerson Begolly (self-radicalized jihadist). Which category is appropriate for them – terrorist, lone wolf, member of a hate group? We will also review generally the type of hate activity seen in Pennsylvania. According to the Southern Poverty Law Center, Pennsylvania has the distinction of having the fifth-highest number of hate groups in the country.

Carla Gedman has an M.A. in the administration of justice from the University of Pittsburgh. She is a board certified CPP (certified protection professional) and an international crime prevention specialist. Her career spans over 30 years and includes experience as a Pittsburgh Police Officer, Civilian Assistant, Chief Public Safety and Public Safety Director at Children's Hospital and Western Psychiatric Institute, and adjunct professor at Duquesne University.

Air Pollution, Health, And The Environment

Study Leader: GASP

- 2 Classes: Aug. 13 and Aug. 20
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Class ID: 2831

TWO DAY

How does air pollution impact your life? What about the lives of your children or grandchildren? Join GASP (Group Against Smog and Pollution) as we examine the effects of living with some of the most heavily polluted air in the nation. This course will include two classes. An introductory lecture will cover the basics, consisting of the history of air pollution in "The Smoky City," what kinds of air pollutants we worry about today, and the health concerns related to living in poor air quality. The second class will be a walk through Schenley Park, as we learn about environmental impacts of air pollution, followed by a discussion about what *can* be and is being done locally to improve our air. In a time when government agencies are actively giving up the rights to protect our air quality, what will you do to make your voice heard?

Please note: 2nd Class will meet at Anderson Park, Panther Hollow Rd. at Blvd. of the Allies, weather permitting.

The **Group Against Smog and Pollution** (GASP) is a non-profit citizens' group in Southwestern Pennsylvania working for a healthy, sustainable environment. Founded in 1969, GASP has been a diligent watchdog, educator, litigator, and policy-maker on many environmental issues, with a focus on air quality in the Pittsburgh region. Our mission is to improve air quality to ensure human, environmental, and economic health.

Why is Climate Change So Polarizing?

Study Leader: Elise Yoder

- 6 Classes: May 6 – Jun. 17*
- Monday, 1:15 PM - 2:45 PM
- Wean Hall, 4707

Class ID: 2919

*Note: Class will not meet on May 27

Given the scientific consensus on climate change, why do some see climate action as humanity's highest priority, while for others it's a non-issue or even an anti-democratic travesty? What's going on here? This course isn't about the facts of climate change or reducing carbon emissions. It's about why people react to climate change information so differently. We'll draw on cognitive and social psychology and the field of environmental communications to explore questions such as: What motivates people to support climate action? Do you see yourself as a Survivalist, Promethean, or Green Radical? How do we all fall victim to motivated reasoning? What role does our view of "government" play? How is this issue reflected in the fracking debate in Southwestern PA? This course relies on group discussion, augmented by presentations, video, and optional readings.

Elise Yoder, after a degree from CMU in cognitive science and a long career in Pittsburgh's high-tech scene, learned about the emerging field of environmental communications from the impassioned documentary series *Years of Living Dangerously*. She has now earned a certificate in this field from Duke University's Nicholas School of the Environment. Although she is a climate change activist, this class isn't about recruiting new activists or changing people's minds; rather, it's a chance to better understand ourselves and others.

Your input is welcomed and valued.

Osher at CMU depends on member assistance and involvement. Your suggestions for instructors, courses, events, and lectures are necessary to help us serve your interests.

We also depend on member involvement on committees and as Osher Ambassadors. Please email the office at osher@cmu.edu to volunteer!

Journalism: The Inside Scoop!

Study Leader: Kellie Gormly

- 5 Classes: Jul. 2 – Jul. 30 *Class ID:* 2920
- Tuesday, 3:30 PM - 5:00 PM
- Wean Hall, 4708

What determines a story and its newsworthiness? What happens to a story between the idea and eventual publication? What are the ABCs of journalism? What is the ethical code of a credible journalist and publication? What are all of these accusations about "fake news"? What constitutes a credible news source in the days of the Internet? What is a day in the life of a journalist? Come and learn from veteran journalist Kellie Gormly, who will talk about the behind-the-scenes workings of the media — a secret society — and the life of a reporter and writer. You will hear many hilarious and poignant stories about her years of experience interviewing celebrities, politicians, and everyday people — and she will share the wisdom and tips about life in general that her career has taught her.

Kellie B. Gormly is a veteran award-winning journalist with more than 20 years of experience in newspapers, magazines, wire services, and websites. She spent 13 years at the Pittsburgh Tribune-Review, and now is a freelance writer for national publications including The Washington Post, Family Circle, Catster, and German Life. Kellie, who grew up in Scottsdale, Arizona, discovered a burning passion for journalism in college that hasn't waned in the least, and she loves sharing her experiences with people. Kellie got her undergraduate degree in journalism at the University of Texas at Arlington, and her master's in public affairs reporting at the University of Illinois at Springfield. Outside of her career, Kellie has many hobbies and geeky interests, including cat and kitten rescue, fishkeeping, history, gardening, cooking, and classic TV and music. You can read more about Kellie at kelliebgormly.com.

The Last Taboo: Talking About Dying In America

Study Leader: Barbara Ivanko

- 3 Classes: Jul. 11 – Jul. 25 *Class ID:* 2921
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Over the past 30 years, there has been a grassroots drive to change the conditions under which we die in the USA. The most visible result of this effort has been the hospice movement. Since hospice began as a volunteer initiative in the 1970s we have seen hospice and palliative care emerge as an important healthcare specialty. Recent years have seen new innovations, including Death Cafés, Death Doulas, and in some states, physician-assisted death. This offering will cover the history, growth, and current state of hospice; our healthcare system's approach with the terminally ill; our own confusion and difficulty with death; and the challenges physicians face as they treat the terminally ill. If you are a healthcare consumer or a mortal being, this offering will inform, inspire, and dispel myths.

Barbara Ivanko is a Licensed Clinical Social Worker with 20 years of executive hospice leadership experience. Barbara is a Certified Hospice and Palliative Care Administrator (CHPCA) and serves as president of Family Hospice. She has consulted with numerous hospices throughout the United States, and provides education at the state and national levels on increasing access to hospice, leadership, and excellence in care delivery. She is active in the National Hospice and Palliative Care Organization (NHPCO). She is a graduate of Stony Brook University in New York, and has a psychotherapy practice in Shadyside.



From The Heart Of Mr. Rogers' Neighborhood

Study Leader: Rabbi Ron Symons

- 4 Classes: May 23 – Jun. 13 *Class ID:* 2855
- Thursday, 10:00 AM - 11:30 AM
- Jewish Community Center,
5738 Darlington Road, Squirrel Hill



Join with Rabbi Ron Symons and Melissa Hiller of the Center for Loving Kindness and Civic Engagement of the JCC, along with our neighbors from across greater Pittsburgh, in exploring the impact of Fred Rogers' legacy on our lives in 2019. While we planned to present this class long before the October 27 shooting, we now take Mr. Rogers' legacy to heart in a deeper way. Our exploration will include Fred's own writings and words written about him. We will be in conversation with those committed to living out his legacy in their professional, academic and personal pursuits. We might even watch a little TV. This class is being taught in conjunction with a photo exhibit of the American Jewish Museum of the JCC. This exhibit of photographs and related programming launches from Fred Rogers' invitation, "Won't You Be My Neighbor."

Rabbi Ron Symons and **Melissa Hiller** work collaboratively on the JCC's Center for Loving Kindness and Civic Engagement in order to redefine "neighbor" from a geographic term to a moral concept.

Enrich Life With Improv Comedy

Study Leader: Brian Gray, Chris Leone

Materials Fee: \$10*

- 4 Classes: May 6 – Jun. 3* Class ID: 2898
- Monday, 1:00 PM - 3:00 PM
- Location TBA

*Note: Class will not meet on May 27



Improvisational comedy has been gaining popularity all over the world. This class will introduce students to some of the core principles of improv: agreement, listening, play, emotion, collaboration, and support—through warm-up activities, group exercises, and performance games. These same principles can also improve our everyday life experience, and this class will help students build those connections to strengthen interpersonal communication, emotional and body awareness, supportive group function, and self-confidence.

Brian Gray began improvising in 2002, while earning his bachelor's degree at Carnegie Mellon. He created and teaches an elective at CMU's Dietrich College in which he uses applied improv and other techniques to teach soft skills to engineering students. He created Improv Pop-Up Night, a monthly beginner drop-in workshop at the Arcade Comedy Theater in Pittsburgh's cultural district. He has taught and performed improv throughout the U.S., including Austin, Baltimore, Detroit, New Orleans, Phoenix, Philadelphia, and Pittsburgh. He performs monthly at Arcade with his teams Irony City and Kill Screen, and is a co-founder and Education Director of the Pittsburgh Comedy Festival.

Chris Leone has been performing for over 30 years—first as a musician and more recently including improv comedy. He has performed all over the U.S., and in Canada and Europe. In addition to performing improv regularly, he currently produces and acts in "the smallest show in town"—Pittsburgh's only monthly, family-friendly variety show. He has also taught improv classes at the Arcade Comedy Theater and for Open Up Pittsburgh. Chris loves the way that improv skills training has improved other aspects of his life experience. He also loves helping others improve their lives while having fun!

*Materials fees are not refundable; information on page 78.

CULTURAL

India: An Enigma — Understanding The Rich And Diverse Culture

Study Leader: Ravi Koka

- 3 Classes: May 7 – May 21 Class ID: 2804
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

India is an ancient land with a diverse and rich civilization. Understanding India requires a study of many facets: history, conquests and colonization, freedom movement, religious diversity, and economic complexity. Indian civilization has survived in spite of major disruptions during the Muslim invasions and British occupation. India is often viewed as an overpopulated, chaotic region inhabited by many races, religions, and cultures with a history of disunity, internal warfare, and continuous invasion by external forces. The nation is made up of many races including Aryans, Dravidians, Huns, Mongols, Turks; many ethnic groups—Punjabis, Tamils, Marathas, Bengalis, Andhras; many religious groups—Hindus, Muslims, Sikhs, Parsis, Christians, and Buddhists. Indian mythology like the *Ramayana* and *Mahabharata* and Indian philosophy set the tone of people's outlook to serve as the common thread that holds them together. Freedom, democracy, and innovation define the Indian spirit, and we see the nation making progress in spite of its major problems and economic poverty.

Ravi Koka graduated from the University of Madras with a degree in electronics and communications engineering, and completed his master's degree in computer science at Kansas State University. While his training and background are in computer science, he has been passionate about studying the culture, history, and business environment of countries where he has spent considerable time in his career, for example India, Zambia, Australia, the UK, and the USA. Over the last three decades, he has been able to meet and extensively interact with thinkers/government officials/journalists and corporate leaders from India and has gained insights into post-independence challenges and achievements of India. Ravi moved to the United States in 1988 and has an appreciation of American history and culture and is able to draw parallels between the two civilizations, that happen to be the largest multi-racial democracies in the world. He is currently CEO of Osage Labs, focused on R and D in emerging cloud, mobile, and machine-learning technologies. Prior to that, he founded S.E.E.C. Inc. in 1988, and successfully completed S.E.E.C.'s I.P.O. on Nasdaq in 1997.

HISTORY

Jewish Communities Far Away and Close to Home

Study Leader: Bill Greenspan

- 5 Classes: Jul. 3 – Jul. 31 Class ID: 2843
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4707



The faraway part of the course will "rediscover" three Jewish communities in China: the booming Ashkenazi community in the "Ice City" of Harbin and its success and struggle in the war-torn China; the seven-centuries-old Jewish community of Kaifeng and its long and continuous journey in search of its Jewish roots; and the thriving Sephardic Jewish community in Shanghai (the Noah's Ark of the Orient) and its effort to provide a refuge to Ashkenazi Jews fleeing persecution in Nazi Germany, and how both communities survived inside concentration camps and the Shanghai Ghetto. The close-to-home part will discuss Jewish communities of Odessa and Kiev, the places of ancestral homes and places close to American Jewry and to the study leader's hearts. This portion of the presentation will uncover peaceful and turbulent histories of both communities, devastating effects of pogroms, and WWII, and their current situation following mass migration to the West.

Bill Greenspan emigrated to the USA in 1979 from the former USSR. With an electrical engineering degree from Kiev Polytechnic Institute, he spent over 30 years working in the nuclear industry, the first 25 years at the Palo Verde Nuclear Power Plant in Arizona and the following eight years building nuclear power plants in China. For three of those eight years he lived in Shanghai and became fascinated with its East-meets-West history and its progression from a small village to a financial and population behemoth.

Kelso Museum Of Near East Archaeology Tour

Study Leader: Jennifer Christmas

ONE
DAY

- 1 Class: Jun. 27 Class ID: 2897
- Thursday, 10:00 AM - 12:00 PM
- Pittsburgh Theological Seminary, Kelso Museum
616 N Highland Avenue, 15206

Come unearth some of Pittsburgh's rich history of archaeological involvement in the Near East! The Kelso Museum is home to over 6,000 registered artifacts (with more being processed), most from excavations at sites in modern-day Israel, Jordan, and the West Bank. Pittsburgh Theological Seminary's roots in archaeology reach back to 1908, co-sponsoring digs since the 1920s. Artifacts range from Chalcolithic early Islamic times (roughly 3600 BCE-1000 CE). Some well-known sites included Beitin (Biblical Bethel), the Philistine city of Ashdod, Herodian Jericho, Bab edh-Dhra (cemeteries and settlements that span the entire 1000 year+ period of the Early Bronze Age), and Tell Beit Mirsim, a key site excavated with legendary archaeologist W.F. Albright. The tour will include opportunities to handle actual artifacts, a peek into our lab, and a chance to view early photographs and 1930s film footage of excavation work and scenes from everyday life in the land.

Please note: *The Kelso Museum is on the ground floor of Long Hall on the Seminary campus.*

Jennifer Christmas is Associate Curator of the Kelso Museum of Near Eastern Archaeology. She earned her B.A. in history from the University of Pittsburgh in 2002, with courses concentrated in Jewish studies, anthropology, and religious studies. She later went on to attend the Pittsburgh Theological Seminary, attracted especially by their ongoing involvement in archaeology with excavation work at Tel Zayit in Israel. Although the timing wasn't right to participate in the field, she obtained a work-study position at the Kelso, where she discovered a knack for pottery restoration work. Other opportunities arose for travel to Israel/Palestine and later to parts of the Mediterranean and Central Asia. Work-study and summer work positions at the Kelso provided time for deeper familiarity with the museum's collection. Jennifer graduated from PTS in 2011 with an M.A. in theological studies. In the summer of 2016 she returned to the museum to assist with pottery restoration for the Rumeith exhibit, and at that time the opportunity opened up to join the staff as assistant curator. Extremely grateful for the mentoring friendship of now-retired curator Dr. Karen Bowden Cooper, Jennifer stepped into the role of associate curator last December.

Ancient Egypt: Mystery, Magic, And Ma'at

Study Leader: Anita LaLumere

- 5 Classes: Jul. 2 – Jul. 30 *Class ID:* 2834
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

More than 5000 years ago, a culture known as Egypt experienced an explosion of creativity and innovation in a rapidly advancing society along the Nile River. Ancient Egypt has fascinated people throughout history. This course will examine how and why the world's first nation rose to power and introduced the known world to systems of social order, arts, literature, and medicine that continue to influence modern life. The course will examine pre-dynastic Egypt, the rise of the nation, the development of its worldview, and its religion. We will explore Egyptian mythology, learn about the prominent gods, and experience daily life along the Nile.

Please note: *Carnegie Museum Tour on 7/30/19 at 1:00 PM. Meet at the admission desk at the museum. \$9.00 fee, paid to the museum whether you are a member or not.*

Anita LaLumere has been a practicing licensed and certified school psychologist for 50 years. She held positions as an adjunct and visiting professor at the Duquesne University School of Graduate Education for nine years. Currently she maintains a small private practice in clinical psychology and has been a docent at the Carnegie Museum of Natural History for the past 10 years. Throughout her career, she has enjoyed the avocation of archaeology and cultural anthropology in pursuit of understanding human behavior. Her particular interests have included ancient Egypt, ancient Greece, and the ancient and modern people of the American Southwest.

The Korean War

Study Leader: David Albert

- 5 Classes: Jul. 2 – Jul. 30 *Class ID:* 2830
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall, 4708



The Korean War was the first military conflict involving the newly created United Nations. It's been called the Forgotten War, despite the fact that over 36,000 American soldiers died in it, and many tens of thousands more were wounded or captured. Fought in some of the most inhospitable weather and terrain Americans have ever fought in, it went on for three years. The course will cover both the political and military aspects of the conflict. We'll look at the causes of the war, its most important battles and campaigns, and the ultimate outcome. The current situation in Korea makes this a timely subject.

David L. Albert is a retired U.S. Air Force officer. As part of his 30-year career, he spent almost three years in Berlin at Tempelhof Air Base, the terminus of the Berlin Airlift. As deputy commander for support, he was one of the last of the American military to leave Tempelhof when it was returned to the German government in 1993. He has previously taught courses for Osher on various aspects of the Civil War.

As you are setting up your course schedule, please be sure the class dates do not conflict with your family events, trips, or religious holidays. Attendance in class is important.

Middle East 1918-Present

Study Leader: Robert S Netzer

- 6 Classes: Jul. 1 – Aug. 5 *Class ID:* 2922
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



From the ashes of the once-mighty Ottoman Empire there rose new nation-states: some under the guidance of strong leaders, others through British and French machinations. To make things more interesting, the region has had to deal with political, economic, and religious issues that have plagued the Middle East for the past 100 years, and have involved major outside nations.

Robert Netzer was a teacher in the Pittsburgh Public Schools for over 36 years, the last 12 years of which he was the Instructional Chairperson of the Social Studies Department at Peabody High School. Mr. Netzer holds a B.A. and M.Ed, with further graduate work at the University of Pittsburgh, and Carnegie Mellon. He also served as a docent and as an outside lecturer at the Heinz History Center. He has taught many courses at Osher in the field of social sciences.



Baseball Icons: DiMaggio, Williams, And Musial

Study Leader: Steve Russell

- 5 Classes: Jul. 1 – Jul. 29 *Class ID:* 2836
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4707



Icons of our national pastime during the Golden Age of Baseball shine as brightly today as they did then. Garbo-like "Joltin' Joe" DiMaggio captured the American ideal of style and perfection on and off the field. Ted "the Kid" Williams was not only the greatest hitter in the game but also a war hero. A small town representative figure of the Norman Rockwell illustration, Stan Musial shunned the lime-light while claiming almost every contemporary existing National League record. The lives of this baseball trio will be illuminated through the presentation of books, films, and magazines that illustrate their stamp on American sports.

Stephen V. Russell's interests are varied. He has been as an educator from teacher to principal to superintendent of schools; historian of political, Hollywood, and sports culture; a consultant at ESPN Sports, Turner Classic Movies, Peter Jones Productions for A&E Network, and Hofstra University's nationally known presidential conferences. He has contributed to numerous published books. He has earned degrees and certifications at California University of Pennsylvania, Duquesne, and West Virginia Universities. He has one of the largest President Kennedy collections in the nation.

Germany Between The Wars 1919-1939

Study Leader: Sheila Werner

- 6 Classes: May 6 – Jun. 17* Class ID: 2797
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

**Note: Class will not meet on May 27*

This course will involve a discussion of important developments in the social, political, and economic life of Germany between the World Wars. It will include a discussion of the German Revolution of 1918, the failure of the Weimar Republic and the coming to power of Adolf Hitler, the making of the Third Reich, and the nature of the Third Reich.

Sheila Werner graduated as a European history major from the Universities of Michigan and Pittsburgh. She earned her master's degree and completed her doctoral studies in French and German histories, 1789-1945, at Pitt. She has lectured on European history at Pitt and at the Pittsburgh Holocaust Center on the "German Background to the Holocaust."

PITTSBURGH

All About Osher At CMU

Study Leader: Lyn Decker, James Reitz, Allan Hribar

- 3 Classes: May 9 – May 23 Class ID: 2656
- Thursday, 9:30 AM - 11:00 AM
- Hunt Library, Osher Classroom

The Osher Lifelong Learning Institute at Carnegie Mellon University is the largest OLLI on a single campus of all the 120 Osher Institutes. We are also considered among the most successful. During our time together, you'll learn all about the dynamic volunteer-run organization you are a member of. We'll talk about the nuts and bolts of the day-to-day operations, including how the curriculum is established, how the finances are managed, how to use the website and registration system to your advantage, the relationship between CMU, the Osher Foundation, and our Osher, and how members can become involved. Whether you are among the founding members or have just recently joined, this is a course everyone will find both informative and interesting.

The course is co-taught by **Allan Hribar** and **James Reitz**, both officers of the Osher board directors, and **Lyn Decker**, Osher Executive Director and Registrar.

Don't be a "no show"

If you'll miss two or more classes, or half of the course, please call the office to drop that course. This allows another member on the waiting list to attend.

We appreciate your cooperation.

City Of Asylum At Alphabet City: Pittsburgh Worldwide Hub Where Writers And Artists Convene

Study Leader: Anne Lackner

- 1 Class: Jun. 18 Class ID: 2812
- Tuesday, 1:00 PM - 3:00 PM
- Alphabet City Center, **ONE DAY**
40 W. North Avenue, North Side

- 1 Class: Jun. 25 Class ID: 2838
- Tuesday, 1:00 PM - 3:00 PM
- Alphabet City Center, **ONE DAY**
40 W. North Avenue, North Side

This course is a one-time, two-hour visit to City of Asylum’s new cultural center, Alphabet City, on Pittsburgh’s Northside. City of Asylum is a sanctuary for writers from around the world under threat of persecution, as well as a presenting arts organization focused on giving voice to artists who are often excluded from traditional artistic spaces. In doing so, City of Asylum creates a thriving community of writers, readers, and neighbors. During this course, your group will learn how City of Asylum’s unique model has helped anchor the development of the Garden Theater Block with a cultural center that includes a performance space, bookstore, and restaurant. It has built a diverse audience and protects free expression while fostering cross-cultural exchange.

Anne Lackner was trained as a lawyer. She speaks French fluently, and her mother tongue is Dutch. Anne is co-founder with Vincent of The Lackner Group, Inc., a software company committed to providing innovative solutions in trust and estate administration, to law firms, bank trust officers, and C.P.As. She is a member of the external advisory board at the University of Pittsburgh’s EU Center of Excellence.

Pittsburgh Botanic Garden — From Black To Green

Study Leader: Sarada Sangameswaran, Emily Troyer

- 1 Class: Jun. 19 Class ID: 2887
- Wednesday, 10:00 AM - 11:30 AM
- Pittsburgh Botanic Garden, **ONE DAY**
799 Pinkerton Run Road, Oakdale

Join us at The Pittsburgh Botanic Garden in Oakdale to learn how we are transforming an old coal mining site into a beautiful botanic garden. Pittsburgh Botanic Garden is at the forefront of land reclamation in western Pennsylvania. This course provides a brief history of the Garden and details the land reclamation projects that continue to restore our natural habitats. Join us for a lecture and guided walking tour to learn about the established areas of the Garden and our future plans for creating a vibrant place for visitors to enjoy. Please dress for the weather, and wear sturdy footwear, as we will be walking on uneven terrain and mulched trails.

Sarada Sangameswaran is Education Director at Pittsburgh Botanic Garden. She holds a master’s in ecology from Rutgers University. She oversees all the education programs at the Garden. She enjoys taking people of all ages to experience the outdoors.

Emily Troyer is Volunteer and Adult Programs Coordinator at Pittsburgh Botanic Garden. Emily has a Master’s of public administration from George Mason University. She oversees the volunteer program at the Garden, and is working on growing our volunteer program.



Oakland: Our Illustrious Civic Center

Study Leader: Howard Voigt

- 5 Classes: May 6 – Jun. 10* Class ID: 2842
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



*Note: Class will not meet on May 27

We will delve into Oakland’s role in the City Beautiful Movement and the efforts of Oakland’s founders to address Pittsburgh’s needs culturally, socially, academically, and residentially. We will examine the historic figures instrumental in Oakland’s development, whether as land owner (Mary Schenley); public official (Edward Bigelow); philanthropist (Andrew Carnegie, the Mellon brothers, the Heinz family, Henry Phipps and Helen Frick); architect (Henry Hornbostel, Benno Janssen, and Charles Klauder); or visionary (Franklin Nicola and John Gabbert Bowman). An essential ingredient of the course are the PowerPoint presentations that survey the notable architecture of Oakland’s landmark buildings, memorials, monuments, and places of worship.

Howard Voigt has led dozens of walking tours of the history and architecture of the six districts of Pittsburgh’s Downtown, as well as of Oakland, over the past 8 years. All of this has been conducted under the auspices of the Pittsburgh History and Landmarks Foundation. These tours involve pointing out the more interesting historical aspects and architectural features of pertinent buildings and plazas. For 40 years, Voigt practiced law, primarily in downtown Pittsburgh. He majored in history at the University of Notre Dame, graduating in 1965.

Quintessentially Pittsburgh

Study Leader: Bob Regan

- 2 Classes: Jun. 20 – Jun. 27 Class ID: 2837
- Thursday, 9:30 AM - 10:30 AM
- Wean Hall, 4708



"Quintessential" has come to mean something that is the most-typical or something worthy of a pattern to be imitated. The adverbial form, "quintessentially", means "in a manner that is typical or characteristic of a thing's nature." One could argue that it is Pittsburgh's nature to be, well—Pittsburgh and many features that are typically "Pittsburgh" are certainly worthy of imitation. Quintessentially Pittsburgh highlights many of the unique aspects of the city, in particular, its historic trolley and incline systems, its rich tradition of athletic stadiums, and its historic theaters. It also details one of Pittsburgh’s most unusual treasures, the city steps. These are only a few of the many facets that give special significance to the place called Pittsburgh.

Bob Regan is a retired research professor at the University of Pittsburgh. Dr. Regan is the author of several books about the City; among them are *The Steps of Pittsburgh*, *The Bridges of Pittsburgh*, *The Names of Pittsburgh*, and *Pittsburgh Steps*. All his books are listed at bobreganbooks.com. In this presentation, he will draw from his research to point out the factors, some intangible, that attest to the quintessence of the city in which we live.

Pittsburgh's Parks: Past, Present, And Future

Study Leader: Richard Reed

- 3 Classes: May 6 – May 20
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Class ID: 2910



Learn about the remarkable Pittsburgh park system: How it was established and the early glory days when it was the envy of other cities. How it suffered in the decline of Pittsburgh as an industrial powerhouse. How it began to be resurrected in partnership with the Pittsburgh Parks Conservancy. How it is going to be a national model of excellence again.

Richard W. Reed, Jr. retired in 2018 from the Pittsburgh Parks Conservancy, where he was Executive Vice President. The Conservancy works in partnership with the City of Pittsburgh to restore and maintain its historic park system. Richard is also the Chairman and Chief Executive Officer of Atlas Metal Conversion, a specialty steel and titanium processing company located in Eighty Four, Pennsylvania. Prior to joining the Conservancy in 2009, Richard was Executive Vice President of the Pittsburgh Foundation. He joined the Foundation in 2003 as Vice President of Development and Donor Services. Before joining the foundation, Richard was Vice President at Pressley Ridge, a nonprofit agency providing mental health services to youth and families in eight states. An active member of the community, Richard has served on numerous local and national boards including terms as Chairman of the Ellis School and of Planned Parenthood of Western Pennsylvania. Currently, he is a director of the Fund for Advancement of Minorities in Education (FAME), Chatham Baroque, Pressley Ridge Foundation, Howard Hanna Children's Free Care Fund, and serves on the advisory boards of The Neighborhood Academy, and Planned Parenthood of Western Pennsylvania. He is also a corporate director of the Lockhart Company.

POLITICS/GOVERNMENT

Religion As A Factor In U.S. Foreign Policy

Study Leader: Ronald Stone

- 6 Classes: May 7 – Jun. 11
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Class ID: 2810



The failure to understand the religious dimensions of foreign policy has contributed to U.S. miscalculations in places such as Vietnam and Iraq. The history of U.S. foreign policy shows that the religious perspectives of U.S. policy makers have often been important factors in decisions made by foreign policy elites. This course will consider religious influences in American policy. Special attention will be given to just war theory as utilized by Jewish and Christian theorists, Islamic Jihad, and to the present wars involving Jewish, Christian, and Islamic peoples and perspectives. Evidence of religious enthusiasms motivating wars and terrorism may require even a secular republic to reconsider the role of religion in international affairs and USA foreign policy. Domestic thinkers whose religious perspectives informed foreign policy considered will include Barack Obama, Reinhold Niebuhr, Madeline Albright, and Hans Morgenthau.

Ronald Stone is retired John Witherspoon Professor of Social Ethics at Pittsburgh Theological Seminary. He served also as the coordinator of the Cooperative Graduate Program in Religious Studies at the University of Pittsburgh. While teaching he wrote 20 books on religion and society; the most recent is *Politics and Faith: Reinhold Niebuhr and Paul Tillich at Union Seminary in New York* (2012). In the community he served as president of the board of the East Liberty Development Corporation and chair of the Allegheny County Accountability and Ethics Commission. His Ph.D. is in religion and society from Columbia University.

Israel And Its Neighbors — An Update

Study Leader: Ram Kossowsky

- 6 Classes: May 7 – Jun. 11
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Class ID: 2796



A class with this title was presented in 2015. Since then, the Middle East has experienced political, cultural, and military upheavals. The Islamic Caliphate was defeated, but ISIS is still active. Iraq has just recently established a promising government. Syria is in ruins, and the war is far from over. Russia is slowly, but surely, becoming a permanent player in the Near East. Iran is establishing footholds in Syria. The Two-State idea is on life support, Netanyahu becoming a mini mirror image of Trump. Israel is slowly transforming from democracy to theocracy. The savage war in Yemen is not abating.

Ram Kossowsky, a native of Israel, has lived in Pittsburgh since 1966. He earned advanced degrees in material science from the University of Pennsylvania. He spent 20 years at the Westinghouse Research Center, and 6 years at Penn State University. He has worked as an independent consultant since 1990. His passionate hobbies include the study of history of ancient societies, with emphasis on the Near East, and shooting and editing movies of his travels. He presented the courses "India, Then and Now" and "Ancient Societies Expressions in Stone" during past Osher-CMU and PITT OLLI semesters, and monthly installments of a study of "Archaeology of Ancient Israel" at Temple Sinai and Osher-CMU. He was invited to present a lecture on "Ancient Codes of Law" and "Ethnogenesis of Israel" at meetings of the Biblical Archaeology Society of Pittsburgh. In April 2012 he took on the task of the president of the Biblical Archaeology Society of Pittsburgh.

The Basics Of Different Political Ideologies

Study Leader: Greg Yoest

- 6 Classes: Jul. 11 – Aug. 15
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

Class ID: 2907



Even a casual observer of the contemporary political scene will note that there are wide chasms between political positions. The question becomes, then: How deep are those chasms? Where do they come from? This course will attempt to "dig deep" into the bases of various political ideologies, show their extensive historical roots and lineages, and maybe shine a light on the origins of some or many current disagreements. Most of the course will examine these centuries-old ideas; applications to any and all current issues will be left up to the students!

Greg Yoest is a local political activist whose involvements go back to the Stadium Tax referendum of the late 1990s and have continued through local, state, and national elections to the present. Combined with his regular interactions with our local academic communities, his approach to both contemporary and historical political issues can show correlations between very theoretical matters and very real-world events. Taken by Winston Churchill's famous remark about democracy—"It is the worst form of government ever created by mankind...except of course for all the other forms he has created"—this course represents a brief summary of his investigations into that conundrum.

RELIGION/PHILOSOPHY

**The Book Of Judges:
Neither Kings Nor Prophets**

Study Leader: Bruce Antonoff

- 5 Classes: May 8 – Jun. 5 Class ID: 2808
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



The Bible relates that, before Moses died, at God’s command he anointed Joshua as his successor. When Joshua died, God was silent, so no new leader was chosen. Instead, as each crisis arose, a leader would appear, resolve the crisis and then, usually, disappear again. These leaders, called judges, were a diverse and interesting group of people: some were admirable, others were not; some were brave., others were cowardly. In this class, we will read the Book of Judges, talk about the character of the judges God chose, and discuss why this leadership model eventually failed.

Bruce Antonoff has a bachelor of science degree in aerospace engineering from the Polytechnic Institute of Brooklyn, a master of science degree in engineering science from Rensselaer Polytechnic Institute, and a master of business administration degree from the University of Pittsburgh. Of course, none of these has a direct relationship to the class he proposes to lead. He has engaged in text study of the Bible for over 35 years, studying with a number of well-respected scholars. Although his past studies have been in a Jewish context, he is certain that the moral lessons of the early parts of the Bible can and should be understood and appreciated by people of all faith communities.

**The Religious Heritage
Of Pittsburgh**

Study Leader: Paul Schradling

- 5 Classes: May 7 – Jun. 4 Class ID: 2860
- Tuesday, 1:30 PM - 3:00 PM
- Various Locations

The Pittsburgh area has a rich and varied history of religious groups. The current yellow pages list over 75 different church groups and five synagogue groups. This course will select a few of the groups that are part of the religious history of Pittsburgh. The class will meet in five different locations to visit the sacred space and learn the history of each tradition. Contacts are being made for visits to various worship locations. Representatives from each tradition will meet with us and share the history of the tradition in the Pittsburgh area. We will also learn about the worship experience in each sacred space. Information about each location and parking will be sent to each registrant. If there is interest in future courses, different religious traditions will be included.

Please note: *Locations to be provided prior to class.*

Paul Schradling is a native of Pittsburgh and a graduate of the University of Pittsburgh, Yale University Divinity School, and Princeton Theological Seminary. He served over 40 years as a United Methodist minister. His assignments included campus ministry in Pittsburgh (Wesley Foundation), Edinburgh, Scotland (as chaplain among international students), and New York City (with the National Council of Churches). He also served a number of years in urban ministry with an ecumenical ministry (the University and City Ministry) and coordinator of the urban mission effort of the United Methodist Church. He was the coordinator for program resources (as council director) and was the Pittsburgh district superintendent for the Western Pennsylvania Conference of the United Methodist Church. He has had an interest in the religious history of the Pittsburgh area.

Irreligion Rising

Study Leader: James Maloni, Marcia Maloni

- 1 Class: Jul. 11 Class ID: 2888
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



ONE
DAY

This presentation will view and discuss an animated DVD lecture titled *Irreligion Rising: Why More Americans are Becoming Secular*. America is seeing the "most significant increase of non-religious people in the history of the nation." Twenty-three percent of Americans today claim no religion. In no state is religion growing, and in every state it's decreasing.

James Maloni is a retired clinical psychologist. Dr. Maloni has contributed chapters to three books on family systems: *The Therapist's Own Family*, *Clinical Applications of Bowen Family Systems Theory*, and *Triangles Bowen Family Systems Theory Perspectives*.

Marcia Maloni is a retired school psychologist. Dr. Maloni traveled with the University of Pittsburgh Semester at Sea program as the psychologist. Houghton Mifflin published her children's book. She was an adjunct professor at Duquesne University. Marcia and Jim teach courses at both Hodges University and Renaissance Academy.

TRAVEL

Adventures In The Arctic And Antarctic

Study Leader: Douglas Webster, Robin Heid

- 2 Classes: Jun. 20 and Jun. 27 Class ID: 2872
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

TWO
DAY

A lifelong interest in the Arctic has drawn study leader Doug Webster northward over his life from summer canoe trips in central Ontario to journeys above the Arctic Circle in the U.S. and Canada. For this course, he presents photos from a trip with his daughter, hiking and canoeing on their own over 150 miles from the headwaters of Alaska's Koyukuk River in Gates of the Arctic National Park, as well as a second adventure with friends, hiking a steep glacial valley in Auyuittuq National Park on the tip of Baffin Island.

See **Doug Webster**, page 13

Robin Heid graduated from Westminster College with a degree in education and since then has worn many different hats. In addition to teaching in the Fox Chapel School District, she became smitten with computers when the first Apples went on sale and taught basic programming to children in her home. She then moved to the other end of the spectrum to coordinate a curriculum and teach computer classes at the Monroeville Senior Center. She has assisted with instruction in a variety of computer classes for the Osher program. In a totally different area, she has handled most aspects of apartment management and rental in the family business, and for a few years, helped run a Schwinn bicycle business in Monroeville.



Wonders Of The Underwater World

Study Leader: Peter Snitkovsky

- 3 Classes: May 8 – May 22 *Class ID:* 2829
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

This class will introduce students to the amazing underwater world through the photos captured by professional musician and amateur underwater photographer, Peter Snitkovsky. Peter currently has 30 years of scuba diving experience and travel. We will compare sea creatures in the Pacific Ocean, Caribbean, and Red Sea in three sessions. Each session will be devoted to the specific region with fish and reef creatures' identification.

Peter Snitkovsky has been scuba diving for the last 30 years. He has a PADI (Professional Association of Diving Instructors) rank of Dive Master. He has visited and dived in many exciting spots around the world, including Australia, Maldives, Galapagos, Cocos, Malpelo, Caribbean, Palau, Fiji, and Truk Lagoon, and has underwater videos and photos from many of these places. Peter is very passionate about his hobby and will share his passion for scuba diving with students.

MONDAY | Session ONE / May 6 – June 24

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	The Writing Circle: Write Now!	2894	<i>Mimi Botkin</i>	37
	Oakland: Our Illustrious Civic Center	2842	<i>Howard Voigt</i>	54
	Hostas - Yesterday, Today, And Tomorrow	2893	<i>Len Lehman</i>	30
10:00 AM - 11:30 AM	Tai Chi Ch'uan - Review For Returning Students	2901	<i>Judith Crow</i>	21
10:00 AM - 12:00 PM	Love Is In The Air	2892	<i>National Aviary</i>	40
11:15 AM - 12:45 PM	Brain Builders	2841	<i>Thelma Greco</i>	32
	Mental Aerobics	2805	<i>Jeanette Matthews</i>	35
	Germany Between The Wars 1919-1939	2797	<i>Sheila Werner</i>	52
1:00 PM - 2:30 PM	Beyond The Notes: How Music Works	2875	<i>Benjamin Tisherman</i>	10
	Pittsburgh's Parks: Past, Present, And Future	2910	<i>Richard Reed</i>	55
1:00 PM - 3:00 PM	Short Stories: The Shape Of The Whole	2861	<i>Helen-Faye Rosenblum</i>	8
	Enrich Life With Improv Comedy	2898	<i>Brian Gray</i>	48
1:15 PM - 2:45 PM	Why is Climate Change So Polarizing?	2919	<i>Elise Yoder</i>	45
3:15 PM - 4:45 PM	Heirs And Errors: Estate Planning Lessons From Andrew Carnegie And Others	2866	<i>Joe Bull</i>	25
3:15 PM - 5:15 PM	Short Stories: The Shape Of The Whole	2863	<i>Helen-Faye Rosenblum</i>	8
4:00 PM - 5:30 PM	The Art Of The City	2802	<i>City Theatre Company</i>	6

TUESDAY | Session ONE / May 6 – June 24

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:00 AM - 11:00 AM	Women Write: A Time For Stories To Surface	2795	<i>Hana Haatainen-Caye</i>	38
9:30 AM - 11:00 AM	The World Of Agatha Christie	2868	<i>Mark Banister</i>	9
	Domestic Terrorism	2825	<i>Carla Gedman</i>	44
10:00 AM - 11:30 AM	Move It Or Lose It At Dance Alloy	2884	<i>Elsa Limbach</i>	22
	Feeling Better: Stretching Exercises For Eliminating Pain	2807	<i>Mark Spanos</i>	23
11:15 AM - 12:45 PM	Declutter	2878	<i>Rosa Barnett Averbach</i>	32
	Religion As A Factor In U.S. Foreign Policy	2810	<i>Ronald Stone</i>	55
	Israel And Its Neighbors — An Update	2796	<i>Ram Kossowsky</i>	56
	Boxes And Really Big Stuff - The Hidden World Of Global Logistics And Project Cargo	2871	<i>Douglas Webster</i>	13
	Minimum Space, Make The Most Of It!	2879	<i>Patricia Cernicky</i>	30
1:00 PM - 2:30 PM	Architecture In Action: Collaboration!	2900	<i>Eric Fisher</i>	39
	Enjoying <i>The New Yorker</i>	2827	<i>Mary Duquin</i>	44
1:00 PM - 2:45 PM	Inequality Reduction In History - Dangers And Hope	2859	<i>Hobart Harris</i>	13
1:00 PM - 3:00 PM	Beat The Heat	2911	<i>David Green</i>	20
	City Of Asylum At Alphabet City: Pittsburgh Worldwide Hub Where Writers And Artists Convene	2812	<i>Alphabet City</i>	53
	City Of Asylum At Alphabet City: Pittsburgh Worldwide Hub Where Writers And Artists Convene	2838	<i>Alphabet City</i>	53
1:15 PM - 2:45 PM	Exercise For Older Adults	2916	<i>Bill Presutti Jr</i>	36
1:30 PM - 3:00 PM	The Religious Heritage Of Pittsburgh	2860	<i>Paul Schradling</i>	57
2:00 PM - 4:00 PM	Frick Park Lawn Bowling	2847	<i>Daniel Boyarski</i>	28
3:15 PM - 4:45 PM	Continuing Knitting: A Sampler	2823	<i>Barbara Gengler</i>	19
	India: An Enigma — Understanding The Rich And Diverse Culture	2804	<i>Ravi Koka</i>	48

WEDNESDAY | Session ONE / May 6 – June 24

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:00 AM - 11:00 AM	Writers' Workshop	2809	<i>Thalia Snyder, Helen Wilson</i>	38
9:30 AM - 11:00 AM	Film Titles And KineticTypography	2844	<i>Daniel Boyarski</i>	5
	Mahjong Mania! Level 1	2798	<i>Sherri Davis</i>	28
	The Book Of Judges: Neither Kings Nor Prophets	2808	<i>Bruce Antonoff</i>	57
	Ageing Without Growing Old	2867	<i>Richard Kalla</i>	41
9:30 AM - 11:30 AM	Our 3 Rivers: Key To Prosperity & Quality Of Life	2912	<i>Richard Lockwood, James McCarville</i>	34
10:00 AM - 11:30 AM	Pittsburgh Botanic Garden — From Black To Green	2887	<i>Pgh Botanic Garden</i>	53
11:00 AM - 12:00 PM	Rodef Shalom Biblical Garden	2835	<i>Rodef Shalom Garden</i>	34
11:15 AM - 12:45 PM	Mahjong Mania! Level 2	2799	<i>Sherri Davis</i>	29
	Food Curiosities Explained	2833	<i>Gloria Silva</i>	41
	Wonders Of The Underwater World	2829	<i>Peter Snitkovsky</i>	59
	The Quark Gluon Plasma	2908	<i>Leonard Kisslinger</i>	39
1:00 PM - 3:30 PM	Better Choices, Better Health Workshop	2928	<i>Jeanette Matthews</i>	35
1:00 PM - 5:00 PM	AARP Smart Driver 8-Hour Course	2909	<i>David Zimmer</i>	33
1:15 PM - 2:30 PM	Get Fit: A Sizzling Hot Latin Cardio Workout	2891	<i>Connie Pollack</i>	21
1:15 PM - 2:45 PM	Bridge Basics I	2828	<i>Jack Patzer</i>	29
3:15 PM - 4:45 PM	Vaudeville	2845	<i>Paul Roth</i>	11
6:00 PM - 7:30 PM	Practical Computer Security	2813	<i>Jose Morales</i>	12

THURSDAY | Session ONE / May 6 – June 24

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:00 AM - 11:00 AM	Independent Art Study	2882	<i>Gary Bates</i>	18
9:30 AM - 10:30 AM	Quintessentially Pittsburgh	2837	<i>Bob Regan</i>	54
9:30 AM - 11:00 AM	Introduction To Duplicate Bridge	2913	<i>Barbara Horowitz</i>	27
	All About Osher At CMU	2656	<i>Lyn Decker</i>	52
10:00 AM - 11:30 AM	Move It Or Lose It At	2885	<i>Elsa Limbach</i>	22
	From The Heart Of Mr. Rogers' Neighborhood	2855	<i>Rabbi Ron Symons</i>	47
10:00 AM - 12:00 PM	Hatha Yoga	2794	<i>Loretta Barone</i>	20
	Kelso Museum Of Near East Archaeology Tour	2897	<i>Pgh Theological Sem</i>	49
11:15 AM - 12:45 PM	It's Good To Be Queen! A Woman's Financial Reign	2811	<i>Roselyn Wilkinson</i>	24
	Improve Your Party Bridge Skills	2822	<i>John Olmsted</i>	26
	Adventures In The Arctic And Antarctic	2872	<i>Douglas Webster</i>	58
1:00 PM - 2:30 PM	Staying Healthy In A Toxic World	2926	<i>Patricia Spear Lemer</i>	36
	Wild About That Wit Wilde	2883	<i>Gloriana St Clair</i>	7
1:00 PM - 3:00 PM	Great And Notable Novels Read And Revisited	2824	<i>Mary Schinhofen, Helen-Faye Rosenblum Thomas Lazaroff Gloriana St. Clair</i>	8
	Poetry: Current Voices	2869	<i>Judith Robinson</i>	7
2:00 PM - 4:00 PM	Regenerative Medicine	2803	<i>Bryan Brown</i>	42

FRIDAY | Session ONE / May 6 – June 24

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	IRA Distribution Strategies	2890	<i>Bud Kahn</i>	25
	Aging Voice And Hearing: What To Do?	2918	<i>Eye & Ear Hospital UPMC</i>	42
9:30 AM - 12:00 PM	Drawing: A Lifelong Journey	2886	<i>Judy Spahr</i>	16
1:00 PM - 2:30 PM	What's Up With Mother Earth?	2874	<i>Randy Weinberg</i>	40
1:00 PM - 3:00 PM	Intermediate French Conversation	2905	<i>Veronique Schreurs</i>	31
	Introduction To Excel	2870	<i>Byron Gottfried</i>	33
11:15 AM - 12:45 PM	Create Trendy Jewelry	2806	<i>Gerry Florida</i>	19

MONDAY | Session TWO / July 1 – August 19

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:00 AM - 11:00 AM	Beginning Painting In Acrylics	2854	<i>Francine VandenBerg</i>	16
9:30 AM - 11:00 AM	Middle East 1918-Present	2922	<i>Robert Netzer</i>	51
11:15 AM - 12:45 PM	Intro To Cryptic (British) Crossword Puzzles	2826	<i>Cherie Maharam</i>	27
	Everything You've Always Wanted To Know About Disease	2793	<i>Stephen Fisher</i>	42
11:30 AM - 1:30 PM	Continuing Painting In Acrylics	2850	<i>Francine VandenBerg</i>	17
1:00 PM - 2:30 PM	Visual Time Line	2876	<i>Beth Asper</i>	18
	Baseball Icons: DiMagio, Williams, And Musial	2836	<i>Steve Russell</i>	51
1:00 PM - 3:00 PM	Degenerate: Jewish Music Of The Nazi Era	2906	<i>Daniel Muller</i>	10

TUESDAY | Session TWO / July 1 – August 19

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:00 AM - 11:00 AM	Elder Law — Being Prepared As One Grows Older	2873	<i>Carol Sikov Gross</i>	14
	The Korean War	2830	<i>David Albert</i>	50
11:15 AM - 12:45 PM	What's Ahead For The U.S. Economy And Equity Prices?	2857	<i>Norman Robertson</i>	12
	Lessons From Bridge Experts	2821	<i>John Olmsted</i>	26
	The Palestinian Story: Hope In The Absence Of Hope	2895	<i>Tina Whitehead</i>	43
	Air Pollution, Health, And The Environment	2831	<i>GASP</i>	45
1:00 PM - 2:30 PM	Enjoying <i>The New Yorker</i>	2915	<i>Mona Strassburger</i>	44
	Ancient Egypt: Mystery, Magic, And Ma'at	2834	<i>Anita LaLumere</i>	50
1:30 PM - 3:00 PM	American History Through Artworks At Smithsonian American Art Museum	2856	<i>Enid Miller</i>	5

WEDNESDAY | Session TWO / July 1 – August 19

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	Introduction To Real Estate Law	2903	<i>Errol Miller</i>	14
	Mahjong Mania! Level 1	2800	<i>Sherri Davis</i>	28
1:15 PM - 2:45 PM	Bridge Basics II	2832	<i>Jack Patzer</i>	29
	Authoritarianism, Politics, And Hate Crimes	2904	<i>Lloyd Stires</i>	43
	Jewish Communities Far Away and Close to Home	2843	<i>Bill Greenspan</i>	49
11:15 AM - 12:45 PM	Meet The Wyeths	2880	<i>Rebecca Carpenter</i>	6
	French Literature In Translation	2848	<i>Rebecca Taksel</i>	9
	Mahjong Mania! Level 2	2801	<i>Sherri Davis</i>	29
3:15 PM - 4:15 PM	Brain Health And Better Balance Through Dalcroze Eurhythmics	2899	<i>Leslie Upchurch</i>	23
3:15 PM - 4:45 PM	The Dance Band Era	2846	<i>Paul Roth</i>	11

THURSDAY | Session TWO / July 1 – August 19

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	Introduction To Duplicate Bridge	2914	<i>Barbara Horowitz</i>	27
	Irreligion Rising	2888	<i>Marcia Maloni</i>	58
11:15 AM - 12:45 PM	Healthy Eating	2877	<i>Rosa Barnett Averbach</i>	37
	The Last Taboo: Talking About Dying In America	2921	<i>Barbara Ivanko</i>	46
1:00 PM - 2:30 PM	The Federal Courts: Unraveling The Mystery	2902	<i>Bob Fagan</i>	15
1:00 PM - 3:00 PM	Introduction To Pastels	2849	<i>Francine VandenBerg</i>	17
3:15 PM - 4:45 PM	Financial Sucess In Retirement	2865	<i>Seth Dresbold</i>	24
	The Basics Of Different Political Ideologies	2907	<i>Greg Yoest</i>	56

FRIDAY | Session TWO / July 1 – August 19

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
11:15 AM - 12:45 PM	Ikebana For Your Space	2889	<i>Karen Fung Yee</i>	18

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CAMPUS MAP

BUILDINGS

1A	Baker Hall
1B	Porter Hall
2	College of Fine Arts
3	Cyert Hall (Help Center)
4	Doherty Hall
5	Gates Center for Computer Science
6	Hamburg Hall
7	Hamerschlag Hall
8	Hunt Library (Osher Office & Classroom)
9	Jared L. Cohon University Center (CUC)
10	Margaret Morrison Mellon Institute (see map on this page)
11	Newell - Simon
12	Posner Center
13	Posner Hall
14	Purnell Center for the Arts
15	Scaife Hall
16	Scott Hall
17	Skibo Gymnasium
18	Tepper Quad
19	Werner Hall
20	Wean Hall

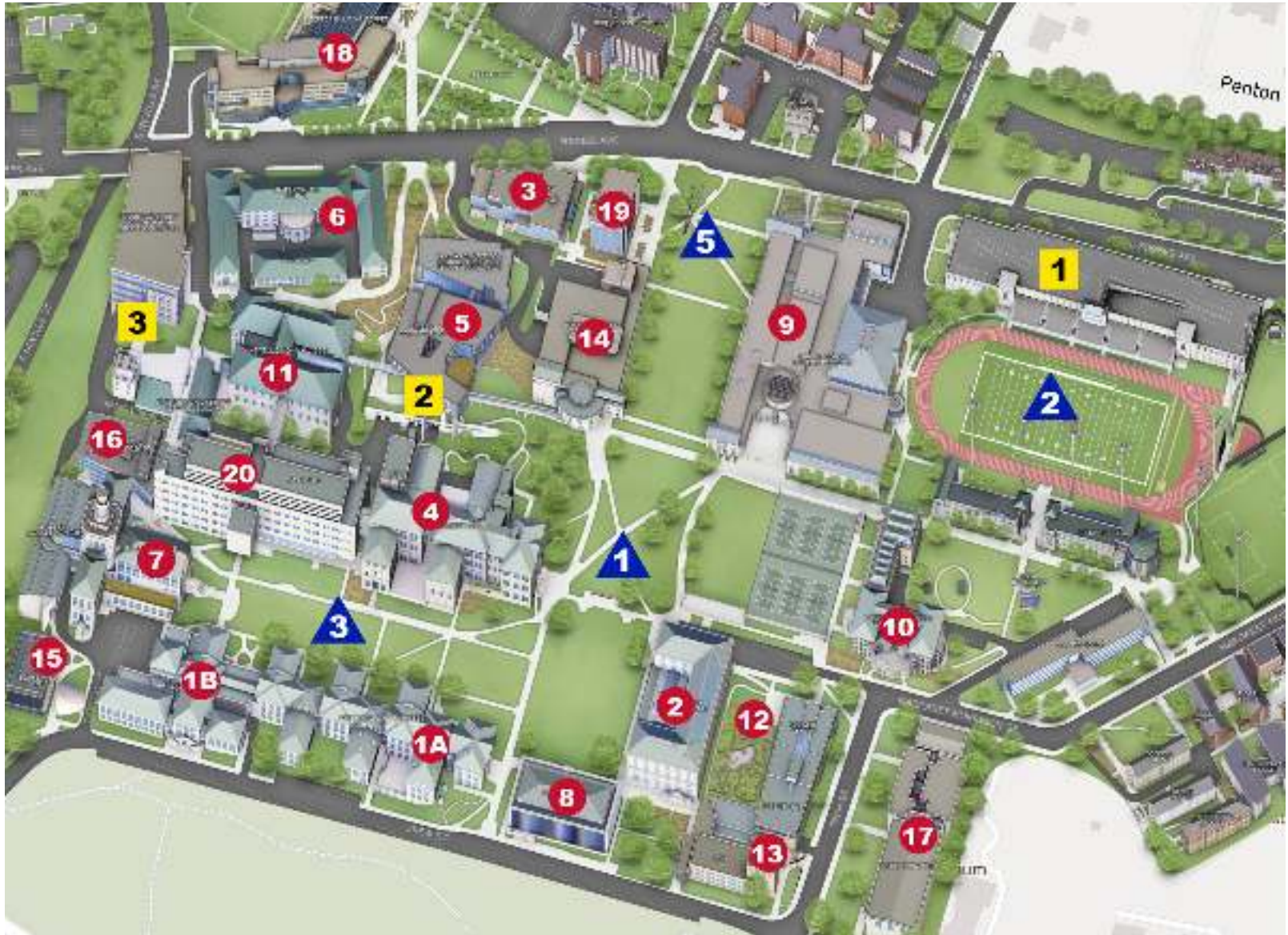
PARKING

1	East Campus Parking Garage
2	Gates Garage
3	RMCIC Garage (close to Wean Hall)

LANDMARKS

1	The Fence
2	Gesling Stadium
3	The Mall
4	Rand Corporation (map below)
5	Walking to the Sky Statue





Carnegie Mellon University



CAMPUS MAP

GENERAL INFORMATION & POLICIES

Classroom Locations

If you are not familiar with Carnegie Mellon, we strongly advise you to visit the campus, bring the campus map, and find your classroom locations before the first day of classes. The CMU Information Desk is in the Cohon University Center, 1st level (#9 on the map). You'll find the campus map on the previous two pages or go to the CMU website to see campus maps.

OFF-CAMPUS	Address
Alphabet City Center	40 W. North Ave., North Side
Beth Shalom	5915 Beacon St., Squirrel Hill
City Theatre	13 Bingham St., South Side
Dance Alloy Studio	5530 Penn Ave., at Stratford, East Liberty
Frick Park	1981 Beechwood Blvd, Point Breeze
Friends Meeting House	4836 Ellsworth Ave., Oakland
Jewish Community Center	5738 Darlington Rd., Squirrel Hill
McGowan Institute For Regenerative Medicine	450 Technology Dr., Suite 3
National Aviary	7 Arch St., North Side
Pgh. Ballet	2900 Liberty Ave , Strip District
Pgh Botanic Garden	799 Pinkerton Run Road , Oakdale
Pgh. Theological Seminary	616 N Highland Ave., East Liberty
Wilkins Community Ctr.	7604 Charleston Ave., Regent Sq.

Photos and Videos




- Photographs and videos are taken at many Osher events.
- The photos may be used in course catalogs, the website, the newsletters, brochures, or other publications.
- We encourage our members to share their photos and videos by emailing them to osher@cmu.edu.
- If you do not wish to have your photograph taken, please advise the photographer.

Classroom Etiquette

All of Osher's instructors are volunteering their time and talents. Please be respectful of your course instructors and fellow participants by:

- attending only course(s) for which you have registered
- arriving to class on time and turning off your cell phone
- raising your hand to be recognized and stating your name each time before you speak
- staying on topic during discussions
- respecting the instructor's time at the end of class
- not wearing fragrances out of respect for those with sensitivities

Parking

Garage/Lot	Address	Map #
East Campus Parking Garage* (Free after 5 pm and on weekends)	5040 Forbes Ave.	 1
RMCIC Parking	594-598 Boundary St	 2
Gates Bldg Parking Garage*	Hamerschlag Dr.	 3

*For garage rates, please visit: www.cmu.edu/parking/about

Handicapped Parking - \$50 per term

Our mobility committee has arranged for a shared handicapped parking space just outside the rear ground floor entrance to Wean Hall. This handicapped space will be for the exclusive use of mobility-challenged Osher members who have a state issued disabled parking placard. You must pre-register for this spot and it is on a first-come, first-served basis. Cost for a member is \$50 per term. If you are interested in knowing more, please call Jim Reitz at 412-521-6575 or call the office to purchase a handicapped parking permit.

Transportation

- PAT (Port Authority of Allegheny Co.) provides information on bus routes to campus. Schedules are available online at www.portauthority.org — or by calling (412) 442-2000.
- Carnegie Mellon has shuttle buses that run through Oakland, Shadyside, and Greenfield. Show your Osher ID card to the driver. Schedules are online at cmu.edu/police, click "Shuttle and Escort."
- AgeWell Rides, a service of AgeWell Pittsburgh through Jewish Family & Children's Services, offers rides for senior citizens who do not drive. For more information, please call 412-422-0400.

Bad Weather Days

- Classes will not be held if the Pittsburgh Public Schools are closed for **inclement weather**. If the Pittsburgh City Schools have a 2-hour delay, Osher operates as normal unless the study leader does not want to hold the class. Please use common sense when venturing out.
- Check the TV or online at pghschools.org for Pittsburgh Public School closings. Should the weather turn poor during the day and classes are canceled, the office will make every attempt to contact everyone by email and by phone.

Email Notifications

Study Leaders will frequently email handouts, assignments, and class notices to their students. It is important that we have your current email address:

- The Osher office will send "broadcast emails" to remind you of upcoming Osher or Carnegie Mellon activities. The Weekly Essentials can be found on cmu.edu/osher.
- We recommend you use an email provider other than AOL or Verizon.
- The Osher office will send email notices to specific classes for important course changes.

Handouts

If you want a printed handout for a class, call the office to run it off. It is your responsibility to pick it up from the office. The office charges 25¢ a page for copies. Please call 412-268-7489 to arrange printing and pickup.

Catalogs

If you don't want to receive a catalog please email the office at osher@cmu.edu. Osher cannot be responsible for catalogs not delivered by the Post Office. If for some reason you do not receive a catalog, please contact the Osher office to confirm your address. To receive your catalog at an alternate address, submit the "Catalog Delivery Management" form at cmu.edu/osher in the "Quick Links" bar. Catalogs are sent bulk mail which is not forwarded.

Check Your Schedule

The most up-to-date information about all classes is always available at cmu.edu/osher. Click on the Google calendar or go to Member Sign In and enter the course ID.

Controversial Speakers

On occasion, the sentiments and beliefs of a speaker or study leader may be controversial or divisive. To ensure the inherent rights of free speech and freedom of expression, the Osher Lifelong Learning Institute at Carnegie Mellon will not censor or limit any materials or opinions expressed by persons involved in our courses or lectures. However, it should be noted that those opinions may not reflect the philosophical perspective of our organization.

Non-Discrimination

The Osher Lifelong Learning Institute at Carnegie Mellon does not discriminate on the basis of age, race, color, national origin, religion, gender, sexual orientation, disability, or veteran status.

Scholarships

Don't let finances stop you from participating in Osher classes, contact the office. Full and partial scholarships are available through a simple, friendly, and confidential process.

Osher at CMU Code of Conduct

Membership in our Osher at CMU community entails mutual respect. When we join the organization as either members or study leaders, we agree to respect every member of the campus community as an individual committed to the pursuit of knowledge and self-understanding. Misuse or abuse of that mutual respect can threaten our entire academic enterprise.

Osher at CMU rules and policies balance freedom and responsibility and provide standards for the orderly operation of our community. As members or study leaders of Osher at CMU, we accept and agree to comply with these standards. As members of the Osher at CMU community, we are expected to display mutual respect, personal and academic integrity, and civil discourse. The latter includes tolerance and respect for diverse opinions. There is no place for dismissive, hostile, or derogatory comments about study leaders, members, or staff.

Members of the Osher at CMU community are encouraged to contact the executive director if they observe behavior that is a significant violation of this code of conduct. The executive director shall investigate and address the problem with the violator. Serious or repeated violations shall be referred to the Executive Committee, which may impose appropriate penalties including suspension of membership privileges.

REGISTRATION INFORMATION

READY TO REGISTER?

Registration Fee

The registration fee for members per term is \$60 for an unlimited number of courses. The Prospect registration fee is \$85 per term.

Register Online - It is to your advantage!

To register online, go to cmu.edu/osher and click "Member Sign In". You will be redirected to the Augusoft "welcome" page. Please sign in using your username and password. Please email the office if you do not know your username.

Paper Registration - *If you must*

To register by paper, please print a registration form from our website, cmu.edu/osher. Paper registrations will be delayed one week in being processed.

Materials Fees

Materials fees are due at the time of registration unless otherwise stated. Where indicated, materials fees are non-refundable.

Building Fees

A \$10 materials fee is required for all off campus courses to subsidize the rental fee. This fee is included in the Material Fee listing in the catalog.

Refund Policy

If Osher cancels a course before the course has begun and it is the only course you requested for the whole term, you are entitled to a full refund of your registration and fee(s). The refund will be given as a credit for future use, unless you request a check.

All refunds, minus a \$10 administrative fee, will be given to those who drop all their classes and notify the office at least three full business days prior to the first class.

Building and materials fees will be refunded only if they have not yet been paid to the facility or SL.

Terms Per Year

Osher at CMU offers three terms: Winter, Summer, and Fall. For the registration fee of \$60 for members and \$85 for prospects per term, you can take an unlimited number of classes during that term.

Osher Ambassadors Are Vital

The responsibilities of the OA are to welcome new members to class, take attendance, make announcements, and act as liaison between the classroom and the office. To volunteer, please send email with your name and the name of your course(s) to osher@cmu.edu.

Confirmation Letters

As you are registered, a "confirmation of class registration" will be automatically emailed to you for each course you are enrolled in. Should a course not be listed, it means that you are on the waiting list and you will receive a separate waitlist email. You will be notified via email, or phone, if and when you are enrolled in a wait listed class. Please do not attend any classes for which you do not have a confirmation.

Adding and Dropping Courses

To add a course(s) after registering, please either go online to do so, or call the office at 412-268-7489. If you want to drop a course, fill out the drop request form located on cmu.edu/osher in the "quick links" bar.

Important:

You must receive a course confirmation in order to attend a course. A course confirmation is not the same as a waiting list notice.

If you pay with a credit card, you will not be charged until you are enrolled in a course.


Observed 2019-2020 Official Osher Skip Days

Osher Lifelong Learning Institute is a nonsectarian organization. The organization follows the CMU calendar:

Martin Luther King Jr. Day*	Jan. 21
CMU Carnival	Apr. 12
Memorial Day*	May 27
Independence Day*	Jul. 4
Labor Day*	Sep. 2
Thanksgiving Wednesday	Nov. 27
Thanksgiving Day*	Nov. 28
Thanksgiving Friday*	Nov. 29
Winter Break*	Dec. 23 - Jan. 3

*office is closed

Questions? Please call the office at 412-268-7489 or email us at osher@cmu.edu.



Please consider a legacy gift to Osher at CMU:

Naming the Osher Lifelong Learning Institute at CMU as a beneficiary of your retirement plan, IRA, life insurance policy, or brokerage account is a very generous way to make a legacy gift to Osher "outside" of your will. Like a bequest, these gifts help ensure the future of providing a lifetime of education to other likeminded people, such as yourself.

Osher Lifelong Learning Institute at Carnegie Mellon University is registered as a charitable organization, 501(c)3, with the IRS. If you would like to download a copy of our most recent Annual Report, please go to our website at cmu.edu/osher/publications.

To make a legacy gift of all or part of your retirement plan or insurance policy please ask for and complete a change of beneficiary form from your plan or policy administrator. For your brokerage account, ask your broker. If you would like, please notify the Osher Executive Director of your intentions.

To make a gift you will need the following information:

Legal Name: Osher Lifelong Learning Institute at Carnegie Mellon University

Address: 5000 Forbes Avenue, Pittsburgh, PA 15213

Phone: 412-268-7489

Email: osher@cmu.edu

Tax ID: 25-1768391



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Osher at Carnegie Mellon University
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until the term has ended.*

Join us!



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Can you figure out which?



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