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LEARNING
INSTITUTE

Winter 2019

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



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ON THE COVER

The Carnegie Technical Schools were founded in 1900 in Pittsburgh by the Scottish American industrialist and philanthropist Andrew Carnegie, who wrote the time-honored words "My heart is in the work", when he donated the funds to create the institution. Carnegie's vision was to open a vocational training school for the sons and daughters of working-class Pittsburghers. This window is in the third floor ceiling of Baker Hall.

Photography credit: Front cover - Jonathan Decker

Additional catalog images courtesy of Duane Rieder (Pittsburgh Ballet) and Wikimedia Commons

OSHER at Carnegie Mellon | Winter 2019

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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: Jan. 7 - Feb. 25
List of Courses by Day: pgs. 64-68

Session Two: Mar. 4 - Apr. 8
List of Courses by Day: pgs. 69-73

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.

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You must be registered to attend these courses.

ARTS & HUMANITIES

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

ART

Carnegie International Group Tour

Study Leader: Carnegie Museums

Materials Fee: \$13*

- 1 Class: Feb. 20 Class ID: 2717
- Wednesday, 10:00 AM - 11:30 AM
- Carnegie Museum of Art, Oakland

**ONE
DAY**

This is an opportunity to have a 90-minute docent-led tour of the International Exhibit at the Carnegie Museum of Art. Thirty-two artists from all over the world have been recruited for this exhibit that only happens every four years. Meet inside the museum near the gift shop. An Osher Ambassador will greet you. The docents will also meet you there. After the tour we will regroup in the museum theatre for a highlight documentary of three artists. It is called Collective Cinematheque; The Otolith Group. You might enjoy lunch at the café for a complete morning experience!

The Carnegie Museum of Art, located in the Oakland neighborhood of Pittsburgh, Pennsylvania, is an art museum founded in 1895 by the Pittsburgh-based industrialist Andrew Carnegie. The museum holds a distinguished collection of contemporary art, including film and video works.

*Materials fees are not refundable; information on page 82.

Fashioning Art From Paper: Tour And Workshop

Study Leader: Leslie Golomb Materials Fee: \$25*

- 3 Classes: Jan. 3 – Jan. 17 Class ID: 2697
- Thursday, 11:15 AM - 12:45 PM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale



Immerse yourself in the vibrant world of artist Isabelle de Borchgrave. The first week will be a tour at the Frick Art Museum led by your study leader, artist Leslie Golomb. The exhibition "Isabelle de Borchgrave: Fashion Art from Paper" presents de Borchgrave's exploration of historical costume through contemporary paper sculpture. You will be delighted by these breathtaking renditions of historic clothing created from painted and manipulated paper. The exhibition includes examples of paper fashion art, beginning with de Borchgrave's exploration of 300 years of fashion history. Collectively, participants will create patterns on paper inspired by Picasso, Matisse, and other artists who use design and decoration. The painted and printed patterns will be applied to found material such as corrugated cardboard. This material will be the source to create your own paper dress. No art experience needed.

Please note: 1st class on 1/3/18, meet at 1:45 PM at The Frick Art Museum and pay your own admission. The 2nd and 3rd classes are at Wilkins Community Center.

Leslie A. Golomb obtained a B.F.A. with University Honors in printmaking from Carnegie-Mellon University in 1975 and a M.F.A. in printmaking from the School of the Art Institute of Chicago in 1978. She served as founder and director of the American Jewish Museum/JCC Pittsburgh from 1996 to 2006. Prominent awards include recognition from the National Endowment for the Arts, PA Council on the Arts, and PA Humanities Council. In 2011, she was a prize-winner in the Guanlan International Print Biennial in China where she successfully completed a six-week artist in residency program.

*Materials fees are not refundable; information on page 82.

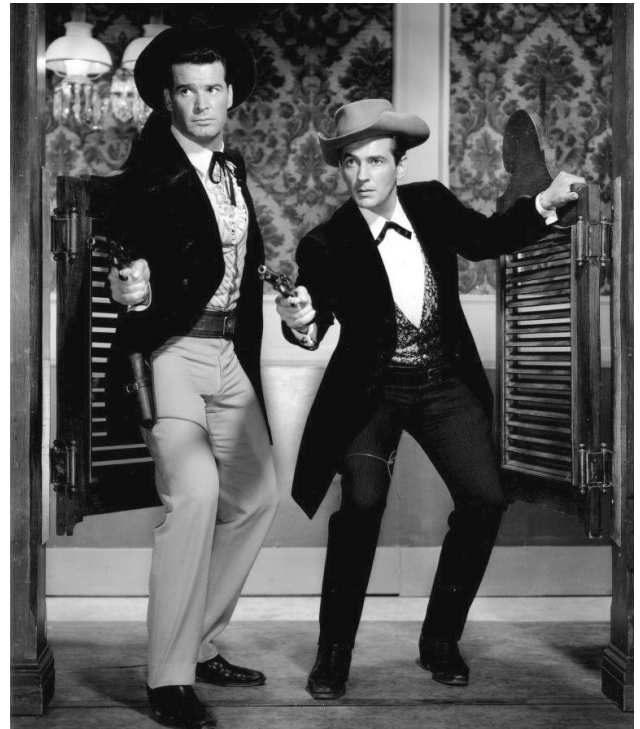
CINEMA/FILM

Cinema Arts: The Documentary VII*Study Leader:* Charles Glassmire

- 5 Classes: Mar. 7 – Apr. 4 *Class ID:* 2754
- Thursday, 1:00 PM - 3:30 PM
- Wean Hall, 4708

This course will exhibit some of the classic and/or seldom-seen documentary films made by creative filmmakers who stimulated the evolution of the cinema as an art form. The format will be a one- to two-hour film screening, followed by a class discussion of the film. This course will suggest that the documentary form, while representing to show us truth, is changing the way we view the world, and thus, the way we interact with our world. The films shown will be a mixture of classic documentary and some seldom-seen but fascinating contemporary documentary works. (Projection will be via DVD onto a large screen. Some films may be subtitled. This Part VII session will not repeat any films shown in the earlier sessions).

Charles Glassmire, digital artist, filmmaker, and former nuclear engineer, has taught filmmaking and cinema arts at four colleges and universities. His 16mm films have been screened nationally and purchased by major museums. He wrote the original proposal for Pittsburgh Filmmakers, now an internationally recognized media arts center, and taught filmmaking, film history, and film editing there. He established the Digital Arts Program at the University of Pittsburgh in the Studio Arts Department, trained faculty in use of digital arts tools, and taught credit courses in the Studio Arts Department as an adjunct professor. He created the Advanced Computer Graphics Laboratory at Pitt, supervised the laboratory operation for several years, and secured funding to outfit the entire laboratory with computer equipment. In the Carnegie Mellon Art Department Pre-college Summer Art Program for gifted high school students, he taught filmmaking and animation using the Cray supercomputer. He currently teaches digital computer arts for Osher, at the Community College of Allegheny County, and for young adults on the autism spectrum at the Computing Workshop in Squirrel Hill. He holds a B.S. degree in physics and an M.F.A. degree in film from Columbia University in New York City.

**American Western Films 2***Study Leader:* Lloyd Stires

- 6 Classes: Mar. 6 – Apr. 10 *Class ID:* 2733
- Wednesday, 3:15 PM - 6:15 PM
- Wean Hall, 4708



Although the Western film is now in repose, it remains a pervasive influence on American culture, politics, and national identity. Filmmakers use the Western as a blank canvas on which to project myths of the American frontier and their own attitudes toward social issues of the time the films were produced. In *American Western Films 2*, we will watch and discuss six Western classics, drawn from the 1940s through the 1990s, different from those shown in *American Western Films 1*. These films will critique some of the assumptions made during the earlier "golden age" of American Westerns. It is not necessary to have taken the first course to enroll in this class. Please be advised that two of the films carry an MPAA rating of R due mainly to violence, but also to explicit language and sexual scenes.

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.

Films Of Charles And Ray Eames

Study Leader: Jeffrey Swoger

- 5 Classes: Jan. 7 – Feb. 11* Class ID: 2678
- Monday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

**Note: Class will not meet on Jan. 21*

In addition to designing their iconic chairs, Charles Eames and his wife Ray were multi-talented designers, architects and filmmakers. This course will view a selection from their legacy of over 100 films — some short and whimsical, and some a bit longer and more serious. The Eames Design Office was world-famous for communicating complex ideas and information in an easy-to-digest manner with finely honed visual and intellectual elegance. These striking films are wonderful examples of their extraordinary communicative skills. Most are entertaining, eye-opening, and thought-provoking. In many ways, they are the forerunners of the documentaries we've come to cherish from Ken Burns and PBS. Discussion of the films will enrich the classes.

Jeffrey Swoger spent his career as a graphic designer, communications consultant, and teacher. He was introduced to the Eames films in college. They made a lasting impression on him. He has revisited these masterful films from the sixties and seventies often. They helped, in some small way, form the approach to design he brought to his clients: honoring intelligent content, respecting the audience, and communicating key information effectively. For him, the Eames body of work is a model of clear thinking and approachable, even whimsical, communications—attributes central to any successful design solution. Finally, Charles and Ray Eames were forerunners of Jeffrey's partnership with his wife, Linda—in business and in life.



The Smothers Brothers

Study Leader: Martin Marshall

- 5 Classes: Jan. 8 – Feb. 5 Class ID: 2703
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



The Smothers Brothers' career lasted more than 50 years, but for a brief tenure in the late 1960s, they were the intense weekly focus of more than 22 million viewers on national television. Martin has edited clips from these shows into a five-week presentation that includes both the humor and a look at the context of the times. From the folk revival days to the height of the war in Vietnam, the Smothers Brothers were in the thick of things. And the music—oh, the music! Expect lots of laughs at the beginning, and a certain amount of tears at the end.

Martin Marshall became fascinated with comedy as a kid in the 1950s, going to Saturday matinees to absorb the works of Laurel and Hardy, the Marx Brothers, Buster Keaton, Harold Lloyd, and Charlie Chaplin as well as pre-code Warner Brothers cartoons from Betty Boop to Daffy Duck. He grew up on Ernie Kovacs, Steve Allen, the Honeymooners, Red Skelton, and Lucille Ball, and then as a teenager transitioned to Lenny Bruce, the Firesign Theater, the Smothers Brothers, and Jonathan Winters. He climbed onto the stage of the L.A. Committee to learn improvisational theater, and then founded People Theater in L.A. in 1970. In the 1970s, he returned to San Francisco to become a founding member of Improvisation, Inc., in downtown SF. He has written, produced, and directed comedic films in Silicon Valley, and been a slam poet, and founding cast member and later director of Geezer Theater, an offshoot for seniors in the style of the San Francisco Mime Troupe. He has taught the Contemporary Comedic Genius series for the past five years at various locations in the SF Bay Area, including CSU Eastbay, Sonoma State, Dominican, Santa Clara, and SFSU OLLI programs, as well as at CMU.

DRAMA/THEATRE

The Art Of The City

Study Leader: Kristen Link

- 3 Classes: Feb. 11 – Apr. 22 Class ID: 2762
- Monday, 4:00 PM - 5:30 PM
- City Theatre,
1300 Bingham St., South Side

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

Please note: *Class meets: 2/11, 3/18, & 4/22.*

Kristen Link is director of education and accessibility at the City Theatre Company. As an experienced theatre educator, she is responsible for overseeing the locally and nationally renowned Young Playwrights program that has provided thousands of students with opportunities in playwriting and production over the past 14 years. She oversees the City Theatre's accessibility programming, which has created inclusive theatre experiences for all patrons through audio description, open captioning, and other accessibility offerings. Prior to her work at City Theatre, Link served as the education and outreach coordinator for the Pittsburgh Public Theater. She is a two-time past presenter on the topic of accessibility in theatre arts at the American Alliance for Theatre and Education's (AATE) national conference.



Remaking *The Great Gatsby* As A Ballet

Study Leader: Pittsburgh Ballet

- 1 Class: Jan. 30 Class ID: 2764
- Wednesday, 11:30 AM - 2:00 PM
- Pittsburgh Ballet Theatre,
2900 Liberty Ave.,



Rediscover the revelry and recklessness of the Roaring '20s in Jordan Morris's poignant new ballet production of *The Great Gatsby*. The class will look at interpreting this iconic American story through the medium of ballet and dance. Learn about the choreographer, the movement vocabulary, the original score, and the process of putting together a story ballet of this scope.

Please note: *Read "The Great Gatsby" (not required).*

Lisa Auel is the Pittsburgh Ballet Theatre's manager of community programs and archives. She holds a master's degree in American Studies from George Washington University and a B.A. degree in English from the College of William and Mary. She has worked at the P.B.T. for six years.

LITERATURE

***A Midsummer Night's Dream:
A Dream For Us All***

Study Leader: Rebecca Carpenter

- 4 Classes: Mar. 7 – Mar. 28 *Class ID: 2745*
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

This course will focus on William Shakespeare's romantic comedy *A Midsummer Night's Dream*. We will explore its beauty, fantasy, and mythology, and the themes of imagination, creativity, love, and the elevation of self. While many think of this play as little more than a childish romp in a forest full of moonlight and fairies, there is much more to discover in this exquisite midsummer adventure. The last class will be devoted to a film version of the play. Come and allow Shakespeare to transport you! Students may use their own copies of the play.

Rebecca Carpenter has been an educator for almost 40 years. She taught English 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 for 25 years. After 19 years, she recently retired from Literacy Pittsburgh. She has a Ph.D. in English from Duquesne University.

Our Town And Ourselves

Study Leader: David Fortun

- 5 Classes: Jan. 10 – Feb. 7 *Class ID: 2763*
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

It is said to be performed once each night somewhere in the country. It has been performed in 22 languages in 27 countries. Its playwright, Thornton Wilder, is the only writer in the history of American literature to win Pulitzer Prizes for both fiction and drama. It explores ". . . the significance in the trivial acts of life" (Wilder). It is *Our Town*. This course is 1/3 *Our Town* and 2/3 ourselves. We will devote the first two sessions to a discussion of the play, its history, its structure, and its meaning. Participants should read (reread) the play by the second class meeting, and bring a text to class if possible. The play can be purchased at any new or used bookstore.

David Fortun is a retired English teacher from Shaler Area High School. He has taught six etymology classes in the Osher program at Carnegie Mellon. A lifelong baseball fan, he has conducted tours at PNC Park for 12 years and has shared his knowledge of Pittsburgh baseball with his fellow Osher learners.

Important

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



Tales, Tragedy, And Truth: Faulkner's Stories

Study Leader: Mary Schinhofen

- 6 Classes: Jan. 11 – Feb. 15 Class ID: 2740
- Friday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

- 6 Classes: Mar. 8 – Apr. 26* Class ID: 2741
- Friday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

*Note: Class will not meet on 4/12/2019, 4/19/2019

Although he is best known for his novels, William Faulkner also had a profound effect upon the development of the American short story. During this course, we will read and discuss six of Faulkner's most powerful short works and explore the impact that these stories have had upon the genre itself. We will also investigate the connections between these stories and other works by Faulkner. A list of titles and suggestions for texts will be emailed to each participant shortly before the class begins.

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.

Metafictional Mates

Study Leader: Gloriana St. Clair

- 6 Classes: Jan. 17 – Mar. 28 Class ID: 2716
- Thursday, 1:00 PM - 2:30 PM
- Hunt Library, Osher Classroom



The study leader encourages the reading of medieval literature through carefully embedding it with more modern content. In this course, students will discuss three mates . . . original works and their metafictional (fiction about fiction) admirers. Texts are: the late (11 August, 2018) V.S. Naipal's *In a Free State* and its admirer Neel Mukherjee's *A State of Freedom*, and E. Talbot Donaldson's prose translation of the Anglo Saxon poem *Beowulf* and its recent feminist knockoff *The Mere Wife* by Maria Headley. E.M. Forester's *Howard's End* and Zadie Smith's *On Beauty* will conclude our term. Hwaet! Former companions have found this meadless hall a joyful place, even though Grendel himself and his mother may appear. We Spear Danes are adventurers who enjoy the company of other fearless folk.

Please note: *Meeting dates: 1/17 & 31, 2/14 & 28, 3/14 & 28.*

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 The Academy for Lifelong Learning and subsequently Osher Lifelong Learning at Carnegie Mellon University. She holds a B.A. degree 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.

Great And Notable Novels Read And Revisited

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

- 6 Classes: Jan. 10 – Mar. 21 *Class ID:* 2737
- Thursday, 1:00 PM - 3:00 PM
- Hunt Library, Osher Classroom

With an emphasis upon earlier works and canonical selections, the Great Novels study group will read and discuss significant novels of the 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 1/10 & 24, 2/7 & 21, 3/7 & 21.*

See **Mary Schinhofen**, *page 10*

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.

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).

See **Gloriana St. Clair**, *previous listing*

Short Stories: Fiction Where Reality Takes Place

Study Leader: Helen-Faye Rosenblum

Materials Fee: \$5*

- 6 Classes: Jan. 7 – Feb. 18* *Class ID:* 2547
- Monday, 1:00 PM - 3:00 PM
- Hunt Library, Osher Classroom

**Note: Class will not meet on Jan. 21*

- 6 Classes: Jan. 7 – Feb. 18* *Class ID:* 2548
- Monday, 3:15 PM - 5:15 PM
- Hunt Library, Osher Classroom

**Note: Class will not meet on Jan. 21*

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.

Please note: *Initially, everyone will be waitlisted. \$5.00 fee is to cover the cost of printing of handouts, pay in class.*

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

**Materials fees are not refundable; information on page 82.*

More Books Your Grandchildren Read

Study Leader: Amy Kellman

- 4 Classes: Mar. 6 – Mar. 27 Class ID: 2690
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

We will concentrate on four areas of books for children and teens—Diversity, Fantasy and Fairytales, Non-fiction, and Graphic Novels and Memoirs. What’s “in” for adults also is in the world of children and teen books. You will be asked to read four or five books that reflect the themes we’ll be discussing.

Amy Kellman is the former coordinator of Children's and Youth Services at the Carnegie Library of Pittsburgh. She has served on the Newbery and Caldecott Committees and is an active member of the Association for Library Services to Children, a division of the American Library Association. She is past president of the Association for Library Services to Children (ALSC) and the United States Board on Books for Young People (USBBY), a section of the International Board on Books for Young People (IBBY). She has taught children's literature to graduate students at the University of Pittsburgh and Chatham University.

The Extraordinary James Family

Study Leader: Carol Zisowitz

- 6 Classes: Jan. 9 – Feb. 13 Class ID: 2748
- Wednesday, 3:15 PM - 4:45 PM
- Hunt Library, Osher Classroom



Two siblings dominated much intellectual thought at the turn of the 20th century. William James, who anticipated Freud, was considered the greatest philosopher and psychologist of his day. Younger brother, Henry, known as “the Master,” was the period’s greatest novelist. Finally, sister Alice, brilliant diarist, was iconic of the limitations imposed on women at that time. We will read and discuss short excerpts from William’s *Varieties of Religious Experience* and *Principles of Psychology*; a novella by Henry influenced by William’s work; and a short but brilliant biography of Alice. Instructor will also lecture.

Carol Zisowitz is a psychiatrist with psychoanalytic training she finds useful in reading fiction. She also has a Ph.D. in British history, which makes her familiar with the context of English novels. Reading fiction and talking about it are her favorite activities.

Why Poetry?

Study Leader: Anne Burnham

- 5 Classes: Jan. 10 – Feb. 7 Class ID: 2723
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

Poetry often gets a bad rap: it is irrelevant, old fashioned, boring. Yet it is often to poetry we turn when we seek affirmation of our deepest experiences of love, of loss, our fears, our very spirits. Why so? What is it about a good poem that we don’t just remember but can never forget? What are some poems that can literally change our lives? This course will look at poems that transcend time and place to be as relevant today as when they were written. It will be highly interactive—participants will have the option to bring and read poems they choose and the course leader will introduce a broad selection of poems on a wide variety of themes, focusing on content, meaning, and accessibility more than on formal poetic structure.

Anne Burnham, not a poet herself, has loved poetry since as a child in Ireland she listened to friends and family unselfconsciously recite ballads and poems around the fire. For over 15 years she worked with the International Poetry Forum of Pittsburgh, in Pittsburgh, Washington, DC, and the Barns at Wolf Trap, listening to the world’s best poets, interviewing them and writing program notes for their presentations. She wrote the 20-year history of the Poetry Forum; is on the board of Autumn House Press, a literary publisher in Pittsburgh; and always has a book of poetry at her bedside.

The Legend of Robin Hood

Study Leader: Peter Isaac

- 3 Classes: Mar. 5 – Mar. 19 Class ID: 2669
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



The story of Robin Hood is surely one of the best-known legends of our time. We all know he robbed the rich to give to the poor; hung out with his Merry Men (including Little John, Friar Tuck and Will Scarlet) in Sherwood Forest; fought the dastardly Sheriff of Nottingham and his evil master, King John; loved Maid Marian and was eventually honored by King Richard the Lionheart upon his return from the Crusades. But is any of it true? Was there ever really a Robin Hood? And if there was, did he really do the things we now associate with him? This course will explore the legend and trace its development. We'll look at the earliest versions of the legend and learn about the latest research regarding its origins. And yes, we will try to answer the question: Who, if anyone, was Robin Hood?

Peter Isaac is a retired strategic planner, businessman, and entrepreneur who spent most of his career in the chemicals and plastics industries after receiving a Ph.D. from Carnegie Mellon University. He enjoys researching some of the more obscure aspects of British history and culture and can seldom resist the temptation to share his findings with others.

MUSIC

First Fridays At Redeemer

Study Leader: Ann Labounsky

- 3 Classes: Feb. 1 – Apr. 5 Class ID: 2730
- Friday, 12:00 PM - 1:00 PM,
- Episcopal Church of the Redeemer,
5700 Forbes Ave., 15217

Our city is rich in its history, culture, and creativity. Ann Labounsky explores the lives and music of three Pittsburgh composers and gives insights into their lives and compositional techniques. Joseph Willcox Jenkins, who served on the faculty of Duquesne University and St. Edmund's Academy, is one of Pittsburgh's most-illustrious composers. Nancy Galbraith, faculty member at Carnegie Mellon University, has a long list of compositions to her credit; and Joyce Moon Strobel, organist choir director at St. Stephen's Lutheran Church in Scott Township has been active in the Tuesday Musical Society and has composed a number of instrumental and choral works. Each session comprises a 30-minute lecture at noon followed by the performance of representative works of each composer in the sanctuary.

Ann Labounsky, Ph.D, FAGO, Ch.M., is Chair of Organ and Sacred Music at Duquesne University, where she oversees undergraduate and graduate programs in sacred music. Currently she serves as Organ Artist in Residence at First Lutheran Church on Grant Street and Organist and Choir Master at the Episcopal Church of the Redeemer in Squirrel Hill. An active member of the American Guild of Organists, the National Pastoral Musicians, and the Church Music Association of America, she has worked as Director of the National Committee on Improvisation, Councilor for Education for the American Guild of Organists, and national Director of Certification for the National Pastoral Musicians. Author of a biography of Langlais, *Jean Langlais: the Man and His Music*, (Amadeus Press, Portland, Oregon, 2000), she has completed recording the complete organ works by Jean Langlais (26 cds) for the Musical Heritage Society released on Voix de Vent Recordings and performed in a DVD of his life based on this biography, a project sponsored by the Los Angeles AGO Chapter.

On the Wings Of Song: The Evolution Of The Requiem

Study Leader: Jeffrey Swoger

- 6 Classes: Mar. 4 – Apr. 8 Class ID: 2691
- Monday, 3:00 PM - 5:00 PM
- Wean Hall, 4708



The Requiem is a mass for the dead in the Catholic liturgy. Over 2,000 such masses have been set to music from before Mozart to Brahms and on to Stravinsky. In the eighteenth century, the Requiem began moving out of the Church and onto the concert stage. Texts began to morph away from the strict Catholic mass, and the genre became more varied, even omitting text altogether. The course will survey some of the most famous of these works as well as some of the lesser-known works. Apart from the religious aspects of the Requiem, on purely musical terms, the compositions span the entire spectrum of musical expression from anguish to quiet solitude to heaven-shaking splendor. Far from being universally morose, much of this music can be uplifting, thrilling and, most importantly, life affirming. Much to discuss.

Jeffrey Swoger has had a lifelong passion for classical music, beginning with a seventh grade music appreciation class and continuing through high school, college, and adulthood. His long associations with the Chicago Symphony Orchestra afforded him the opportunity to hear extraordinary musical performances on a weekly basis. Since the orchestra had its own full-time chorus, large-scale choral works like Requiems were performed regularly. Stunning recordings of the Berlioz and Verdi Requiems in the early '60s began a lifelong love, and exploration, of this very special orchestral/choral genre, one which has attracted a wide-ranging creative outpouring from important composers across the centuries.



Virtuosos In The Making

Study Leader: Monique Mead

- 3 Classes: Mar. 5 – Mar. 19 Class ID: 2729
- Tuesday, 12:00 PM - 1:20 PM
- College of Fine Arts, Kresge Theatre

Join us for a unique opportunity to witness the process of becoming a music virtuoso. Listen in while CMU faculty Lorna McGhee, Andres Cardenes, Sergey Schepkin, and others coach student performers from across the School of Music. Join the Q&A sessions that will center around the mental game of training for peak performance. Monique Mead teaches this course every fall semester, and you will be joining the class during the second half.

Monique Mead, a violinist inspired and mentored by Leonard Bernstein, has garnered international acclaim as a performer and ambassador of classical music. Collaborating with artists such as Manfred Honeck, Sarah Chang, Yan Pascal Tortelier, Jon Kimura Parker, Leonidas Kavakos, and Lars Vogt, she educates and inspires thousands of new concertgoers annually to attend concerts of the Pittsburgh Symphony, San Diego Symphony, Bavarian Radio Orchestra, Cologne Philharmonic, Berlin Radio Choir, and Dusseldorf Symphony, among others. After receiving a master's degree from Indiana University, she studied chamber music in Germany on a Fulbright scholarship. She has recorded with the Bavarian Radio Orchestra and the Philharmonia Hungarica and created a CD for children titled *Mother Goose meets Father Bach*. She currently teaches violin at the Carnegie Mellon Preparatory School and concertizes internationally as soloist and chamber musician. Monique and her husband, Andres Cardenes, also serve as music directors of the Strings Music Festival in Steamboat Springs, CO.

Music And The Rise Of Nationalism In Modern Europe

Study Leader: Owen Cantor

- 3 Classes: Mar. 6 – Mar. 20 Class ID: 2726
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall, 4708



Massive change swept Europe from the French Revolution to World War II. For better or worse, music played an outsized role. Leaders used music as a psychological tool, creating passions, which helped craft a new sense of nationhood in a time of constant warfare and evolving political borders. Symphony, opera, choral, and folk music all contributed to a galvanizing sensibility, a specific national identity, and a proud revival of repressed spoken languages. Wagner in Germany, Verdi in Italy, Chopin in Poland, and Sibelius in Finland are good examples among many others. It is a powerful and fascinating story.

Owen Cantor, D.M.D., was founder and music director of the Summerfest Chamber Music Festival, which presented 14 summers of wonderful chamber works under the stars in Fox Chapel, PA. Before and during his early years as a practicing dentist, Cantor was a free-lance French horn player, one of the last students of the renowned Forrest Standley of Carnegie Mellon University. Cantor has performed, taught, and presented music in countless local venues. For 10 summers, he was a participant and trustee at the Chamber Music Conference and Composers' Forum at Bennington, Vermont. Cantor has served as a board member and advisor to nearly all of the musical organizations in Pittsburgh. He has taught as an artist lecturer in the School of Music at Carnegie Mellon's College of Fine Arts and has lectured in the Behavioral Sciences Department in the University of Pittsburgh's School of Dental Medicine. At Pitt, Cantor won the Chancellor's Award, a university-wide prize recognizing outstanding teaching. He is the founder of Cantor, Masterson and Pounds Dental Associates, recognized by *Pittsburgh Magazine* as a leader in the Pittsburgh healthcare community.



Mary, Maxine, And Dakota: Pittsburgh Women In Jazz

Study Leader: Patricia Pugh Mitchell

- 4 Classes: Mar. 7 – Mar. 28 Class ID: 2773
- Thursday, 3:15 PM - 5:15 PM
- To Be Announced



Pittsburgh has long been known as a city that spawned a plethora of jazz and rhythm and blues talent, both male and female. This course will introduce some, and reacquaint others with portraits of the musical journeys of three of Pittsburgh's finest female jazz musicians. This course will be presented in a lecture format with guest appearances to be announced, as well, as with selected documentary films. Audience participation is encouraged. Your shared interactions and/or memories are appreciated. Each week will focus on a different artist, and culminate with an impromptu jazz session with local musicians featuring selections from the repertoire of Williams, Sullivan, and Staton.

Patricia Pugh Mitchell, native of Pittsburgh, is an avid writer, researcher, and curator of local African-American history. A graduate of Hiram College with a B.A. degree in English, she holds a Master of Arts degrees in teaching and history from the University of Pittsburgh. She is a graduate of Leadership Pittsburgh XII, and a member of Delta Sigma Theta Sorority, Inc.; the Northeasterners; and the Harmony Club of Homestead. Professionally, she is the former executive director of Kuumba Trust, an African-American arts service and advocacy organization; past program director for African-American and Adult Programs at the Heinz History Center, and former adjunct professor of English, African-American studies, and education at Chatham College, and The Community College of Allegheny County, Allegheny Campus. She has served as author and co-author of several publications documenting the history of African Americans in Pittsburgh. Currently, she is an educator at Sterrett Classical Academy (Pittsburgh Public Schools), and has served as a volunteer instructor for The Osher Lifelong Learning Institute at Carnegie Mellon University, and is a frequent consultant in the cultural community. She is the mother of two adult children.

BUSINESS & COMMERCE

Economics | Law

ECONOMICS

Financial Manias, Panics, And Crashes

Study Leader: James Burnham

- 5 Classes: Jan. 9 – Feb. 6 *Class ID:* 2720
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4707



Financial markets are probably the most exciting — and unpredictable — part of any modern economy. They are in a constant state of change, as new financial instruments are developed and the markets themselves undergo wrenching changes under the multiple impacts of competition, new technology, regulation and international events. Yet the "subprime" debacle of 2008 reminds us that financial manias, panics, and crashes are a recurrent feature of most countries' histories. What are the common features of such episodes? What should be the role of government in dealing with them? How and at what cost should individuals guard against them? This course seeks to answer these and related questions.

James Burnham has studied, worked, and traveled in more than 40 countries. He has served as senior vice president and manager, Global Treasury, and chairman of the Country Risk Committee for Mellon Bank; U.S. executive director at the World Bank; and staff director of the President's Council of Economic Advisors. He was a faculty member in Duquesne University's School of Business as Professor and Murrin Chair in Global Competitiveness 1990-2009; Distinguished Service Professor 2009-2014. He has received Fulbright grants for study in Brazil (1961) and Turkey (2005).

LAW

Emerging Legal Issues

Study Leader: David DeFazio

- 6 Classes: Jan. 11 – Feb. 15 *Class ID:* 2648
- Friday, 9:00 AM - 11:00 AM
- Wean Hall, 4708

This course explores current issues which the law is attempting to address. With all of these topics, this course will explore how the law struggles to keep pace with advances in science and technology, as well as how the law reacts to our globalized society with its myriad values and mores.

David J. DeFazio, a 1981 graduate of La Roche College and a 1984 graduate of Duquesne University's School of Law, has worked as both a trial attorney at his law office and as adjunct faculty in the Legal Studies Program at the University of Pittsburgh's Graduate School of Public and International Affairs. In addition to representing hundreds of family law clients during his 30 plus years as an attorney, for over two decades attorney David J. DeFazio has taught Society and the Law and Law and Social Change, two popular undergraduate courses.

Those Who Trespass Against Us: Introduction To Torts

Study Leader: Errol S. Miller

- 6 Classes: Mar. 6 – Apr. 10 *Class ID:* 2674
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

By use of practical information, useful anecdotes, and *The Restatement of Torts II*, this course will explain some of the legal principles of Torts (civil wrongs) which serve as the focus for most civil lawsuits filed by individuals against their neighbors, other drivers, their doctors, and their merchants. The focus will be on basic principles, and steps you should take and expect your lawyer to take to protect your rights, to strengthen your case, and put the law on a human scale. The course will cover intentional interference with people, unintentional interference with people or property, including negligence, contributive and comparative negligence, proximate cause, assumption of risk, the impact of insurance on tort law, and damage to reputation. The application of tort principles to other less-common torts may also be addressed

Errol Miller graduated from Dartmouth College and Harvard Law School, practicing law for 50+ years, and has been an Osher study leader since 2004, offering five different classes. Trust and Estates draws on his 30+ year experience in planning and administering estates and as a frequent lecturer in Continuing Legal Education seminars on elder law. The two-part "Questioning the Criminal Justice System" reflects a lifelong interest in the criminal justice system; experiences as a law clerk for a PA Supreme Court Justice; post-conviction appeals; avid study of current criminal justice events; participation in local reform groups, including B-Pep, the Alliance for Police Accountability, the ACLU, groups advocating tighter gun control, and views on how to reform the criminal justice system to better coordinate criminal justice and mental health principles. *Those Who Trespass Against Us* addresses torts cases (Civil Wrongs) with practical advice for non-lawyers on the principles behind most civil cases. The Current Supreme Court reviews major court decisions since 2005 and what changes we might expect as court membership changes. In each course, he displays his sense of humor used as the principal writer of 23 annual Allegheny County Bar Association topical satirical reviews.

Sex, Law, And Marriage I

Study Leader: David DeFazio

- 6 Classes: Jan. 11 – Feb. 15
- Friday, 1:00 PM - 3:00 PM
- Wean Hall, 4708

Class ID: 2649



This course will survey the Pennsylvania Domestic Relations law related to marital and non marital family relationships: child and spousal support, custody, prenuptial agreements, marriage, separation, divorce, and alimony. It will also examine the impact of Civil Rights issues and the impact of Globalization and "Glocalization" relevant to the above topics.

See **David DeFazio**, page 16

LEARN BY DOING

Art | Crafts/Hobbies | Culinary | Dance/Exercise | Finance/Insurance | Games | Language | Music/Drama | Self Improvement | Technology | Travel | Wellness | Writing

ART

Rock On! Stone Carving

Study Leader: Mary Collins *Materials Fee:* \$40*

- 5 Classes: Jan. 9 – Feb. 6 *Class ID:* 2700
- Wednesday, 9:00 AM - 11:00 AM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

Learn how to carve soapstone and learn all parts of this fascinating ancient medium. You will learn the whole process of stone carving from the beginning chisels to the files and finishing process. Students are encouraged and helped to produce the type of work that interests them. Class discussion and demonstration accompany many peaceful hours of working and connecting with the stone. No previous experience required. Please pick up your soapstone and rasp at Arts and Craftsman on Hobart or online through Amazon or Dick Blick art supplies. Come participate in the magical medium of stone sculpture!

Please note: *Course will be on 2nd floor with no handicap accessibility. Instructor will send a supply list before the course starts.*

Mary Collins earned a BFA degree at Carnegie Mellon University, an AA, Ivy School of Professional art, and attended Vermont Studio center. She has presented solo exhibitions at the University of Pittsburgh, The Pittsburgh Center for the Arts, Penn Modern and the Hoyt Gallery at USC. Her group shows include the Cleveland Center for Contemporary Art, Allegheny College, Carnegie Mellon University, The Butler Institute (Youngstown, OH), Clarion University, Westminster College, and the Pittsburgh Center for the Arts. She has been honored with residencies at the prestigious Yaddo Art Colony, and the Triangle Art Workshop, as well as the Vermont Studio School and Wilson College. Currently, she is the Artist in Residence at Propel Charter Schools. She has had the privilege to study and create with such notable artists as Frank Stella, Tony Caro, Helen Frankenthaler, and Sam Gilliam, and her work was awarded a Juror's Prize at the Three Rivers Arts Festival.

**Materials fees are not refundable; information on page 82.*

Independent Art Study

Study Leader: Gary Bates

- 6 Classes: Jan. 11 – Feb. 15 *Class ID:* 2758
- Friday, 1:00 PM - 3:00 PM
- College of Fine Arts, TBA

- 6 Classes: Mar. 8 – Apr. 26* *Class ID:* 2759
- Friday, 1:00 PM - 3:00 PM
- College of Fine Arts, TBA

**Note: Class will not meet on 4/12/2019, 4/19/2019*

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. He has exhibited his work in museums and galleries in both the United States and Mexico.



Beginning Painting In Acrylics

Study Leader: Francine Vandenberg

Materials Fee: \$35*

- 6 Classes: Mar. 5 – Apr. 9 *Class ID:* 2712
- Tuesday, 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 talent, 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. She 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 82.*

Continuing Painting In Acrylics

Study Leader: Francine Vandenberg

Materials Fee: \$15*

- 6 Classes: Mar. 5 – Apr. 9 *Class ID:* 2713
- Tuesday, 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 vision and enhance painting confidence and skills. Students are expected to provide their own paints, canvases, and brushes. A list of suggested supplies will be emailed. 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 82.*



Drawing: A Lifelong Journey

Study Leader: Judy Spahr *Materials Fee:* \$8*

- 6 Classes: Jan. 11 – Feb. 15 *Class ID:* 2738
- Friday, 9:30 AM - 12:00 PM
- College of Fine Arts, TBA

- 6 Classes: Mar. 8 – Apr. 26* *Class ID:* 2739
- Friday, 9:30 AM - 12:00 PM
- College of Fine Arts, TBA

**Note: Class will not meet on 4/12/2019, 4/19/2019*

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.

Please note: A modeling fee of \$5-\$8 will be collected at each class.

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 82.*

CRAFTS/HOBBIES

Create Trendy Jewelry

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

- 1 Class: Apr. 22 *Class ID:* 2767
- Monday, 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 is the path 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 82.*



Fly Fishing For Beginners

Study Leader: Michael Ginsburg, Steve Alber

- 4 Classes: Mar. 6 – Mar. 27 *Class ID:* 2680
- Wednesday, 1:00 PM - 3:00 PM
- Hunt Library, Osher Classroom

There's a thrill when catching a fish—a trout on a fly. This course is about that thrill. You will learn the basics of equipment, casting, fly selection, knots, and reading the water. The object is to catch a trout. Fly fishing was described by Dame Julia Berner in the 15th century. In North America, we have a rich habitat and diverse insect life that support healthy trout populations. There are other appealing aspects of trout fishing: equipment selection, stalking a fish, choosing the right fly, making the cast, playing the fish . . . and then releasing it to reproduce and fight another day. And, it all takes place amid exquisite scenery because trout have the good sense to live in some of the most beautiful places on Earth. The sport has adapted to lakes, farm ponds and the ocean. You can also learn the related arts of lying and embellishment.

Michael J. Ginsburg, MD, is a retired emergency physician. He attended the University of Pittsburgh as an undergraduate, and completed medical school at the University of Chicago. He is married and has two children and two grandchildren. A self-confessed fly fishing addict for 60 years, he is an amateur entomologist and fly tier who also enjoys spending time with his family, programming computers, and mooning over his grandkids. From his first experience with a rod and reel at age five, Dr. Ginsburg knew fishing would be his lifelong avocation, and the ensuing 69 years have proven him correct. The sport brings him continual joy when he is on the stream, or just day dreaming.

Steve Alber is Mike Ginsburg's co-leader. He spent 40 years as a writer in the advertising and marketing business, trying to convince clients to do what they should do if he hadn't had to convince them. He then retired to pursue his life-long passions: fishing and sitting around talking about fishing. Though he first fished when he was four, he came to fly fishing in his mid-40s, and has spent the past 30 years trying to improve his technique; his success in this area is subject to debate.

CULINARY

How Sweet It Is!

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

- 5 Classes: Jan. 8 – Feb. 5 *Class ID:* 2736
- Tuesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Kitchen,
7604 Charleston Ave., Swissvale



Did you ever wonder what the difference is between a Cobbler, a Brown Betty, and a Pandowdy? How about a Pastry Cream and a Mousseline? Need some shortcuts for producing your holiday cookies? Join me as we explore the world of sweets and desserts. By the way, why do we call those creamy bites of chocolate “Truffles,” and how can I make them at home?

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 Cafe in Brooklyn. David is a graduate of the Culinary Institute of Pennsylvania.

**Materials fees are not refundable; information on page 82.*



Hands-On Workshop: International Holiday Cookies

Study Leader: Gena Gorder *Materials Fee:* \$19*

- 5 Classes: Jan. 7 – Feb. 11* *Class ID:* 2742
- Monday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Kitchen,
7604 Charleston Ave., Swissvale



**Note: Class will not meet on Jan. 21*

Join us for a tour around the world featuring globally diverse recipes your friends and family will love. Create a lasting and delicious impression this holiday season with our festive cookie class. In this fun, hands-on class students will be introduced to various types of cookie dough preparations and tips to prep, bake and decorate for the holidays. You'll learn around-the-world classics: Russian Tea Cakes, Pfeffernusse (Pepper Nuts), Linzer Cookies, Biscotti and Madeleines. Perfect for holiday gift giving, entertaining, and for your own enjoyment. Please bring an apron. No prerequisites required.

Gena Gorder attended Indiana University of Pennsylvania and received her bachelor's degree in art education. She also attended Duquesne University and received her master's degree in special education. She taught art K-12 for 24 years with the Pittsburgh Public School District. Outside of school, she still enjoys learning and take every opportunity to visit historical places and museums. She is also a keen baker. From a young age she watched closely as her mother, grandmothers, and aunts worked their magic in the kitchen. When she thinks of food, she thinks of home and the people she loves and who inspired her. Her inspiration and passion for baking continued to develop through her travels to Europe, Italy, and France. She quickly realized food and baking are her arts. She's a self-taught baker and her cooking is based around both memory and flavor, from her Italian and Lithuania heritage and travels.

**Materials fees are not refundable; information on page 82.*

DANCE/EXERCISE

Hatha Yoga

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

- 10 Classes: Jan. 10 – Mar. 14 *Class ID:* 2642
- 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.

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 82.*

Dance Fitness Gold

Study Leader: Maureen Gemeinhart

Materials Fee: \$10*

- 6 Classes: Mar. 7 – Apr. 11 Class ID: 2722
- Thursday, 11:30 AM - 12:30 PM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

Bored by your regular exercise routine and like to dance? Why not try Dance Fitness Gold? Geared for active older adults, Dance Fitness Gold combines international music, familiar dance steps, and easy-to-follow combinations. No experience is required; beginners get fit through guided, low-impact movements. Join the fun and camaraderie! Work all muscle groups while dancing the merengue, salsa, cumbia, Charleston, and lindy hop, among others. Optional light weights can be incorporated in several routines. Engage your mind through exercise and by learning a new formula designed to fit your needs. Wear comfortable clothing and tennis shoes that allow for easy movement. Bring your water and join the party!

Maureen Gemeinhart is a retired business and computer teacher who was tiring of her regular exercise routine. She took her first Zumba class in 2009 and loved that form of group exercise! She soon added Zumba Toning and Zumba Gold to her weekly schedule. She found that these classes give her more energy, an outlet for her love of dancing, and the ability to raise her fitness level while having fun. She is now a certified instructor in both Zumba Basic and Zumba Gold.

*Materials fees are not refundable; information on page 82.

Get Fit: A Fun Latin Cardio Workout

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

- 7 Classes: Jan. 9 – Feb. 27* Class ID: 2752
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom,
5915 Beacon St., Squirrel Hill

*Note: Class will not meet on Jan. 30

- 8 Classes: Mar. 6 – Apr. 24 Class ID: 2753
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom,
5915 Beacon St., Squirrel Hill

Are you looking for a new way to jazz up your exercise routine? Then this is a class for you! 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! This class is like no other because it gives you a full-body workout that incorporates aerobic dance movements, muscle toning, stretching, and relaxation exercises. It's a great way to build your cardio fitness while having fun. Each session consists of warm-up exercises, aerobic/Latin cardio dance segments, light weights, muscle toning, stretching, and cool down. Please wear tennis shoes and bring a water bottle, thick towel or mat for floor exercises, and light hand weights (1- or 2-lb weights recommended). Try it—You'll like it!

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 82.

Move It Or Lose It At Dance Alloy

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

- 6 Classes: Jan. 15 – Feb. 19 Class ID: 2749
 - Tuesday, 10:00 AM - 11:30 AM
 - Dance Alloy Studio,
5530 Penn Ave., East Liberty
-
- 6 Classes: Mar. 5 – Apr. 9 Class ID: 2750
 - 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.

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 82.*

Move It Or Lose It At Friends Meeting House

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

- 6 Classes: Jan. 17 – Feb. 21 Class ID: 2789
 - Thursday, 9:30 AM - 11:00 AM
 - Friends Meeting House, Ballroom
4836 Ellsworth Ave.,, Oakland
-
- 6 Classes: Mar. 7 – Apr. 11 Class ID: 2790
 - Thursday, 9:30 AM - 11:00 AM
 - Friends Meeting House, Ballroom
4836 Ellsworth Ave.,, Oakland

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.

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

**Materials fees are not refundable; information on page 82.*

Feeling Better: Stretching Exercises For Eliminating Pain

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

• 6 Classes: Jan. 8 – Feb. 12 *Class ID:* 2657
 • Tuesday, 10:00 AM - 11:30 AM
 • Friends Meeting House,
 4836 Ellsworth Ave., Oakland

• 6 Classes: Mar. 5 – Apr. 9 *Class ID:* 2658
 • Tuesday, 10:00 AM - 11:30 AM
 • Friends Meeting House,
 4836 Ellsworth Ave., Oakland

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; those with wheelchairs, walkers, and other special needs are all welcomed!

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 historical and beautiful South Side. He has taught this therapeutic stretching exercise class to a wide and diverse group of people and professionals around the country including in Pittsburgh and Las Vegas, as well as at various conferences such as The American Academy for Pain Management.

**Materials fees are not refundable; information on page 82.*

Tamburitzan Kolo Dancing

Study Leader: George Schexnayder

Materials Fee: \$10*

• 6 Classes: Jan. 9 – Feb. 13 *Class ID:* 2785
 • Wednesday, 10:00 AM - 11:30 AM
 • Friends Meeting House, Ballroom,
 4836 Ellsworth Ave., Oakland

• 6 Classes: Mar. 6 – Apr. 10 *Class ID:* 2786
 • Wednesday, 10:00 AM - 11:30 AM
 • Friends Meeting House, Ballroom,
 4836 Ellsworth Ave., Oakland

Enjoy learning new dances? Try kolos (circle dances) from a variety of Eastern European countries: Serbia, Croatia, Bulgaria, etc. These easy-to-learn kolos have moderate dance steps that also provide a slight physical workout. Each lesson teaches new dances and reviews previously taught dances. Kolo dancing to recorded Tamburitzan music does not require partners. People of all ages participate in kolos in the Pittsburgh area at social dances held in various locations throughout the year.

George Schexnayder became interested in Eastern European folk dancing when his four children danced and performed with local youth folk dance groups. He began to learn the dances at the many dance socials he attended. This learning and dancing has continued for the past 27 years. Currently he teaches folk dancing at the monthly dances held at the Bulgarian-Macedonian National Educational and Cultural Center, BMNECC, in West Homestead, PA.

**Materials fees are not refundable; information on page 82.*

FINANCE/INSURANCE

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

Study Leader: Roselyn Wilkinson

- 6 Classes: Jan. 9 – Feb. 13 Class ID: 2775
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



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 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, 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 and Girls Foundation and a member of the Executive Women's Council. As a graduate of Leadership Pittsburgh, she 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 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, Mike Koster

- 2 Classes: Feb. 19 and Feb. 26 Class ID: 2673
- Tuesday, 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 that 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 Assistant Vice President of Development 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 as 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. He has also served as a faculty member for the College of William and Mary. He is admitted to the Ohio and North Carolina bars.

Mick Koster is executive 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.

GAMES

Bridging The Gap*Study Leader:* John Olmsted

- 6 Classes: Jan. 8 – Feb. 12 *Class ID:* 2659
- Tuesday, 3:15 PM - 4:45 PM
- Hunt Library, Osher Classroom

Have you taken a beginner's course on contract bridge but remain unsure of your abilities? Do you have a stack of bridge guidelines or a book (*Bridge for Dummies*) but get confused trying to find the right information? Have you experienced the "my head is exploding" syndrome? If you want to improve your bridge-playing skills and answered "yes" to any of these questions, Bridging The Gap is the course for you. It will bridge the gap between knowing the bare bones and being ready to benefit from more advanced courses. We will review all the fundamentals of bidding and play, paying special attention to students' questions. We will also study and play example deals, analyzing each one in detail.

Please note: *Initially everyone will be wait listed.*

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.

Bridge: Play Of The Hand*Study Leader:* John Olmsted

- 6 Classes: Mar. 5 – Apr. 9 *Class ID:* 2660
- Tuesday, 3:15 PM - 4:45 PM
- Hunt Library, Osher Classroom

There is a near-infinite variety of bridge hands, and playing your hand so as to maximize your team's tricks is as much art as science. Play of the Hand provides instruction and practice in both declarer and defender play. We will cover declarer techniques including planning the sequence of play, managing entries, establishing long suits, when and how to finesse, managing the trump suit, end plays, and squeezes. We will also look at defensive strategies including opening leads, signalling partner, and deceiving the declarer. The level of coverage will depend in part on the needs of the students, but a basic knowledge of bidding and play will be assumed.

Please note: *Initially, everyone will be waitlisted.*

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

Remember to:

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

Mahjong Mania! Level 1

Study Leader: Sherri Davis *Materials Fee:* \$9*

- 5 Classes: Jan. 8 – Feb. 5 *Class ID:* 2652
- Tuesday, 9:30 AM - 11:00 AM
- Hunt Library, Osher Classroom

- 5 Classes: Mar. 5 – Apr. 2 *Class ID:* 2654
- Tuesday, 9:30 AM - 11:00 AM
- Hunt Library, Osher Classroom

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: \$9.00 payable to SL 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. Her 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 82.*

Mahjong Mania! Level 2

Study Leader: Sherri Davis *Materials Fee:* \$9*

- 5 Classes: Jan. 8 – Feb. 5 *Class ID:* 2653
- Tuesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

- 5 Classes: Mar. 5 – Apr. 2 *Class ID:* 2655
- Tuesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

Would you like to improve your skill at playing mahjong? This course is for players who are familiar with the basics 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: \$9.00 payable to SL for Mahjong Card, if you don't have one.

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

**Materials fees are not refundable; information on page 82.*

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!

LANGUAGE

Intermediate French Conversation*Study Leader:* Veronique Schreurs

- 5 Classes: Mar. 11 – Apr. 8 *Class ID:* 2787
- Monday, 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.

Basic German Conversation - 3*Study Leader:* Ruth L. M. Kuschmierz

- 6 Classes: Mar. 4 – Apr. 8 *Class ID:* 2732
- Monday, 9:30 AM - 11:00 AM
- Hunt Library, Osher Classroom

This is a sequel to the previous Basic German Conversation course that was offered in the Summer of 2018. It will continue with the series *Deutsch Warum Nicht* (German Why Not?) at dw.com. The previous course is not a prerequisite for this current course. Students are encouraged to immerse themselves in German not only in the classroom but also conveniently at home with the computer as their teacher. The usefulness of diction and vocabulary of *Grunddeutsch* (Foundational German) should lead to spontaneous speaking. Students at any level can participate in these self-contained lessons as in real life situations. The cultural component of this course covers choice selections from the treasure chest of German poetry.

Please note: *Course material will be sent to the students one week before each lesson so the students can familiarize themselves with the vocabulary.*

Ruth L. M. Kuschmierz retired as a professor emerita from the University Of Pittsburgh at Greensburg. There she taught German and English language and literature for 30 years. As a native of Germany, she attended high schools and universities in Germany and then received her M.A. and her Ph.D. degrees from the University of Pittsburgh. She enjoys introducing students to German and English language, literature, and culture.

MUSIC & DRAMA

Have You Ever Wanted To Act On Stage?

Study Leader: C.R. Thomas, Nancy Santangelo

- 6 Classes: Mar. 6 – Apr. 10 *Class ID:* 2719
- Wednesday, 1:00 PM - 3:00 PM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

Whether or not you've had previous acting experience, you are encouraged to enroll in this class. The workshop meets six times for two-hour rehearsals and an early evening performance on the date of the last class. Each class involves practical instructions, hands-on rehearsals, and acting suggestions. Thomas's original one-act plays are written to give you a significant acting part, without having to memorize any lines. Selected plays are distributed at the first class where each member auditions for a role. You will act in a staged-reading play performance while holding your script, following stage blocking, and wearing a full costume. If you are aware of scheduled or potential conflicts during weeks five and six, consider enrolling in a future class. Release your alter ego on stage, and have fun with it!

Please note: 4:00-7:00pm evening performance on April 10 at Friends Meeting House.

Charles R. Thomas, emeritus professor of English at California University of Pennsylvania, has written 86 original plays. Since 2006, he has presented 80 of these plays in the Pittsburgh area. He previously taught drama, poetry, and various literature and writing courses. Midway in his career, Dr. Thomas received a Distinguished Faculty Award for Excellence in teaching from the Commonwealth of Pennsylvania. Dr. Thomas holds a B.A. degree in American Literature, an M.A. degree in English literature, and an Ed.D. degree in higher education administration from West Virginia University, and a B.S. degree in finance and an M.Ed. in special education (social and emotional maladjustment) from California University of Pennsylvania.

Nancy Santangelo holds a B.A. degree from Chatham College in psychology and an M.S. degree in biostatistics from the University of Pittsburgh. She has spent the major portion of her long, varied career in health research and technical writing. She has produced and/or directed 42 plays in the Pittsburgh area since 2006. She was Co-Study Leader in the "Revision Workshop for Writers" plus Study Leader in her own CMU and Pitt Osher writing program: "This I Believe." Nancy also has written and published essays and poems.

SELF IMPROVEMENT

The Elements Of Personality Conflicts Part I

Study Leader: Kerry O'Donnell

- 6 Classes: Jan. 10 – Feb. 14 *Class ID:* 2643
- Thursday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

Could conflict be good for the soul? Learn about each of the nine types' of intuitive gifts, particular biases of attention, how we see ourselves, how we view the world, and what tend to be our stressors, triggers, and defense mechanisms. The purpose is to better understand and to have compassion for ourselves and others, particularly in conflict situations, and begin learning how to manage reactivity in stressful situations. This first course will be lecture-only, while practical skills will be taught in Part II.

Kerry O'Donnell is a certified Enneagram Teacher and Coach, Conflict Management Coach, Mediator, and Senior Certified Professional in Human Resource Management (SHRM-SCP). She has over 25 years of experience working for the United States Institute of Peace, Council for International Exchange of Scholars, and American University; and she served as president of the Maurice Falk Medical Fund and Falk Foundation for over a decade. She received the Jefferson Award for Public Service for her work as a mediator in the Victim-Offender Dialogue program with the Office of the Victim Advocate in the PA Department of Corrections.

The Elements Of Personality Conflicts Part II

Study Leader: Kerry O'Donnell

- 5 Classes: Mar. 8 – Apr. 5 *Class ID:* 2644
- Friday, 1:00 PM - 3:00 PM
- Hunt Library, Osher Classroom

This class is a continuation of Part I where we will be identifying and learning about each of the nine Enneagram types' worldview, self-identity, intuitive gifts, stressors, triggers, defense mechanisms, and strengths in a more experiential way. We'll introduce the five As of the universal growth process, and engage in small group exercises and one-on-one dialogues to gain skills for increasing access to all three centers of our intelligence.

See **Kerry O'Donnell**, *previous listing*

Declutter

Study Leader: Rosa Barnett Averbach

- 5 Classes: Jan. 9 – Feb. 6 *Class ID:* 2670
- Wednesday, 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.

Closure: Discussing The Last Chapter

Study Leader: Judith Black, Nicole Greer

- 5 Classes: Mar. 5 – Apr. 2 *Class ID:* 2702
- Tuesday, 1:15 PM - 2:45 PM
- Hunt Library, Osher Classroom

No one wants to die. But the truth is everyone's life will someday come to an end. Hopefully, the final chapter of your story can be about meaning and dignity, instead of chaos and confusion. Closure will empower you with easy-to-access and simple-to-understand information and resources to make educated decisions about your end-of-life plans. We will look at narratives of other people's "last chapters" and discuss trends in how people die, and also explore the "next-to-last chapter" of how people live late in life. Together we will destigmatize and demystify the process of talking about death and dying with family and friends. As we go, the hope is that each participant can begin to see how to live the last portion of his or her life according to the values that have guided the rest of that life. Previous participants have said that this course has directly helped them grapple with situations where they would have otherwise felt lost and overwhelmed.

Judith Black is a physician who continues to practice as a geriatrician. From 1998 to 2015, she was the medical director for senior markets at Highmark, Inc., where she provided the medical expertise and leadership that helped Highmark enhance and coordinate the care of older adults. She presently serves as a medical advisor for the Jewish Healthcare Foundation and a practicing geriatrician for the Allegheny Health Network. Dr. Black brings 40 years of medical experience to her position and also holds a master's degree in health administration. She serves as a faculty member of the Consortium Ethics Program and is a clinical associate professor of medicine at the University of Pittsburgh, School of Medicine.

Nicole Greer is a nurse quality improvement specialist for the Jewish Healthcare Foundation (JHF), working on several initiatives to improve the quality of care provided to older adults, including the RAVEN initiative, Senior Connections, and the Death and Dying Fellowship at JHF.

Secrets Of A Good Conversation

Study Leader: Susan Morris

- 5 Classes: Mar. 7 – Apr. 4 *Class ID:* 2766
- Thursday, 9:30 AM - 11:00 AM
- Hunt Library, Osher Classroom

You will learn different ways to use your voice, body language and visual presence to make you a more effective communicator. You will also learn how to deal with all different types of conversation from the awkward to never-ending. The goal is for you to become a more effective communicator in any setting, from a family gathering, to a board meeting to a volunteer committee, from a party to a dinner engagement. The class includes role-playing and story-telling exercises. At the end of the course you can expect to be more comfortable and relaxed talking to friends and strangers. The class is interactive and fast-paced.

Susan Morris talked to everyone from U.S. senators to sex addicts to convicted murderers as a news reporter/producer for NPR and other news outlets. She also got practice asking questions when hosting talk shows with students at Stanford University and Carnegie Mellon. Susan is a graduate of Mills College in Oakland, CA, majoring in political science. She worked as a reporter for the *Berkeley Gazette* and in the San Francisco Bay Area before going into broadcasting. Susan worked at several public radio stations, hosted the TV show “WomanCare” for Magee Womens Hospital and produced a radio series on financial tips called “Stock Talk.” Susan is the recipient of numerous awards for her news stories and documentaries including 3 Golden Quills, a Matrix Award for Women in Communications, and a Fellowship from the Pennsylvania Council on the Arts.



AARP Smart Driver 8-Hour Course

Study Leader: David Zimmer *Materials Fee:* \$20*

- 2 Classes: Feb. 20 and Feb. 27 *Class ID:* 2676
- Wednesday, 1:00 PM - 5:00 PM **TWO DAY**
- Hunt Library, Osher Classroom

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 (Attendance at both 4-hour sessions is required). 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.

**Materials fees are not refundable; information on page 82.*

Verbal Self Defense For Women

Study Leader: Jackie Umans Materials Fee: \$10*

- 1 Class: Feb. 27 Class ID: 2704
- Wednesday, 11:15 AM - 12:45 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland



Your voice is your first line of defense against being mugged. Muggers will often "interview" their victims beforehand by saying something intimidating. If you are soft spoken and polite in response, the mugger is more likely to believe that you would make an easy target. The purpose of this course is to provide a safe place for practicing how to maximize the effectiveness of vocal self-defense. Our goal is to overcome years of being socialized not to raise our voices and speak directly. We will start by focusing on using our abdominal muscles, in order to maximize the volume and timbre of our voices. We will then practice saying "No!" in a way that maximizes our chances for driving away the mugger. Remember, actions speak louder than words; the words we choose to say are not nearly as compelling as the way we choose to say them.

Jackie Umans has recently moved to the southwestern PA area from Long Island, NY, where she attended multiple self-defense classes from the internationally renowned Model Mugging school of self-defense. In 1991 Jackie graduated from the Basics class, then continued taking advanced classes, including classes based on scenarios for self-defense against multiple assailants as well as situations where the mugger has a knife or a gun. Since graduating from the Model Mugging Basics™ class, over the past 25 years Jackie has repelled potential muggers on two separate occasions solely by using vocal techniques.

*Materials fees are not refundable; information on page 82.

TECHNOLOGY

Intro To Physical Computing: Design Partners

Study Leader: Robert Zacharias



- 3 Classes: Feb. 18 – Apr. 29 Class ID: 2782
- Monday, 9:30 AM - 11:20 AM
- Hunt Library, Physical Computing Lab - A10

An interdisciplinary course offered for CMU undergrads called "Introduction to Physical Computing" focuses on building useful interactive devices for, and with, older people. We are seeking, via Osher, a small group of people who would like to serve as design partners for that class. Partners will meet with undergrad and grad students for a total of four sessions over the course of the semester, to work through stages of ideation, design, prototyping, and final critique. The semester culminates in each older design partner getting a custom-built functioning piece of helpful interactive technology which is theirs to keep.

Please note: 4 classes: 9:30am-11:20am; Feb 14, Apr 8 & 29, TBA. The 4th class will be scheduled after the course starts.

Robert Zacharias teaches Introduction to Physical Computing at CMU. Prior to starting at CMU, he worked in hands-on education at the Children's Museum of Pittsburgh, and before that, he worked with low-income families in the Bronx, NYC.

TOURS

From Victorian Symbols To Touch Screens — Course 2

Study Leader: Robert J Gangewere

- 4 Classes: Mar. 7 – Mar. 28 Class ID: 2770
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4707



This course presents new research for a book called *From Victorian Symbols to Touch Screens: A Century Long Public Experience*. Topics differ from those offered in his first course in November, 2018. The Carnegie Museums and Library began as a palace of culture for working-class Pittsburgh, offering Victorian spaces, symbolic sculptures and murals. The institutions changed with new public expectations for art, music, and literature and science. New technologies included photography, recordings, radio, television, and in the digital age. Pittsburgh saw all these changes at Carnegie Institute and Library in Oakland, and the new Carnegie Science Center and Andy Warhol Museum. The Library added bookmobiles, county-wide services, and services for the blind and physically handicapped. The Music Hall dropped organ recitals, travel films, and symphony performances. All four Carnegie Museums of Pittsburgh—Art, Natural History, Science Center, and the Warhol became more varied and interactive. Last class is a tour of museums and library.

Please note: *For the last class, on 3/28/18, there will be a tour of the museum. If you are not a member, you will need to pay, that day, \$11.00 for the tour.*

Robert Gangewere, Ph.D., was editor of *Carnegie Magazine* at The Carnegie Museums for 30 years, and for three decades also taught in the English Department at Carnegie Mellon. After retiring from Carnegie Museums and CMU, he drew upon his many articles and interviews to write the definitive history of the organization: *Palace of Culture: Andrew Carnegie's Museums and Library*. He has taught at four universities, and published other histories on topics such as Pittsburgh's Bridges and the city's Three Rivers Heritage Trail.

TRAVEL

Travel With Me To . . .

Study Leader: Morris Kornblit

- 5 Classes: Mar. 4 – Apr. 1 Class ID: 2776
- Monday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

Whether you're a travelin' man, little old lady from Pasadena, or just California dreaming, going places can be transforming. You could be leaving on a jet plane, the Orange Blossom Special, or sailing away to find tranquility, but the journey is the vehicle of memory. Each of five classes will consist of a speaker who traveled somewhere on a personal journey, emphasis on journey, not location. That somewhere can be distant or near, separated by time or space. They will share their journeys with you in pictures and experiences. So if you are an adventurer willing to wander into unfamiliar places be they near or far, whether you've been contemplating where you may want to venture next, or just curious, join us as we take you down some personal paths. This is a continuation of previous classes offered, with new speakers and new adventures. No advance itineraries will be provided.

Morris Kornblit is a registered professional engineer who retired from a career in electrical power distribution with the General Electric Company. His personal interests and approximately 40-year relationship with GE resulted in much worldwide travel, including a long-term assignment in Asia. He, his wife, and younger daughter resided in Beijing from 2005 through 2008.

WELLNESS

Everything You Need To Know About Dementia

Study Leader: Rachael Wonderlin

- 1 Class: Feb. 27 Class ID: 2675
- Wednesday, 9:00 AM - 11:00 AM
- Wean Hall, 4707

ONE DAY

Learn everything you need to know about dementia in one session: what it is, what the difference between dementia and Alzheimer's is, and how to communicate with people who have dementia. This class is built with caregivers in mind, but individuals with a diagnosis are welcome, as well.

Rachael Wonderlin has a master's degree in gerontology from UNC Greensboro. She owns Dementia by Day, LLC, and works as a dementia care consultant and speaker. Her book, *When Someone You Know is Living in a Dementia Care Community*, was recently published by Johns Hopkins University Press. She has over 7 years of experience working hands-on with people who have dementia.

Healthy Eating

Study Leader: Rosa Barnett Averbach

- 5 Classes: Mar. 6 – Apr. 3 Class ID: 2671
- Wednesday, 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 31

Taming Stress Enhances Mental And Physical Health

Study Leader: Bruce S. Rabin

- 1 Class: Feb. 25 Class ID: 2672
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

ONE DAY



This one-session course will first offer education to help individuals understand the effects of stress on both mental and physical health. Once the health effects of stress are understood, the class participants will learn to use behaviors and techniques that reduce the effect of stress on their health. This one session is intended for healthy individuals who will benefit from increased stress-coping skills, and for individuals with diseases where coping with stress can promote an enhanced sense of wellbeing and possibly influence the course of disease. Examples of diseases that may benefit from enhanced stress coping skills include hypertension, depression, asthma, arthritis, cancer, atherosclerotic heart disease, chronic pain, sleep disturbances, psoriasis, chronic fatigue syndrome, multiple sclerosis, lupus, fibromyalgia, irritable bowel syndrome, and inflammatory bowel disease. An increased ability to cope with stress will enhance the quality of health throughout the aging process.

Bruce Rabin, retired in January, 2017 as Professor of Pathology and Psychiatry at the University of Pittsburgh and Medical Director of the Division of Clinical Immunopathology and the Healthy Lifestyle Program for UPMC. He is currently an emeritus professor and continues providing programs that help individuals learn to increase their ability to cope with stress. Dr. Rabin discovered early on that stress — a variable in every person's life — exerts a profound influence on the human health. With a professional career that has spanned 45 years, he has been instrumental in moving science and research to real-world application by developing and implementing programs designed to help people identify, learn, and adhere to behaviors that will maintain their wellness, and lower their risk of developing serious and potentially life threatening conditions and diseases. As a result of his work, people of all ages, socioeconomic levels, educational backgrounds and lifestyle are learning about how to cope more effectively with the stress in their lives; new approaches to disease have been understood; mind-body connections are more widely and universally recognized; and innovative approaches to health care management have emerged.

First Aid — At Home And In The Wilderness

Study Leader: Richard Daffner *Materials Fee:* \$7*

- 6 Classes: Jan. 7 – Feb. 18* *Class ID:* 2677
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

**Note: Class will not meet on Jan. 21*

First Aid is the assessment and treatment given to an injured or ill individual regardless of the location. It usually precedes more-definitive care administered after calling 911. However, when definitive care is far away, the principles of standard first aid are often inadequate to the task of managing the injury or illness. Equipment needed for treatment and evacuation may have to be improvised from what is available, and the usual communications (911) may be limited or non-existent. This course, while covering basic first aid protocols, is designed for people who love the outdoors, whether or not you will be going into the wilderness. It will cover the following subjects: Victim assessment; Chest, Head, Spine, and Bone and Joint injuries; Shock; Heart attack; Wounds and Wound infections; Abdominal problems; Allergies; Lightning; and Altitude sickness.

Please note: \$7.00 paid to SL for *Wilderness First Aid Manual*.

Richard H. Daffner, M.D.F.A.C.R. is a retired radiologist who worked at Allegheny General Hospital for 30 years as director of the Division of Musculoskeletal, Trauma, and Emergency Imaging. He is a Certified Instructor in Wilderness First Aid, by the Emergency Care and Safety Institute and the Boy Scouts of America. His entire professional career has been spent in academic settings, including medical schools at the University of Louisville, Duke University, Drexel University, and Temple University, where he is Emeritus Clinical Professor of Radiology. He is the author of *Clinical Radiology: The Essentials*, a text for medical students and *Imaging of Vertebral Trauma*.

**Materials fees are not refundable; information on page 82.*

WRITING

Writers' Workshop

Study Leader: Thalia Snyder, Helen Wilson

- 6 Classes: Mar. 6 – Apr. 10 *Class ID:* 2662
- 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 for discussion 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 degree 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 voice-over 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 Writers' Workshop for many years. 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. After 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.



Memoir Writing From Photographs

Study Leader: Molly Youngling

- 6 Classes: Jan. 7 – Feb. 18* Class ID: 2701
- Monday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

**Note: Class will not meet on Jan. 21*

Learn about memoir types, and experiment with writing down your personal stories and memories. In each session the class will work on the prompts of your chosen photographs. We'll also share 1,000 newly created words per week, for group feedback. Some additional reading will be assigned for inspiration and discussions. This course will be for those who wish to hone their writing skills, increase self-discipline, and understand more about their process. Repeat participants are welcome as the class is different each time. Returning students may continue to work on a memoir previously started.

Molly Youngling has taught many writing courses for Osher Lifelong Learning at CMU. This is a new offering. She has taught screenwriting at Chatham as well as TV/film producing at Point Park. Molly has had a long career in television production. She won an Emmy award for *Kings on the Hill*, *Baseball's Forgotten Men* about the Negro Leagues that were based in Pittsburgh. Her writing/directing and producing work includes documentary, drama, musical performance, and other performing arts. She had a long association with WQED for many national shows, including the series, *Kennedy Center Tonight* and *Previn and the Pittsburgh*. She worked in NYC and also at PBS in Washington, D.C. She has written radio and TV commercials and worked as a writer/producer/director for many diverse clients. Now, she is nearly a full-time Osher student and loves it.

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for
Luncheons
Evening
Lectures
Special Events



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!

SCIENCES

Architecture | Astronomy | Environment | Life Science | Medical | Technology

ARCHITECTURE

Extraordinary Renovations Of Ordinary Structures

Study Leader: Eric Fisher, Bea Spolidoro

- 2 Classes: Feb. 20 and Feb. 27 *Class ID:* 2751
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708



Adaptive Reuse in architecture refers to the act of repurposing a building with a certain use so that it can be used for another. Architects are now expanding the use of adaptive reuse strategies to include buildings that would previously have been overlooked and demolished. First we will review the history of adaptive reuse. Then we will introduce examples of extraordinary renovations and additions to everyday buildings. From a German showroom in a former pigsty to a Pittsburgh home that floats above a former distillery, no transformation is now forbidden. The talks will conclude with the introduction of creative, affordable, practical ways for the public to put these strategies to use.

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. Since starting his firm in 2004, Fisher has taught at CMU and has designed homes, businesses, restaurants, churches, museums, parks, community centers, furniture, and even bridges in Western Pennsylvania.

Bea Spolidoro (AIA, LEED Green Associate, WELL AP) is an Italian architect registered in Pennsylvania. Since 2012, she has been working with Pittsburgh-based firm Rothschild Doyno Collaborative. She is an active member of the American Institute of Architects (AIA) at a local level, and she has served as a judge for the Institute Honor Awards of AIA National in 2016. She is passionate about building sustainable, healthy environments. Her Italian background motivates her to be a steward of good design and of preservation. As a result, her projects aim to improve both the built world and society.

ASTRONOMY

Birth, Life, And Death Of Stars

Study Leader: Ken Kobus

- 6 Classes: Mar. 6 – Apr. 10 *Class ID:* 2664
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

This course will explore how, why, and where stars are formed; how they live their lives; and when and why they die. When a star dies, the method of extermination, which is determined by its mass, has a different observable impact on the universe. We will explore the science behind the processes of these events, using simple terms to aid in understanding the life cycles of stars. We will also examine the results from LIGO (Laser Interferometer Gravitational-Wave Observatory) observed at and subsequent to an August 17, 2017 event that has revolutionized our understanding of the physics and chemistry of evolutionary astronomy. A discussion of some of the other methods astronomers use to gain this knowledge will be made to enable you to understand the material presented. No mathematics required.

Ken Kobus has had a lifelong interest in astronomy. He is presently the associate director of the Amateur Astronomers Association of Pittsburgh's Mingo Creek Observatory in Mingo Creek Park, Washington County, PA. Ken has been a member of the AAAP for over 50 years. He holds a BS in mechanical engineering from the University of Pittsburgh and has published several books and articles and made many presentations about astronomy, railroads, and steelmaking in Pittsburgh where he is a retired steelworker.



Astrophysics And The Evolution Of The Universe

Study Leader: Leonard Kisslinger

- 5 Classes: Jan. 7 – Feb. 11* *Class ID: 2771*
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

**Note: Class will not meet on Jan. 21*

The objective of this course is to teach how the universe evolved and discuss some important events. The five sessions are: a review of elementary particles and Hubble's Law (the universe expands—the Big Bang); our solar system, galaxies, and dark matter; supernovae, pulsars, and black holes; the radius $R(t)$ and temperature $T(t)$ of the universe (t =time); inflation and dark energy; cosmic microwave background radiation (CMBR) and what it teaches us about the universe; cosmological phase transitions such as how electroweak phase transition-particles got their masses; quantum chromodynamics phase transition—quarks clustered to form protons, supernovae, and dark energy. In session 3, a brief discussion of the detection of gravity waves in 2015-2016 will be added. This is an advanced course requiring an understanding of astrophysics and mathematics.

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

Society And Environment — Chapter II

Study Leader: Alberto Guzman

- 1 Class: Feb. 26 *Class ID: 2761*
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

**ONE
DAY**

Three years have passed since my last lecture on Energy and the Environment. Events that occurred during this period of time point out that urgent corrective measures are needed to prevent a catastrophic failure of our ecosystems. Global emissions of CO_2 from burning fossil fuels in electrical power plants continued to grow. Wide deployment of green energy sources like wind and solar and a larger use of natural gas as the primary fuel in power plants are major highlights of this period. Global warming and climate change are already here and will continue to be a serious threat to mankind. An update on these issues, including the withdrawal of America from the Paris Agreement, will be presented to the class.

Alberto Guzman has been a lecturer at Osher at CMU since 2014. He has enjoyed teaching courses on important issues such as how the large growth of global population and the consequent demand for energy is impacting the earth's environment. More recently he has taught a series of lectures about Venice, Turkey, and Istanbul.

Environmental Health Issues In Your Home

Study Leader: Mark Banister

- 5 Classes: Mar. 4 – Apr. 1 Class ID: 2728
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Our homes often contain environmental hazards which may adversely affect ourselves and our families. These hazards include asbestos, lead in water and paint, radon gas, household chemicals, molds, and general indoor air quality. In this class, we will look at these and similar issues, addressing the background of the problems and separating the facts from some common misconceptions regarding them. We will detail the specific hazards and health effects of each item, review the applicable regulations and “safe” levels, and learn how to evaluate problems in your own home. Also, we will present some possible solutions to any identified problems, including controls and best practices to help make your home a safer and healthier place.

Mark Banister retired in 2017 after 39 years in environmental health and safety field, including 18 years at Carnegie Mellon in the Environmental Health and Safety Office. At the EH&S office, he addressed these environmental health issues in the workplace and also provided training in each, including an Environmental Health and Safety Issues seminar for Carnegie Mellon chemistry majors, for the past 16 years. He has earned certifications in Industrial Hygiene, Hazardous Materials Management, Chemical Safety, and Lead and Asbestos Inspections and Management. He has a BS in earth science from Pennsylvania State University.

Bringing Organic Consciousness Into The Home

Study Leader: Robert Brown

- 5 Classes: Jan. 9 – Feb. 6 Class ID: 2721
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Learn how and why our homes are silently making many of us sick and then receive tips on what you can do about it. From learning how to evaluate a water source to understanding electromagnetic frequency (EMF) emissions from wireless devices, this course covers it all. Each week will focus on a different category of home toxicity, including the essentials (air, food, and water), conveniences, energy sources, and spirit. We will create a framework to help organize this diverse information and then guide you on your journey to phase out environmental toxins from your home. In what will become a manageable, step-by-step process, you will learn to appreciate that you truly are an integral part of the environment. Then, experience a sense of wellness as your body, no longer exposed to as many environmental stressors, begins to relax and heal.

Rob Brown, MD, is a physician with a deep-rooted passion for wellness and spiritual exploration. He is the author of the book *Toxic Home/Conscious Home*. As a practicing diagnostic radiologist for over 25 years, Brown has been privileged to work in both academic and private practice settings where he has seen the effect toxins have on human health. Concurrent with his medical career, Brown has enjoyed introducing people to their potential state of wellness by helping them create healthier lifestyle choices. His education and life experience have brought him to the understanding that true wellness is achieved by allowing the body to heal, rather than relying on medication to treat ailments. Brown believes that setting aside time each day for contemplative meditation as well as providing an environmental sanctuary free from toxins where the body can rest and rejuvenate are essential to maintain optimal health.

LIFE SCIENCE

The Secrets Of Human Evolution And Expansion

Study Leader: Anna Estop

- 5 Classes: Jan. 8 – Feb. 5 Class ID: 2769
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

We will review our common genetic ancestry with the higher primates and will learn about the earlier hominids that inhabited our planet prior to or concurrently with modern humans. We will explain the genetic similarities between humans, Neanderthals, Denisovans, and other hominids for which we have fossil evidence. We will discover other “ghost hominids” whose existences are inferred from genetic evidence although they no longer exist. We will discuss the fascinating studies showing how ancient human genomes reveal the ancestral populations for present-day Europeans, Australians, Polynesians, Native Americans, and ancient Egyptians. Numerous examples of recent human evolution will be presented and discussed. An earlier version of this course was taught in 2015 and 2017. The current course has been updated with the latest findings on the genetic makeup of our ancestral relatives, numerous examples of recent human evolution, and the ancestral genetic history of present-day populations around the world.

Anna Estop is a scientist and board-certified laboratory geneticist who has led genetics laboratories at West Penn Hospital and Allegheny General Hospital in Pittsburgh. She teaches at the Autonomous University of Barcelona, Spain, and has taught at the Graduate School of Public Health at the University of Pittsburgh and the Drexel University School of Medicine. Her research interests vary from primate evolution to preimplantation genetic diagnosis and applied clinical cytogenetics. She has also published extensively on those topics. In addition to her teaching, she works as a clinical cytogenetics consultant for two national laboratories. She is an active member and board member of Osher.



Winter Brrrrrds

Study Leader: National Aviary

Materials Fee: \$30*

- 1 Class: Feb. 21 Class ID: 2735
- Thursday, 10:00 AM - 12:00 PM
- National Aviary, Entrance, ONE DAY NEW
700 Arch St., North Side

National Aviary Ornithologist Bob Mulvihill will teach you all about the winter birds of our area: how to identify them, ways they are adapted for winter survival, what you can do to attract many of them to your backyard, and opportunities for you to help scientists by participating in citizen science programs like Christmas Bird Count and Project FeederWatch. After the program, join Bob on a short walk around the Aviary grounds to look for winter birds. Bring binoculars if you have them, and, of course, dress for the weather!

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 has a B.S. in education from the University of Pittsburgh and an M.S. in biology from Indiana University of Pennsylvania. Bob served as a regional coordinator and author for the first *Atlas of Breeding Birds in Pennsylvania* (1983-1989); and he was the state-wide coordinator and co-editor of the *Second Atlas of Breeding Birds in Pennsylvania* (2004-2010). In 2013, Bob brought Neighborhood Nestwatch, a unique citizen-science project developed by the Smithsonian Institute, to backyard bird lovers throughout the Greater Pittsburgh region. His research on a wide range of ornithological subjects has been published in dozens of peer-reviewed scientific journals; he also frequently writes popular articles about birds and nature for newspapers and magazines.

*Materials fees are not refundable; information on page 82.

Training Your Spouse And Other Animals In Your Life

Study Leader: National Aviary

Materials Fee: \$30*

- 1 Class: Feb. 26 Class ID: 2772
- Tuesday, 10:00 AM - 12:00 PM
- National Aviary Entrance,
700 Arch St, North Side

ONE
DAY



Have you ever wondered how the National Aviary trains birds for freeflight shows? How to get your dog to stop pulling on the leash? How to get your partner to wash the dishes? This two-hour class lead by Cathy Schlott, Curator of Behavioral Management and Education, will introduce you to the training techniques that shape behavior. This interactive class will feature some of the National Aviary's ambassador animals. Admission to the National Aviary and its daily activities are included.

Cathy Schlott is the Curator of Behavioral Management and Education at the National Aviary. Prior to working at the National Aviary, she studied biology at the University of Pittsburgh and worked with injured and orphaned native wildlife at a wildlife rehabilitation center. Cathy trains a variety of birds and mammals at the National Aviary but particularly enjoys working with hawks, falcons, owls, eagles, and crows. She is a member of the Association of Zoos and Aquariums, Pennsylvania Falconry and Hawk Trust, North American Falconry Association, and the Animal Behavior Management Alliance where she served on the board of directors for several years including in the role of president. Cathy has done a variety of presentations for animal care professionals at different conferences around the world. At the National Aviary, she teaches workshops on animal training, falconry, and pet parrot ownership, and is a licensed falconer.

*Materials fees are not refundable; information on page 82.



Forensic DNA In Criminal Justice: Science And Society

Study Leader: Mark Perlin

- 6 Classes: Mar. 8 – Apr. 26* Class ID: 2755
- Friday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

*Note: Class will not meet on 4/12/2019, 4/19/2019



DNA can find the guilty and free the innocent. Yet crime labs routinely abandon vital evidence, preferring failed intuition over proven computing. Federal interference further confuses issues. This course will teach forensic DNA concepts and show the impact of science on society. Topical cases of serious crime highlight DNA success and failure. Students will learn how to strengthen criminal justice and overcome injustice. The six lectures cover Science, introducing forensic DNA science and evidence interpretation; Society; people's lives are affected by good and bad forensic DNA evidence; Success; better DNA science improves criminal justice; Failure; scientific truth does not always prevail in court; Justice; reanalyzing failed DNA evidence helps free the innocent; Injustice; vested interests can trample science and diminish justice.

Mark Perlin is chief scientist at Cybergenetics in Pittsburgh. For 20 years he has developed computer methods for information-rich interpretation of DNA evidence, providing TrueAllele products and services for criminal justice. He invented probabilistic genotyping for DNA mixtures. He has worked on over 500 criminal cases, testifying about objective computer DNA evidence in over 50 trials, many in Allegheny County. He teaches modern forensics to lawyers, scientists, and the public. His DNA methods helped identify World Trade Center victim remains. His work helps exonerate the innocent. Perlin holds doctorates in mathematics from CUNY and in computer science from CMU. He has a University of Chicago medical degree. He was on the computer science faculty at CMU. He is president of the Justice Through Science non-profit, and a Forensic Science Scholar in Residence at Duquesne University.

MEDICAL

African Adventures: Traveling With A Medical Team

Study Leader: Katrina Zeigler

- 1 Class: Feb. 21
 - Thursday, 1:00 PM - 2:30 PM
 - Wean Hall, 4708
- Class ID: 2688

ONE
DAY

This course will describe study leader Tina Zeigler’s travels to Senegal and Zambia with a volunteer medical group. She was one of the nurses on the surgical team whose mission was to teach by providing the expertise of pediatric urology surgeons to local residents. Tina has traveled to Africa the past four years with this group and is eager to share information about the patients and their families as well as the nurses, doctors, and medical team. She will also talk about the physical hosts in Africa, who enjoyed taking them on adventures in their free time, including safaris, a visit to Goree Island, and the Sahara Desert. Come see the beautiful country and people she met while there.

Katrina (Tina) Zeigler retired from pediatric nursing at Children’s Hospital of Pittsburgh after 44 years. She was a urology nurse for 28 of those years and became involved with IVU medicine and the International Voluntary Urology Medical Group as the nurse coordinator for the University of Pittsburgh physicians. She recently came out of retirement and is working part time in home healthcare with a young patient.

Aging Without Growing Old

Study Leader: Richard Kalla

- 1 Class: Feb. 19
 - Tuesday, 9:30 AM - 11:00 AM
 - Wean Hall, 4707
- Class ID: 2707

ONE
DAY

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

Richard Kalla, MD, MS, 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.

Drop a Course

Did you know you can drop a course by visiting the “quick links” section of our website, cmu.edu/osher? It is available 24/7.

Nuclear Medicine . . . Not As Scary As It Sounds

Study Leader: Richard Kalla

- 2 Classes: Feb. 20 and Feb. 27 *Class ID:* 2784
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

**TWO
DAY**

Nuclear Medicine and Positron Emission Tomography (also known as PET scanning) are types of medical imaging that use a small amount of radioactive material to diagnose many disease processes such as cancer; heart disease; gastrointestinal, musculoskeletal, and endocrine disorders. Nuclear medicine radiopharmaceuticals can also be used to treat benign and cancerous diseases. Although the use of radioactive material sounds scary, it is not. These agents provide unique information about not just what an organ looks like but also how well it is functioning. Nuclear medicine is important because of its potential to identify disease in its earliest stages. This course will review the history of nuclear medicine, debunk the myths about the medical use of radiation, and discuss the types of scans along with the disease processes that can be detected.

See **Richard Kalla**, page 43

Osteoporosis: Reducing The Risk Of Fracture

Study Leader: Janice Gordon *Materials Fee:* \$10*

- 2 Classes: Feb. 18 and Feb. 25 *Class ID:* 2710
- Monday, 3:15 PM - 4:45 PM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

**TWO
DAY**

This course will include basic information about osteoporosis as well as specific advice about how to reduce your risk of breaking a bone. Gentle movement activities will be included in each of the two sessions. All information presented in the course is based on a program called Bone Fit. Bone Fit is a joint project of the Province of Ontario and Osteoporosis Canada, an organization whose mission is to educate and support people who have osteoporosis. The Bone Fit program was developed in conjunction with an advisory committee of expert clinicians and academics. It is based on evidence from the most-recent research on osteoporosis and is rooted in anatomical principles.

Please note: *The instructor cannot address the specific medical issues of individual students.*

Janice Gordon received her degree in physical therapy from Northwestern University in 1975. She is retired from her position with UPMC/Jefferson Regional Home Health, where she had many years of experience working with people over the age of 50. After receiving a doctorate in developmental and educational psychology from the University of Pittsburgh, with a special interest in statistics and research methods in 1997, she also spent many years teaching introductory statistics part time at the University of Pittsburgh. After retiring from both careers, Janice completed the Bone Fit program in Toronto with the goal of providing community education on osteoporosis.

**Materials fees are not refundable; information on page 82.*

Everything You've Always Wanted To Know About Disease

Study Leader: Stephen Fisher

- 6 Classes: Jan. 7 – Feb. 18* *Class ID:* 2683
- Monday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

**Note: Class will not meet on Jan. 21*

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

Study Leader: Bryan Brown

ONE
DAY

- 1 Class: Feb. 26 *Class ID:* 2663
- Tuesday, 2:00 PM - 4:00 PM
- McGowan Institute for Regenerative Medicine, Room 503; 450 Technology Dr, 15219

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.

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.

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!

Aging Voice And Hearing: What To Do?

Study Leader: Jackie Gartner-Schmidt, Christine Palmer

- 1 Class: Feb. 22 Class ID: 2708
- Friday, 1:00 PM - 2:30 PM
- 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. 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.

Jackie L. Gartner-Schmidt, Ph.D., CCC-SLP, ASHA Fellow is co-director of the University of Pittsburgh Voice Center, professor of otolaryngology and director of speech-language pathology-voice division at the University of Pittsburgh Medical Center. Gartner-Schmidt's 25-year clinical and research work specialize in care of the professional voice, and management of patients with voice and breathing disorders. Gartner-Schmidt's research also focuses on the development and efficacy of different voice therapy programs.

Christine 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. She conducts research in the areas of auditory learning after hearing aid fitting, the relationship between hearing and cognitive health, and matching technology to individual needs. In 2003, Palmer opened the Musicians' Hearing Center at the University of Pittsburgh Medical Center. Her work has included a partnership with the Pittsburgh Public Schools and the Pittsburgh Symphony that promotes hearing protection for young and professional musicians.

TECHNOLOGY

Threats In Cyberspace

Study Leader: Randy Weinberg

- 4 Classes: Jan. 11 – Feb. 1 Class ID: 2724
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



Almost every week we hear about new cyberscams, cyber-crimes, identity thefts, phishing attacks, stolen IDs and passwords, highjacked credit card numbers, fake news, foreign meddling in political processes and elections, hacking into "secure" websites, and international cyber threats to important infrastructure like our electric grid, water systems, government systems, utilities, and on and on. Indeed, significant threats do exist for us as citizens, communities, and nations in the globally interconnected world of cyberspace. This course covers, in broad terms, the basics of how the internet works, key challenges in cybersecurity, various cyber threats and defenses for individuals and organizations, building resilience, and the asymmetric threats of cyber attacks as means of warfare.

Randy Weinberg has taught about information systems for over 30 years. He recently retired from the faculty of Carnegie Mellon University.

SOCIAL SCIENCE

Contemporary Topics/Sociology | History | Pittsburgh | Politics/Government | Psychology | Religion/Philosophy

CONTEMPORARY TOPICS/ SOCIOLOGY

Enjoying *The New Yorker*

Study Leader: John Brown, Maureen Brown

- 6 Classes: Mar. 4 – Apr. 8 *Class ID:* 2725
- Monday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

- 6 Classes: Jan. 7 – Feb. 18* *Class ID:* 2779
- Monday, 9:30 AM - 11:00 AM
- Hunt Library, Osher Classroom

**Note: Class will not meet on Jan. 21*

This will be an interactive discussion course with a limited enrollment. All members will be expected to lead and 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.

John Brown is a retired city planner and university professor. He has a master's in city planning degree from Michigan State University and a Ph.D. in Public Policy from the University of Pittsburgh.

Maureen Brown is a former journalist and public relations director. She has a bachelor's degree in political science from Georgetown University and a master's degree in public policy from the University of Pittsburgh.

The Female Sleuth: Gender Norms And Mysteries

Study Leader: Phyllis Kitzerow

- 4 Classes: Jan. 8 – Jan. 29 *Class ID:* 2689
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

This course will focus on the emergence of the female author and sleuth in mystery novels. From Miss Silver and Miss Marple to the variety of present day female sleuths, we will trace gender norms and their contraventions. The class will be a combination of lecture, video, and readings. Students will be expected to buy one paperback to read and discuss in class. This course is not a literature course. I will be teaching as a sociologist and will not toss around literature terms or possibly even recognize them. My interest is in the application of sociological concepts to mystery fiction. My background in reading mysteries will be combined with my background in sociology and my interest in gender. I invite people interested in that combination to join me in exploring these three strands. You will be introduced to my favorite authors and I to yours.

Phyllis Kitzerow has a Ph.D. in sociology and retired from Westminster College in 2011 after 40 years of teaching. Her areas of interest are gender, deviance, and race/ethnicity. She is the recipient of a Distinguished Faculty Award from Westminster and the author of *Women Attorneys and the Changing Workplace: High Hopes, Mixed Outcomes*. Dr. Kitzerow has previously taught an Osher course entitled "Women's Lives as Portrayed in the 1900 House".

What Bollywood Can Teach Us About Love

Study Leader: Nico Slate

- 1 Class: Apr. 9
- Tuesday, 1:30 PM - 3:00 PM
- Wean Hall, 4708

Class ID: 2711

ONE
DAY



The name "Bollywood" makes it seem that the Indian film industry is a junior partner, merely an echo of Hollywood. But more films are made in Mumbai every year than in Los Angeles. And Mumbai is only one of many film hubs in India. The rich diversity of Indian cinema speaks to the equally rich history of India itself. This one-day course will use short clips from Indian films to examine the nature of love—not just romantic love, but also the love shared within families, and the love we might have (but often don't) for the natural world, and for humanity as a whole. What does it mean to love? And given the huge popularity of love stories across the globe, why is the world so filled with hate?

Nico Slate's research and teaching focus on the history of social movements in the United States and India. He is the author of four books: *Lord Cornwallis Is Dead: The Struggle for Democracy in the United States and India*, which will be published by Harvard University Press in 2019; *The Mango and the Mahatma: Gandhi's Search for the Perfect Diet*, which will be published by the University of Washington Press in 2019; *The Prism of Race: W.E.B. Du Bois, Langston Hughes, Paul Robeson and the Colored World of Cedric Dover* (Palgrave Macmillan, 2014); and *Colored Cosmopolitanism: The Shared Struggle for Freedom in the United States and India* (Harvard University Press, 2012).

Driving Innovation: Emerging Technologies

Study Leader: Norton Gusky

- 6 Classes: Jan. 11 – Feb. 15
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Class ID: 2661



Today innovation drives the world of technology. Discover a series of emerging technologies that are impacting education. In this course you'll have a chance to interact with local experts and have hands-on experiences with the technologies, such as robotics, mixed reality, artificial intelligence, and design learning.

Norton L. Gusky has been an adjunct faculty member at the H. John Heinz III School of Public Policy and Management, and has been an adjunct professor at the University of Pittsburgh. He was the coordinator of educational technology for the Fox Chapel Area School District in Pittsburgh, PA for over 20 years. He is currently an educational technology broker for his own firm, NLG Consulting, LLC. He currently coordinates the Three Rivers Educational Technology Conference. He is a member of the International Society of Technology in Education; and the co-chair of the Emerging Technology Committee for the Consortium of Schools Networked (CoSN). His degrees include a B.A. degree in history from Dickinson College and an M.A.T. degree in elementary education from the University of Pittsburgh. He has completed post-graduate work in instructional technology at Penn State, and in gifted education and computer education at West Virginia University.

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!

Domestic Terrorism

Study Leader: Carla Gedman

- 1 Class: Feb. 27 Class ID: 2698
- Wednesday, 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). What 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. degree 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.

Who Is Ayn Rand?

Study Leader: Joseph Givvin

- 5 Classes: Mar. 7 – Apr. 4 Class ID: 2744
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



Who is Ayn Rand? “Who is John Galt?” was the question Ayn Rand challenged us to think about in *Atlas Shrugged*. We will ask this question about Ayn Rand herself. Was she the creator of a cult of selfishness? Is she the unabashed prophet of capitalism? Was she an immoral scoundrel? Why has she been so influential? Does her thought have any value for us? We will examine some of her most important works and her critics, so that each of us can decide for ourselves Who is Ayn Rand and is her way of thinking important?

Joseph Givvin has been teaching for over 35 years. His teaching has centered on the ethical questions of morals and values. He has been intrigued by the search to understand happiness by prophets, philosophers, scientists, and every one of us. His teaching experience has centered on ethics courses, both philosophical and religious, and includes a very broad range of courses that are truly interdisciplinary. As a teacher dedicated to excellence in his profession, he has been a member of the American Association of Philosophy Teachers and always attends this association’s biennial workshop/conference. He has made presentations on teaching at 11 of these conference and has been program chair for the 2000 and 2004 conferences. As a result of his work for the AAPT, he received in August, 2004, an “Award of Merit for Outstanding Leadership and Achievements in the Teaching of Philosophy at the 15th International Workshop/Conference on Teaching Philosophy.

Humor And Human Life

Study Leader: Joseph Givvin

- 5 Classes: Mar. 8 – Apr. 5 Class ID: 2760
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



Is humor an intrinsic part of being human? What is funny to us? Why is it funny? What does offensive humor tell us about ourselves, our society? This course introduces students to the philosophy, history, culture, and psychology of humor and laughter. Our time will be spent reviewing pertinent literature, observing humorous archetypes, and actually creating our own examples. The objective is to enable participants to achieve a little wisdom about mirth and self.

See **Joseph Givvin**, page 49

I Lived. We Lived. What Did We Miss?

Study Leader: Rabbi Ron Symons

- 5 Classes: Mar. 14 – Apr. 11 Class ID: 2788
- Thursday, 10:00 AM - 11:30 AM
- Jewish Community Center,
5738 Darlington Road, Squirrel Hill



The impact of gun violence on the families of victims is enormous and somewhat obvious. Its impact on our community is enormous and perhaps less obvious. Our exploration will be artistic and spiritual, personal and human-center. *I Lived. We Live. What Did We Miss?* is an exhibition created by the Center of Life, CMU's School of Design, and the Community of Greater Hazelwood. Empowering ownership and voice regarding the narrative around violence and loss, the exhibit was developed to embolden authorship to families living in Hazelwood who lost their children to street violence. The exhibit humanizes the lives of the young men who were lost and shows how the community continues to heal and re-build. Project creators anticipated the exhibit traveling to venues throughout the city to prompt community involvement regarding ways in which loss is understood, expressed, and reclaimed. People of all types of hope are welcome.

Rabbi Ronald B.B. Symons, Senior Director of Jewish Life at the JCC of Greater Pittsburgh, is passionate about Jewish living and Jewish community. He is committed to engaging and meaningful experiences that lead to intellectually, culturally, spiritually, and socially responsible Jewish living. A student of effective learning, Ron strives for educational excellence across the ages. Whether with his 4-foot tall puppet Sheli and toddlers with their parents, elementary school students up to their elbows in challah dough, on a Jewish road trip with teens or engaged in text-based meaningful conversations with adults, Ron gets inspired through active learning experiences. Most important, Ron is the supportive husband of Rabbi Barbara Symons of Temple David, Monroeville, PA. (Yes, they met in their first week of rabbinic school in Jerusalem!) They are the proud parents of Aviva, Ilana, and Micah. Ron enjoys cooking, woodworking/home projects, and Broadway musicals.

What's It Like Living In A Retirement Community?

Study Leader: Janis Ramey

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

Class ID: 2681

ONE
DAY



What's it like living with freedom from maintenance, housekeeping, utility bills, boredom, and loneliness? What's it like living with the opportunity to try new things or develop an old interest, meet new people, make new friends, travel without worrying about your house, and have dining/walking/conversation companions. What's it like feeling physically and financially secure? A retirement community or over-55 community is not a "home." It's freedom, opportunity, and security. This class is *not* a marketing effort, but rather an insight into life from the perspective of a resident. There'll be opportunity to ask about daily life, likes and dislikes, transition from the old house, and anything else that might not be answered by a marketing person.

Janis Ramey has been teaching at Osher for several years ("Apps, Apps, and More Apps," "Facebook, and Twitter, and Texting, Oh My," "40 Things I No Longer Carry," and "How to Look Younger Without Plastic Surgery.") She's a retired independent technical writer who helped scientists and engineers write about their work. She also taught technical writing to technical people in their workplaces and at Pitt and Chatham. She has both master's and bachelor's degrees from Carnegie Mellon. She has been living at Longwood at Oakmont retirement community for three years.

SAVE THE DATE

Members' Winter Party
February 19, 2019
20th Century Club

**Watch the Weekly Essentials
for more details.**

Can Science And Theology Be Partners?

Study Leader: Bill Roemer

- 6 Classes: Mar. 7 – Apr. 11 Class ID: 2781
- Thursday, 1:15 PM - 2:45 PM
- Wean Hall, 4707



This course will examine the often-expressed antagonism between science and theology and the reasons for it. While Bill Roemer is an ordained Presbyterian USA minister, his particular religion is not the focus. Religion in general will be discussed. Of course, some easily understood examples from Bill's faith will be used because of familiarity, but there is no attempt at conversion or proselytizing. The nature of reason vs. revelation, philosophy of science, the scientific method, and how a partnership might be forthcoming will be discussed. This course should be of interest to those of any of the world's major religions or even those with no particular faith. A background in science or theology is not required, because easily-understood examples will be provided. It is important to note that there will be absolutely no discussion of ethical issues or how passages from holy books might be applied.

Bill Roemer is a former director of the Mingo Creek Park Observatory in Mingo Creek Park, Washington County, PA. He is a long-standing member of the Amateur Astronomers Association of Pittsburgh, where he has served in various capacities. Bill has a degree in mathematics and has had a lifelong interest in science, particularly physics. He is an experienced speaker and has taught classes on this subject. Bill is also an ordained Presbyterian (USA) minister, but there is no religious content to this course. He has a background in corporate management that includes data center manager, factory manager, and has overseen departments of production control and manufacturing engineering.

HISTORY

Piracy, Slavery, Sugar, And Salt

Study Leader: Ram Kossowsky

- 5 Classes: Jan. 9 – Feb. 6 Class ID: 2780
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



How is it all connected? Slaves provided the energy to form urbanized societies. The world was connected by trade on land, and on sea. Pirates took what was there to take. Professional pirates were supplying slaves to markets. Sugar cultivation on mass scale was labor intensive, required slaves. Salt allowed long sea voyages, allowed North America to supply salted cod to feed the slaves of the Caribbean plantations.

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 six 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 a monthly installments of a study of "Archeology 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 Archeology Society of Pittsburgh. In April 2012 he took on the task of the president of the Biblical Archeology Society of Pittsburgh.



Ancient Egyptian Culture: Unraveling Myths And Misconceptions

Study Leader: Ellen Bedell

- 6 Classes: Mar. 5 – Apr. 9 *Class ID:* 2705
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Egypt is the best known and the least understood ancient civilization. Fiction writers and film producers have twisted facts to dramatize events in ancient Egypt. In this course, we will use archaeology, ethnographic evidence, tomb paintings, philology, written documents, and physical anthropological evidence to demystify ancient Egyptian culture. We will find out the origin of the historical Egyptians. The latest DNA evidence has corroborated archaeological and linguistic sources, indicating that agriculturalists came from Canaan. We will learn who built the pyramids. Movies depict slaves dragging huge blocks of stone up ramps to build the pyramids, yet there were no slaves in Old Kingdom Egypt. We will explore the role of women in society. Egyptian women were pharaohs, physicians, judges, and estate managers. We will also look at the topics of medicine, literature, and law.

Ellen Dailey Bedell has a Ph.D. degree in Mediterranean Studies, with a specialty in Egyptology, from Brandeis University. Her dissertation is on criminal law in the Egyptian Ramesside Period. A trained archaeologist, she has worked on sites in Israel, Jordan, Belize, and the United States. She has taught numerous archaeology workshops for teachers and has developed curricula and lesson plans, including a chapter on writing in hieroglyphs for the revised Pennsylvania Archaeological Council's archaeology curriculum. Dr. Bedell developed a simulated dig and two online archaeology projects for her classes at the Ellis School, where she taught for 25 years. She was head of the history department at the Ellis School for 17 years and was awarded the Mary H. Grant Endowed Faculty Chair in History in 2011. She also served as chair of the Educational Outreach Committee of the American Schools of Oriental Research.

City of Steel

Study Leader: Ken Kobus

- 6 Classes: Mar. 6 – Apr. 10 *Class ID:* 2666
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

This class will explore the heretofore-misunderstood path of Pittsburgh's rise to dominance of the world's steel industry in the late 19th Century. Obviously, Andrew Carnegie, the founder of this university, figured dominantly in that passage. However, this course will investigate previously unrecognized technical advancements devised and the synergies developed that made the city's journey to the top possible. It will be necessary to provide a more detailed understanding of the various steelmaking processes that were in use and/or evolving during the period. A layman's comprehension of the industrial process is the goal; no mathematical or chemical formulae will be used. Some of the more-important local men involved in the evolution of this industry, for example: Carnegie, Frick, Bill Jones, Phipps, Schwab, Julian Kennedy, and Holley will be briefly discussed.

Ken Kobus is a retired third generation steelworker with a B.S. degree in Mechanical Engineering from the University of Pittsburgh. He has co-authored several books about the Pennsylvania Railroad and the steel industry in Pittsburgh and has written a number of articles. Ken has a serious interest in the development of steelmaking in Pittsburgh and has donated numerous artifacts to the Steel Industry Heritage Corporation in Homestead.

Women In The Struggle For Civil Rights

Study Leader: Joan Gundersen

- 5 Classes: Mar. 5 – Apr. 2
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Class ID: 2718



Women were some of the earliest and most persistent fighters in the struggle for racial equality, but most Americans only recognize the names of male leaders and one or two women. Yet women desegregated trolley companies, argued key cases before the Supreme Court, organized sit-ins, were arrested as freedom riders, worked as community organizers, and died for the cause. In five sessions we will look at some of the earliest women pioneers for equal rights, and then the many influential roles women (black and white) played in the legal struggles, school desegregation, demonstrations, freedom riding, and political actions that were a part of the Civil Rights Movement.

Joan Gundersen is professor emerita of history at California State University San Marcos. Author of seven history books, and numerous scholarly articles, she taught women's history for more than 30 years at a variety of institutions, including Vanderbilt University, St. Olaf College, CSU San Marcos, and Elon University. She came to Pittsburgh in 2000 as a senior administrator for Chatham University, and has been a Visiting Scholar in Women's Studies at the University of Pittsburgh. She recently retired as the archivist for the Episcopal Diocese of Pittsburgh. Recipient of several awards for teaching and writing, she enjoys sharing the fascinating world of women's history with others.

Jewish Highlights In Pittsburgh's History

Study Leader: Barbara Burstin

- 6 Classes: Mar. 5 – Apr. 9
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

Class ID: 2768

This course will look at the Jewish connection to various epochs in Pittsburgh's history. We will look at the experience of the Jewish community against the backdrop of the development of the city from earliest times to the present. We will also highlight various individuals and the contributions they have made to the general community. Come along for the ride as we try to cram into six sessions all there is to tell.

Barbara Burstin has been on the history faculty of both Pitt and CMU for many years. Among the courses she has taught is a course on the History of Pittsburgh. She has written three books on the Pittsburgh Jewish community: *Steel City Jews: A History of Pittsburgh and its Jewish Communities 1840-1915*; *Steel City Jews - in Prosperity, Depression and War 1915- 1950*; and *Jewish Pittsburgh*. She has also been an active member of the Jewish community holding a variety of leadership positions including chair of the Jewish Federation of Greater Pittsburgh.

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.



The Berlin Airlift

Study Leader: David Albert

- 2 Classes: Feb. 18 and Feb. 25 *Class ID:* 2645
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

**TWO
DAY**

The Soviet blockade of land access to Berlin, Germany, from June 1948 to May 1949 was the West's first major challenge of the Cold War. The Berlin Airlift was the response, an incredible effort by the western allies that kept the city alive during the winter of 1948 and signaled western resolve to the Soviet attempt to control all of Berlin. This course looks at the events and decisions leading up to the airlift, the airlift itself, and the results of one of the most challenging and successful feats in the history of airpower.

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.

The Great French Revolution, 1789-1815

Study Leader: Sheila Werner

- 6 Classes: Mar. 4 – Apr. 8 *Class ID:* 2679
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

This course will be an introduction to one of the most dramatic and important events — or, rather, series of events — in the history of the West. It will span the years 1789 to 1815 from the storming of the Bastille to Napoleon's defeat at Waterloo. The course will deal with the circumstances, ideas, personalities, and events that produced the Revolution and especially its impact on the history of Western civilization.

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.

Origins Of The US To The Second Revolution

Study Leader: Arthur Goldberg

- 5 Classes: Mar. 5 – Apr. 2 *Class ID:* 2646
- Tuesday, 1:15 PM - 2:45 PM
- Wean Hall, 4707

We will start with the first seeds of America and see how we grew over the centuries, what were the real causes of the Revolution, how the weak colonies defeated the world's strongest nation, and then what we did with that victory. How was our government actually created, and how did many of our customs start?

Arthur Goldberg is a dedicated amateur historian focusing on the American scene from its earliest roots. His academic history is a bachelor's degree from the City College of New York, J.D. and master of law degrees from New York University, and an M.B.A. degree from the University of Chicago. During his career in corporate finance he has traveled extensively and always examined the history of a country or area before arriving so as to combine business and education on the same trip (and on his employer's dime). His prior college-teaching experience includes both law and finance classes.

America's Role In The 20th Century To Today

Study Leader: Arthur Goldberg

- 5 Classes: Jan. 8 – Feb. 5 *Class ID:* 2647
- Tuesday, 1:15 PM - 2:45 PM
- Wean Hall, 4707

The 20th century was called the American Century, and we were dominant throughout. How did we do that, and what role will we have in the 21st century with the rise of other countries, particularly China? We will also devote one session to the Constitution and its commands and also the ambiguities that require judicial interpretation.

See **Arthur Goldberg**, *previous listing*

PITTSBURGH

Backstage At KDKA-TV

Study Leader: Lee Golomb, Dan Braddock

- 1 Class: Mar. 2 *Class ID:* 2727
- Saturday, 9:45 AM - 12:00 PM
- KDKA-TV, Studio

**ONE
DAY**

Spend a Saturday morning touring the KDKA TV Station, then participate in a television taping of the show "Home-town High Q." This class will be limited to 20 individuals.

Lee Golomb has been a member of Osher for the last few years. He and his wife Sandy live in Collier Twp. with their two therapy Chinese Cresteds, Ike and Oliver.

Dan Braddock set up this course and is a producer and head of the CW station, KDKA's sister station. He has been with KDKA/CW for twenty years.

Pittsburgh's East End: An Urban And Architectural History

Study Leader: Robert Jucha

- 6 Classes: Jan. 10 – Feb. 14 *Class ID:* 2699
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Today it is popular to look at the city as a series of specific neighborhoods, each with its distinct characteristics. At the turn of the 20 century many of these neighborhoods did not exist. To Pittsburghers of the time the large scale section of the city known as the East End represented a level of suburban middle and upper class achievement. Residents of the East End at the time had benefits that other citizens in the industrial city lacked, such as close proximity to parks and cultural amenities. The class looks at the urban forces which shaped the East End as an upper class enclave, and examines the architectural expression from the 1860s to the 1920s which is still present in the houses, apartment buildings, churches, and schools of this large section of the city. The class concludes by considering the future of the East End.

Robert Jucha is a former book editor who worked in the educational publishing field for 30 years. In 1980 he received a Ph.D. degree in American studies from George Washington University for his dissertation, *Shadyside: Anatomy of a Streetcar Suburb*. For the last 10 years he had led and created docent tours for the Pittsburgh History and Landmarks Foundation of many areas of Pittsburgh.



PowerPoint Tour Of The Pittsburgh Zoo And PPG Aquarium

Study Leader: Cathy Gialloreto

- 1 Class: Feb. 21 *Class ID:* 2665
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

**ONE
DAY**

Come with me to see our wonderful zoo, from beginning to end. Have a chance to see the Animal Care Center and International Conservation Center. If you haven't seen our zoo for a while, or have difficulty walking the hill, then this is the class for you.

Cathy Gialloreto is a retired teacher. She has been a docent at the Pittsburgh Zoo and PPG Aquarium since 1983. She volunteers at Animal Friends, as an usher at the O'Reilly and City Theatres, and is active in community theatre. She is also on the board of the Pittsburgh New Works Festival.

Remember to:

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

City Of Asylum: Pittsburgh's Worldwide Hub Where Writers And Artists Convene

Study Leader: Anne Lackner

- 1 Class: Feb. 20 Class ID: 2714
- Wednesday, 11:30 AM - 1:30 PM
- Alphabet City Center, ONE DAY
40 W. North Avenue, North Side

- 1 Class: Apr. 17 Class ID: 2715
- Wednesday, 11:30 AM - 1:30 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 North Side. 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.A.S. She is a member of the external advisory board at the University of Pittsburgh's EU Center of Excellence.

All About Osher At CMU

Study Leader: Lyn Decker

- 3 Classes: Jan. 9 – Jan. 23 Class ID: 2656
- Wednesday, 1:00 PM - 2:30 PM
- 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 your dynamic volunteer run organization. We'll talk about the nuts and bolts of the day-to-day operations including topics about 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 and 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 Osher board directors, and **Lyn Decker**, Osher Executive Director and Registrar.



The Illustrated History Of Squirrel Hill

Study Leader: Helen Wilson

- 6 Classes: Mar. 4 – Apr. 8 Class ID: 2747
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



During the years I taught the course "The Development of Squirrel Hill—A Journey Through Time and Art," questions arose that required further research to answer. This course puts the new findings into the framework of Squirrel Hill's overall development, again following themes through time instead of giving a sequential time line of the neighborhood. Some of the questions are, "When and why was Pittsburgh divided into neighborhoods? Why was Squirrel Hill divided into North and South? What part of Squirrel Hill was settled first? When and why did Squirrel Hill's business district develop?" This course is illustrated with maps, photographs, charts, and other images, showing how the neighborhood changed through time.

Helen Wilson, co-vice-president of the Squirrel Hill Historical Society, has been researching and writing about Squirrel Hill history for the past 12 years. Her articles have appeared in *Squirrel Hill Magazine*, the *Pittsburgh Post-Gazette*, *Historic Gardens Review* (published in England) and other publications. In 2015, she and her son Todd co-authored *Pittsburgh's Bridges*, a pictorial history of the bridges within Pittsburgh's borders, part of Arcadia Publishing's *Images of America* series. In 2017, she was editor and co-author of *Squirrel Hill: A Neighborhood History* with other members of the SHHS, which was published by The History Press.

POLITICS/GOVERNMENT

Great Decisions 2019

Study Leader: Marcia Frummerman

- 6 Classes: Mar. 6 – Apr. 10 Class ID: 2641
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

Great Decisions 2019 takes you beyond the headlines by providing a look at six of the most significant and far-reaching challenges facing the world. This course is designed to encourage debate and discussion about important global issues of our time. Our explorations will be based on briefings published by the independent non-governmental Foreign Policy Association. You will get the historical background of present and future policy options and offer impartial analyses to help you assess the challenges ahead.

Marcia Frummerman holds a graduate degree in international education from the University of Pittsburgh and a B.S. degree in psychology from Carnegie Mellon. For over 20 years Marcia served as a consultant and trainer to various agencies of the federal government, from the National Institutes of Health to the Dept. of the Navy, performing management studies and conducting seminars on a wide variety of topics. She is a founding member of A.L.L. (Osher).



The Civil War As Seen Through The Eyes Of Two Soldiers

Study Leader: Carleton Young

- 6 Classes: Mar. 4 – Apr. 8 Class ID: 2757
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

Imagine clearing out your parents' attic in Churchill and finding hundreds of letters written by two brothers as they fought in the Civil War. Faced with that situation, and not knowing where the letters came from, the instructor for this class called in Osher study leader Edd Hale. Along with their wives, Osher members Carol Young and Nancy Hale, they spent many years transcribing the letters, visiting the home area of the two Vermont soldiers, and touring battlefields to follow in their footsteps as they prepared to write a book about the two brothers. This class will trace the history of the Civil War with frequent references to the vivid accounts of battles and other aspects of army life as described by these two soldiers. It will emphasize the battles in which they participated: the Peninsula Campaign, South Mountain, Antietam, Fredericksburg, Chancellorsville, Gettysburg, the Wilderness, and Cedar Creek.

Carleton Young has undergraduate degrees in economics and English from Westminster College and Point Park University, an MA degree in history from Ohio University, and his Ph.D. degree in the history of education from the University of Pittsburgh. He has taught AP history at Thomas Jefferson High School, as well as teaching classes as an adjunct professor at the Community College of Allegheny County, the University of Pittsburgh, and Eastern Gateway Community College in Ohio. He has recently published the book *Voices From the Attic: The Williamstown Boys in the Civil War*.

FBI Pittsburgh Discusses Elder Fraud And Abuse

Study Leader: Kelly Wesolosky

- 1 Class: Feb. 25
- Monday, 1:00 PM - 3:00 PM
- Wean Hall, 4708

Class ID: 2682

ONE DAY



Last year, the FBI opened more than 200 financial crime cases that involved elderly victims. The investigations covered a range of crimes, from investment frauds to reverse mortgage scams. Often, the cases involved outright theft by people the victim should have been able to trust, to include their attorneys, financial advisers, and, even more egregious, their guardians and caregivers. Fraud schemes against the elderly also include a variety of mass-mailing and telemarketing frauds such as lottery phone scams, romance scams, grandparent scams, IRS imposter schemes, and others. Many of these schemes are perpetrated by criminals outside the United States. All of the schemes have one goal: to trick and deceive senior citizens into turning over their hard-earned savings. Course attendees will learn how to protect themselves and fellow community members on these topics and more.

Kelly Wesolosky is the Community Outreach Specialist for the FBI Pittsburgh Field Office. She is the primary liaison between the FBI Pittsburgh Division and the private, public and non-profit business sectors of the Pittsburgh region. She oversees the annual FBI Citizens Academy, an eight-week hands-on inside look at the FBI programs and priorities, bringing together a cross section of local business and community leaders. Other programs under her supervision include: the HOPE (Heroin Outreach Prevention and Education) Initiative and the Jr. Special Agent Program, created to promote internet safety. Wesolosky co-partners with the FBI Civil Rights Squad and the Project to End Human Trafficking in the management of the Southwestern PA Anti-Human Trafficking Coalition, created to locate and assist victims of human trafficking in the Pittsburgh area. She received bachelor of arts degrees in economics and spanish from Ohio University, an MBA in Human Resource Management and a master of international business in corporate development from the University of Pittsburgh Katz Graduate School of Business. She is fluent in Spanish and has worked abroad in both Latin America and Europe. Previous assignments include Mérida, Mexico, and Barcelona, Spain.

REGISTRATION INFORMATION

Catalogs will now be mailed a couple of weeks before registration opens! You'll be able to pick out courses by holding, flipping through, and reading the paper catalog without having to first go to the Osher website to see it.

To continue a fair registration process, the catalog will be on the website when it goes to the printer. About two weeks later, on an unspecified day, you'll receive an official email notice announcing the opening of registration.

The surprise element is to prevent glitches in the system and to give everyone the same fair chance of registering for their favorite courses. This procedure will continue.

Because of this change, paper registration forms will be delayed in processing by one week after registration has opened.

We encourage all members to register online when registration opens. If you don't know your username or password, please contact the Osher office at osher@cmu.edu prior to the start of registration.

Israel's War And Peace: Past, Present, Future

Study Leader: Michael Vanyukov, Stuart Pavilack, Richard Wice

- 5 Classes: Jan. 9 – Feb. 6
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

Class ID: 2746



The course will present the background for the reestablishment of the Jewish state in the historical Land of Israel, from ancient times to Israel's Proclamation of Independence. Furthermore, the course will discuss Israel's development, including self-determination movements, international treaties, and population migrations. In this context, the causes and consequences of hostilities that have accompanied Israel's existence will be considered, elaborating on both general and particular aspects of their past, present, and future. The course authors have had a lifelong interest in Israel. The opinions expressed in the course are their own and do not represent organizations with which they are affiliated.

Michael Vanyukov, Ph.D., is professor of pharmaceutical sciences, psychiatry, and human genetics, University of Pittsburgh. He immigrated in the USA as a refugee from the USSR in 1990. He studies mechanisms of addictions and antisociality. He is a former vice-president of the Zionist Organization of America (ZOA)-Pittsburgh. The ZOA is the oldest Israel advocacy group in the USA.

Stuart Pavilack is the Executive Director of the ZOA-Pittsburgh District. He has been involved in many ZOA educational programs, including annual trips of over 500 Pittsburgh Public School students to the United States Holocaust Memorial Museum, at no cost to the school district or the students. Prior to coming to ZOA, he was a registered representative for the Development Corporation for Israel and sold State of Israel bonds.

Richard Wice is a senior research scientist at Battelle, a science and technology innovation company. His expertise is in remediating chemical pollution. He has worked with the Environment Protection Agency, commercial clients, and the U.S. Army and Navy. The course authors have had a lifelong interest in Israel. The opinions expressed in the course are their own and do not represent organizations with which they are affiliated.

PSYCHOLOGY

Applications Of Psychology To Real World Problems

Study Leader: Vicki Helgeson

- 6 Classes: Jan. 8 – Feb. 12
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

Class ID: 2709



This course will provide an overview of a variety of ways in which basic psychological research can be applied to solve real world problems, including those involved in education, and psychological and physical health.

Vicki Helgeson has been on the faculty in the Psychology Department at CMU since 1990. She is a social/health psychologist and has conducted research for nearly 30 years on how people adjust to chronic illness, including those with prostate cancer, breast cancer, heart disease, and type 1 and 2 diabetes. She has guest lectured for Osher numerous times in the past.

RELIGION/PHILOSOPHY

An Introduction To Hinduism

Study Leader: Christine Asenjo

- 4 Classes: Jan. 10 – Jan. 31
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

Class ID: 2765

This course is an introduction to Hinduism, widely considered to be the world’s oldest religion. Hindus view their religion’s name as “Sanatana Dharma,” which means “The Eternal Path.” Though Hinduism has no founder, general philosophy or uniform customs, Hindus are held together by a belief that the Vedas, sacred scriptures that are accepted as Spiritual Authority, provide their tradition with legitimacy. We’ll move on to Hindu gods and goddesses that include Rama and Sita, representing the ideal husband and wife; a discussion of arranged marriages; and the ancient tradition of the caste system and why it persists in modern times.

Christine Asenjo is International Programs Coordinator in the Office of Education, Carnegie Mellon University. She received her B.A. degree in English and technical writing at Penn State; and her M.A. degree in religious studies at the University of Pittsburgh. Her research focus was on the weekly abhishekam puja (ritual) for Lord Vishnu. She has visited India twice, and her field research for the degree was conducted at the Sri Venkateswara Hindu Temple in Penn Hills. It is one of the most revered Hindu temples outside of India, and she has spent the last 20 years taking visitors there. It’s a privilege to introduce people to this faith and to share this wonderful cultural resource here in Pittsburgh.

MONDAY | Session ONE / January 7 – March 2

| TIME | COURSE TITLE | CLASS ID | LEADER(S) | PAGE |
|---------------------|--|----------|-----------------------------|------|
| 9:30 AM - 11:00 AM | First Aid - At Home And In The Wilderness | 2677 | <i>Richard Daffner</i> | 36 |
| | Enjoying The New Yorker | 2779 | <i>John Brown</i> | 47 |
| | Taming Stress Enhances Mental And Physical Health | 2672 | <i>Bruce S. Rabin</i> | 35 |
| 9:30 AM - 11:20 AM | Intro To Physical Computing: Design Partners | 2782 | <i>Robert Zacharias</i> | 33 |
| 11:15 AM - 12:45 PM | Memoir Writing From Photographs | 2701 | <i>Molly Youngling</i> | 37 |
| | Astrophysics And Evolution Of The Universe | 2771 | <i>Leonard Kisslinger</i> | 39 |
| | The Berlin Airlift | 2645 | <i>David Albert</i> | 55 |
| 1:00 PM - 3:00 PM | Short Stories: Fiction Where Reality Takes Place | 2547 | <i>Helen-Faye Rosenblum</i> | 11 |
| | Hands-On Workshop: International Holiday Cookies | 2742 | <i>Gena Gorder</i> | 22 |
| | FBI Pittsburgh Discusses Elder Fraud And Abuse | 2682 | <i>Kelly Wesolosky</i> | 61 |
| 1:15 PM - 2:45 PM | Films Of Charles And Ray Eames | 2678 | <i>Jeffrey Swoger</i> | 7 |
| 3:15 PM - 4:45 PM | Everything You've Always Wanted To Know About Disease | 2683 | <i>Stephen Fisher</i> | 45 |
| | Osteoporosis: Reducing The Risk Of Fracture | 2710 | <i>Janice Gordon</i> | 44 |
| 3:15 PM - 5:15 PM | Short Stories: Fiction Where Reality Takes Place | 2548 | <i>Helen-Faye Rosenblum</i> | 11 |
| 4:00 PM - 5:30 PM | The Art Of The City | 2762 | <i>Kristen Link</i> | 8 |

TUESDAY | Session ONE / January 7 – March 2

| TIME | COURSE TITLE | CLASS ID | LEADER(S) | PAGE |
|---------------------|--|----------|---------------------------|------|
| 9:30 AM - 11:00 AM | Mahjong Mania! Level 1 | 2652 | <i>Sherri Davis</i> | 28 |
| | Pittsburgh Bridges: History, Beauty, And Mathematics | 2706 | <i>Richard Wertheimer</i> | 57 |
| | Ageing Without Growing Old | 2707 | <i>Richard Kalla</i> | 43 |
| 10:00 AM - 11:30 AM | Feeling Better: Stretching Exercises For Eliminating Pain | 2657 | <i>Mark Spanos</i> | 25 |
| | Move It Or Lose It At Dance Alloy | 2749 | <i>Elsa Limbach</i> | 24 |
| 10:00 AM - 12:00 PM | Training Your Spouse And Other Animals in Your Life | 2772 | <i>National Aviary</i> | 42 |
| 11:15 AM - 12:45 PM | The Smothers Brothers | 2703 | <i>Martin Marshall</i> | 7 |
| | Mahjong Mania! Level 2 | 2653 | <i>Sherri Davis</i> | 28 |
| | The Female Sleuth: Gender Norms and Mysteries | 2689 | <i>Phyllis Kitzerow</i> | 47 |
| | What's It Like Living In A Retirement Community? | 2681 | <i>Janis Ramey</i> | 51 |
| | Society And Environment - Chapter II | 2761 | <i>Alberto Guzman</i> | 39 |
| 1:00 PM - 2:30 PM | The Secrets Of Human Evolution And Expansion | 2769 | <i>Anna Estop</i> | 41 |
| | Incredible Women Of The Homewood Cemetery | 2640 | <i>Jennie Benford</i> | 57 |
| 1:00 PM - 3:00 PM | How Sweet It Is! | 2736 | <i>David Green</i> | 21 |
| 1:15 PM - 2:45 PM | America's Role In The 20th Centruy To Today | 2647 | <i>Arthur Goldberg</i> | 56 |
| 2:00 PM - 4:00 PM | Regenerative Medicine | 2663 | <i>Bryan Brown</i> | 45 |
| 3:15 PM - 4:45 PM | Bridging The Gap | 2659 | <i>John Olmsted</i> | 27 |
| | Applications Of Psychology To Real World Problems | 2709 | <i>Vicki Helgeson</i> | 63 |
| | Heirs And Errors: Estate Planning Lessons From Andrew Carnegie And Others | 2673 | <i>Joe Bull</i> | 26 |

WEDNESDAY | Session ONE / January 7 – March 2

| TIME | COURSE TITLE | CLASS ID | LEADER(S) | PAGE |
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| 9:00 AM - 11:00 AM | Rock on! Stone Carving | 2700 | Mary Collins | 18 |
| | Everything You Need To Know About Dementia | 2675 | Rachael Wonderlin | 35 |
| 9:30 AM - 11:00 AM | Nuclear Medicine...Not As Scary As It Sounds | 2784 | Richard Kalla | 44 |
| | Domestic Terrorism | 2698 | Carla Gedman | 49 |
| 10:00 AM - 11:30 AM | Tamburitzan Kolo Dancing | 2785 | George Schexnayder | 25 |
| | Carnegie International Group Tour | 2717 | Carnegie Museums | 5 |
| 11:15 AM - 12:45 PM | It's Good To Be Queen! A Woman's Financial Reign | 2775 | Roselyn Wilkinson | 26 |
| | Declutter | 2670 | Rosa Barnett Averbach | 31 |
| | Piracy, Slavery, Sugar And Salt | 2780 | Ram Kossowsky | 52 |
| | Verbal Self Defense For Women | 2704 | Jackie Umans | 33 |
| 11:30 AM - 1:30 PM | City Of Asylum Pittsburgh Worldwide Hub Where Writers And Artists Convene | 2714 | Anne Lackner | 59 |
| 11:30 AM - 2:00 PM | Remaking The Great Gatsby As A Ballet | 2764 | Pittsburgh Ballet | 8 |
| 1:00 PM - 2:30 PM | Financial Manias, Panics, And Crashes | 2720 | James Burnham | 16 |
| | Bringing Organic Consciousness Into The Home | 2721 | Robert Brown | 40 |
| | All About Osher At CMU | 2656 | Lyn Decker | 59 |
| 1:00 PM - 5:00 PM | AARP Smart Driver 8-Hour Course | 2676 | David Zimmer | 32 |
| 1:15 PM - 2:30 PM | Get Fit - A Fun Latin Cardio Workout | 2752 | Connie Pollack | 23 |
| 3:15 PM - 4:45 PM | The Extraordinary James Family | 2748 | Carol Zisowitz | 12 |
| | Israel's War And Peace: Past, Present, Future | 2746 | Michael Vanyukov | 62 |
| | Extraordinary Renovations Of Ordinary Structures | 2751 | Eric Fisher | 38 |

THURSDAY | Session ONE / January 7 – March 2

| TIME | COURSE TITLE | CLASS ID | LEADER(S) | PAGE |
|---------------------|---|----------|---|------|
| 9:30 AM - 11:00 AM | Our Town And Ourselves | 2763 | <i>David Fortun</i> | 9 |
| 10:00 AM - 12:00 PM | Hatha Yoga | 2642 | <i>Loretta Barone</i> | 22 |
| | Winter Brrrrrds | 2735 | <i>National Aviary A</i> | 41 |
| 11:15 AM - 12:45 PM | Fashioning Art From Paper: Tour And Workshop | 2697 | <i>Leslie Golomb</i> | 5 |
| | The Elements Of Personality Conflicts Part I | 2643 | <i>Kerry O'Donnell</i> | 30 |
| | Pittsburgh: East End: An Urban And Architectural | 2699 | <i>Robert Jucha</i> | 58 |
| | PowerPoint Tour Of The Pittsburgh Zoo And PPG Aquarium | 2665 | <i>Cathy Gialloreto</i> | 58 |
| 1:00 PM - 2:30 PM | Why Poetry? | 2723 | <i>Anne Burnham</i> | 12 |
| | Metafictional Mates | 2716 | <i>Gloriana St Clair</i> | 10 |
| | African Adventures: Traveling With A Medical Team | 2688 | <i>Katrina Zeigler</i> | 43 |
| 1:00 PM - 3:00 PM | Great And Notable Novels Read And Revisited | 2737 | <i>Mary Schinhofen, Thomas Lazaroff, Helen-Faye Rosenblum</i> | 11 |
| 3:15 PM - 4:45 PM | An Introduction To Hinduism | 2765 | <i>Christine Asenjo</i> | 63 |

FRIDAY | Session ONE / January 7 – March 2

| TIME | COURSE TITLE | CLASS ID | LEADER(S) | PAGE |
|---------------------|--|----------|-------------------------------|------|
| 9:00 AM - 11:00 AM | Emerging Legal Issues | 2648 | <i>David DeFazio</i> | 16 |
| 9:30 AM - 12:00 PM | Drawing: A Lifelong Journey | 2738 | <i>Judy Spahr</i> | 20 |
| | First Fridays At Redeemer | 2730 | <i>Ann Labounsky</i> | 13 |
| 11:15 AM - 12:45 PM | Tales, Tragedy, And Truth: Faulkner's Stories | 2740 | <i>Mary Schinhofen</i> | 10 |
| | Threats In Cyberspace | 2724 | <i>Randy Weinberg</i> | 46 |
| | Driving Innovation: Emerging Technologies | 2661 | <i>Norton Gusky</i> | 48 |
| 1:00 PM - 2:30 PM | Ageing Voice And Hearing: What To Do? | 2708 | <i>Jackie Gartner-Schmidt</i> | 46 |
| 1:00 PM - 3:00 PM | Sex, Law, And Marriage I | 2649 | <i>David DeFazio</i> | 17 |
| | Independent Art Study | 2758 | <i>Gary Bates</i> | 18 |

SATURDAY | Session ONE / January 7 – March 2

| TIME | COURSE TITLE | CLASS ID | LEADER(S) | PAGE |
|--------------------|------------------------------|----------|-------------------|------|
| 9:45 AM - 12:00 PM | Back Stage At KDKA-TV | 2727 | <i>Lee Golomb</i> | 56 |

MONDAY | Session TWO / March 4 – April 26

| TIME | COURSE TITLE | CLASS ID | LEADER(S) | PAGE |
|---------------------|---|----------|------------------------------|------|
| 9:30 AM - 11:00 AM | Basic German Conversation - 3 | 2732 | <i>Ruth L. M. Kuschmierz</i> | 29 |
| | The Illustrated History Of Squirrel Hill | 2747 | <i>Helen Wilson</i> | 60 |
| 11:15 AM - 12:45 PM | Environmental Health Issues In Your Home | 2728 | <i>Mark Banister</i> | 40 |
| | Enjoying The New Yorker | 2725 | <i>John Brown</i> | 47 |
| | The Great French Revolution, 1789-1815 | 2679 | <i>Sheila Werner</i> | 55 |
| | Create Trendy Jewelry | 2767 | <i>Gerry Florida</i> | 20 |
| 1:00 PM - 2:30 PM | The Civil War As Seen Through The Eyes Of Two Soldiers | 2757 | <i>Carleton Young</i> | 61 |
| 1:00 PM - 3:00 PM | Intermediate French Conversation | 2787 | <i>Veronique Schreurs</i> | 29 |
| 1:15 PM - 2:45 PM | Travel With Me To . . . | 2776 | <i>Morris Kornblit</i> | 34 |
| 3:00 PM - 5:00 PM | On The Wings Of Song: The Evolution Of The Requiem | 2691 | <i>Jeffrey Swoger</i> | 14 |

TUESDAY | Session TWO / March 4 – April 26

| TIME | COURSE TITLE | CLASS ID | LEADER(S) | PAGE |
|---------------------|--|----------|----------------------------|------|
| 9:00 AM - 11:00 AM | Beginning Painting In Acrylics | 2712 | <i>Francine VandenBerg</i> | 19 |
| 9:30 AM - 11:00 AM | Mahjong Mania! Level 1 | 2654 | <i>Sherri Davis</i> | 28 |
| | Jewish Highlights In Pittsburgh's History | 2768 | <i>Barbara Burstin</i> | 54 |
| 10:00 AM - 11:30 AM | Move It Or Lose It At Friends Meeting House | 2750 | <i>Elsa Limbach</i> | 24 |
| | Feeling Better: Stretching Exercises For Eliminating Pain | 2658 | <i>Mark Spanos</i> | 25 |
| 11:15 AM - 12:45 PM | The Legend Of Robin Hood | 2669 | <i>Peter Isaac</i> | 13 |
| | Mahjong Mania! Level 2 | 2655 | <i>Sherri Davis</i> | 28 |
| | Ancient Egyptian Culture: Unraveling Myths And Misconceptions | 2705 | <i>Ellen Bedell</i> | 53 |
| 11:30 AM - 1:30 PM | Continuing Painting In Acrylics | 2713 | <i>Francine VandenBerg</i> | 19 |
| 12:00 PM - 1:20 PM | Virtuosos In The Making | 2729 | <i>Monique Mead</i> | 14 |
| 1:00 PM - 2:30 PM | Women In The Struggle For Civil Rights | 2718 | <i>Joan Gundersen</i> | 54 |
| 1:15 PM - 2:45 PM | Closure: Discussing The Last Chapter | 2702 | <i>Judith Black</i> | 31 |
| | Origins Of The US To The Second Revolution | 2646 | <i>Arthur Goldberg</i> | 56 |
| 1:30 PM - 3:00 PM | What Bollywood Can Teach Us About Love | 2711 | <i>Nico Slate</i> | 48 |
| 3:15 PM - 4:45 PM | Bridge: Play Of The Hand | 2660 | <i>John Olmsted</i> | 27 |

WEDNESDAY | Session TWO / March 4 – April 26

| TIME | COURSE TITLE | CLASS ID | LEADER(S) | PAGE |
|---------------------|--|----------|---|------|
| 9:00 AM - 11:00 AM | Writers' Workshop | 2662 | <i>Thalia Snyder, Helen Wilson</i> | 36 |
| 9:30 AM - 11:00 AM | Those Who Trespass Against Us - Introduction To Torts | 2674 | <i>Errol S. Miller</i> | 17 |
| | City Of Steel | 2666 | <i>Ken Kobus</i> | 53 |
| 10:00 AM - 11:30 AM | Tamburitzan Kolo Dancing | 2786 | <i>George Schexnayder</i> | 25 |
| 11:15 AM - 12:45 PM | More Books Your Grandchildren Read | 2690 | <i>Amy Kellman</i> | 12 |
| | Healthy Eating | 2671 | <i>Rosa Barnett Averbach</i> | 35 |
| | Birth, Life, And Death Of Stars | 2664 | <i>Ken Kobus</i> | 38 |
| 11:30 AM - 1:30 PM | City Of Asylum Pittsburgh Worldwide Hub Where Writers And Artists Convene | 2715 | <i>Anne Lackner</i> | 59 |
| 1:00 PM - 3:00 PM | Music And The Rise Of Nationalism In Modern Europe | 2726 | <i>Owen Cantor</i> | 15 |
| | Fly Fishing For Beginners | 2680 | <i>Michael Ginsburg</i> | 21 |
| | Have You Ever Wanted To Act On Stage? | 2719 | <i>C R Thomas, Nancy Santangelo</i> | 30 |
| | Great Decisions 2019 | 2641 | <i>Marcia Frumerman</i> | 60 |
| 1:15 PM - 2:30 PM | Get Fit - A Fun Latin Cardio Workout | 2753 | <i>Connie Pollack</i> | 23 |
| 3:15 PM - 6:15 PM | American Western Films 2 | 2733 | <i>Lloyd Stires</i> | 6 |

THURSDAY | Session TWO / March 4 – April 26

| TIME | COURSE TITLE | CLASS ID | LEADER(S) | PAGE |
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| 10:00 AM - 11:30 AM | I Lived. We Lived. What Did We Miss? | 2788 | <i>Rabbi Ron Symons</i> | 50 |
| 11:15 AM - 12:45 PM | A Midsummer Night's Dream: A Dream For Us All | 2745 | <i>Rebecca Carpenter</i> | 9 |
| | Who Is Ayn Rand? | 2744 | <i>Joseph Givvin</i> | 49 |
| 11:30 AM - 12:30 PM | Dance Fitness Gold | 2722 | <i>Maureen Gemeinhart</i> | 23 |
| 1:00 PM - 3:30 PM | Cinema Arts: The Documentary VII | 2754 | <i>Charles Glassmire</i> | 6 |
| 1:15 PM - 2:45 PM | Can Science And Theology Be Partners? | 2781 | <i>Bill Roemer</i> | 52 |
| 3:15 PM - 4:45 PM | From Victorian Symbols To Touch Screens - Course 2 | 2770 | <i>Robert J Gangewere</i> | 34 |
| 3:15 PM - 5:15 PM | Mary, Maxine, And Dakota: Pittsburgh Women In Jazz | 2773 | <i>Patricia Pugh Mitchell</i> | 15 |

FRIDAY | Session TWO / March 4 – April 26

| TIME | COURSE TITLE | CLASS ID | LEADER(S) | PAGE |
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| 11:15 AM - 12:45 PM | Tales, Tragedy, And Truth: Faulkner's Stories | 2741 | <i>Mary Schinhofen</i> | 10 |
| | Humor And Human Life | 2760 | <i>Joseph Givvin</i> | 50 |
| 1:00 PM - 2:30 PM | Forensic DNA In Criminal Justice: Science And Society | 2755 | <i>Mark Perlin</i> | 42 |
| 1:00 PM - 3:00 PM | Independent Art Study | 2759 | <i>Gary Bates</i> | 18 |
| | The Elements Of Personality Conflicts Part II | 2644 | <i>Kerry O'Donnell</i> | 31 |

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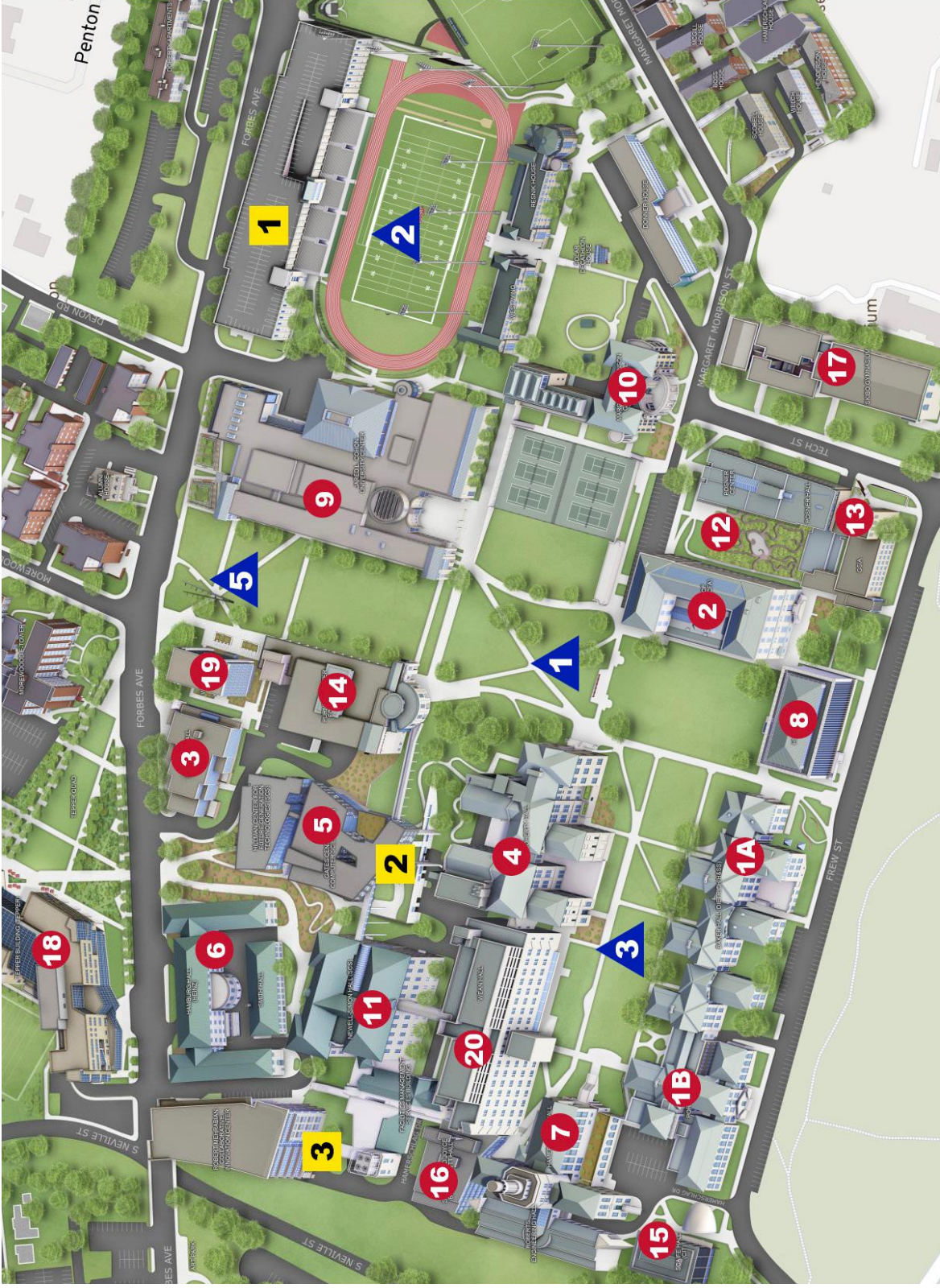
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Carnegie Mellon University



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 |
| Carnegie Museum | 4400 Forbes Ave., Oakland |
| City Theatre | 13 Bingham St., South Side |
| Dance Alloy Studio | 5530 Penn Ave., at Stratford, East Liberty |
| Episcopal Church of the Redeemer | 5700 Forbes Ave., Squirrel Hill |
| Friends Meeting House | 4836 Ellsworth Ave., Oakland |
| Homewood Cemetery | 1599 S Dallas Ave, Homewood |
| Jewish Community Center | 5738 Darlington Rd., Squirrel Hill |
| McGowan Institute For Regenerative Medicine | 450 Technology Dr., Suite 3 15219 |
| National Aviary | 7 Arch St., North Side |
| Pgh. Ballet | 2900 Liberty Ave , Strip District |
| 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 OLLI's instructors are volunteering their time and talents. Please be respectful of your course instructors and fellow participants by:

- attending only course for which you have registered
- arriving to class on time and turning off your cell phone
- staying on topic during discussions
- raising your hand to be recognized and stating your name each time before you speak
- 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 Service, 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, operate 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. Should you not be admitted to a course, your prepaid fee will be made into an electronic credit (voucher).

NEW A \$10 material 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.

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.

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.

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.

Observed 2019-2020 Official Osher Skip Days

Osher Lifelong Learning Institute is a nonsectarian organization. The organization officially recognizes only the following skip days:

| | |
|-----------------------------|------------------|
| 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. 20 |
| Thanksgiving Day* | Nov. 21 |
| Thanksgiving Friday* | Nov. 22 |
| Winter Break* | Dec. 30 - 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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until the term has ended.*

Join us!



Each image represents
a course offered inside.
Can you figure out which?



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