




JARED L. COHON UNIVERSITY CENTER



# Spring 2024

at **Carnegie Mellon University** | [cmu.edu/osher](http://cmu.edu/osher)

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OSHER  
LIFELONG  
LEARNING  
INSTITUTE

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## CONSIDER A GIFT TO OSHER

To make a contribution to the Osher Annual Fund, please call the office at 412-268-7489, go through your Osher Augusoft account with a credit card, or mail a check to the office. Thank you in advance for your generosity.

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*SLSG = Study Leader Support Group*

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The Staff

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### CONTACT INFORMATION

Osher Lifelong Learning Institute  
Carnegie Mellon University  
5000 Forbes Avenue  
Cyert Hall - Level B  
Pittsburgh, PA 15213-3815

**Phone:** 412.268.7489

**Email:** [osher@cmu.edu](mailto:osher@cmu.edu)

**Website:** [cmu.edu/osher](http://cmu.edu/osher)

**Facebook:** [facebook.com/osheratcmu](https://facebook.com/osheratcmu)

## ON THE COVER

Named for the eighth president of Carnegie Mellon University, the Jared L Cohon University Center is located on Forbes Ave. and features conference spaces, meeting rooms, study space, and multiple dining locations.

Cover photo: Carnegie Mellon University

Additional catalog images courtesy of wikimedia commons, pexels, unsplash, David Bachman Photography for Pittsburgh Opera, Matthew Schluieb, Mark Miller, Dot Gracey, and Carnegie Mellon University.

# AT A GLANCE

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## SESSION DATES

Session One: *January 8 – March 1*

Session Two: *March 4 – April 26*

For your convenience, this catalog is divided in three sections based on location:

- **CMU Campus\***: pages 6 - 37
- **Zoom**: pages 40 - 62
- **Community Site**: pages 64 - 69

\* Courses being held at Wilkins Community Center are now listed in the CMU Campus section of the catalog.

**Look for the 55 **NEW!** courses  
being offered this term!**

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**Courses being held at Wilkins Community Center are now listed in the CMU Campus section of the catalog.**

*Some art, cooking, language, and destination courses are featured in the Community Site portion of the catalog.*

*Check them out too!*

What interests you? Find your courses by topic and location.

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For information about the NRC Osher Online courses, please see our website [cmu.edu/osher](http://cmu.edu/osher) and click on the “NRC’s Osher Online” tab across the top.

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

# CMU CAMPUS

5000 FORBES AVE., PITTSBURGH, PA 15213

Classes in this section will be held on the Carnegie Mellon University campus or Wilkins Community Center.

A photograph of the exterior of Cyert Hall at Carnegie Mellon University. The building features a prominent concrete pillar on the left and a large glass facade on the right. The name "CYERT HALL" is displayed in large, white, serif capital letters on a dark grey horizontal band above the glass. The foreground shows a grassy area with scattered autumn leaves. The background is filled with trees with vibrant yellow and orange foliage, suggesting a fall setting.

CYERT HALL

# ARTS & HUMANITIES

Cinema/Film | Literature | Music

## CINEMA/FILM

### Woody Allen's Films And Life

Study Leader: Joseph Givvin

- 5 Classes: Jan. 16 – Feb. 13 Class ID: 4958
- Tuesday, 12:30 PM - 2:30 PM
- Cyert Hall, Osher Room B

**NEW!**

Who is Woody Allen? He has been called many names: comedic genius, sexual pervert, nerd, moral reprobate, auteur, philosopher, great filmmaker. This class will explore the many aspects of his life and work. One question we will consider is, can we appreciate the art or comedy of a person for whom we have serious questions about that person's moral character? The class will emphasize his films with a view to understanding and evaluating the character and thought behind them.

**Joseph Givvin**, Ph.D. has returned to live in the Pittsburgh area after 33 years of teaching at Mount Mercy University, Iowa, where he is Professor Emeritus. He has been a member of the American Association of Philosophy Teacher's (AAPT) since 1984 and has presented 12 workshops on teaching philosophy at AAPT conferences. He has also chaired two conferences sponsored by the AAPT. As a result of his work for the AAPT, he was presented an "Award of Merit for Outstanding Leadership and Achievements in the Teaching of Philosophy." He greatly enjoys the opportunity to teach Osher classes at Carnegie Mellon and to engage with the curious minds of the members in thoughtful conversation, especially about humor and happiness.

## LITERATURE

### Mrs. Dalloway

Study Leader: Nancy Quick Langer

- 5 Classes: Mar. 12 – Apr. 9 Class ID: 4943
- Tuesday, 10:45 AM - 12:15 PM
- Cyert Hall, Hawkins Conference Room

**NEW!**

*Mrs. Dalloway* (1925) is one of Virginia Woolf's most famous works and one of the defining texts of literary modernism. It is also a work of fiction readers return to again and again. *Mrs. Dalloway* has recently been described as "The Great Novel of the Internet." Readers reached for *Mrs. Dalloway* during the pandemic, its opening pages described as "probably the most ecstatic representation of running errands in the Western canon." And all of it takes place within the span of a single June day in 1923. In this course we will read and discuss *Mrs. Dalloway* in the context of Woolf's life and times, as well as our own. We'll look at supplementary texts (an early version of the story, Woolf's diary entries and letters, and some present-day re-imaginings of the text). Why is *Mrs. Dalloway* so great? Come to this class and find out!

**Nancy Quick Langer** is a writer, a teacher, an avid gardener, and an embroidery artist. She has taught English literature and writing for over 25 years at Boston College, Carlow University, CCAC, and Duquesne University's School of Leadership and Professional Advancement. Her creative nonfiction has appeared in *Watershed Review*, *Santa Ana River Review*, and most recently, *Meditating on What Matters*. In addition to writing essays, Nancy records the progress of her botanically inspired hand embroidery projects on her Instagram (@nancy\_ql). Her embroidery pieces have been part of several local juried art exhibitions, including the Three Rivers Arts Festival.

## The Bipartite Brain And Philosophy

Study Leader: Charles Hier

- 6 Classes: Mar. 13 – Apr. 17
  - Wednesday, 9:00 AM - 10:30 AM
  - Cyert Hall, Osher Room A
- Class ID: 4938

**NEW!**

We will examine an interesting book by an English neuroscientist, Iain McGilchrist, *The Matter with Things: our brains, our delusions and the unmaking of the world*. Our brains (as with the brains of all other species) are divided in two with a very small connection between the two hemispheres. He argues, with evidence from brain imaging, brain trauma and callosotomies (when surgeons cut the small connection between the brain hemispheres) that the right and left hemispheres perceive the world in radically different ways. McGilchrist examines the implications of the bipartite brain on the questions of how we know and what kind of things can be known about our world. His perspective enables us to revisit some traditional problems of philosophy and develop a deeper view of our relationship with the world and especially other people.

**Chuck Hier** received a BA in philosophy at Rice University and an MA in philosophy from NYU. Switching to history, he earned an MA at Boston College and a PhD from Pitt. He concentrated on Russian history and wrote his dissertation on collectivization in a region west of Moscow. He has taught history at Pitt, Duquesne, Akron, IUP and Slippery Rock. He has taught six history courses for Osher at CMU and one philosophy/psychological course.

## Ghost Writer

Study Leader: Jim Longo

- 1 Class: Feb. 27
  - Tuesday, 10:45 AM - 12:15 PM
  - Cyert Hall, Osher Room A
- Class ID: 4972

**NEW!**

**ONE DAY**

One man's lifelong search for the perfect ghost story—here, there, and everywhere. The search, the interviews, and the stories behind ghost stories around the world.

**Jim Longo** is a professor emeritus at Washington & Jefferson College, where he served as Chair of the Education Department for over two decades. He has taught in Austria, Brazil, and Costa Rica. He is the author of eight books. He was a public school teacher in St. Louis, Missouri and earned his doctorate at Harvard University.



## What Happens In *Hamlet*

Study Leader: Rebecca Carpenter

- 5 Classes: Mar. 13 – Apr. 10      Class ID: 4872
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room B

The class will delve into this mysterious, delicate, and powerful conundrum of a play. What actually happens? Who is ultimately responsible for the chaos and tragedy? And what about the women? So few lines, but what is truly behind them? And then there is the “problem” of Hamlet himself: prince or weakling, opportunist or victim, player or played? We will spend most of the time immersed in the text of this marvelous play, and then watch a film version. When the class concludes, the hope is that we can all say, “Alas, *Hamlet*, we know it well!”

**Rebecca Carpenter** has been an educator for almost 40 years. She taught English literature and writing in both public and private high schools, college, and graduate school. In addition, she taught English in Duquesne University’s School of Leadership and Professional Advancement’s Saturday program for 25 years. After 19 years, she recently retired from Literacy Pittsburgh where she taught adult literacy classes, trained volunteers, and developed and managed special projects, including Health Literacy.

## Jane Austin’s *Mansfield Park*

Study Leader: Allison Thompson

- 5 Classes: Mar. 12 – Apr. 9      Class ID: 4854
- Tuesday, 10:45 AM - 12:15 PM
- Cyert Hall, Olmsted Activity Room

With a heroine who some readers loathe and an ending that leaves many characters in uncomfortable situations, *Mansfield Park* (1813) is Jane Austen’s most challenging work. On the surface, it is the Cinderella story of a poor, shy girl brought up with her rich cousins. But *Mansfield Park*, while not as laugh-out-loud funny as Austen’s other works, is replete with inner meaning. It is also Austen’s most savage work, and can be read in many different ways: as a denouncement of slavery, as a discussion of the powerlessness of women, as a commentary on the moral bankruptcy of English society and as an exploration of the need for “improvements”—whether improvements of landscaping, morals, or mental education. As you explore more of the richness of *Mansfield Park* you will discover whether you are a “Fanny Friend” or a “Fanny Foe.”

**Allison Thompson** is an historian with a focus on social dance of the 18th century, a musician, and an English country dance leader. She is a Life Member of the Jane Austen Society of North America, has presented papers at meetings of various JASNA chapters, and is at work finalizing her book on dances from Jane Austen’s Assembly Rooms. She has taught several courses for Osher on Austen.

## Your input is welcomed and valued.

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. Please use the suggestion box in the quick link section of our website, [cmu.edu/osher](http://cmu.edu/osher).

To get involved with Osher at CMU, please check the opportunities listed on the “Volunteer” page of our website, [cmu.edu/osher](http://cmu.edu/osher).

## “Such Friends”: Early 20<sup>th</sup> Century Arts Patrons

Study Leader: Kathleen Dixon Donnelly

- 2 Classes: Feb. 27 and Mar. 5 Class ID: 4967
- Tuesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room A

**NEW!** **TWO DAY**

In the early years of the last century, the arts flourished, but with little state support—Ireland’s Abbey Theatre was the first in the western world to receive a government subsidy, but not until 1925. Financial and other support was provided by private individuals, not all of them wealthy. One of the most ubiquitous arts benefactors was the Irish American lawyer from Ohio, John Quinn (1870-1924). He helped fund Dublin’s Abbey, New York’s Armory Show and Paris’ *Transatlantic Review*; collected works from artists such as Augustus John, John Butler Yeats and Constantin Brancusi; and bought up original manuscripts by Joseph Conrad, T. S. Eliot and James Joyce—supporting the artist as well as the art. In two sessions, we will look at Quinn and some of his contemporaries—such as the Stein family in Paris—to see what we can learn from their philanthropic techniques to support our artists today.

**Kathleen Dixon Donnelly** has been involved in the creative process for over 40 years. Her dissertation for her Ph.D. in Communications from Dublin City University, “Such Friends,” was on the creative development of writers in early 20th century salons. Kathleen’s blog posts about “The Literary 1920s” at [suchfriends.wordpress.com](http://suchfriends.wordpress.com) have been published as a series, “Such Friends”: *The Literary 1920s*. Volumes I through IV are available on Amazon in both print and e-book formats. Kathleen’s thesis for her MBA from Duquesne University was *Manager as Muse: Maxwell Perkins’ Work with F. Scott Fitzgerald, Ernest Hemingway, and Thomas Wolfe*, which is also available on Amazon. She has a BA in Communications from Lycoming College in Williamsport, PA, and an MA in Education from Birmingham City University [BCU] in the UK. Kathleen recently retired as a senior lecturer at BCU. She has done presentations to many groups in the UK and the US, including Osher Lifelong Learning Institutes, The Southbank Center, the English-Speaking Union, and The Florida Center for the Book. Kathleen and her husband Tony Dixon relocated from the UK to her hometown of Pittsburgh, PA, where they live in Highland Park with their two cats, Gertrude Stein and Robert Benchley.

## MUSIC

### Broadway Through the Ages: Part 4

Study Leader: Marilyn Taft Thomas

- 1 Class: Mar. 1 Class ID: 4924
- Friday, 10:00 AM - 11:00 AM
- College of Fine Arts,  
Alumni Concert Hall

**NEW!** **ONE DAY**

This is the fourth in my series of piano concerts entitled “Broadway Through the Ages.” Three years ago, when I began presenting programs of Broadway hits, I discovered this vast wealth of material; there were so many wonderful songs, it was truly difficult to pick and choose which pieces to include in each concert. In this program, I am returning to those early years of Broadway to pick up some of the music I haven’t yet played for you.

**Marilyn Taft Thomas**, Pianist, Author/Composer, Educator, and Arts Administrator, recently retired after nearly 40 years as Professor of Music Theory and Composition at Carnegie Mellon University in Pittsburgh, Pennsylvania. For 10 of those years, she served as Head of the School of Music. A pianist since the age of 5, her professional career has spanned six decades. Her compositions include works for orchestra, choir, piano, voice, brass band and chamber ensembles. In addition to her work as a composer, she has published over 20 articles and papers on composition, technology, computer music, and women in music. She has also authored two books, several collections of essays, poetry, and travel journals. *Leadership in the Arts: An Inside View* and *Spiritual Moments* were both published by AuthorHouse in Bloomington, Indiana.



## Simplicity Vs Complexity In Classical Music

*Study Leader:* Owen Cantor

- 4 Classes: Jan. 24 – Feb. 14 *Class ID:* 4878
- Wednesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room B

The epochs of classical music swing like a pendulum between two poles: Simplicity and Complexity. The complex baroque of Bach was soon followed by simplicity and balance in Haydn’s classicism, gradually swinging forward to Beethoven’s expressive romanticism and beyond. Simplicity vs. complexity guided composers, shaped our built environment, and influenced how we live. Our class will be an informative journey through arts history.

**Owen Cantor**, DMD, graduated from the University of Pittsburgh School of Dental Medicine. In addition to being a practicing dentist, he was the founder of Pittsburgh’s Summerfest Chamber Music Festival and a freelance French horn player following studies with Forrest Standley of Carnegie Mellon University. Formerly an Artist-Lecturer, CMU College of Fine Arts, Dr Cantor currently teaches adult education at several universities, researching the diverse geography of classical music in European and American culture.

## The Symphony: In Three Movements

*Study Leader:* Jeffrey Swoger

- 6 Classes: Mar. 13 – Apr. 17 *Class ID:* 4851
- Wednesday, 2:15 PM - 4:15 PM
- Cyert Hall, Osher Room B

**NEW!**

Although the musical form that we know today as the symphony originated in Italy, it was nurtured and exported to the world by the Austro- German composers. This 3-part course will sample the growth, and transformation, of the symphonic form as it becomes the cornerstone for many orchestral concerts. Beginning with the father of the modern symphony, Franz Joseph Haydn, and culminating in twentieth century works by American, and Polish composers, the three-part course will also feature works from France, Czechoslovakia, Finland, Russia, and England. Part 1 will examine symphonies by Haydn, Beethoven, Berlioz, Schubert, Mendelssohn, Schuman and Brahms. Discussion of the music will be encouraged.

**Jeffrey Swoger** was initially exposed to classical music in a seventh-grade music appreciation class. He attended his first Chicago Symphony Orchestra concert while in high school and later elected to take a music appreciation course at Washington University. A 35-year Chicago Symphony Orchestra subscriber, he served on the CSO Junior Governing Board that presented concerts by small groups of CSO musicians in the Chicago public schools. Subsequently, his graphic design firm worked with the Chicago Symphony for 12 years, producing local and national advertising, national and international tour materials, season subscription mailers, fund-raising materials, 90th and 100th anniversary publications and CD packaging. Close, longtime friendships with the CSO program annotator and the director of public relations afforded regular access to the orchestra’s executives, musicians, and conductors.

## ECONOMICS

### Economics Of Battery Energy Storage

Study Leader: Pat Ervin

- 4 Classes: Jan. 17 – Feb. 7 *Class ID: 4885*
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room A

Participate in developing the economics for a potential green energy project. An in-depth knowledge of economics or engineering is not required for this course. This course will review the Rocky Mountain Institute paper *The Economics of Battery Energy Storage* and develop a cost benefit analysis for a potential campus battery energy storage system. A battery energy storage system can generate financial benefits from regional transmission operator market services, utility services, and savings on electric rates. A battery energy storage system built into a future campus building addition or modification will enable a future campus microgrid. The initial module will review the project concept, battery energy storage technology, and the regional, local, & campus power grids. Additional modules will explore ways a battery energy storage system can save money on campus utility bills and generate income from participation in regional transmission & utility services markets.

**GL “Pat” Ervin**, upon graduation from West Point in 1973, spent five years serving as a field artillery officer in the US Army Second Armored Division based in Fort Hood, Texas and Grafenwoehr, Germany. Afterwards he began a forty-year career developing, marketing, and selling products, systems, and technology in the electric power industry. His customer base included utilities, industrials, and engineering, procurement, & construction (EPC) customers located in Europe, the Middle East, North Africa, and the US. He develops beautification projects utilizing compact technology to replace large transmission substations, towers, and lines. Past renewable energy project development included a battery energy storage system and a microturbine combined heat & power system.

## Weekly Essentials

*The weekly email for all things Osher at CMU!*

Every Friday afternoon, we send out our weekly newsletter: *Weekly Essentials*, or “The WE!” This email is your one-stop-shop for all the happenings at Osher at CMU. The WE often includes:

- Catalog and registration announcements
- Upcoming events and lectures
- Course changes
- Volunteer opportunities
- Member benefits and discounts
- Technology tips and tricks
- Osher class photos
- Articles by Osher members

Members are automatically signed up for these emails, and we ask you do not “unsubscribe” as they will be your gateway to the most important updates from the Osher office. In addition to the email, all of the information is posted on the homepage of our website under the “Weekly Essentials” section.

*If you have not received these emails, contact the Osher office and we will make sure you are on the mailing list.*

# LEARN BY DOING

Art | Culinary | Dance/Exercise | Games | Writing

## ART

### Figure Drawing

Study Leader: Betsy Banglely

Materials Fee: \$45\*

- 5 Classes: Mar. 15 – Apr. 19\*      Class ID: 4895
- Friday, 9:30 AM - 12:00 PM
- College of Fine Arts, TBA

\*Note: Class will not meet on Apr. 12

Discover a new world of artistic exploration and connect with humanity by learning to draw another human being. Beginning artists will learn the basics of observational drawing in a supportive environment, while experienced artists will enjoy honing their skills through the open studio format of the class. Our nude model will hold a variety of poses for us to observe and sketch. Each week we will start with quick gesture sketches and move on to longer drawings. You'll be surprised at the progress you make as you develop your new creative skills! Bring a pad of newsprint, drawing paper, a soft pencil, and charcoal.

**Betsy Banglely** has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently teaches drawing, watercolor painting, art journaling, and other courses in the arts and humanities at the Community College of Beaver County through the Continuing Education and Workforce Development Department.

\*Materials fee information located on page 83.



### Lighting For Photography

Study Leader: David Banglely

- 2 Classes: Feb. 28 and Mar. 6      Class ID: 4954
- Wednesday, 12:30 PM - 2:30 PM
- Cyert Hall, Hawkins Conference Room

**NEW!**

**TWO DAY**

Photographs are made from light. This two-session class will build awareness of light and its qualities for anyone who takes photographs. Learn how to evaluate, add, and control light to take charge of the creative process. In the first session we'll study continuous lighting suitable for any type of camera. The second session will demonstrate flash techniques, suitable for cameras capable of external flash triggering. Both sessions will feature live demonstrations with a digital camera.

**David Banglely** is a former television producer/director. David has worked with film, analog television, digital television, and digital photography. He is an active photographer, specializing in classically lit portraiture.

## Drawing For All: Beginners & More Advanced

*Study Leader:* Jane Pawlowski

- 6 Classes: Jan. 16 – Feb. 20 *Class ID:* 4903
- Tuesday, 10:15 AM - 12:15 PM
- Cyert Hall, Olmsted Activity Room

We are all artists and drawing is the foundation of so many different forms of art. This class will delve into some of the fundamentals of drawing through observation. It is geared to the beginning artist as well as those who want to take a more independent approach to their work. We will be building up our arsenal of techniques, looking at the use of line, value, and space. Work will primarily be done in pencil, with some options for other media. Students should bring a sketchbook and pencils to the first class. A suggested materials list will be sent prior to the first class.

Please note: *Students will bring their own supplies*

**Jane Pawlowski** began her interest in art at an early age, realizing that this was one area where everyone's solutions could (and should) be different. Formal training began at The High School of Art and Design as an Advertising and Illustration Major followed by a BFA in Graphic Design from the School of Visual Arts in NYC. Jane began her career working in advertising and publishing (Vogue Magazine). Volunteering in schools led to a second, 24-year career, teaching studio and computer art to high school students as well as graphic design to college students. Jane created a program, Fusing Culture in Curriculum in her public schools, incorporating the arts into all areas of the school curriculum. Today, Jane is enjoying time to create her own art in watercolors, oils and acrylics, often bringing to life the places she has traveled in her paintings.



## Watercolor Painting

*Study Leader:* Jane Pawlowski

- 4 Classes: Mar. 19 – Apr. 9 *Class ID:* 4905
- Tuesday, 12:30 PM - 2:30 PM
- Cyert Hall, Olmsted Activity Room

This course serves as both an introduction to the versatile watercolor medium as well as an opportunity for those with prior experience to enhance their skills and work on individual projects. Watercolors can be used for quick sketching, as well as developed into a very detailed and layered painting. We will be working on developing our own style as different approaches to the medium are discussed. We will look at different genres of art as we enjoy our increasing comfort and skill in this beautiful medium.

Please note: *Students will purchase their own supplies*

**Jane Pawlowski** began her interest in art at an early age, realizing that this was one area where everyone's solutions could (and should) be different. Formal training began at The High School of Art and Design as an Advertising and Illustration Major followed by a BFA in Graphic Design from the School of Visual Arts in NYC. Jane began her career working in advertising and publishing (Vogue Magazine). Volunteering in schools led to a second, 24-year career, teaching studio and computer art to high school students as well as graphic design to college students. Jane created a program, Fusing Culture in Curriculum in her public schools, incorporating the arts into all areas of the school curriculum. Today, Jane is enjoying time to create her own art in watercolors, oils and acrylics, often bringing to life the places she has traveled in her paintings.

## Creating The In-Between: From Diagnosis To Healing

Study Leader: Gerry Florida

Materials Fee: \$15\*

- 3 Classes: Mar. 12 – Mar. 26      Class ID: 4949
- Tuesday, 12:30 PM - 2:30 PM
- Cyert Hall, Hawkins Conference Room

**NEW!**

This is a 3-session recreational watercolor class where students will also share their experiences, anxieties, and frustrations of living with Covid related illnesses. Students will learn simple and fun basic watercolor techniques to divert daily anxieties and frustrations and learn to relax through the creative process. As an artist experienced in unpredictable outcomes, Gerry believes diversion, pleasure, and self-gratification through creative experiences are more important to healing than the final product. Discussion will center around coping skills, acceptance, and empowerment in dealing with the uncertainty that revolves around long-Covid recovery. Gerry has chosen to share her recovery insights with individuals suffering the effects of chronic-illness and who experience the mental-physical challenges and social stigma an uncertain recovery journey otherwise brings. The class is open to those experiencing long-covid, long-vax or who suffered the loss of loved ones through the pandemic. No previous art skills are required to participate.

**Gerry Florida** is an award-winning artist, who spent much of life in recovery from a chemical accident in 1999 that left her confined for 6-years, to her life-long battle with dysautonomia and currently her struggles with long-covid. It was the isolation between diagnosis to recovery that Gerry mastered ways to distract herself through art, becoming the catalyst to help others find ways to creatively live through the healing process with more dignity, acceptance, and hope. A social justice artist-advocate, she devoted her life working on behalf of at-risk populations, using her recovery experiences to help students discover their creative potential and ease transitions from trauma, illness, and tragedy. With newfound esteems, students creatively challenged limitations, while disrupting negative thinking patterns to better equip them moving forward and distancing themselves from the failed histories that once defined them. Following a year of rehabilitation, Gerry is now walking 5-7 miles daily and working full-time. She has regained her physical-mental strength through acceptance, self-belief and perseverance using art to interrupt self-defeating thoughts. Gerry redirects her attention away from daily discomforts to accept her current reality, enabling her to re-design a future under new terms and finally regain control of her life.

\*Materials fee information located on page 83.

## Beginning Painting In Acrylics

Study Leader: Francine VandenBerg

Materials Fee: \$30\*

- 6 Classes: Jan. 16 – Feb. 20      Class ID: 4881
- Tuesday, 10:00 AM - 12:00 PM
- Wilkins Community Center,  
Regent Square, 7604 Charleston Ave, Swissvale

- 6 Classes: Mar. 12 – Apr. 16      Class ID: 4882
- Tuesday, 10:00 AM - 12:00 PM
- Wilkins Community Center,  
Regent Square, 7604 Charleston Ave, Swissvale

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

**Francine VandenBerg** is an experienced, self-taught artist who has enjoyed making and appreciating art her whole life. Teaching others, especially those who say, “But I can’t even draw a straight line!”, to creatively express themselves brings her equal joy. Making art is an adventure in exploring self as well as the paints, the mediums, manipulating materials, tools and techniques. Francine is a member of the Pittsburgh Society of Artists, the Pittsburgh Watercolor Society, the Pittsburgh Pastel League and the Pittsburgh 10.

\*Materials fee information located on page 83.

## Continuing Painting In Acrylics

Study Leader: Francine VandenBerg

Materials Fee: \$20\*

- 6 Classes: Jan. 16 – Feb. 20      Class ID: 4883
- Tuesday, 12:30 PM - 2:30 PM
- Wilkins Community Center,  
Regent Square, 7604 Charleston Ave, Swissvale

- 6 Classes: Mar. 12 – Apr. 16      Class ID: 4884
- Tuesday, 12:30 PM - 2:30 PM
- Wilkins Community Center,  
Regent Square, 7604 Charleston Ave, Swissvale

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

Please note: *There is a potential need for about \$25.00 in supplies to be paid to the study leader.*

**Francine VandenBerg** is an experienced, self-taught artist who has enjoyed making and appreciating art her whole life. Teaching others, especially those who say, “But I can’t even draw a straight line!”, to creatively express themselves brings her equal joy. Making art is an adventure in exploring self as well as the paints, the mediums, manipulating materials, tools and techniques. Francine is a member of the Pittsburgh Society of Artists, the Pittsburgh Watercolor Society, the Pittsburgh Pastel League and the Pittsburgh 10.

*\*Materials fee information located on page 83.*

## CULINARY

### Exploring Italy Through Wine

Study Leader: Barb Pezze

Materials Fee: \$35\*

- 4 Classes: Jan. 16 – Feb. 6      Class ID: 4974
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Olmsted Activity Room

**NEW!**

Do you love Italy? Do you love wine? During this class we will explore Italy through its wine. Grape vines have been cultivated in Italy for over 3,000 years and a lot has happened during that time! Today, Italy leads the world in wine production and is a leader in imports into the U.S. Learn about what makes Italy unique in the world of wine and dive into the varieties of its major regions to see how history, geography, climate, culture, and producers influence wine. The class will be broken into four parts: an overview of Italian wine, Northern Italy, Central Italy, and Southern Italy. During each class you will taste representative wines of that region and discuss their characteristics. The class will be augmented with lots of photos that will make you feel like you are visiting in person (without the hassle of travel!)

**Barb Pezze** retired from Alcoa after 31 years in IT, Consulting and Ethics and Compliance. During her career she was fortunate to travel around the globe where she discovered her love of wine—Italian wine in particular! Since retiring, Barb obtained WSET I and II certifications and achieved highest honors as an Italian Wine Scholar (which she says was more difficult than any IT class she ever took!). Barb and her husband, Gary (a retired Metallurgical engineer), have since started VinoNomad, a wine education business. Today they hold wine classes for small groups in the home or at events.

*\*Materials fee information located on page 83.*





## Soups And Quick Breads

Study Leader: David Green

Materials Fee: \$45\*

- 5 Classes: Jan. 18 – Feb. 15 Class ID: 4946
- Thursday, 12:30 PM - 2:30 PM
- Wilkins Community Center, **NEW!**  
Regent Square, 7604 Charleston Ave, Swissvale

To many of us, nothing says comfort more than a bowl of hot soup and some homemade bread. In this class you will learn the basics of soup making as well as shortcuts to making soups from ingredients found in your freezer and pantry. Quick breads are primarily non-yeast breads that don't require kneading and proofing such as corn bread, muffins, biscuits, and crackers. Each week we will make two soups and complementary breads to go with them.

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

\*Materials fee information located on page 83.

## DANCE/EXERCISE

### Yoga For Body, Mind, And Soul

**NEW!**

Study Leader: Leah Cunningham

Materials Fee: \$10\*

- 6 Classes: Jan. 16 – Feb. 20 Class ID: 4926
- Tuesday, 9:00 AM - 10:15 AM
- Wilkins Community Center,  
Regent Square, 7604 Charleston Ave, Swissvale
- 6 Classes: Mar. 12 – Apr. 16 Class ID: 4927
- Tuesday, 9:00 AM - 10:15 AM
- Wilkins Community Center,  
Regent Square, 7604 Charleston Ave, Swissvale

A creative, gently challenging, and soothing yoga practice that promotes strength, flexibility, balance, and agility, while reducing tension and awakening the spirit within. This practice is accessible to all and considers the challenges and body changes of the mature adult. Poses are guided in a gentle, yet challenging manner with modifications available when limitations are present. This integrated class includes breathing, postures, and meditation and it promises to feel good from start to finish. Yoga blocks, straps, and blankets are suggested. No yoga experience is necessary.

Please note: *For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity. New students welcome; Must attend the yoga orientation, 30 minutes before the first class.*

**Leah Cunningham**, upon retirement in 2015 as a nursing professor, completed a 200-hr. yoga teacher training program at School House Yoga in Pittsburgh. Her intention was to continue a passion for guiding others in the promotion of health and management of chronic illness. She has been teaching yoga classes since 2015 at various City of Pittsburgh Healthy Active Living Centers and several suburban 55+ active communities. During the pandemic and currently, her virtual classes are offered in Zoom format. She also currently teaches an in-person class in her local community. She believes yoga should be accessible to all individuals regardless of age or body type. She incorporates asana modifications and the use of props as needed.

\*Materials fee information located on page 83.

## Tamburitzan Folk Dancing

Study Leader: George Schexnayder

Materials Fee: \$10\*

- 6 Classes: Jan. 17 – Feb. 21      Class ID: 4914
- Wednesday, 10:00 AM - 11:30 AM
- Wilkins Community Center,  
Regent Square, 7604 Charleston Ave, Swissvale

- 6 Classes: Mar. 13 – Apr. 17      Class ID: 4915
- Wednesday, 10:00 AM - 11:30 AM
- Wilkins Community Center,  
Regent Square, 7604 Charleston Ave, Swissvale

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.

Please note: *For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity. New students welcome; Must attend the yoga orientation, 30 minutes before the first class.*

**George Schexnayder** became interested in Eastern European folk dancing when his four children danced and performed with local youth folk dance groups. George began to learn the dances at the many dance socials he attended. This learning and dancing has continued for the past 27 years.

\*Materials fee information located on page 83.

## GAMES

### Trivia Jeopardy! Style

Study Leader: Howard Seltman

- 2 Classes: Feb. 27 and Mar. 5      Class ID: 4942
- Tuesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room B

**NEW!** **TWO DAY**

This class will be in the form of the popular trivia game show *Jeopardy!* Students will be randomly offered the chance to be one of the three participants for each of six games over two weeks. Guessing the answers and cheering on your friends is also fun if you are not chosen. There will be real buzzers and the format will closely follow the TV show. Winning brings bragging rights, but no cash. Categories will range widely with some special emphasis on the 1940s to 1960s and topics from prior Osher courses.

**Howard Seltman**, MD, PhD worked as a clinical pathologist and then as a statistics professor. He retired as Director of the Masters in Statistical Practice program in the CMU Department of Statistics and Data Science in 2019.

## Bridge Basics

Study Leader: Sherri Davis

- 6 Classes: Jan. 16 – Feb. 20 Class ID: 4947
- Tuesday, 2:45 PM - 4:45 PM
- Cyert Hall, Olmsted Activity Room

Bridge is a card game enjoyed by tens of millions of people who like its social interactions as well as the mental challenges that it provides. It involves both bidding (competing for the right to select a master suit) and play (one card at a time played by each of the four players). Bridge Basics is designed for neophytes who have little or no prior knowledge of the game but wish to learn it. Basic instruction will be provided on how the game is structured, how to evaluate your cards, how to bid and play. Each class will have a designated topic that will be described and exemplified, and there will be practice deals that the participants will play and then discuss.

**Sherri L. Davis** was a consultant at a wealth-management firm and an attorney in both New York and Pittsburgh. She is the happiest retired person on the planet.

## Bridging The Gap

Study Leader: Sherri Davis

- 6 Classes: Mar. 12 – Apr. 16 Class ID: 4948
- Tuesday, 2:45 PM - 4:45 PM
- Cyert Hall, Olmsted Activity Room

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 the fundamentals of bidding and play, paying special attention to participants’ questions. There will be a theme for each week, and participants will play several example deals and then discuss them.

**Sherri L. Davis** was a consultant at a wealth-management firm and an attorney in both New York and Pittsburgh. She is the happiest retired person on the planet.

## WRITING

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### Flash Memoir: A Writing Workshop

*Study Leader:* Nancy Quick Langer

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- 5 Classes: Jan. 17 – Feb. 14 *Class ID:* 4944
  - Wednesday, 10:45 AM - 12:15 PM
  - Cyert Hall, Hawkins Conference Room
- 

This course will introduce participants to the flash nonfiction genre. The very brief essay provides an opportunity to focus the lens on an event, image, or detail until, as Bernard Cooper observes in his introduction to the anthology *In Short*, “one has magnified some small aspect of what it means to be human.” In this course, participants will draw from the small details of their lived experiences to create snapshots of memoir. We will focus on the elements of writing brief, creative nonfiction and read sample essays for instruction and inspiration. Starting at the end of the first-class meeting, participants will receive weekly essay prompts. Each class meeting that follows will include time to workshop what classmates have written.

**Nancy Quick Langer** is a writer, a teacher, an avid gardener, and an embroidery artist. She has taught English literature and writing for over 25 years at Boston College, Carlow University, CCAC, and Duquesne University’s School of Leadership and Professional Advancement. Her creative nonfiction has appeared in *Watershed Review*, *Santa Ana River Review*, and most recently, *Meditating on What Matters*. In addition to writing essays, Nancy records the progress of her botanically inspired hand embroidery projects on her Instagram (@nancy\_ql). Her embroidery pieces have been part of several local juried art exhibitions, including the Three Rivers Arts Festival.

### Writing in Your Voice

*Study Leader:* Helen Fallon

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- 2 Classes: Feb. 28 and Mar. 6 *Class ID:* 4934
  - Wednesday, 12:30 PM - 2:30 PM
  - Cyert Hall, Olmsted Activity Room
- 

**TWO  
DAY**

Love to write and express yourself? A market exists for your work, and if you don’t want to be published for all to see, writing down your memories and viewpoints is a wonderful legacy for your family and friends. Many media outlets – print and online – look for op-ed articles, columns, blogs, reviews and more to include in their content. Learn what those formats include, how to create them, and where and when to pitch them. You can draw upon your expertise, knowledge and personal experiences to create them, adding in research to ensure accuracy. Finally, you’ll learn about the importance of rewriting and editing your work to achieve readability. Examples will be offered, and students will be urged to create their own work to share with the class. No required text, but students will be urged to read outside of class to understand the various writing formats.

**Helen Fallon**, professor emeritus and former director of Point Park University’s Honors Program, taught and served as an administrator at Point Park from 1986-2020. She chaired the Department of Journalism and Mass Communication from 1999 to 2008 and served as acting dean of the School of Communication from 2008 to 2009. She directed the Honors Program until 2020. Fallon has been an active journalist for the entirety of her teaching career, working as a part-time copy editor for the *Pittsburgh Post-Gazette*. Earlier in her career, Fallon worked as a reporter, copy editor, and editor for several papers in the Pittsburgh area for six years and did public relations work for a university and a community hospital for five years. She is active in journalism professional organizations, serving currently on the Press Club of Western Pennsylvania board and the Pennsylvania NewsMedia Association Foundation board, a statewide organization. Outside of journalism, Fallon currently serves on the Jefferson Regional Foundation’s board, which is dedicated to investing in the health and vitality of the communities served by Jefferson Hospital in the South Hills and lower Mon Valley of Pittsburgh.

## Writers' Workshop

Study Leader: Thalia Snyder, Helen Wilson

- 6 Classes: Mar. 13 – Apr. 17      Class ID: 4908
- Wednesday, 12:30 PM - 2:30 PM
- Cyert Hall, Hawkins Conference Room

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

**Thalia Snyder** is a writer, actor, retired dentist and language enthusiast. She studied theater at Northwestern University where she graduated with a B.A. 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 narrates books as a voiceover artist at Library of Accessible Media for Pennsylvanians (LAMP). She writes poetry and memoir. Her work was published in *Signatures* (Osher Lifelong Learning Institute at Carnegie Mellon University, 2016). Thalia has been a joyful member of Writers' Workshop for many years.

**Helen Wilson**, vice president of the Squirrel Hill Historical Society, has been researching and writing about Squirrel Hill history for the past twelve 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.

## VOLUNTEER OPPORTUNITIES

Osher at CMU was built by a group of volunteers who put time and effort into creating a life-long learning environment. Volunteers laid the stepping-stones for future courses and events to be successful. Now there is an opportunity for new volunteers to step in to support our wonderful program and continue the path to a fruitful organization! Please consider joining one of the following committees:

- **The Curriculum Committee** establishes our wonderful slate of courses each term with a mixture of new and returning courses.
- **The Membership/Social Committee** executes special events that welcome new members and entertain established members throughout the year.

Additional details and committee responsibilities can be found on our website, [cmu.edu/osher](http://cmu.edu/osher) under the "Volunteer" tab.

If you believe you'd be a great asset to either team, and that your talents will be a valuable addition to the committee, we encourage you to fill in a volunteer application!

## ARCHITECTURE

### Villa Vuoto: Design, Construction, Addition

*Study Leader:* Matthew Schlueb

- 6 Classes: Mar. 13 – Apr. 17 *Class ID:* 4962
- Wednesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room B

**NEW!**

This course will explore Matthew Schlueb's individual approach to residential architecture, through the lens of his own house, Villa Vuoto. He will recount his formal education at Ohio State and Pratt Institute, examining his thesis studying visual perception of form and space, followed by his published manifesto stating his schematic strategies and theoretic postulates in the material execution of Villa Vuoto. He will cover the design and construction of the house through models, drawings, and photographic documentation, continuing with case studies living in the house, exploring leitmotifs and partis pris in practice. The course will conclude with an addition, 20 years after the original house, learning from the experience and proposing a new way for architecture in the future.

**Matthew Schlueb** is a licensed architect practicing architecture for over two decades. He owns and operates a private practice, where he specializes in residential architecture and is dedicated to mastering the art of exceptionally tailored homes crafted by hand. He has authored ten books on architecture and lectures from the kindergarten to post-graduate level. His designs have been awarded locally and nationally, receiving praise internationally in both print publications and television media. His own home, Villa Vuoto, is a manifesto on creativity, questioning the conventions of the building industry, while expanding the minds and sensitivities of his two sons raised within circular space, where rooms are rounded and walls sloped. The house is an ongoing experiment exploring human sensitivities to subtleties revealed only by a careful handling of soft, curvilinear, textural form. Matthew was awarded Master of Architecture from Pratt Institute, where his thesis studied the visual perception of architectural space, exploring proxemic relationships between inhabitant and inhabitable form, isolating perceptual thresholds and their influences on human behavior. He continues this experimentation through his collaborations with local artists.

## MEDICAL

### What Is A "Heart Attack" And How Can I Get One?

*Study Leader:* Jerome Granato

- 2 Classes: Feb. 28 and Mar. 6 *Class ID:* 4910
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room A

**TWO  
DAY**

This two-day series of lectures is designed to provide the general public with a better understanding of the causes and treatment options for a myocardial infarction, commonly known as a "heart attack". There are no prerequisites for the course. In lay terms, the course will address the following topics: Day 1: An introduction to cardiac structure and function the presentation and consequences of a heart attack Day 2: How blocked coronary arteries are diagnosed and Medical and surgical treatment options. At the conclusion of the course, patients and families should be better informed about maintaining better health and, when necessary, become better consumers of healthcare. Each class consists of two 45-minute lectures with time for questions. At no time will this course or the instructor attempt to provide medical advice.

**Dr. Jerome E. Granato** has actively practiced clinical and interventional cardiology for over 25 years. He graduated with high honors from the Stevens Institute of Technology with a degree in chemical engineering. After pursuing his MD degree and residency in internal medicine at Johns Hopkins, he attended the University of Virginia as a post-doctoral fellow in cardiology. He also holds an MBA degree from the J.L. Kellogg School of Management at Northwestern University and has served as a marketing and strategy consultant to medical device and pharma companies. The recipient of numerous awards in the areas of patient safety and medical education, he has been regularly cited as one of the "Best Doctors in America" for cardiovascular disease and one of "America's Top Cardiologists". He has served on the board of trustees for the Texas Heart Institute, the Association of Professionals in Infection Control and Epidemiology, and the Alliance for Quality Improvement and Patient Safety. Dr. Granato recently retired as senior vice president and medical director of the national cardiovascular service line for CommonSpirit Health, the nation's largest non-profit health care provider, where he oversaw cardiovascular services at over 130 hospitals.

## Brain Computer Interface And Neuromodulation

Study Leader: Wendy Ye

- 1 Class: Feb. 28 Class ID: 4860
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room B

ONE DAY

Can we use our thoughts without touching anything to type letters or turn on TV? Brain Computer Interface (BCI) allows a user to operate an external device, most commonly a computer or a robotic limb, with their mind alone. It is a direct communication pathway between the brain and an external machine. BCI research and development have grown explosively over the past two decades. The advancements in machine learning, AI and robotics, the discoveries in medicine and neuroscience contributed to the recent development of the BCI field. This class will give an introduction about what is Brain Computer Interface, types of Brain Computer Interface, development history and state of the art. The class will also discuss how BCI works, and its major applications including neuroprosthetics for severe disabilities and neuromodulation in the therapy area of brain stimulation to manage Parkinson's disease, epilepsy, and other disorders.

**Wendy Ye** is a managing editor of *IEEE Reviews* in Biomedical Engineering. She started her career at the Harvard- MIT Division of Health Sciences and Technology and worked for Harvard Medical School VA Medical Center. She has also worked as a Principal Specialist at Medtronic Neuromodulation and served as a Managing Editor for *IEEE Transactions on Biomedical Engineering*. She has extensive knowledge and experience in reviewing and analyzing neuromodulation devices in the therapy areas of pain, migraine, Parkinson's disease, essential tremor, and other neurological disorders.

## TECHNOLOGY

### Computational Science: 170 Years and Counting!

Study Leader: Gerald Wang

- 1 Class: TBD Class ID: 4864
- *Date, Time, and Location will be announced when a computer lab has been booked.*

ONE DAY

The purpose of this course is to introduce students to important concepts in computation and data science, as they relate to contemporary science and engineering. The course will introduce three major computing paradigms: Numerical, symbolic, and spreadsheet computing (with a particular focus on numerical computing). Our goal is to develop an appreciation of the role of computer-based methods in science and engineering practice, as well as basic understanding of the history of computational science and engineering. This course only assumes enthusiasm to spend some time around computers (no prior technical background necessary).

**Jerry Wang** is an Assistant Professor of Civil and Environmental Engineering, and Mechanical Engineering (by courtesy) and Chemical Engineering (by courtesy), at Carnegie Mellon University. He received his BS in 2013 from Yale University (Mechanical Engineering, Mathematics and Physics), SM in 2015 from MIT (Mechanical Engineering), and PhD in 2019 from MIT (Mechanical Engineering and Computation). He performed postdoctoral research at MIT in Chemical Engineering. He was a member of the inaugural cohort of the Provost's Inclusive Teaching Fellowship at CMU, was the 2020 recipient of the Frederick A. Howes Scholar Award in Computational Science and the 2016 MIT Graduate Teaching Award in the School of Engineering, and is an alumnus of the Department of Energy Computational Science Graduate Fellowship. Wang directs the Mechanics of Materials via Molecular and Multiscale Methods Laboratory (M5 Lab) at CMU, which focuses on computational micro- and nanoscale mechanics of fluids, soft matter, and active matter, with applications in Civil and Environmental Engineering across the nexus of water, energy, sustainable materials, and urban livability. The M5 Lab is particularly interested in particle-based simulations, systems out of equilibrium, uncertainty quantification in molecular simulations, and high-performance computing. He teaches courses in molecular simulation and computational/data science.

# SOCIAL SCIENCES

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

## CONTEMPORARY TOPICS/ SOCIOLOGY

### When Charities Do Bad Things

*Study Leader:* Penina Lieber

- 5 Classes: Mar. 12 – Apr. 9 *Class ID:* 4925
- Tuesday, 10:45 AM - 12:15 PM **NEW!**
- Cyert Hall, Osher Room A

Charities are known for their good deeds, but some charities fall off the rails. When that happens, their bad acts make them known for their fraud and corruption rather than the good work they could do. Their conduct harms other responsible charities and the people they serve. This course will look at several highly publicized scandals: National Rifle Association (NRA), Trump Foundation, Varsity Blues (College Admission), Lemington Home for the Aged, and Boy Scouts of America. Do directors have a duty to uncover wrongdoing? How are these charities held accountable? How should they be sanctioned?

**Penina Lieber** is Adjunct Professor at Pitt Law School where she teaches Nonprofit and Tax Exempt Law. She was a Woodrow Wilson Fellow at Harvard University, a judicial law clerk on the U.S. Court of Appeals and a Partner in a national law firm. Penina has published three books and has spoken at many conferences. Penina has served on the Board of Governors of the American Bar Association and was an officer in the Pennsylvania Bar Association, PA Bar Institute, Disciplinary Board and IOLTA Board. She received the Anne X. Alpern Award for outstanding woman lawyer in Pennsylvania.

### Gender Is Not A Binary: Exploring Trans Identities

*Study Leader:* Rayden Sorock, Marty Seltman

- 1 Class: Jan. 10 *Class ID:* 4932
- Wednesday, 10:45 AM - 12:15 PM **NEW!** **ONE DAY**
- Cyert Hall, Osher Room B

Do you have questions about trans people and how to support those in your life? Come to learn some history, terminology, and cultural context in a friendly environment. Led by two local community activists: Marty Seltman, MD who spearheaded trans care in Pittsburgh starting in the 90's, and Rayden Sorock, who transitioned in the early 2000s. Both have taught a variety of people about trans topics for decades.

**Rayden Sorock** is a community activist and organizer whose career most recently has been to start and support community gardens. Over 10 years he taught LGBTQ trainings to college and graduate students, non-profit staff, birthcare workers, and church congregations. He was the Initiative for Transgender Leadership's inaugural fellow in 2011 and continued to volunteer as a peer mentor. He started his high school's Gay Straight Alliance in the early 2000s. He plays ice hockey and is on the board of Pittsburgh LGBTQ+ Hockey. He lives in Wilkinsburg with his queer family.

**Marty Seltman** is a retired family doctor who focused on caring for underserved communities including providing LGBTQ care. He spent much of his career as Family Medicine Residency Director at Forbes Hospital and saw patients for over 30 years at Metro Community Health Center. He was on the board of Persad Center (a mental health organization providing care for sexual minorities) and also was a member of their Gender Team. He was a founding member of the Tristate gender collaborative. He approaches transgender care as a parent, grandparent as well as a physician.



## Safety First! A Radiologist’s Perspective On EMFs

Study Leader: Robert Brown

- 5 Classes: Mar. 13 – Apr. 10 Class ID: 4953
- Wednesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room A

**NEW!**

Instantaneous worldwide communication, smart homes, autonomous vehicles, and dozens of other applications, inconceivable just twenty years ago, are becoming commonplace. As with previous technological breakthroughs, these advances have not been without consequence. Decades of research have shown that all forms of electromagnetic radiation can affect human health. This class will provide an opportunity to discuss important topics including the beneficial and harmful health effects associated with exposure to EMFs and microwave radiation. We will also look into how these forms of energy are used both for the diagnosis and/or treatment of disease in traditional and alternative forms of healthcare.

**Robert Brown** attended the University of Miami School of Medicine and completed a diagnostic radiology residency in Pittsburgh. Following, he obtained fellowship training at the University of California, San Diego in musculoskeletal radiology. Having worked both in private practice and in academia, Dr. Brown has had the opportunity to teach residents and contribute to the radiology literature. Personal and professional experiences have led Dr. Brown to understand that removing biochemical and energetic environmental toxins are essential for achieving and maintaining good health. He compiled his thoughts and accumulated research in *Toxic Home/Conscious Home: A Mindful Approach to Wellness at Home*, published in 2019. His recently published peer-reviewed papers on the possible connection between COVID-19 and radiation from wireless communication, sparked international interest and led to multiple presentations, including those at the Environmental Health Symposium and the National Association of Environmental Medicine.

## ChatGPT To Dall-E: A Rapid Tour Of Generative AI

Study Leader: Ashique KhudaBukhsh

- 5 Classes: Mar. 13 – Apr. 10 Class ID: 4970
- Tuesday, 9:00 AM - 10:13 AM
- Cyert Hall, Osher Room B

**NEW!**

In light of the recent excitement surrounding ChatGPT, this proposal aims to provide a reader-friendly journey through the world of artificial intelligence (AI). We'll cover the following topics: AI's Fascinating Journey — a quick tour of the history of AI research, highlighting key milestones and breakthroughs; Demystifying AI — we'll offer a high-level explanation of how AI systems actually work to make it easier to grasp; Navigating the Pitfalls — delve into the important topic of bias in AI, exploring how it can potentially cause harm both in data and AI methods; ChatGPT and Its Peers— you'll get an introduction to ChatGPT and some other generative AI tools; we'll discuss their potential applications and the risks associated with them and Peering into the Future where we'll open the floor for an open-ended discussion on the exciting prospects and challenges that the future holds in the realm of AI.

**Ashique KhudaBukhsh** is an assistant professor at the Golisano College of Computing and Information Sciences, Rochester Institute of Technology (RIT). He earned his Ph.D. from Carnegie Mellon University (CMU). His current research lies at the intersection of natural language processing and AI for Social Impact as applied to: (1) polarization in the context of the current US political crisis; (2) globally important events arising in linguistically diverse regions requiring methods to tackle practical challenges involving multilingual, noisy, social media texts; and (3) auditing AI systems and platforms for unintended harms. In addition to having his research been accepted at top artificial intelligence conferences and journals, his work has also received widespread international media attention that includes coverage from *The New York Times*, *BBC*, *Wired*, *Times of India*, *The Daily Mail*, *VentureBeat*, and *Digital Trends*, to name a few

## America At A Crossroads: Choosing The Right Path

*Study Leader:* Art Sales

- 4 Classes: Jan. 16 – Feb. 6 *Class ID:* 4862
- Tuesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room B

**NEW!**

The US has suffered terribly for the past six years as it tries to decide who they are and what they want to do. I have some thoughts on what some solutions might be. I'd like to share them with you and get your input. We will look at the national and international situation, the national debt, problems we have made for ourselves Along the way, federal revenues and expenses and possible alternative sources of revenue.

**Arthur Sales** is a retired CPA, Computer Auditing Specialist, CFO, COO, CIO of various companies in the Pittsburgh area. He has been an Osher member for 11 years. He has presented other Osher courses in the past; one dealing with resolving the Israeli-Palestinian conflict and another solving America's financial problems. His teaching style, while very organized, will raise many questions and promote dialog intended to improve upon any suggested solutions.

## How Do You Explain India?

*Study Leader:* Sankar Seetharama

- 3 Classes: Mar. 12 – Mar. 26 *Class ID:* 4887
- Tuesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room B

India, the world's largest democracy and the second most populous nation in the world, is a study in contrasts. It is a fascinating land of cultures, languages, religions, history, and natural beauty among other things. It is developed and undeveloped, rich and poor, educated and illiterate, tolerant and intolerant, simple and confusing – all at the same time. During this course we will start by tracing Indian history to the present and discuss the diverse nature of the population, culture and country. We will conclude by discussing current day India's successes/failures and socio economic challenges.

**Sankar Seetharama**, a Pittsburgher since 1977, was born in India and has spent over forty years in the environmental control systems and services industry. During his career he has worked in senior management roles in a variety of marketing, business development, contract negotiation, international business, product development and project management functions. Mr. Seetharama earned his BS in Mechanical Engineering from Banaras Hindu University, India and MBA majoring in Marketing from the University of Pittsburgh. Enjoying retirement since 2018, he stays active as a volunteer & Board member at Osher at Carnegie Mellon University and Friends of the Library, Upper St. Clair. He also enjoys traveling, hiking, photography, cooking and model railroading.



## The Story Of Steel

Study Leader: Sankar Seetharama

- 1 Class: Jan. 9
- Tuesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room B

Class ID: 4888

**NEW!** **ONE DAY**

Steel has been the most important materials in terms of economic impact on society in the 20th century. Pittsburgh has played a vital role in steelmaking. This course will explore the origins & development of the iron & steel industry, steelmaking techniques & methods through the ages, types of steel and their uses and environmental issues. We will discuss the industry's growth and decline in Pittsburgh and the current and future global outlook for steel.

**Sankar Seetharama**, a Pittsburgher since 1977, was born in India and has spent over forty years in the environmental control systems and services industry. During his career he has worked in senior management roles in a variety of marketing, business development, contract negotiation, international business, product development and project management functions. Mr. Seetharama earned his BS in Mechanical Engineering from Banaras Hindu University, India and MBA majoring in Marketing from the University of Pittsburgh. Enjoying retirement since 2018, he stays active as a volunteer & Board member at Osher at Carnegie Mellon University and Friends of the Library, Upper St. Clair. He also enjoys traveling, hiking, photography, cooking and model railroading.

## Murder In Academe

Study Leader: Phyllis Kitzerow

- 4 Classes: Mar. 13 – Apr. 3
- Wednesday, 2:15 PM - 3:45 PM
- Cyert Hall, Osher Room A

Class ID: 4968

**NEW!**

This course is an offshoot of my “Female Sleuth” course and will focus on mysteries set on college campuses. As in the “Female Sleuth” course, I will continue to point out gender concepts and their importance in analyzing mysteries. I am very fond of academic mysteries, having spent my career teaching on college campuses. This course requires reading two mystery novels and seeing films of two more. I look forward to the chance to discuss mysteries in general as well as those covered in the course. My intention is to use new material so that people who have had the “Female Sleuth” course will still be able to take this, but I may review the development of female sleuths and authors as it is relevant.

Please note: *Two books will be required for the class. Both are light mysteries, and you will have two weeks to read each book. The first book is Miss Pym Disposes” by Josephine Tey. It is available at libraries and is \$9.99 for the paperback and 99 cents for kindle on Amazon. The second book will be announced by December 1 and will be similar in cost and availability.*

**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”.



## Air Quality, Climate Change, And Wildfires

Study Leader: GASP

- 2 Classes: Feb. 28 and Mar. 6 Class ID: 4975
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Olmsted Activity Room

**NEW!** **TWO DAY**

Air Quality impacts everyone. Summer 2023 provided a clear example of how unhealthy levels of air pollution from Canadian wildfire smoke inundated the region. Many people, for the first time, were hearing words like particulate matter, AQI, and dispersion but did not know what it meant for their health. This course will cover basic air quality concepts, health impacts, and the long history of groups working to improve air quality in the region. Finally, the connection between air quality and climate change, and activities individuals can undertake to improve air quality will be covered.

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

## What's Happening With Religion In America?

Study Leader: Daniel Aleshire

- 3 Classes: Mar. 12 – Mar. 26 Class ID: 4921
- Tuesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room A

Religion has been both an important and contested aspect of American life. While religion remains a stronger force in the United States than in any other liberal democracy, it is changing, both substantively and rapidly. This course will explore changes in religious practices, factors that contribute to these changes, the relation of religion to the polarization that is present American society, the changing social location of religion in America, and ways that religion and American culture may continue to change. The course will draw primarily from recent work of sociologists of religion and other scholars of religion.

**Daniel Aleshire** served The Association of Theological Schools in the United States and Canada from 1990 until his retirement in 2017. He began as associate director for accreditation and was elected executive director in 1998. Prior to joining the ATS staff, Aleshire was a research scientist at Search Institute in Minneapolis, MN, and then seminary professor for twelve years. He has written on formation for ministry, Christian Education, Christian spirituality, and theological education. His publications on theological education include *Being There: Culture and Formation in Two Theological Seminaries*, (Oxford University Press) co-authored with Jackson Carroll, Barbara Wheeler, and Penny Long Marler, which received the 1998 Distinguished Book Award from the Society for the Scientific Study of Religion; *Earthen Vessels: Hopeful Reflections on the Work and Future of Theological Schools*, (Eerdmans, 2008); *Beyond Profession: The Next Future of Theological Education* (Eerdmans, 2021); and numerous journal articles and book chapters.

HISTORY

**The Williamstown Boys In The Civil War**

*Study Leader:* Carleton Young

- 1 Class: Feb. 28 *Class ID:* 4898
- Wednesday, 10:45 AM - 12:15 PM **NEW!** **ONE DAY**
- Cyert Hall, Osher Room B

After his parents had passed away, Carleton Young was clearing out their house in Pittsburgh and was surprised to find an enormous collection of letters written by two brothers who were soldiers in the Civil War. He then spent more than a decade visiting battlefields, researching, and walking in the steps of the two soldiers. In this class he will tell the story of two brothers from Vermont who witnessed and made history by fighting in many of the most famous battles of the Civil War. They then preserved that history through their surprisingly detailed and insightful letters. The Western Pennsylvania History Journal, published by the Heinz History Center, said that “More than merely satisfying an interest in the war, the story demonstrates our surprising connections to each other both past and present.”

**Carleton Young** has undergraduate degrees in economics from Westminster College and in English from Point Park University, an MA in history from Ohio University, and his PhD in the history of education from the University of Pittsburgh. For 37 years he taught AP American history at Thomas Jefferson High School. He has also taught classes as an adjunct professor at the Community College of Allegheny County, the University of Pittsburgh, and Eastern Gateway Community College. His book about finding the letters, *Voices From the Attic: The Williamstown Boys in the Civil War*, received many favorable reviews and as a result, he has been invited to share his story with more than 250 different organizations around the country.

**Discovering A Family History**

*Study Leader:* Carleton Young

- 1 Class: Mar. 6 *Class ID:* 4899
- Wednesday, 10:45 AM - 12:15 PM **ONE DAY**
- Cyert Hall, Osher Room B

After completing a career of teaching American history classes, Carleton Young began extensive research of his own family history. Through that process, he was surprised to discover that he was related to many of the famous people in American history that he had been teaching about in his own history classes for so many years. There were family connections to Teddy Roosevelt, Franklin Roosevelt, Ulysses S. Grant, Paul Revere, a Pilgrim on the Mayflower, and many other famous Americans. He also found that along with the famous and heroic, there were family connections to a few infamous rogues, murderers, and notorious criminals as well. The class will present those findings and perhaps create an interest in looking more into your own family history.

**Carleton Young** has undergraduate degrees in economics from Westminster College and in English from Point Park University, an MA in history from Ohio University, and his PhD in the history of education from the University of Pittsburgh. For 37 years he taught AP American history at Thomas Jefferson High School. He has also taught classes as an adjunct professor at the Community College of Allegheny County, the University of Pittsburgh, and Eastern Gateway Community College. His book about finding the letters, *Voices From the Attic: The Williamstown Boys in the Civil War*, received many favorable reviews and as a result, he has been invited to share his story with more than 250 different organizations around the country.

## Hollywood Goes To War!

Study Leader: Robert Bukk

- 1 Class: Jan. 9 Class ID: 4928
- Tuesday, 12:30 PM - 2:00 PM **NEW!** **ONE DAY**
- Cyert Hall, Osher Room A

During WWII, many Hollywood Stars distinguished themselves in combat roles. Learn the reasons for James Arness noticeable limp that plagued him his entire career; how Eddie Albert acted as a spy under the guise of a circus performer; Indiana, PA's own James Stewart "second career" in the military; conscientious objector, Lew Ayres, stars interred at Arlington Cemetery; and more!

**Robert Bukk** is a freelance writer and raconteur. He is an amateur WWII Historian and former Southwest Pennsylvania WWII Memorial Fund Executive Director. Bob also serves as a judge for the Regeneration International Science and Engineering Fair and the Pittsburgh Regional Science and Engineering Fair. He holds an associate degree in journalism from the Community College of Allegheny County – South Campus and a Bachelor's Degree in Library and Information Science from the University of Pittsburgh. Bob resides in Squirrel Hill with his wife, Jane, and their English Cocker Spaniel, Spanky.

## Hitler, The Habsburgs, And Me

Study Leader: Jim Longo

- 1 Class: Jan. 10 Class ID: 4971
- Wednesday, 12:30 PM - 2:00 PM **NEW!** **ONE DAY**
- Cyert Hall, Osher Room A

How the last seven words of assassinated Archduke Franz Ferdinand sent me on a search in Austria to meet the descendants of the royal family and learn how they survived Hitler's vendetta against them.

**Jim Longo** is a professor emeritus at Washington & Jefferson College, where he served as Chair of the Education Department for over two decades. He has taught in Austria, Brazil, and Costa Rica. He is the author of eight books. He was a public school teacher in St. Louis, Missouri and earned his doctorate at Harvard University.

## 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 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!



## Women Immigrants In America

Study Leader: Joan Gundersen

- 5 Classes: Mar. 12 – Apr. 9
- Tuesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room B

Class ID: 4880

**NEW!**

The United States has often been described as a nation of immigrants, but the experience of men and women in this process is not identical. This course looks at the ways policy and life shaped the experience from 1550 to the present of women coming to the part of the American continents that became the United States. At times, the forces pushing women to leave their homes or pulling them to the New World were different from those of men. The five sessions will look at how gender roles and shifts in the ethnicity and nationality of immigrants shaped women's experiences over time; how policies affecting women changed over time; how women experienced life in rural and urban areas; and how different forces and motives shaped the decision to uproot from a known culture to an unfamiliar one.

**Joan Gundersen** is professor emeritus of history at California State University San Marcos. Author of seven history books and numerous scholarly articles, she taught women's history and early American 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 later worked for the Episcopal diocese. Recipient of several awards for teaching and writing, she enjoys sharing the fascinating world of women's history with others.

## Swiss Fortresses: A WWII Story Of Fear And Hope

Study Leader: Christian Daehler

- 1 Class: Jan. 10
- Wednesday, 2:15 PM - 3:45 PM
- Cyert Hall, Osher Room B

Class ID: 4973

**ONE DAY NEW!**

In this presentation you will discover the amazing accomplishment exemplified by Fortress A2206. Pulling back a veil of secrecy reveals intricate details previously hidden underground for more than fifty years. The story begins in the summer of 1940. After France had surrendered to Germany, Switzerland found itself in the terrifying situation of being surrounded by the Axis powers. Despite having mobilized twenty percent of the population, it became apparent that not enough troops were available to secure the borders. The military started preparing the retreat into the mountains where, under the protection from the fortresses, they hoped to be able to defend their sovereignty against the German Wehrmacht. You will get a sense of how diligently the Swiss people prepared to be able to resist a foreign invasion and learn about the events leading to the construction of many secret fortresses in the Swiss alps during World War II.

**Christian Daehler** grew up in a small tourist town at the foot of mount Rigi on the shores of lake Lucerne in Switzerland. While he was aware that there was a fortress hidden inside the mountain, he did not know any specifics as the fortress remained classified until 1998. Once decommissioned by the military a group of locals, Christian's father among them, purchased the fortress with the idea of opening it to the public. Upon entering the fortress for the first time Christian was struck by what his ancestors must have experienced at the time the fortress was built. Christian came to the US in 1997 as part of a job rotation program for Hitachi Energy and has been calling western Pennsylvania home ever since.



## Winston Churchill

*Study Leader:* Robert Netzer

- 6 Classes: Mar. 13 – Apr. 17 Class ID: 4897
- Wednesday, 9:00 AM - 10:30 AM
- Cyert Hall, Osher Room B

**NEW!**

2024 marks the 150th anniversary of the birth of Winston Churchill, one of the greatest statesman of the 20th century. He was born into one of the most distinguished families in England. Before he was 30, he had served as an army officer in India, and the Sudan, escaped captivity during the Boer War, and distinguished himself as a journalist and author. His political career was nearly destroyed by the disaster at Gallipoli in WWI. He served the “wilderness years,” went on to become Prime Minister, and rallied his countrymen during the dark days of WWII against Nazi Germany. He was one of a kind, the likes of which comes once in a generation.

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

## PITTSBURGH

### “Who Knew?” Part 3

*Study Leader:* Rebecca Carpenter

- 1 Class: Jan. 9 Class ID: 4940
- Tuesday, 12:30 AM - 2:00 PM
- Cyert Hall, Osher Room B

**NEW!** ONE DAY

This presentation is the third installment of “Who Knew.” It is not necessary that you attended either of the first two. We will be looking at and learning about some unusual places, things, and people in the Pittsburgh area and their backstories. Included in this installment will be the curious two-road community of Presston, the hidden graves in Duncan Heights Cemetery, the city’s longest public staircase, a visit to Fineview, a life-sized statue of a knight on horseback in Uptown, and Snoopy’s downtown doghouse. Please note that we do not actually go to these places: our journey takes place through Power Point! All participants will be provided with a handout of places and locations.

**Rebecca Carpenter** has been an educator for almost 40 years. She taught English literature and writing in both public and private high schools, college, and graduate school. In addition, she taught English in Duquesne University’s School of Leadership and Professional Advancement’s Saturday program for 25 years. After 19 years, she recently retired from Literacy Pittsburgh where she taught adult literacy classes, trained volunteers, and developed and managed special projects, including Health Literacy.



POLITICS/GOVERNMENT

Great Decisions 2023

Study Leader: Mark Winer, Jim Aiello, Jim McCarville

- 6 Classes: Mar. 13 – Apr. 17 Class ID: 4909
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Olmsted Activity Room

Students will read and review materials for six key global topics provided by the Foreign Policy Association. They will then discuss and evaluate alternative policy options, including: climate migration, global famine, energy geopolitics, economic warfare, China and the US, and war crime.

Please note: *Course members are asked to purchase the briefing book Great Decisions online. In addition, there is a \$5 charge to cover the fee for classroom materials.*

**Mark Winer** is a Ph.D. in Political Economy who worked in academia, government and business. His professional focus was on using quantitative analytics to make business and policy decisions. He has applied his analytic skills in a wide range of areas including environmental regulation and financial risk management. He has worked at the Office of Management and Budget, the Department of Treasury, PNC Financial Services and Fannie Mae. He is currently retired. He is the Treasurer of Osher at CMU and serves on the Board of Directors.

**Jim Aiello** is the former Executive Vice President of Treatment Programs for Gateway Rehabilitation Center. He was with Gateway for over 25 years in various supervisory and direct service capacities. After leaving Gateway he joined the staff of the Institute for Research, Education and Training in Addictions (IRETA) as the Director of the Northeast Addiction Technology Transfer Center. He is currently retired and serves on the board of directors for Devereaux TCV Community Services and is a docent for the Pittsburgh History and Landmarks Foundation.

**Jim McCarville** is the retired (Waterway) Port Commission Executive Director. He has a Master Degree in Foreign Service from Georgetown University and has worked abroad as a Peace Corps Volunteer in Brazil and a Consultant on Ports in Brazil, Uruguay, Mexico and in Panama for the transition of the Panama Canal. He has taught Osher Classes on "Our Three Rivers", on "Pope Francis" and now on "Great Decisions."

Britain After Brexit

Study Leader: Gordon Hargreaves

- 1 Class: Jan. 10 Class ID: 4964
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room A

**NEW!** ONE DAY

Based on the results of a National Referendum held in June 2016, a decision was made that the United Kingdom (UK) would take the necessary steps to leave the European Union(EU). The negotiations between the UK and the EU were long and at times were abrasive, but an agreement was finalized on Jan 31, 2020, at which time the UK formally left the EU, to be followed by an eleven month Transition Period ending on Dec 31, 2020. When the UK left the EU there were however numerous issues still to be resolved, including Trade deals with the EU, and possibly with the US, the Northern Ireland border, Scottish independence, fishing rights in British waters, the ongoing participation in certain EU programs, and Immigration. Progress has been made in most of these areas, but new issues have arisen, and we shall review and discuss these during the program.

**Gordon Hargreaves** was born and raised in England, and studied engineering at Leeds University and Imperial College, London. He came to the US in 1963 to work for Westinghouse Electric. Still here after all these years, he maintains close contacts with many family and friends in the UK, and makes frequent visits (the latest July of this year). He has been following the Brexit process with great interest and concern.

## PSYCHOLOGY

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### Stupidity: The Scientific Study Of A Folk Concept.

*Study Leader:* Edward Zuckerman

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- 3 Classes: Jan. 16 – Jan. 30 *Class ID:* 4911
  - Tuesday, 12:30 PM - 2:00 PM
  - Cyert Hall, Osher Room A
- 

Stupidity, although universally applied as a pejorative and self-flagellant, is little studied as a psychological construct. Through diverse and often humorous examples we will apply psychological concepts and offer procedures to reduce acting stupidly. Stupidity Studies is not (formally) part of any curriculum or research effort although decision sciences and human factors come closest. It is studied indirectly by all those aiming at human betterment (e.g., better justice procedures, environmental improvement efforts), all attempts to comprehend the turning points in human history (e.g. military actions, political changes, scientific discovery) and is inherent in psychological studies of self-defeating behaviors including addictions, anxiety and depression, and behavioral economics. While often humorous, there can be serious consequences to “stupid” conduct in working with others and in our own behaviors. This class’s purpose then is to develop strategies for avoiding participation in such actions.

**Edward Zuckerman** found his life’s direction while working as a psychiatric aide at New York’s Bellevue Hospital in the 1960s and, by error, came to study, work and live happily in Pittsburgh. His doctorate from Pitt is in Clinical Psychology and he’s a psychologist licensed in Pennsylvania. Ed has worked with adults in a variety of clinical contexts and has created effective practice tools for clinicians on writing reports, operating an independent practice, complying with HIPAA, and using the ICD-10. Ed taught undergraduate human sexuality and psychology courses at Pitt and CMU for over twenty years. In his career, he has presented dozens of workshops to mental health professionals on topics like electronic medical records, pathographies, and placebos. As you can see he loves to show off, um, share what he knows. He has recently moved from a lonely rural life back to Pittsburgh for the last phase of his life and is hopeful of rebuilding his social life.

### Agnotology And Other Ways Of Not-Knowing

*Study Leader:* Edward Zuckerman

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- 3 Classes: Mar. 12 – Mar. 26 *Class ID:* 4912
  - Tuesday, 2:15 PM - 3:45 PM
  - Cyert Hall, Osher Room A
- 

The central question: Who does not know what, when, and how do they not know it? Much is known about such ignorance, and we will explore the biological and especially, the social bases of such non-knowing. The course is theoretical and practical, personal and social, about knowledge and ignorance. We will start with the biopsychology of our ways of not knowing: the limits of attention, gendered alexithymia, and memory’s limitations. We are often overconfident in our knowledge as seen in the Dunning-Kreuger Effect, the illusion of explanatory depth, Daniel Kahneman’s WYSIATI, “mansplaining” and common fabrication. Agnotology is the study of the (often invisible) cultural production of ignorance. Ignorance can be due to lack of information that we or someone else doesn’t want us to know. It can be the result of disinformation, privilege, or our commercial and political system and these are the purview of agnotology.

**Edward Zuckerman** found his life’s direction while working as a psychiatric aide at New York’s Bellevue Hospital in the 1960s and, by error, came to study, work and live happily in Pittsburgh. His doctorate from Pitt is in Clinical Psychology and he’s a psychologist licensed in Pennsylvania. Ed has worked with adults in a variety of clinical contexts and has created effective practice tools for clinicians on writing reports, operating an independent practice, complying with HIPAA, and using the ICD-10. Ed taught undergraduate human sexuality and psychology courses at Pitt and CMU for over twenty years. In his career, he has presented dozens of workshops to mental health professionals on topics like electronic medical records, pathographies, and placebos. As you can see he loves to show off, um, share what he knows. He has recently moved from a lonely rural life back to Pittsburgh for the last phase of his life and is hopeful of rebuilding his social life.

## Some Big Ideas Quickly

*Study Leader:* Edward Zuckerman

- 1 Class: Jan. 9
  - Tuesday, 2:15 PM - 3:45 PM
  - Cyert Hall, Osher Room A
- Class ID:* 4913

**ONE  
DAY**

Some unfamiliar concepts with large implications: 1. You are a fiduciary. The fiduciary contract is at the heart of ethics - how we deal with each other. 2. The Tragedy of the Commons is a powerful idea: Individuals exploit public resources (the air, the oceans, public streets and spaces, the internet, etc.) until they are exhausted and all lose. What can be done? 3. The Dunning-Kruger: Many research studies support the idea that we are all overconfident idiots. What should be done? 4. Wabi-sabi is a Japanese esthetic principle that can bring richness and peace to us in our complex modern world.

**Edward Zuckerman** found his life's direction while working as a psychiatric aide at New York's Bellevue Hospital in the 1960s and, by error, came to study, work and live happily in Pittsburgh. His doctorate from Pitt is in Clinical Psychology and he's a psychologist licensed in Pennsylvania. Ed has worked with adults in a variety of clinical contexts and has created effective practice tools for clinicians on writing reports, operating an independent practice, complying with HIPAA, and using the ICD-10. Ed taught undergraduate human sexuality and psychology courses at Pitt and CMU for over twenty years. In his career, he has presented dozens of workshops to mental health professionals on topics like electronic medical records, pathographies, and placebos. As you can see he loves to show off, um, share what he knows. He has recently moved from a lonely rural life back to Pittsburgh for the last phase of his life and is hopeful of rebuilding his social life.

## Failure: Coping And Causes

*Study Leader:* David Tipton

- 2 Classes: Mar. 12 and Mar. 19
  - Tuesday, 2:15 PM - 3:45 PM
  - Cyert Hall, Osher Room B
- Class ID:* 4875

**TWO  
DAY**

In our contest with the world, we compete with a cognitively limited, emotionally irrational brain, constrained by an inaccessible subconscious, bedded in a morally imperfect character, bounded by finite energy and limited willpower against an opponent with a 4.5-billion-year head start. Failure is a full-contact, blood sport. It hurts. Failure is the most democratic of events. Failure is a fundamental process of life. It is an inexorable and ruthless force for adaptation, change, and growth. Some things are true about failures. They are failure is a deficiency, failures are both objective phenomena and subjective feelings, failure is a process, failure is part of nature and social systems, failure is the process by which humans and human systems progress, failure is painful, failure is instructive, failure is a skill. This is a course for anyone, of any age, who has ever failed. Specifically, how to cope with it.

**David Tipton** taught at Duquesne University School of Pharmacy and holds a pharmacy degree, an MBA, and a PHD in management. He has published four books on supervision, work, self-awareness, and professionalism. With a colleague he taught a course on failure yearly at the European Summer School for Advanced Management. Prior to returning to graduate school he owned and managed, with partners, four pharmacies.



## Mechanisms Of Risk For Alcohol Use Disorder

*Study Leader:* Kasey Creswell

- 1 Class: Feb. 27 *Class ID:* 4930
- Tuesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room B

This course will describe a social-contextual theory of alcohol use disorder (AUD) risk, and point to two distinct pathways by which social factors shape alcohol use risk trajectories. Specifically, I will present a series of studies on the unique antecedents and deleterious consequences of social compared with solitary alcohol use. I will end by considering the conceptual, methodological, and clinical implications of this social-contextual account of AUD risk.

**Kasey Creswell** is an Associate Professor of Psychology at CMU. She is broadly interested in understanding the mechanisms underlying the development and maintenance of addiction, as well as identifying those who may be particularly vulnerable to addiction. More specifically, Dr. Creswell's research focuses on uncovering basic affective and cognitive mechanisms of cigarette craving and alcohol use, and emphasizes the importance of social and biological/personality factors in the etiology and maintenance of alcohol and tobacco use disorders. She uses experimental methodologies, including in vivo smoking cue exposure paradigms and alcohol administration protocols, which allow for precise observations of social and emotional processing under conditions modeling real-world contexts that challenge successful self-regulation (e.g., while participants are intoxicated or experiencing strong cravings). Dr. Creswell also uses longitudinal designs with large clinical samples to specify the mechanisms by which individuals fail to self-regulate and to identify individuals at risk to develop addiction. This information not only can inform the prevention and treatment of addictive disorders, but it also offers insights into basic aspects of human emotion and social functioning.

## Early Career Research At CMU: Psychology

*Study Leader:* Howard Seltman

- 1 Class: Feb. 28 *Class ID:* 4941
- Wednesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room B

ONE  
DAY

Have you wondered what research current CMU PhD students are doing? In this class two current Psychology doctoral students will present their research. Lakshmi Kumar, a Berkeley graduate, is working with Dr. Kasey Creswell on understanding the role of socio-cognitive factors (e.g., empathy, theory of mind, emotion recognition) in the development and maintenance of problematic alcohol use. Asal Yunusova, a UC Irvine graduate, is working with Dr. David Creswell to examine whether psychological interventions like mindfulness and writing can improve mental and physical health in adults and teens diagnosed with irritable bowel syndrome. Following each student's presentation, there will be time for questions and discussion.

**Howard Seltman**, MD, PhD worked as a clinical pathologist and then as a statistics professor. He retired as Director of the Masters in Statistical Practice program in the CMU Department of Statistics and Data Science in 2019.

RELIGION/PHILOSOPHY

**The Biblical Prophets:  
An Islamic Understanding**

*Study Leader:* Aliya Khan

- 6 Classes: Jan. 17 – Feb. 21 Class ID: 4901
- Wednesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room A

**NEW!**

This course will present the Islamic understanding of the Biblical Prophets and the lessons to be drawn from their lives. We will be looking at the stories of Noah, Abraham, Joseph, Moses and Jesus from the Quran’s perspective—a lens replete with spiritual and mystical insights.

**Aliya Khan** holds a Master of Science in Public Policy and Management from the Heinz School at Carnegie Mellon University as well as a Bachelor of Arts degree in English from Barnard College. For the past 15 years, she has been a Business Manager at Elliance, Inc., an internet marketing firm that her husband founded. In her current position as Business Manager, Aliya oversees all aspects of account management and human resources. She is actively involved at her mosque, the Monroeville Community Center of Greater Pittsburgh. She leads an Aesthetic Committee and Book Club at the Center. She is also actively involved in numerous interfaith activities including the Daughter of Abraham interfaith book club, and an Interfaith Dialogue Group in Squirrel Hill. For the past 7 years she has been teaching classes on Islam at the Osher Lifelong Learning Institute at the University of Pittsburgh and CMU.

**COURSE  
PHOTOS**



The Osher staff is always looking for photos from classes and events to be used on the website and in promotional materials. Please send your Osher at CMU photos to [osher@cmu.edu](mailto:osher@cmu.edu).

Be sure to alert those in the room that a photo is being taken and allow anyone who does not want their photo taken to step out for a moment.

# CMU CAMPUS MAP

## BUILDINGS

- 1 **Cyert Hall** (*Osher Office & Classrooms*)

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- 2 **Warner Hall**

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- 3 **University Center** (*Food Options*)

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- 4 **Purnell Center for the Arts** (*Chosky Theater*)

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- 5 **College of Fine Arts**

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- 6 **Tepper Quad** (*Food Options*)

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- 7 **Mellon Institute** (*See map below*)



## PORT AUTHORITY BUS STOPS

- 8 **Morewood & Forbes Ave Inbound**  
(*heading towards downtown*)

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- 9 **Morewood & Forbes Ave Outbound**  
(*heading towards Squirrel Hill*)

## PARKING GARAGES & LOTS

### 10 East Campus Parking Garage

#### EAST CAMPUS GARAGE

GPS Address:

5040 Forbes Ave., Pittsburgh, PA 15213

TIME	COST
Up to 30 minutes	FREE
Up to 1 hour	\$13.00
1-3 hours	\$15.00
3-5 hours	\$17.00
5+ hours	\$20.00
6 pm - 10 pm	\$9.00
Weekend	\$9.00
Lost Ticket	\$31.00

### 11 Morewood Parking Lot

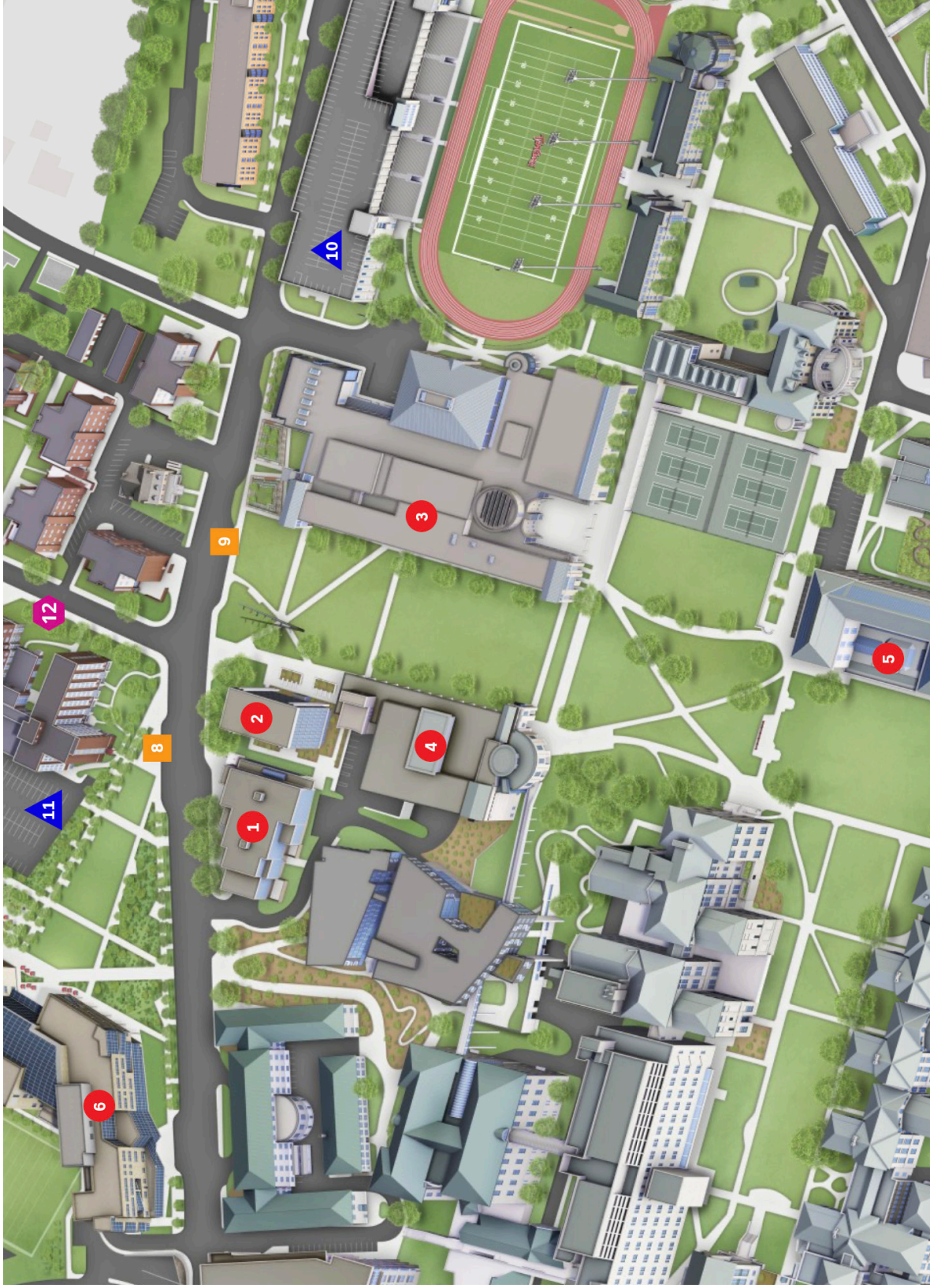
*Morewood Parking after 5:00pm until 8:00am is free Monday – Friday. Weekend parking after 5:00pm Friday until Monday at 8:00am is also free.*

## CMU SHUTTLE STOP

### 12 Morewood Gardens Shuttle Stop

Schedule information available at:

[cmu.edu/parking/transport/shuttle.html](http://cmu.edu/parking/transport/shuttle.html)



**Carnegie Mellon University**



**CAMPUS MAP**

# ZOOM

Classes in this section will be held online via Zoom.

*Zoom access codes will be sent in the 7-day course reminder email.*





# ARTS & HUMANITIES

Art | Cinema/Film | Literature | Music

## ART

### Andy Warhol's Visual Media

*Study Leader:* Warhol Museum

- 5 Classes: Mar. 15 – Apr. 19\* *Class ID:* 4961
- Friday, 1:00 PM - 2:30 PM
- Online Course, Zoom

**NEW!**

*\*Note: Class will not meet on Apr. 12*

Many Pop Art fans think of Andy Warhol as a painter or a printmaker, and both are correct. Warhol also possessed skills in many other traditional visual art forms, and he refused to limit himself to one medium. This course will explore Warhol's works in a variety of media and show the ways that he combined different artmaking processes. Over the course of five weeks, learn more about Warhol's drawings, paintings, prints, photographs, sculptures, and installations. The presentations will feature artworks and artifacts from the permanent collection of The Andy Warhol Museum, including pieces rarely on public display.

**Grace Marston** is an Arts Educator at The Andy Warhol Museum. She has worked at the museum for over eleven years and aspires to become the preeminent Warhol scholar of her generation. She has conducted gallery talks, tours, and workshops for audiences of all ages and backgrounds. She specializes in LGBTQ+ Education, Senior Education, and research projects.

## CINEMA/FILM

### Lady Justice Goes to the Movies 2

*Study Leader:* Lloyd Stires, Diane Berman

- 6 Classes: Mar. 13 – Apr. 17 *Class ID:* 4976
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

**NEW!**

The courtroom drama or comedy has been a staple of American cinema for decades and has resulted in many excellent films, with liberties taken in both law and procedure in order to enhance the effect of courtroom scenes. In the first edition of *Lady Justice*, we watched and discussed films from the 1950s and 1960s that raised both social and legal questions, and that illustrated trial tactics still being used today. In this course, each week class members will be expected to watch, in advance, a movie from the 1980s and 1990s that raises different social and legal issues. Two study leaders with separate professional backgrounds in law and social psychology will lead a discussion of the themes and problems presented by each film.

Please note: *five of six movies were rated R due to rude language, violence and/or 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. His published research includes studies of the effects of pretrial publicity, as well as pornography and media violence.

**Diane Berman** (Phi Beta Kappa, Chatham College; University of Pittsburgh Law School) retired after 42 years as a Deputy District Attorney in Allegheny County. During that time, she prosecuted numerous murder and major felony trials, and also served as the Legal Advisor to the Allegheny County's Investigative Grand Juries for 20 years. She has taught both attorneys and law enforcement officers in various specialized areas of criminal law, including grand jury law, electronic surveillance, complex narcotics investigations, and institutional sexual assault.

## A Night At The Movies: Black Directors

*Study Leader:* Stanley Winikoff, Jeffrey Swoger

- 6 Classes: Jan. 23 – Feb. 27 *Class ID:* 4977
- Tuesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

**NEW!**

In honor of Black History Month, this course will explore the rich variety of films made by Black Directors. Directors like Spike Lee and John Singleton have gained a world-wide reputation for dealing with some of the core issues of the Black community. But others have also brought different aspects of the Black experience to the screen, some of which were recognized with an Oscar. Students will view the films on their own prior to class, then discuss the film in class. Study leaders will apprise students of streaming apps for each film prior to the first class.

**Stanley Winikoff** is a retired trial lawyer who chairs the Osher Curriculum Committee and teaches courses on movies.

**Jeffrey Swoger** has taught a wide range of arts and humanities courses in music, architecture, film, and design.

## A Night At The Movies: Dustin Hoffman

*Study Leader:* Stanley Winikoff, Jeffrey Swoger

- 6 Classes: Mar. 12 – Apr. 16 *Class ID:* 4978
- Tuesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

**NEW!**

This course will explore the career of one of Hollywood's most versatile actors, Dustin Hoffman. Beginning with his smash hit, *The Graduate*, and culminating with his unforgettable role in *Rain Man*, Hoffman has consistently brought a depth of humanity to the screen that sets him apart from many other actors. He is the recipient of numerous accolades including two Academy Awards, four BAFTA Awards, the Kennedy Center Honors Award in 2012 and many more. Students will view the films on their own prior to class, then discuss the film in class. Study leaders will apprise students of streaming apps for each film prior to the first class.

**Stanley Winikoff** is a retired trial lawyer who chairs the Osher Curriculum Committee and teaches courses on movies.

**Jeffrey Swoger** has taught a wide range of arts and humanities courses in music, architecture, film, and design.

## LITERATURE

### Love And Death: Women's Lives In Poetry

*Study Leader:* Lois Rubin

- 5 Classes: Jan. 16 – Feb. 13 *Class ID:* 4959
- Tuesday, 12:30 PM - 2:00 PM
- Online Course, Zoom

**NEW!**

Award-winning poets Maxine Kumin, Linda Pastan, and Alicia Ostriker are among the first to write openly about women's experiences over the life course. Daughters' relationships with their mothers are shown to veer between connection and separation while poems about fathers remember them in terms of scenes and moments. Mothers are portrayed as feeling oneness with infants, anger at demanding children, and grief as adult children leave home. Poems about marriage reveal tension between partners, but also companionship in late life and appreciation in retrospective poems. The taboo subject of aging is portrayed honestly in poems where women reflect on, often with humor, their difficulties, but also admit to greater serenity. Finally, poems poignantly reveal women's struggles between fear and acceptance of death. Six to eight poems will be sent to students each week via email. Class will begin with a teacher lecture, to be followed by discussion, based on teacher and student questions and observations.

**Lois Rubin** received a Doctor of Arts degree from Carnegie Mellon University. Thereafter, she worked for thirty-one years as professor of English at Penn State New Kensington, where she taught women writers and multi-cultural literature. During that time, she published a dozen articles on composition and literature and edited the essay collection *Connections and Collisions: Identities in Contemporary Jewish-American Women's Writing*. She is now preparing for publication the manuscript *Writing the Life Cycle: The Poetry of Maxine Kumin, Linda Pastan, and Alicia Ostriker*. A lifelong resident of Pittsburgh, she and her husband Ira, a retired architect, live in Squirrel Hill.

## Great And Notable Novels Read And Revisited

*Study Leader:* Mary Schinhofen, Ken Joseph,  
Helen-Faye Rosenblum, Gloriana St. Clair

- 6 Classes: Jan. 18 – Mar. 28      *Class ID:* 4867
- Thursday, 12:30 PM - 2:30 PM
- Online Course, Zoom

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

Please note: *Course meets 1/18, 2/1, 2/15, 2/29, 3/14, and 3/28*

**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.

**Ken Joseph** is a graduate of St. John’s College (Annapolis) and the Duquesne University School of Law. He spent most of his working life as an attorney and has always enjoyed reading and discussing good literature.

**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 US Correctional System in Ohio. She is a past president of A.L.L. (Osher at CMU).

**Gloriana St. Clair** served as the Dean of University Libraries at Carnegie Mellon University from 1998 to 2014. She also served as the University liaison with Academy for Lifelong Learning and subsequently Osher Lifelong Learning at Carnegie Mellon University. She holds a B.A. and Ph.D. in literature from the University of Oklahoma; a master’s degree in library science from the University of California, Berkeley; and an M.B.A. from the University of Texas.

## Short Stories: The Manageable Masterpiece

*Study Leader:* Helen-Faye Rosenblum

- 5 Classes: Jan. 22 – Feb. 19      *Class ID:* 4891
- Monday, 1:00 PM - 3:00 PM
- Online Course, Zoom

- 5 Classes: Jan. 22 – Feb. 19      *Class ID:* 4892
- Monday, 3:30 PM - 5:30 PM
- Online Course, Zoom

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

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



## MUSIC

### Ethel Merman: An American Icon

Study Leader: Martin Schneit

- 1 Class: Jan. 9 Class ID: 4879
- Tuesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

**NEW!** ONE DAY

Ethel Merman was New York City's girl next door. She went from being a stenographer from Queens and became the queen of the Broadway musical in its golden age. On October 14, 1930, she brought the house down with her performance of George and Ira Gershwin's *I Got Rhythm*. Ethel's rag to riches story fueled the hopes of everyday people. Any office girl or newspaper boy could make it. Marty will discuss the following standards introduced by Merman in Broadway musicals: *Everything's Coming Up Roses*, *Rose's Turn*, *Anything Goes*, *Life is Just a Bowl of Cherries*, *There's No Business Like Show Business*, and *Alexander's Ragtime Band*.

**Marty Schneit** is a born and bred New Yorker and Historian. Marty has lectured at the New York Public Library, JCC, The 92nd Street Y, The Health Outreach Program of New York Presbyterian Hospital, Central Synagogue, Hebrew Home for the Aged at Riverdale, The Ziegfeld Society of New York, the patients at the Memorial Sloan Kettering Hospital in Manhattan, the Lincoln Center Campus of Fordham University. The Jewish Braille Institute has recorded Marty's lectures for their audio magazine and lecture series.

### Songs Of Sex, Drugs, And Rock n' Roll: Part I

Study Leader: Larry Gondelman

- 5 Classes: Jan. 16 – Feb. 20 Class ID: 4858
- Tuesday, 12:30 PM - 2:00 PM
- Online Course, Zoom

**NEW!**

\*Note: Class will not meet on Feb. 6

Sex, drugs, and rock 'n roll are common themes in rock 'n roll songs. In this class, each week we'll focus on one topic that is the subject of a number of songs and watch videos of 15 to 20 songs. We will learn interesting facts about the songs and the artists and rock out to a bunch of songs that are about the same topic. In addition to sex, drugs and rock 'n roll, we will hear songs about God and the Devil, home, time, death, dreams, freedom, and magic. Artists whose songs we will cover will include The Beatles, Bill Withers, Dusty Springfield, Stevie Wonder, Simon & Garfunkel, Bruce Springsteen, Creedence Clearwater Revival, Tom Waits, James Taylor, and many more as well as some who may be new to you.

**Larry Gondelman**, a Pittsburgh native who graduated from Taylor Allderdice High School, is a mostly retired litigation attorney in Washington DC who has loved rock 'n roll his whole life. He not only saw The Beatles at Pittsburgh's Civic Arena, but he got to meet them. By the time he graduated law school, he had seen The Rolling Stones, The Who, Led Zeppelin, The Doors, Ike and Tina Turner, Bruce Springsteen, and Pittsburgh's own, Billy Price and the Keystone Rhythm Band. His personal record for concerts is 43 in one year (both in 2018 and 2019). Larry continues to go to many shows where he is the oldest person in the audience by far. Larry teaches at the Washington DC OLLI where he has taught several courses—A History of Rock 'n Roll; Iconic Albums 1960 to 2000; Songs of Sex, Drugs and Rock 'n Roll; Cover Me: Tales of Songwriters and Their Songs; The Black Godmothers of Rock 'n Roll; and A Look at Lyrics. He has offered two of these courses (Iconic Albums and Cover Me) at CMU's Osher as well.

## Songs Of Sex, Drugs, And Rock n' Roll: Part II

Study Leader: Larry Gondelman

- 5 Classes: Mar. 12 – Apr. 9
- Tuesday, 3:00 PM - 4:30 PM
- Online Course, Zoom

Class ID: 4859

**NEW!**

This is a continuation of Sex, Drugs, and Rock 'n Roll: Part I. Sex, drugs and rock 'n roll are common themes in rock 'n roll songs. In this class, each week we'll focus on one topic that is the subject of a number of songs and watch videos of 15 to 20 songs. We will learn interesting facts about the songs and the artists and rock out to a bunch of songs that are about the same topic. In addition to sex, drugs and rock 'n roll, we will hear songs about God and the Devil, home, time, death, dreams, freedom, and magic. Artists whose songs we will cover will include The Beatles, Bill Withers, Dusty Springfield, Stevie Wonder, Simon & Garfunkel, Bruce Springsteen, Creedence Clearwater Revival, Tom Waits, James Taylor, and many more as well as some who may be new to you.

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## La Traviata, In Depth

Study Leader: Pittsburgh Opera

- 5 Classes: Jan. 31 – Feb. 28
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Class ID: 4965

**NEW!**

Giuseppe Verdi's *La traviata* is one of the most-loved operas in the repertoire. Examine closely the work's creation, the notion of a "fallen woman", and the literary source (*La dame aux camellias*). Why was Violetta a courtesan and what were 1800s mores? How did Venetian censors influence the opera? Meet Violetta's lover, the nobleman Alfredo Germont, and his father Giorgio. Listen closely to the experimental prelude—which paints a portrait of the heroine—and the famous music in this chamber opera. Learn about cimballo, opening night fiasco, consumption, and camellias. Discover connections among fallen women in opera, literature, and art; consider Blanche, Fantine, Hester, and Anna Karenina. Verdi's *La traviata* presented a radical vision of his intent to confront social dilemmas of his time, and the opera has continued to influence popular works, such as *Pretty Woman* and *Moulin Rouge*.

**Marilyn Michalka Egan**, Ph.D., Pittsburgh Opera Director of Education, enjoys opening new doors to opera for students of all ages. She will be joined by staff members and opera artists who will share their specific areas of expertise about opera.

## ECONOMICS

### Behavioral Economics

*Study Leader:* Jack Ochs

- 5 Classes: Jan. 17 – Feb. 14 *Class ID:* 4904
- Wednesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

Richard Thaler calls a decision maker portrayed in texts on the principle of economics Econ Man. Econ Man is a perfectly rational individual who knows all of his options and can calculate the best course of action to take. Thaler contrasts Econ Man with humans. For example, Econ Man will fully exploit his strategic advantage when bargaining with others. But humans have a concept of fairness and may view such behavior as calling for sanctions, even at their own expense. Econ Man will not contribute to a collective action if he can “free ride” on the contributions of others. But charities exist because many humans don’t free ride. Econ Man lets the past be past, but humans often throw good money after bad. The aim of behavioral economics is to bring humans into the description of how an economy functions. In this series of talks, we will discuss the insights behavioral economics provide that go beyond those presented in texts.

**Jack Ochs**, a Pittsburgh native, retired as Professor of Economics at the University of Pittsburgh. His research and teaching focused on experimental economics and public policy. Since retiring, he has enjoyed developing courses for lifelong learning programs.

### After 70 Good Years, Rough Times Ahead

*Study Leader:* Stephen Blank

- 2 Classes: Feb. 27 and Mar. 5 *Class ID:* 4917
- Tuesday, 12:30 PM - 2:30 PM
- Online Course, Zoom

**TWO  
DAY**

Life after World War II was full of change but lives still seemed predictable. We felt a sense of stability, that we could anticipate what lay ahead. We thought in terms of stable institutions and long-term commitments like learning a trade, buying a home or “lifetime” jobs. Now we live in a world in which change is no longer “linear” but “discontinuous”, veering toward chaotic – chaotic in that we are less able to anticipate what is likely to happen next. Driven by technology, climate change and demography, core assumptions about how the world works have come undone. We face rough times as we relearn how things work and make adjustments in how individuals and institutions try to meet the demands of this new era. Focusing on cases – automobiles, education and agriculture for example – the course examines where we have come from, and where we may be heading.

**Stephen Blank’s** career has spanned the academic, business, and not-for-profit communities. He was the co-author of a series of publications dealing with Multinational Corporations and Host Countries and the author of several of the first reports on how companies assess political risk. The consulting company he co-founded worked with American and European companies on a broad range of international business issues and was a leader in developing scenario frameworks for forecasting. Blank taught MBA and Doctoral level courses on international business at universities in the United States, Japan, Germany, Mexico, and Canada. His work on North American integration is well recognized and was a distinguished visiting professor at the University of Toronto, the University of Montreal, Western Washington University and the University of Ottawa. A member of the Council on Foreign Relations, he was awarded L’Ordre National du Quebec by the Government of Quebec. He serves as Senior Fellow of the Institute for Science, Society and Policy at the University of Ottawa. Blank was educated at Dartmouth, Cambridge University and Harvard.

## LAW

## Estate Planning & Estate Administration

Study Leader: Errol Miller

- 6 Classes: Jan. 17 – Feb. 21      *Class ID: 4902*
- Wednesday, 2:45 PM - 4:15 PM
- Online Course, Zoom

By use of practical information and useful anecdotes from the study leader and the group, this course will assist people who expect to have to administer a loved one's estate or who would like to make it easier for their families to administer their own estates. The focus will be on steps which can be taken to ameliorate common problems that arise over disagreements among heirs on how assets of an estate are distributed and to minimize inheritance taxes and expenses. The course has been slightly changed by the instructor's experience advising a client who is acting as executor for a neighbor whose heirs live in Germany and a recent proposal to require investment counsellors to act as Fiduciaries. The course's goal is to avoid future fractious events and/or unnecessary expenses. In other words, the emphasis will be on preserving families and their assets.

**Errol Miller** graduated from Dartmouth College and Harvard Law School, and has practiced law for 55+ years. He has been an Osher study leader since 2004, offering 6 different courses. Trust and Estates draws on his 40+ years in planning and administering estates and as a frequent lecturer in Continuing Legal Education on Elder Law. His two part, "Questioning The Criminal Justice System" reflects a life-long interest in Criminal Justice Reform and his experiences as a law clerk to a Pennsylvania Supreme Court Justice; his post-conviction appeals, his activity on Boards of Community Mental Health Agencies, and his participation in local reform groups who share his interest in reforming the system so it is better coordinated with mental health services and principles. "Those Who Trespass Against Us" addresses tort cases with practical advice for non-lawyers on the principles behind most civil cases. "The Current Supreme Court" reviews major decisions since Chief Justice Roberts assumed his position and what changes we might expect as court membership changes. Introduction to Real Estate Law explains the legal principles surrounding real estate transactions.

### National Resource Center's

## Osher Online

in collaboration with Northwestern University  
School of Professional Studies



Osher at CMU is now offering courses presented by the Osher National Resource Center (NRC) and the School of Professional Studies at Northwestern University. This collaboration presents lecture and discussion-style courses to members of select Osher Lifelong Learning Institutes (OLLIs) from around the country.

Each NRC Osher Online course will cost \$55. (Normal Osher at CMU term registration fees will not apply for these courses.)

You must have purchased a 2024 membership for Osher at CMU in order to register for these courses.

For full details and a list of course offerings, please visit our website [cmu.edu/osher](http://cmu.edu/osher) and click on the "NRC's Osher Online" tab across the top.

# LEARN BY DOING

Finance/Insurance | Games | Self Improvement | Wellness | Writing

## FINANCE/INSURANCE

### Finances For Boomers To Gen Z

*Study Leader:* Roselyn Wilkinson

- 5 Classes: Mar. 13 – Apr. 10 *Class ID:* 4919
- Wednesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

**NEW!**

When it comes to your finances, are you a little intimidated? If the idea and process of financial planning overwhelms you, everything you need to know and do to reach your goals and give you control over your finances will be presented in simple steps: from budgeting, determining your net worth, saving and staying debt-free to vetting qualified professionals, and protecting your assets with proper insurances. 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. Regardless of your age or marital status making informed decisions about your short- and long-term financial security is critical to preserving your independence and your life's options. I encourage members to take this class to share what they learn with their children, grandchildren and others they mentor. Because today, happily ever after is not a fairy tale; it's a choice.

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

## GAMES

### Four Hands

*Study Leader:* Jack Patzer

- 5 Classes: Jan. 17 – Feb. 14 *Class ID:* 4950
- Wednesday, 6:30 PM - 8:30 PM
- Online Course, Zoom

Enhance your bridge skills: play a potpourri of four hands of bridge drawn from bridge columns and expert writings in Zoom breakout rooms each meeting. Each hand is followed by a general Zoom discussion of how the “experts” bid and played the hand. Discussion topics will generally include the bidding, choice of opening lead, defender strategies, and declarer strategies. Because participants will be randomly paired with other players, all are expected to be conversant with, and employ, basic SAYC (Standard American Yellow Card) bidding and Jacobi 2NT, Unusual 2NT, transfers, Stayman, Michaels, Gerber, and Blackwood conventions.

**Jack Patzer** has been playing bridge for more than 50 years. He is an experienced beginning bridge guide (Bridge Basics 1, 2, 3, 4) who enjoys introducing “newbies” to the game. Although he and his favorite partner have played duplicate on and off over many years (even once winning a sanctioned tournament on a cruise ship), Jack prefers the relaxed social atmosphere of a friendly “party” bridge game. Also, he thought that Four Hands might be a fun way to spend a long winter evening!



## Four Hands - Redux

Study Leader: Jack Patzer

- 5 Classes: Mar. 13 – Apr. 10 Class ID: 4951
- Wednesday, 6:30 PM - 8:30 PM
- Online Course, Zoom

Enhance your bridge skills: during each meeting you will play a potpourri of four hands of bridge drawn from bridge columns and expert writings in Zoom breakout rooms, followed by a general Zoom discussion of how the “experts” bid and played each hand. Discussion topics will generally include the bidding, choice of opening lead, defender strategies, and declarer strategies. Because participants will be randomly paired with other players, all are expected to be conversant with, and employ, basic SAYC (Standard American Yellow Card) bidding and Jacobi 2NT, Unusual 2NT, transfers, Stayman, Michaels, Gerber, and Blackwood conventions.

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## SELF IMPROVEMENT

### Clothes Closet Cleanout: Sell, Toss, Donate

Study Leader: Jamie Novak

- 2 Classes: Jan. 18 and Jan. 25 Class ID: 4853
- Thursday, 2:45 PM - 4:15 PM
- Online Course, Zoom

**NEW!** **TWO DAY**

Can't walk in your walk-in closet? Log on and learn the 5 steps to organize any closet with expert organizer and author Jamie Novak. She'll share her insider tips and the things every closet needs to stay clutter free. Plus, you'll tidy-up live with her and learn what a capsule wardrobe is and why you may want one.

**Jamie Novak**, an expert professional organizer, has been helping busy people declutter for 25+ years. You may have seen her on morning TV or read her newest book, *Keep This, Toss That*. Novak hosts a 10 Minute Podcast and has a popular YouTube show. She spends most days presenting virtual programs on how to declutter, with a humorous twist. When not on the computer Jamie is clipping out recipes she'll never prepare. Be sure to check out [JamieNovak.com](http://JamieNovak.com) to read the tiny tidy of the day.

## Treasures In The Attic: Appraise & Declutter

Study Leader: Jamie Novak

- 2 Classes: Feb. 29 and Mar. 7 *Class ID: 4855*
- Thursday, 2:45 PM - 4:15 PM
- Online Course, Zoom

**NEW!** **TWO DAY**

Did the kids tell you they don't want your candlesticks? Are you attached to your treasures, collections, and sentimental items? If so, this virtual program is for you! During this online program organizing humorist and author of *Keep This Toss That*, Jamie Novak reveals her method for decluttering sentimental items. By the end of this laugh-out-loud funny program, you'll have a plan for how to keep the memories without keeping all the stuff.

**Jamie Novak**, an expert professional organizer, has been helping busy people declutter for 25+ years. You may have seen her on morning TV or read her newest book, *Keep This, Toss That*. Novak hosts a 10 Minute Podcast and has a popular YouTube show. She spends most days presenting virtual programs on how to declutter, with a humorous twist. When not on the computer Jamie is clipping out recipes she'll never prepare. Be sure to check out [JamieNovak.com](http://JamieNovak.com) to read the tiny tidy of the day.

## Attic, Third Floor, Basement, Garage, Shed = ?

Study Leader: Rosa Barnett Averbach

- 4 Classes: Jan. 22 – Feb. 12 *Class ID: 4868*
- Monday, 10:45 AM - 12:15 PM
- Online Course, Zoom

- 4 Classes: Mar. 11 – Apr. 1 *Class ID: 4869*
- Monday, 10:45 AM - 12:15 PM
- Online Course, Zoom

What's the answer to this unusual equation? It's actually quite simple: Storage places for junk and clutter. People save things because they think they may need them later. But if they really needed them, they would be using them now and not sitting in storage. In this course, we will discuss the places that we use for storage and the items that we put in them. You will learn how to identify which items you are not using and will most likely never be of any value to you. You will also learn how to clean out a space without feeling guilt or angst. This is an interactive course and a continuation of other courses you may have already taken about decluttering and getting organized.

**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, Lisa George

- 5 Classes: Jan. 17 – Feb. 14 *Class ID:* 4876
- Wednesday, 12:30 PM - 2:00 PM
- Online Course, Zoom

No one wants to die, but the truth is everyone's life will someday come to an end. 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 discuss narratives of other people's "last chapters" and 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. 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 retired 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 maintained a geriatrics practice for Allegheny Health Network until 2019. She presently serves as a medical advisor for the Jewish Healthcare Foundation. Dr. Black brings 40 years of medical experience to her position and 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.

**Lisa George** is a senior communications and program specialist for the Jewish Healthcare Foundation, focusing on end-of-life initiatives and supporting overall communications efforts. Prior to joining the Foundation, Lisa worked in medical publishing with a focus on oncology nursing. She holds a master's in public health and is a Certified Health Education Specialist.



## WELLNESS

### Understanding Dreams

*Study Leader:* Leah Bolen

- 1 Class: Jan. 11 *Class ID:* 4922
- Thursday, 2:45 PM - 4:15 PM
- Online Course, Zoom

**NEW!**

**ONE  
DAY**

Discover the brilliance within your dreams of the night, in this course led by Certified Dreamwork Practitioner Leah Bolen. Learn what science has discovered about the benefits of dreaming, and gain an understanding for how dreams tend to change with age. Get to know ways for improving recall, and be guided through foundational practices for exploring the meaning of your dreams.

**Leah Ann Bolen**, CDP, CSSC helps people to improve their sleep and connect with the power of dreams to enhance their waking lives. In her 30 years of training and work with sleep and dreams, she has come to see sleep as the foundation for physical, emotional, and mental wellbeing. Leah is the Sleep & Dream Specialist for Miraval Resort, where she provides workshops, lectures, and private consultations. She also co-founded Dream, Inc Services, in partnership with Rubin Naiman PhD, FAASM, to provide corporate sleep and dream wellness training.

## Get Good Sleep With Eden Energy Medicine Tips

Study Leader: Kathryn Griffin

- 1 Class: Jan. 10
- Wednesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

Class ID: 4955

**NEW!** **ONE DAY**

We will look at different energy exercises to specifically help calm our bodies for a good night's rest. Using simple body holds or movements can help us fall asleep at night both before we go to bed and when we wake up in the middle of the night!

**Kathryn Griffin** was first introduced to energy healing work in the early 2000s. She started working with a Quantum healer in 2017 for puzzling health issues and has never looked back, reading and soaking in everything she could for years until Donna Eden's book *Energy Medicine* introduced her to Eden Method. Kathryn believes that the human body can heal itself. Consciousness plays a large role in our ability to heal, where our mind goes we follow. We are born with a pearl of inherent wisdom and knowledge to heal and we can tap into the wisdom that brings resilience, radiance, and our life force. Moving through old stories and raising your consciousness, allows you to move forward in life and heal. Her own personal journey to recover allows her to be a better support to her clients and help them navigate their energy challenges. In addition to healing work, She loves to meet up with her husband and their adult children for concerts, dinners, and new journeys. She loves to camp, travel, and walk in the woods. She is a Vision Therapist at Vision Development Institute in Pittsburgh PA.

## WRITING

### Awakening Memories To Write True Stories

Study Leader: Linda Schifino

- 4 Classes: Jan. 16 – Feb. 6
- Tuesday, 2:45 PM - 4:15 PM
- Online Course, Zoom

Class ID: 4886

Are you interested in writing memoir and personal essays that reflect on the past? This course will introduce participants to the skills that can help you revive memories that inspire life writing. While memories are the building blocks of memoir writing, it is frequently challenging to remember the past with any degree of accuracy. Our recollections are often faulty and unreliable. Each week, we'll learn how to recover past events through sensory memories, people, place(s), and public and personal artifacts. You'll be asked to excavate your own artifacts such as recipes, letters, family heirlooms, photographs, etc. and we'll examine how they can serve to inspire your writing. You will also learn how to employ imagination to fill in those pesky gaps so that you're able to create your authentic version of true stories with honesty and credibility.

**Linda Schifino** is a teacher and writer living in Pittsburgh. She holds an MFA in Creative Nonfiction from Carlow University and a Ph.D. in Rhetoric from Duquesne University. Linda is Professor Emerita of Communication at Carlow where she taught for many years and chaired the Communication Department. Linda's writing focuses on memoir and personal essays. Her work has appeared in *Adelaide Magazine*, *Avalon Literary Journal*, *Brevity Blog*, *DoveTales Literary Journal*, *Northern Appalachia Review*, and elsewhere. Linda's memoir, *Neighborhood Girl*, published by Sunbury Press in Fall of 2023, describes growing up in an Italian American enclave of Pittsburgh in the 1950s. Linda writes with Carlow University's Madwomen in the Attic, and she enjoys both teaching and practicing the art of creative nonfiction.

## From Memory To Story: Family History

Study Leader: Anita Kulina

- 6 Classes: Jan. 22 – Feb. 26      *Class ID: 4945*
- Monday, 10:00 AM - 12:00 PM
- Online Course, Zoom

This six-week course will change the way you think about writing family history. Open to writers and non-writers (and memoir writers too!), the class explores what it really means to write a family history. In a relaxed, small group setting, you will be driven by memories and curiosity to explore the world you came from and the world you've created throughout your life. This is not a traditional writing class. There are no critiques. You'll have homework, but you'll never be required to read your work in class. Instead, through conversation and writing exercises, you'll discover and share what makes your family and its stories unique and unforgettable.

**Anita Kulina** has been writing family histories for nearly thirty years. She grew up in Pittsburgh's Greenfield neighborhood, where her father was a machinist at US Steel Homestead Works and her mother chased around their six kids. After graduating CCAC, Anita worked at Duquesne University, where she also went to night school. When she wasn't working or studying, she was chronicling Greenfield's history, which resulted in her book *Millhunks and Renegades*. She currently writes an ongoing cozy mystery series (*A Question of Devotion, Reason for Concern*) that features lovable Mrs. B, who lives in a thinly disguised Pittsburgh neighborhood. Anita retired from Carnegie Mellon University in 2019.

## Zoom Codes

Zoom codes are sent out in the 7-day class reminder emails. If you can't find this email, please check your junk or spam folder. If you still cannot locate the email, please contact the Osher Office by emailing [osher@cmu.edu](mailto:osher@cmu.edu) and ask for it to be resent.

To maintain the integrity of our organization, please do not share Zoom codes.

## Write Your Own Legacy

Study Leader: Christine Michael

- 6 Classes: Jan. 17 – Feb. 21      *Class ID: 4920*
- Wednesday, 9:00 AM - 10:30 AM
- Online Course, Zoom

Write your own legacy; tell your story of your own words. Through weekly themed prompts you will answer in journal or scrapbook fashion, various life probing questions, e.g. How did you get your name? What was your first job? What was the best advice given to you? Answering these prompts will help you create your story. Each class you will be given the questions for that week, you can use them as a prompt to motivate yourself and/or you can share your writings with fellow classmates if you wish. Every life is a story.

**Christine Michael** is a writer, gardener, scrapbooker and avid traveler (over 100 countries). She studied Business at Laurier University, Waterloo, Canada, French at Sorbonne University, Paris, France, and Master of Education at Carlow, Pittsburgh, PA. She taught in elementary school and college. Through her volunteering for Hospice and a grief center she appreciated the value to helping people write or scrapbook their life story in their own words.

# SCIENCE

Environment | Medical | Technology



## ENVIRONMENT

### Embracing A Green Lifestyle

*Study Leader:* PA Resources Council

- 3 Classes: Jan. 16 – Jan. 30      *Class ID:* 4900
- Tuesday, 12:45 PM - 2:15 PM
- Online Course, Zoom

We will look at common practices in and around the home and how we can perform them in an Earth-friendly manner. We'll examine proper recycling, composting our food scraps and yard debris, and how to help to alleviate storm-water and water pollution issues that plague this region by embracing green living techniques in the home and yard.

**Emily Stein** is Environmental Education Coordinator for the PA Resources Council. PRC promotes solid waste reduction and living lightly on the earth. Emily is a St. Louis native who spent nearly a decade delivering outdoor educational programming across Great Smoky Mountains National Park, Western North Carolina, and the bluff country of Southeast Minnesota before moving to Pittsburgh in 2021. Emily holds a Master's in Natural Science and Environmental Education from Hamline University.

## MEDICAL

**Accessibility 101***Study Leader:* Beverly Barkon

- 5 Classes: Jan. 22 – Feb. 19 *Class ID:* 4933
- Monday, 12:30 PM - 2:00 PM
- Online Course, Zoom

This course will explore the construct of accessibility from a variety of perspectives. Accessible design was originally created to meet the needs of people with physical, sensory, and cognitive disabilities and is built into several laws. Finding that it was more equitable to design with access in mind from the outset, Universal design (UD) has become a ubiquitous part of the contemporary built environment in the United States. As people live longer maximizing UD becomes an ever-more central concern. When and how did the focus on accessibility begin? How has the concept of access evolved? This course will explore the role that ageism and ableism play in providing accessible options to older adults; what those options are in the physical world of homes and the larger world and what accessibility in the virtual can look like if accessibility for older people is a part of web development.

**Dr. Beverly Barkon** is Professor Emerita at Carlow University. For more than 30 years she taught in programs that prepared special educators and learning disabilities teacher consultants in Pittsburgh and New Jersey. She has been teaching about Universal Design for Learning and the needs of adults with disabilities and transitions to adulthood for several decades. She has a PhD from Northwestern University in Communication Disorders. She also holds an MSL degree from the University of Pittsburgh School of Law where she focused on disability and education law. She is currently the director of Future Engaged, which supports survivors of childhood, adolescent, and young adult cancers transitioning to adult endeavors.

**Alzheimer's Disease: Research Challenges***Study Leader:* Arthur Levine

- 1 Class: Mar. 6 *Class ID:* 4935
- Wednesday, 3:30 PM - 4:30 PM
- Online Course, Zoom

**NEW!** **ONE DAY**

Alzheimer's Disease (AD) afflicts 6 million in the U.S., and the number is growing, given that the greatest risk for AD is older age. The disease starts 10-20 years before impaired cognition and memory are impaired, and it is likely that AD cannot be cured once impairment is apparent, but must be prevented. Current research will be discussed in this context, and it is focused on potential targets for prevention, i.e. inhibiting the development in the brain of the toxic proteins associated with AD: amyloid beta, tau tangles, and proteins associated with the immune/inflammatory response to injured neurons and their synapses.

**Arthur Levine** is the emeritus Senior Vice-Chancellor for the Health Sciences and Dean of the medical school at the University of Pittsburgh, where he is a Distinguished University Professor. Prior to his 25 years at Pitt, he rose from Fellow to Scientific Director of NICHD, one of the NIH Institutes, over three decades. He has been widely recognized as a physician-scientist, trained and experienced in cell and molecular biology. With a long career in tumor biology, on stepping down from his major leadership roles, he initiated a new research interest in AD and in addition to his own lab, he now directs Pitt's "Assault on Alzheimer's"—a broadly focused, basic research program engaging faculty in several Departments and focused on preventing the disease.

## Regenerative Medicine

*Study Leader:* Bryan Brown

- 1 Class: Mar. 12
  - Tuesday, 1:00 PM - 2:30 PM
  - Online Course, Zoom
- Class ID:* 4856

ONE  
DAY

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 associate 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.

## TECHNOLOGY

### Blockchain Beyond Cryptocurrencies

*Study Leader:* Lee Schneider

- 1 Class: Jan. 8
  - Monday, 10:45 AM - 12:45 PM
  - Online Course, Zoom
- Class ID:* 4918

ONE  
DAY

Cryptocurrencies have been much in the news in the past year due to high-profile troubles at various exchanges and various enforcement actions, but little rule-making by the Securities and Exchange Commission. But what about the underlying technology? Why has it attracted so much interest among developers, engineers and entrepreneurs? This lecture will set the stage for the discovery of blockchain technology and talk about how it is creating new and improved infrastructure for the internet.

**Lee A. Schneider** is a financial services and technology lawyer with extensive experience in blockchain. Lee co-hosts the Appetite for Disruption podcast with Troy Paredes and is the contributing editor for the Chambers and Partners Fintech Practice Guide. He co-founded Owl Explains and is active with a number of other organizations. Lee serves as General Counsel for Ava Labs and is the father of two wonderful college students. He learns about Japanese art history from his wife. This article is written in his personal capacity and reflects only his personal views and not those of Troy, Chambers, or Ava Labs or its directors, officers or employees or anyone else. His views do not constitute legal, investment, tax or any other type of advice.



# SOCIAL SCIENCES

Archeology | Contemporary Topics/Sociology | History | Pittsburgh | Religion/Philosophy | Travel

## ARCHEOLOGY

### What's The Importance Of Meadowcroft Rockshelter

Study Leader: Sarah Neusius

- 2 Classes: Apr. 8 and Apr. 15
- Monday, 10:45 AM - 12:15 PM
- Online Course, Zoom

Class ID: 4960

**NEW!** **TWO DAY**

Many Pittsburghers may not realize that Meadowcroft Rockshelter located in Avella, PA has produced evidence of the earliest human presence in the Americas. When it was excavated. This first class (on Zoom) will include an introductory session on the initial findings in the 1970s by archaeologists from the University of Pittsburgh, what they found, why it was controversial, how the dating now fits better with current archaeological consensus, and the continuing significance to North American archaeology. For our second class meeting (site in Avella PA), we will explore the Meadowcroft Rockshelter and Historic Village and the staff will share more about its discovery and excavation.

Please note: *The first class will be held on Zoom and the second class in-person at Meadowcroft Rockshelter in Avella, PA. Each participant will need to pay a \$12 admission fee to Meadowcroft upon arrival.*

**Sarah Neusius** is Professor Emeritus in the Department of Anthropology, Indiana University of Pennsylvania, where she taught archaeology and anthropology for over 32 years, and a Research Associate in Anthropology at Carnegie Museum of Natural History. She routinely taught IUP courses on North American Archaeology, Contemporary Native Americans, and Archaeological Laws and Ethics. She is the current President of the Allegheny Chapter of the Society for Pennsylvania Archaeology, book review editor for the journal *The Pennsylvania Archaeologist*, and a Past President of both the Pennsylvania Archaeological Council and the Society for Pennsylvania Archaeology. Her training is in North American archaeology and zooarchaeology, and she has a Ph.D. from Northwestern University. She has done archaeology in the US Midwest, Southwest, Southeast, and Northeast. She also is a co-author of the textbook *Seeking Our Past: An Introduction to North American Archaeology* (2014, Oxford University Press) as well as author of other archaeological publications.

## CONTEMPORARY TOPICS/ SOCIOLOGY

### Enjoying the *New Yorker*

Study Leader: John Brown

- 6 Classes: Jan. 22 – Feb. 26
  - Monday, 10:45 AM - 12:15 PM
  - Online Course, Zoom
- Class ID: 4873
- 6 Classes: Mar. 11 – Apr. 15
  - Monday, 10:45 AM - 12:15 PM
  - Online Course, Zoom
- Class ID: 4874

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

**John and Maureen Brown** have led “Enjoying the *New Yorker*” classes for the past five years and continue to wonder at the weekly insights and experiences provided through class participants. John is a retired regional planner with a Ph.D. in Public Policy and a masters in urban planning. He is a former professor at Virginia Commonwealth University. Maureen is a retired writer/ journalist with a master’s in public policy. She was the Director of Public Relations at Huntington National Bank. She has a history of quantifiable success in national/regional media placement, crisis communication, community PR and internal communications.



## What Is North America?

Study Leader: Stephen Blank

- 2 Classes: Feb. 29 and Mar. 7 Class ID: 4916
- Thursday, 2:45 PM - 4:45 PM
- Online Course, Zoom

**NEW!** **TWO DAY**

Is “North America” more than a geographic title? Canada and Mexico are our closest neighbors and over the years we have been friends and enemies. But we share more than space on the continent. For better – and sometimes for worse – North America does exist, and changes in climate, demographics, geopolitics and technology are all accentuating continental integration. Our course will examine our histories, personalities and common experiences. It will pivot on the transformation of the North American economy and the creation of deeply integrated production and logistics systems in the 1980s that drove the NAFTA process and created a new North American Reality. We ask why NAFTA was so widely reviled and why governments failed to defend it. The course concludes by examining possible futures for North America.

**Stephen Blank’s** career has spanned the academic, business, and not-for-profit communities. His work on North American integration is well recognized. Blank served as Bissell Professor of US-Canada Relations at the University of Toronto, Fulbright Distinguished Professor at the University of Montreal, Ross Distinguished Professor of US-Canada Relations at Western Washington University and Fulbright Chair of Governance and Public Administration at the University of Ottawa. He was Managing Director of an alliance of four North American business schools and headed the largest Canadian focused public affairs program in the US. He was awarded L’Ordre National du Quebec by the Government of Quebec for service to the Province. A member of the Council on Foreign Relations, Blank serves as Senior Fellow of the Institute for Science, Society and Policy at the University of Ottawa. Stephen Blank was educated at Dartmouth, Cambridge University and Harvard.

## Introduction To Political Economy

Study Leader: Ken Borghese

- 6 Classes: Jan. 16 – Feb. 20 Class ID: 4896
- Tuesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

Introduction to Political Economy (IPE) / from the Left, Center, and Right. Centered on the Sunday *NY-Times Opinion & Business* sections, BBC.com/news, and especially from project-syndicate.org, this course complements the highly successful *New Yorker* discussion classes currently underway at Osher, and uses the same format — a 90-minute class with 2-3 short articles for discussion. Additional articles from the Sunday *Pittsburgh Post-Gazette*, or *New Yorker* magazine are also possible. The non-required reading list for this course is - from the Left (James Morris, *Thoughts of a Reformed Computer Scientist*, 2021); from the Center (Dani Rodrik, *Straight Talk on Trade*, 2018); and from the Right, (Deirdre McCloskey, *Bourgeois Equality*, 2016, Vol. 3).

**Ken Borghese** is a retired Senior Economist from the Federal Government in Washington DC. He has a B.A. (with Honors) in Economics from Yale University, and a Ph.D. in Economics from George Washington University, (which he completed, year-round-at-night, while working full-time at the International Monetary Fund, Federal Reserve System, and US Department of Commerce, respectively). On balance, he has 30+ years’ experience working within six blocks of the White House, (during which he has authored numerous policy papers for USG Agency Principals), including a “short stint” at the US Executive Director’s Office at the World Bank (IBRD). During 2016 and 2017, he was as a member of USG delegation to G20 Development Working Group (DWG) meetings in Xiamen China, and Hamburg Germany, respectively. During June 2009 - he was a member of USG delegation to U.N. Conference (New York City) on the Impact of the 2008 Financial Crisis on Development. A Pittsburgh “expat,” he grew up a couple miles from Oliver High School (on the north side), and he vividly remembers watching Roberto Clemente’s amazing baseball skills at Forbes Field.

## Intro To Cyber Warfare

*Study Leader:* Charles Glassmire

- 5 Classes: Jan. 22 – Feb. 19 *Class ID:* 4952
- Monday, 12:30 PM - 2:00 PM
- Online Course, Zoom

What is Cyber War? Cyber Space? Cyber War is not new. The history of Cyber war begins in 1988 with multiple invasions to the present day. Protections such as passwords must be carefully chosen. There are good password software managers. Dealing with Internet of Things, types of Scams, Phishing, Styles of CW attacks, Hacking, Elements of CW caution, Risks from the elements of CW.

**Charles Glassmire** served six years as a Nuclear Engineer with the Westinghouse AstroNuclear Laboratory. He has the Bachelor of Science (BS) Degree (Duquesne University), and a Master of Fine Arts (MFA) degree. (New York University) He has been teaching at the College level for some 35 years. He currently teaches in the Osher at CMU program, courses ranging from “Digital Filmmaking” to film editing, screen writing, film design, “Surviving Cyberwar”. Previously he has taught Civil Defense courses for the City of Pittsburgh.

## HISTORY

### Rightly Forgotten: Nazi Men Of Science And Medicine

*Study Leader:* Richard Daffner

- 1 Class: Jan. 8 *Class ID:* 4870
- Monday, 9:00 AM - 10:30 AM
- Online Course, Zoom

**NEW!** **ONE DAY**

Many of the men and women of science and medicine have been honored by having their names associated with the fruits of their labors. We have Paget disease of bone and breast (Sir James Paget), Pasteurization (Louis Pasteur), Koch’s postulates (Robert Koch), and the Curie, a unit of radiation (Marie Curie). And then we have Philipp Lenard, Hans Reiter, Eduard Pernkopf, Hans Asperger, Josef Mengele, and Werner von Braun, all of whom made significant contributions to science and/or medicine, but whose names are all but forgotten. Lenard was awarded the Nobel Prize; Reiter and Asperger had syndromes named for them; and Pernkopf produced the most realistic anatomy atlas. Why, then, have their memories been relegated to the dung heap of history? At one time in their careers, they all embraced an evil philosophy, Nazism, and its false messiah, Adolf Hitler.

**Richard H. Daffner**, M.D., F.A.C.R. is a retired radiologist who worked at Allegheny General Hospital for 30 years. He is also an amateur historian. His academic credentials include medical school faculty appointments 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 nine textbooks.

## History's Villains 2: Nineteenth Century

*Study Leader:* Richard Daffner

- 6 Classes: Jan. 22 – Feb. 26 *Class ID:* 4871
- Monday, 9:00 AM - 10:30 AM
- Online Course, Zoom

History is replete with winners and losers, saints and sinners, and heroes and villains. In many instances, the designated description of a historic character depends on who writes the history books (usually the winners). This course describes the lives and times of 21 men of the 19th century who are considered villains. This “Rogues Gallery” includes military men Andrew Jackson, Napoleon Bonaparte, Tecumseh, Santa Anna, William Quantrill, William Tecumseh Sherman and Nathan Bedford Forrest; Politicians Aaron Burr, John C Calhoun, James Buchanan, John Wilkes Booth, Andrew Johnson, William “Boss” Tweed, and Charles Boycott; and Wild West personalities Phillip Sheridan, George Armstrong Custer, Sitting Bull, Crazy Horse, Geronimo, Jesse James, and Billy the Kid. Some of these men are considered heroes by their cultures. You can decide the verdict yourselves after hearing their stories.

**Richard H. Daffner**, M.D., F.A.C.R. is a retired radiologist who worked at Allegheny General Hospital for 30 years. He is also an amateur historian. His academic credentials include medical school faculty appointments 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 nine textbooks.

## Some Post-Holocaust Issues

*Study Leader:* Barbara Burstin

- 5 Classes: Mar. 11 – Apr. 8 *Class ID:* 4893
- Monday, 10:45 AM - 12:15 PM
- Online Course, Zoom

**NEW!**

In a post Holocaust world, there are a number of topics that can be addressed that deal with the events in the immediate aftermath of that tragic event and those that are more relevant today. This five-part course will look at several of those issues. Was there going to be justice after the murder of six million Jews? What happened at Nuremberg? What about the traumatized Holocaust survivors themselves? What was US policy toward them? Why did denial of the Holocaust become a real movement after that event? What about anti-Semitism today in the Pittsburgh region and beyond? How has the Holocaust impacted on the children and grandchildren of survivors? We will hear from two guests — a daughter of Holocaust survivors and a man whose job it is to track anti-Semitism today. Food for thought all around. Come join us!

**Barbara Burstin**, Ph.D. has taught a number of courses for Osher. She currently teaches at both the University of Pittsburgh and Chatham College on America and the Holocaust and has taught at Carnegie Mellon for many years as well. She has recently published a graphic booklet designed for junior and senior high school students on that subject and is leading various teacher training workshops in the area to acquaint teachers with this material. She currently is on the Tree of Life academic advisory committee.

## Zoom Monitors

The office is looking for help from members taking Zoom classes with 30 or more participants. This role would include muting other participants as needed and letting the office know if there are any issues during the meeting.

## PITTSBURGH

## Missed Connections With Pittsburgh's City Steps

Study Leader: Laura Zurowski

- 1 Class: Jan. 9 Class ID: 4861
- Tuesday, 2:15 PM - 3:15 PM
- Online Course, Zoom

ONE  
DAY

Pittsburgh has the largest number of public stairways in the country, nearly 800 — more than Los Angeles, San Francisco, and Seattle. Built during the city's population heyday as a cost-effective measure to move 700,000 people from their homes on the hills to the mills lining the three rivers, city steps offered a free and efficient way to get around. This course will provide a historical overview of the city's outdoor stairways and the residents who used them, illustrate the various construction styles, and provide an update on the condition of the city's steps.

**Laura Zurowski** is a writer/photographer living in Pittsburgh. She is currently working on a five-year public space documentation project that involves Pittsburgh's public stairways, commonly referred to as "city steps."

## PowerPoint Tour Of The Pittsburgh Zoo And Aquarium

Study Leader: Cathy Gialloreto

- 1 Class: Jan. 8 Class ID: 4939
- Monday, 1:00 PM - 2:30 PM
- Online Course, Zoom

ONE  
DAY

Join me for a visual trip through the Pittsburgh Zoo and Aquarium. We will also take a look at the veterinary hospital and the International Conservation Center in Somerset.

**Cathy Gialloreto** has been a docent at the Pittsburgh Zoo since 1983. Her free time is spent with animals at the Zoo and Animal Friends. Other interests involve community theater and ushering at City Theater.

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

Study Leader: Alphabet City

- 1 Class: Jan. 10 Class ID: 4857
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

ONE  
DAY

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

**Anne Lackner** was trained as a lawyer. She speaks French fluently, and her mother tongue is Dutch. Anne is co-founder with Vincent of The Lackner Group, Inc., a software company committed to providing innovative solutions in trust and estate administration, to law firms, bank trust officers, and C.P.As.

## RELIGION/PHILOSOPHY

### What's New In Catholicism? Hold On To Your Hats!

*Study Leader:* James McCarville

- 6 Classes: Jan. 16 – Feb. 20 *Class ID:* 4863
- Tuesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

**NEW!**

Students will explore the social, cultural and spiritual milieu facing organized religion today, including political polarization, disaffiliation, abuse, and disbelief, especially as these challenges confront the Catholic Church. Students will then explore the vision of Pope Francis. What makes him different? What is his pastoral vision? What does he mean by “Synodality” and of listening and walking together as the way “to be church.” What was heard when he asked the people to share the joys and the pains of being Church? What were the priorities expressed? What are the things that still need to be worked out? What was proposed in the Synod Conclave in Rome in October 2023? What might a “co-responsible” Church look like? How might it relate to other religions? And what obstacles might impede this vision?

**Jim McCarville** has taught Osher classes on “Our Three Rivers”, the “Social Gospel”, and “Pope Francis.” Before retiring from a 40-year career in ports and waterways in the US and Latin America, he worked with the “Base Community Movement” as a Peace Corps Volunteer in Brazil, a movement radically similar to that which influenced Pope Francis’ vision of Church. Since retiring Jim has served as Vice-President (Lay Member) of the Association of Pittsburgh Priests. He remains on the APP Board of Directors as well as that of Catholics for Change in Our Church (CCOC).



## TRAVEL

### The Points And Miles Game

*Study Leader:* Elinor Avigad

- 1 Class: Jan. 11 *Class ID:* 4931
- Thursday, 10:45 AM - 12:15 PM
- Online Course, Zoom

**NEW!**

**ONE DAY**

Do you want to travel the world for little to no money? Yes, it can be done! But only if you are willing to sign up for new credit cards. In this one-day course, I will cover how to identify the best credit card bonuses, techniques for meeting the minimum spend requirements, and how to travel for free with the points and miles you have earned. It's really as easy as 1,2, 3!

**Elinor Avigad** is a retired CPA who lives in Pittsburgh with her husband Jeremy, a professor at CMU. She keeps herself busy by volunteering at Children's Hospital, tutoring students through Oasis, attending Osher classes and traveling the world. Elinor has been earning thousands of points and miles for the last 10 years, mostly without flying, and is excited to teach her fellow Osher members how to do the same.

# ZOOM INSTRUCTIONS

Zoom has recently made some changes to their program, and things may look different than you are used to. Please be patient as we adjust to these changes together! Here are updated steps to join your courses on Zoom:

**When accessing a course from a computer or laptop, we recommend the following steps:**

1. Open your internet browser (Chrome, Firefox, Safari, or Edge).

Example Icons: 

2. Type the following into the address bar: [join.zoom.us](https://join.zoom.us).
3. Enter the meeting ID provided by Osher. Click Join.
4. You will be prompted to put in your name and email address. Click "Register."
5. Enter the meeting password provided by Osher. Click Join.

**When accessing a course from a phone or tablet, we recommend the following steps:**

1. If you have yet to do so, download the Zoom app from the App store or Google Play store.
2. Open the App. When you open Zoom, you'll click "Join Meeting."

Example Icon: 

3. Next, you'll put in the Meeting ID, and click on "Join Meeting."
4. A pop up will appear asking for the meeting passcode.
5. A second pop up will appear asking you to Register or Sign In. You need to click Register.
6. A third pop up will appear with the title of the class. It will ask for your first and last name, and your email address. Click "Register and Join."

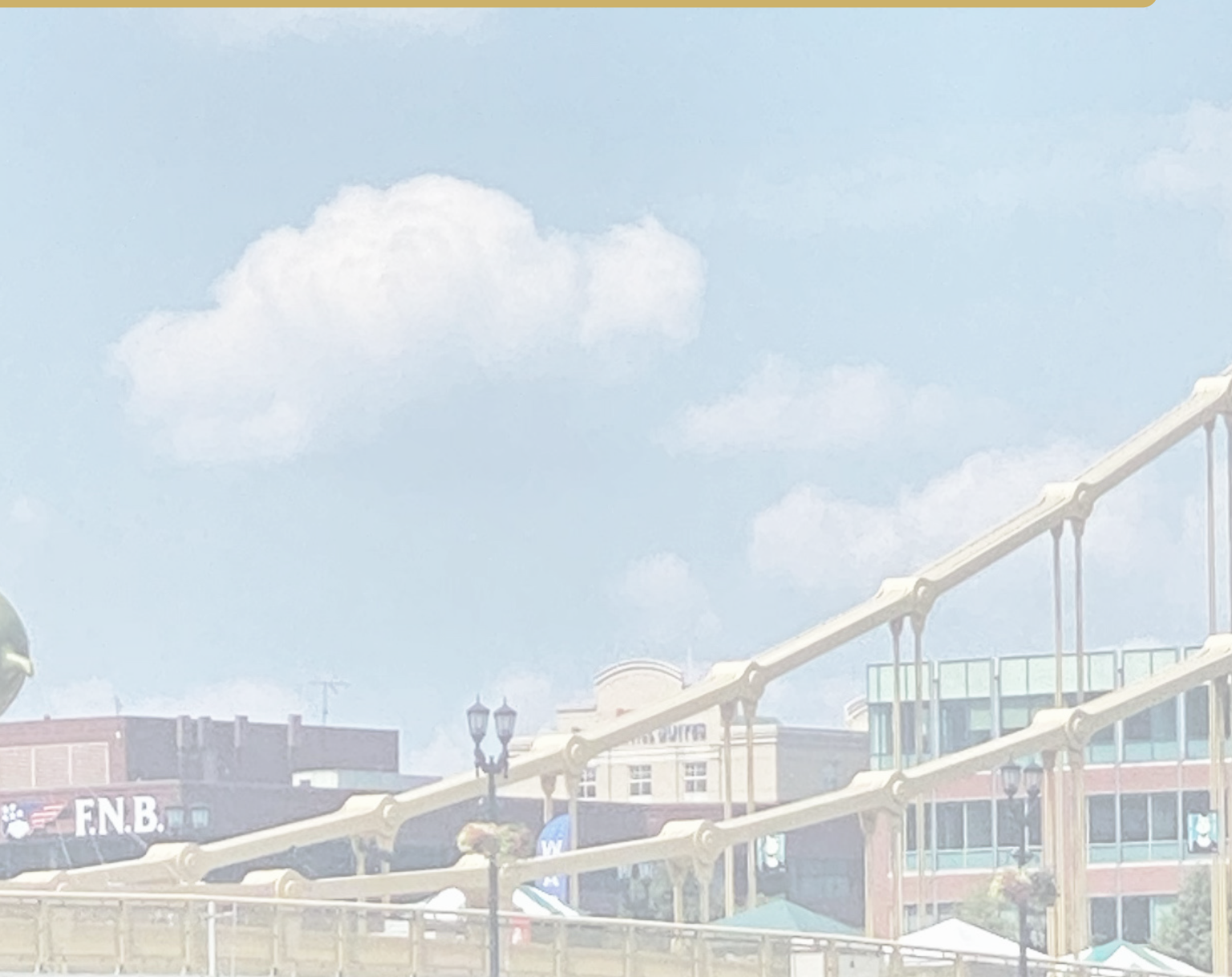
**If you have downloaded Zoom to your device, and we recommend seeing if there are any updates by going to [www.zoom.us/download](https://www.zoom.us/download) and click on:**

- Download, if you are on a computer or laptop.
- Update (if necessary), if you are on a phone or tablet.

Having problems with Zoom? Shut down your computer, phone, or tablet, and start from the beginning. If it still isn't working, email the Osher office with a description of the issue.

# COMMUNITY SITE

Classes in this section will be held at various locations in the Pittsburgh area.





# ARTS & HUMANITIES

Art | Drama/Theatre

## ART

### Maxo Vanka Murals In Millvale

*Study Leader:* Maxo Vanka Murals

*Materials Fee:* \$13\*

- 1 Class: Jan. 9 Class ID: 4889
- Tuesday, 10:45 AM - 12:15 PM
- St. Nicholas Croatian Catholic Church,  
24 Maryland Ave, Millvale

ONE  
DAY

This course will introduce participants to the awe-inspiring murals of Croatian artist Maxo Vanka through a 90-minute guided tour with Director of Education & Interpretation, Becky Gaugler. Participants will discover how these striking works, covering the walls and ceiling of the sanctuary of the St. Nicholas Croatian Catholic Church, were painted over two intense periods in 1937 and 1941 and reflect the lived experiences of the church's working-class, immigrant congregation and timeless themes of struggle, sacrifice, faith, and hope. During this tour, Becky will share the stories behind the artist himself, the murals, and the history of the church and its Croatian immigrant congregation. This unique site is at the intersection of history, art, and social justice — there is something for everyone.

**Becky Gaugler** is the Director of Education & Interpretation at the Society to Preserve the Millvale Murals of Maxo Vanka. She holds degrees in art history and has been working in museum education for almost 20 years. Becky previously worked as the Manager of School & Teacher Programs at Carnegie Museum of Art and most recently as a freelance consultant with a variety of area museums and nonprofits, including the Heinz History Center, the Arts Education Collaborative, and the Children's Museum of Pittsburgh.

*\*Materials fee information located on page 83.*

## DRAMA/THEATRE

### A Behind-The-Scenes Look At City Theatre

*Study Leader:* City Theatre Company

- 1 Class: Mar. 4 Class ID: 4963
- Monday, 1:00 PM - 2:30 PM
- City Theatre,  
South Side, 1300 Bingham St., South Side

ONE  
DAY

This course is a behind-the-scenes look at City Theatre Company. City Theatre Company is a mid-size regional theatre in Pittsburgh that is committed to producing five bold, contemporary plays every year. The course will focus on a particular aspect of theater production and provide an in-depth look into our creative process. Students will meet a member of the creative team and participate in a Q&A.

**Melva Graham** is the Artistic Assistant & Community Coordinator at City Theatre. She has a background in acting, writing, and teaching. She has performed at City Theatre in their production of *Paradise Blue*, and her book *Your Black Friend Has Something to Say* was published in 2020. Her writing has also appeared on *Medium* and in *Poets & Writers*. She received her BFA from NYU's Tisch School of the Arts. She is a Pittsburgh native.

Please Note: Courses being held at Wilkins Community Center are now listed in the CMU Campus section of the catalog.

# LEARN BY DOING

Art | Dance/Exercise | Language



## ART

### Drawing In The Museum

*Study Leader:* Betsy Bangley

- 5 Classes: Feb. 2 – Mar. 1 *Class ID:* 4894
- Friday, 10:15 AM - 12:45 PM
- Carnegie Museum of Art,  
4400 Forbes Ave, Oakland

Develop your drawing skills, and explore the world of the Carnegie Museums of Art and Natural History through simple pencil sketches. We will begin with an introduction to sketching techniques as we explore artifacts and statuary in The Carnegie Museums of Art and Natural History in Oakland. Each week we will explore a different area of the museums. Beginners are welcome!

Please note: *Participants will purchase their own admission to the museum.*

**Betsy Bangley** has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently teaches drawing, watercolor painting, art journaling, and other courses in the arts and humanities at the Community College of Beaver County through the Continuing Education and Workforce Development Department.

## DANCE/EXERCISE

### Hatha Yoga

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

- 10 Classes: Jan. 11 – Mar. 14 *Class ID:* 4852
- Thursday, 10:00 AM - 12:00 PM
- Dance Alloy Studio,  
5530 Penn Ave, East Liberty

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

Please note: *For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity. New students welcome; Must attend the yoga orientation, 30 minutes before the first class.*

**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 fee information located on page 83.*

## Get Fit: A Fun Latin Cardio Workout

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

- 7 Classes: Jan. 10 – Feb. 28\*      *Class ID:* 4956
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom,  
2nd Fl, 5915 Beacon St, Sq. Hill

*\*Note: Class will not meet on Jan. 24*

- 6 Classes: Mar. 6 – Apr. 17\*      *Class ID:* 4957
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom,  
2nd Fl, 5915 Beacon St, Sq. Hill

*\*Note: Class will not meet on Mar. 27*

Are you looking for a new way to jazz up your exercise routine? 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, and is perfect for both men and women who enjoy being active. Each session consists of warm-up exercises, Latin cardio dance segments, weights, stretching, and cool down. Please wear comfortable shoes and bring a water bottle and light hand weights. Try it - you'll like it!

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

**Connie Pollack** has been teaching aerobic dance to adults for the past 19 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 fee information located on page 83.*

## LANGUAGE

### Intermediate French Conversation

*Study Leader:* Veronique Schreurs

- 6 Classes: Jan. 19 – Feb. 23      *Class ID:* 4923
- Friday, 1:00 PM - 3:00 PM
- Veronique Schreurs' Home,

It is a cooperative class, to keep up and improve your conversational skills in French. Every student has the opportunity to tell a little 5-minute piece in French, a personal story or a piece about a subject of interest to them. Students may also ask each other questions after each presentation. We have had some lively, interesting, and fun discussions!

**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.

# SOCIAL SCIENCES

Contemporary Topics/Sociology | Pittsburgh

## CONTEMPORARY TOPICS/ SOCIOLOGY

### Goodwill: More Than A Store

Study Leader: Goodwill Industries

ONE  
DAY

- 1 Class: Jan. 12 *Class ID: 4907*
- Friday, 12:30 PM - 2:30 PM
- Goodwill SWPA,  
118 52nd St, Lawrenceville

- 1 Class: Mar. 1 *Class ID: 4981*
- Friday, 12:30 PM - 2:30 PM
- Goodwill SWPA,  
118 52nd St, Lawrenceville

Join us for a “behind the scenes” look at Goodwill SWPA’s Human Service programs at our workforce development center in Lawrenceville. Learn how your donations of clothing and other items make an enormous difference in the quality of life for people in your own community. We’ll explain how Goodwill carries out its mission, through its vast scope of programs and services, and how it’s become one of the largest and most diverse social and human service organizations in the region.

**Laurie Cybulski** is the Director of Education at Goodwill SWPA. She has worked for Goodwill for over 15 years as an assessor, instructor, test center proctor and program director. She is an avid reader, quilter, and gardener.

## PITTSBURGH

### A Big History Of Pittsburgh

Study Leader: Heinz History Center

- 3 Classes: Jan. 22 – Feb. 5 *Class ID: 4969*
- Monday, 10:45 AM - 12:15 PM
- Heinz History Center,  
1212 Smallman St, Strip District 15222

**NEW!**

As a “Big History” course, this class seeks a holistic understanding of Pittsburgh by considering evidence from multiple disciplines, and events across all timescales – from the city’s geological underpinnings to the Industrial Revolution and beyond. Drawing upon biology, anthropology, geography, and history, this course invites participants to ask whether viewing Pittsburgh’s landscape, climate, native peoples, industrialists, and contemporary citizens all on one “tapestry” leads to a deeper appreciation of the kind of place that Pittsburgh is. Scientifically informed, but thoroughly human-centric, this class offers discussion of what factors led to the city’s success and where we might be going next. Classes will be held at the Heinz History Center, where participants will interact with historic artifacts and may tour exhibits relating to course topics. Admission fees to the museum will be waived for class attendance.

**Lloyd Black** is an educator at the Heinz History Center. Passionate about interdisciplinary perspectives, he has master’s degrees in Evolutionary Anthropology and International Relations, a graduate certificate in Cognitive Science, and a minor in Astronomy. He has worked at the Carnegie Science Center and at the Meadowcroft Rockshelter & Historic Village (where he gave archaeology tours, did blacksmithing demonstrations, and showed people how to use the ancient atlatl weapon). He has taught at the University of Connecticut, Eastern Gateway Community College, and for the TRIO Upward Bound program.

## Travelogue: Gardens Of Australia & New Zealand

Study Leader: Pgh Botanic Garden \*

- 1 Class: Jan. 11 Class ID: 4906
- Thursday, 10:45 AM - 12:15 PM
- Pittsburgh Botanic Garden, **NEW! ONE DAY**  
799 Pinkerton Run Rd, Oakdale, 15071

Beat the winter blues with a trip Down Under. Learn about the history, cultures, ecosystems and great gardens of Australia and New Zealand. Dr. Mark Miller, Education & Exhibits Director at Pittsburgh Botanic Garden, has been visiting both countries regularly since his daughter and her mother moved to Melbourne in 2001. The ecosystems of both countries contain unique and fascinating flora and fauna not found anywhere else in the world. Added images from a trip in 2023 expand the natural places and beautifully cultivated public gardens that he will explore with you, including private gardens visited with a kiwi landscape architecture friend. Hear the real deal – none of that “put another prawn on the barbie” stuff. G-day, mate!

**Mark A. Miller** is the Education & Exhibits Director for Pittsburgh Botanic Garden. He completed a B.S. in Horticulture, an M.S. in Agricultural Education, and a Ph.D. in Environment & Natural Resources at The Ohio State University. Mark has enjoyed a long and varied work history: 40 years as a landscape designer; tree crop specialist and educator in the US Peace Corps; vocational horticulture instructor at the Ohio Reformatory for Women; program associate for the Ohio Cooperative Extension Service; Director of Horticulture/Co-Director of Education for the American Horticultural Society (AHS) and later Deputy Director of National Programs for AHS; seven years as Content Director for the gardening websites: [www.learn2grow.com](http://www.learn2grow.com) and [www.growums.com](http://www.growums.com) and seven years as Outreach Education Manager at Franklin Park Conservatory & Botanical Gardens in Columbus, Ohio. His current position allows him to create and manage education programs and garden-wide interpretation, oversee volunteer coordination, present horticultural and environmental classes, assist with development and installation of new gardens and buildings, and manage artist exhibitions in the new Welcome Center. Mark has served as a consultant and evaluator on a variety of projects and has authored, co-authored, edited, or contributed to a number of published works.

## Walking Bellevue

Study Leader: Jay Steele

- 1 Class: Apr. 23 Class ID: 4877
- Tuesday, 10:00 AM - 12:00 PM
- Various Locations, TBA **NEW! ONE DAY**

Bellevue is a very comfortable, cozy, charming, and very walkable community that sits off the Ohio River. We will walk mainly the retail district of Lincoln Avenue. This walking tour is conducted by an experienced tour guide of twenty-five years. He has a personal history of this town to give you a unique perspective of the past, present, and future of Bellevue. That will be highlighted by brief history, architectural design, and the hidden gems of this community. It's a fun way to exercise!

**Jay Steele** is a retired adjunct professor of Health and Physical Education at CCAC for 35 years. He is Pittsburgh native born and raised in the Observatory Hill section of the North Side. He currently lives in Ross Township with his wife Carol and pug Charlie. He has also taught since 1998 community education walking course for CCAC, CMU, and Pitt Osher, and more recently Doors Open Pittsburgh. He has developed these walking tour/classes throughout the city of Pittsburgh/Allegheny County which combines his love of exercise, and Pittsburgh/Allegheny County history and architectural design.

# MONDAY | Session ONE / January 8 – March 1

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 AM	Rightly Forgotten: Nazi Men Of Science . . .	4870	Zoom	Daffner	59
	History's Villains 2: Nineteenth Century	4871	Zoom	Daffner	60
10:00 AM - 12:00 PM	From Memory To Story: Family History	4945	Zoom	Kulina	53
10:45 AM - 12:45 PM	Blockchain Beyond Cryptocurrencies	4918	Zoom	Schneider	56
10:45 AM - 12:15 PM	Attic, Third Floor, Basement, Garage, Shed = ?	4868	Zoom	Averbach	51
	Enjoying The New Yorker	4873	Zoom	Brown	58
	A Big History Of Pittsburgh	4969	Community	Heinz History	68
12:30 PM - 2:00 PM	Accessibility 101	4933	Zoom	Barkon	55
	Intro To Cyber Warfare	4952	Zoom	Glassmire	59
1:00 PM - 2:30 PM	Powerpoint Tour Of The Pittsburgh Zoo And . . .	4939	Zoom	Gialloreto	61
1:00 PM - 3:00 PM	Short Stories: The Manageable Masterpiece	4891	Zoom	Rosenblum	43
3:30 PM - 5:30 PM	Short Stories: The Manageable Masterpiece	4892	Zoom	Rosenblum	43

# TUESDAY | Session ONE / January 8 – March 1

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
12:30 AM - 2:00 PM	"Who Knew?" Part 3	4940	CMU	Carpenter	32
12:45 AM - 2:15 PM	Embracing A Green Lifestyle	4900	Zoom	PA Resouces	54
9:00 AM - 10:15 AM	Yoga For Body, Mind, And Soul	4926	Community	Cunningham	17
10:00 AM - 12:00 PM	Beginning Painting In Acrylics	4881	Community	VandenBerg	15
10:15 AM - 12:15 PM	Drawing For All: Beginners & More Advanced	4903	CMU	Pawlowski	14
10:45 AM - 12:15 PM	Maxo Vanka Murals In Millvale	4889	Community	Maxo Vanka	65
	Ethel Merman, An American Icon	4879	Zoom	Schneit	44
	The Story Of Steel	4888	CMU	Seetharama	27
	Introduction To Political Economy	4896	Zoom	Borghese	58
	America At A Crossroads: Choosing The Right Path	4862	CMU	Sales	26
	What's In Catholicism? Hold On To Your Hats!	4863	Zoom	McCarville	62
	Ghost Writer	4972	CMU	Longo	8
	Trivia Jeopardy! Style	4942	CMU	Seltman	18
12:30 PM - 2:00 PM	Hollywood Goes To War!	4928	CMU	Bukk	30
	Love And Death: Women's Lives In Poetry	4959	Zoom	Rubin	42
	Songs Of Sex, Drugs And Rock N' Roll: Part I	4858	Zoom	Gondelman	44
12:30 PM - 2:30 PM	Woody Allen's Films And Life	4958	CMU	Givvin	7
	Continuing Painting In Acrylics	4883	Community	VandenBerg	16
12:30 PM - 2:00 PM	"Such Friends": Early 20Th Century Arts Patrons	4967	CMU	Donnelly	10
12:30 PM - 2:30 PM	After 70 Good Years, Rough Times Ahead	4917	Zoom	Blank	46
1:00 PM - 2:30 PM	Exploring Italy Through Wine	4974	CMU	Pezze	16
2:15 PM - 3:15 PM	Missed Connections With Pittsburgh's City Steps	4861	Zoom	Zurowski	61
2:15 PM - 3:45 PM	Some Big Ideas Quickly	4913	CMU	Zuckerman	35
2:45 PM - 4:15 PM	Awakening Memories To Write True Stories	4886	Zoom	Schifino	52
2:45 PM - 4:45 PM	Bridge Basics	4947	CMU	Davis	19
2:45 PM - 4:15 PM	Mechanisms Of Risk For Alcohol Use Disorder	4930	CMU	Creswell	36
3:15 PM - 4:45 PM	A Night At The Movies: Black Directors	4977	Zoom	Winikoff	42
	Stupidity: The Scientific Study Of A Folk Concept.	4911	CMU	Zuckerman	34

# WEDNESDAY | Session ONE / January 8 – March 1

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 AM	Write Your Own Legacy	4920	Zoom	Michael	53
10:00 AM - 11:30 AM	Tamburitzan Folk Dancing	4914	Community	Schexnayder	18
10:45 AM - 12:15 PM	Get Good Sleep With Eden Energy Medicine Tips	4955	Zoom	Griffin	52
	Gender Is Not A Binary: Exploring Trans Identities	4932	CMU	Sorock	24
	Britain After Brexit	4964	CMU	Hargreaves	33
	Economics Of Battery Energy Storage	4885	CMU	Ervin	12
	Behavioral Economics	4904	Zoom	Ochs	46
	Flash Memoir: A Writing Workshop	4944	CMU	Langer	20
	What Is A “Heart Attack” And How Can I Get One?	4910	CMU	Granato	23
	Brain Computer Interface And Neuromodulation	4860	CMU	Ye	23
	Air Quality, Climate Change, And Wildfires	4975	CMU	GASP	28
	The Williamstown Boys In The Civil War	4898	CMU	Young	29
12:30 PM - 2:00 PM	Hitler, The Habsburgs, And Me	4971	CMU	Longo	30
	Closure: Discussing The Last Chapter	4876	Zoom	Black	50
	The Biblical Prophets: An Islamic Understanding	4901	CMU	Khan	37
	Simplicity vs Complexity In Classical Music	4878	CMU	Cantor	11
	Early Career Research At CMU: Psychology	4941	CMU	Seltman	36
12:30 PM - 2:30 PM	Lighting For Photography	4954	CMU	Bangley	13
	Writing In Your Voice	4934	CMU	Fallon	20
1:00 PM - 2:30 PM	City Of Asylum At Alphabet City	4857	Zoom	Alphabet City	61
	La Traviata, In Depth	4965	Zoom	Pgh Opera	45
1:15 PM - 2:30 PM	Get Fit: A Fun Latin Cardio Workout	4956	Community	Pollack	67
2:15 PM - 3:45 PM	Swiss Fortresses: A WWII Story Of Fear And Hope	4973	CMU	Daehler	3
2:45 PM - 4:15 PM	Estate Planning & Estate Administration	4902	Zoom	Miller	47
6:30 PM - 8:30 PM	Four Hands	4950	Zoom	Patzer	48



# THURSDAY | Session ONE / January 8 – March 1

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
10:00 AM - 12:00 PM	Hatha Yoga	4852	Community	Barone	66
10:45 AM - 12:15 PM	Travelogue: Gardens Of Australia & Zealand	4906	Community	Pgh Botanic	69
	The Points And Miles Game	4931	Zoom	Avigad	62
12:30 PM - 2:30 PM	Great And Notable Novels Read And Revisited	4867	Zoom	Schinhofen	43
	Soups And Quick Breads	4946	Community	Green	17
2:45 PM - 4:15 PM	Understanding Dreams	4922	Zoom	Bolen	51
	Clothes Closet Cleanout: Sell, Toss, Donate	4853	Zoom	Novak	49
	Treasures In The Attic: Appraise & Declutter	4855	Zoom	Novak	50
2:45 PM - 4:45 PM	What Is North America?	4916	Zoom	Blank	58

# FRIDAY | Session ONE / January 8 – March 1

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
10:00 AM - 11:00 AM	Broadway Through The Ages: Part 4	4924	CMU	Thomas	10
10:15 AM - 12:45 PM	Drawing In The Museum	4894	Community	Bangley	66
12:30 PM - 2:30 PM	Goodwill: More Than A Store	4907	Community	Goodwill	68
	Goodwill: More Than A Store	4981	Community	Goodwill	68
1:00 PM - 3:00 PM	Intermediate French Conversation	4923	Community	Schreurs	67

# MONDAY | Session TWO / March 4 – April 26

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
10:45 AM - 12:15 PM	Attic, Third Floor, Basement, Garage, Shed = ?	4869	Zoom	<i>Averbach</i>	51
	Enjoying The New Yorker	4874	Zoom	<i>Brown</i>	57
	Some Post-Holocaust Issues	4893	Zoom	<i>Burstin</i>	60
1:00 PM - 2:30 PM	A Behind-The-Scenes Look At City Theatre	4963	Community	<i>City Theatre</i>	65

# TUESDAY | Session TWO / March 4 – April 26

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:15 AM	Yoga For Body, Mind, And Soul	4927	Community	Cunningham	17
9:00 AM - 10:30 AM	ChatGPT To Dall-E: A Rapid Tour Of Generative AI	4970	CMU	KhudaBukhsh	25
10:00 AM - 12:00 PM	Beginning Painting In Acrylics	4882	Community	VandenBerg	15
	Walking Bellevue	4877	Community	Steele	69
10:45 AM - 12:15 PM	Mrs Dalloway	4943	CMU	Langer	7
	Jane Austin's Mansfield Park	4854	CMU	Thompson	9
	When Charities Do Bad Things	4925	CMU	Lieber	24
	Women Immigrants In America	4880	CMU	Gundersen	31
10:45 AM - 12:15 PM	What's The Importance Of Meadowcroft . . .	4960	Zoom	Neusius	57
12:30 PM - 2:00 PM	How Do You Explain India?	4887	CMU	Seetharama	26
	What's Happening With Religion In America?	4921	CMU	Aleshire	28
12:30 PM - 2:30 PM	Creating The In-Between: From Diagnosis To . . .	4949	CMU	Florida	15
	Continuing Painting In Acrylics	4884	Community	VandenBerg	16
	Watercolor Painting	4905	CMU	Pawlowski	14
1:00 PM - 2:30 PM	Regenerative Medicine	4856	Zoom	Brown	56
2:15 PM - 3:45 PM	Agnotology And Other Ways Of Not-Knowing	4912	CMU	Zuckerman	34
	Failure: Coping And Causes	4875	CMU	Tipton	35
2:45 PM - 4:45 PM	Bridging The Gap	4948	CMU	Davis	19
3:00 PM - 4:30 PM	Songs Of Sex, Drugs And Rock N' Roll: Part Ii	4859	Zoom	Gondelman	45
3:15 PM - 4:45 PM	A Night At The Movies: Dustin Hoffman	4978	Zoom	Winikoff	42

# WEDNESDAY | Session TWO / March 4 – April 26

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 AM	The Bipartite Brain And Philosophy	4938	CMU	Hier	8
	Winston Churchill	4897	CMU	Netzer	32
10:00 AM - 11:30 AM	Tamburitzan Folk Dancing	4915	Community	Schexnayder	18
10:45 AM - 12:15 PM	Discovering A Family History	4899	CMU	Young	29
	What Happens In <i>Hamlet</i>	4872	CMU	Carpenter	9
	Finances For Boomers To Gen Z	4919	Zoom	Wilkinson	48
	ChatGPT To Dall-E: A Rapid Tour Of Generative AI	4970	CMU	KhudaBukhsh	25
	Great Decisions 2023	4909	CMU	Winer	33
12:30 PM - 2:00 PM	Villa Vuoto: Design, Construction, Addition	4962	CMU	Schlueb	22
	Safety First! A Radiologist's Perspective On Emfs	4953	CMU	Brown	25
12:30 PM - 2:30 PM	Writers' Workshop	4908	CMU	Snyder, Wilson	21
1:00 PM - 2:30 PM	Lady Justice Goes To The Movies 2	4976	Zoom	Stires, Berman	41
1:15 PM - 2:30 PM	Get Fit: A Fun Latin Cardio Workout	4957	Community	Pollack	67
2:15 PM - 3:45 PM	Murder In Academe	4968	CMU	Kitzerow	27
2:15 PM - 4:15 PM	The Symphony: In Three Movements	4851	CMU	Swoger	11
3:30 PM - 4:30 PM	Alzheimer's Disease: Research Challenges	4935	Zoom	Levine	55
6:30 PM - 8:30 PM	Four Hands - Redux	4951	Zoom	Patzer	49

# FRIDAY | Session TWO / March 4 – April 26

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:30 AM - 12:00 PM	Figure Drawing	4895	CMU	<i>Bangley</i>	13
1:00 PM - 2:30 PM	Andy Warhol's Visual Media	4961	Zoom	<i>Warhol</i>	41

# INDEX | By Study Leader Last Name

LAST NAME	FIRST NAME	CLASS ID	CLASS NAME	CAMPUS	PG #
Aleshire	Daniel	4921	What's Happening With Religion In America?	CMU	28
Alphabet City	City Theatre	4857	City Of Asylum At Alphabet City: Pittsburgh Worldwide	Zoom	61
Averbach	Rosa Barnett	4868	Attic, Third Floor, Basement, Garage, Shed = ?	Zoom	51
Averbach	Rosa Barnett	4869	Attic, Third Floor, Basement, Garage, Shed = ?	Zoom	51
Avigad	Elinor	4931	The Points And Miles Game	Zoom	62
Bangley	David	4954	Lighting For Photography	CMU	13
Bangley	Betsy	4894	Drawing In The Museum	Community	66
Bangley	Betsy	4895	Figure Drawing	CMU	13
Barkon	Beverly	4933	Accessibility 101	Zoom	55
Barone	Loretta	4852	Hatha Yoga	Community	66
Black	Judith	4876	Closure: Discussing The Last Chapter	Zoom	51
Blank	Stephen	4917	After 70 Good Years, Rough Times Ahead	Zoom	46
Blank	Stephen	4916	What Is North America?	Zoom	58
Bolen	Leah	4922	Understanding Dreams	Zoom	51
Borghese	Ken	4896	Introduction To Political Economy	Zoom	58
Brown	John	4873	Enjoying The <i>New Yorker</i>	Zoom	57
Brown	John	4874	Enjoying The <i>New Yorker</i>	Zoom	57
Brown	Bryan	4856	Regenerative Medicine	Zoom	56
Brown	Robert	4953	Safety First! A Radiologist's Perspective On Emfs	CMU	25
Bukk	Robert	4928	Hollywood Goes To War!	CMU	30
Burstin	Barbara	4893	Some Post-Holocaust Issues	Zoom	60
Cantor	Owen	4878	Simplicity vs Complexity In Classical Music	CMU	11
Carpenter	Rebecca	4940	"Who Knew?" Part 3	CMU	32
Carpenter	Rebecca	4872	What Happens In <i>Hamlet</i>	CMU	9
City Theatre	Company	4963	A Behind-The-Scenes Look At City Theatre	Community	65
Creswell	Kasey	4930	Mechanisms Of Risk For Alcohol Use Disorder	CMU	36
Cunningham	Leah	4926	Yoga For Body, Mind, And Soul	Community	17
Cunningham	Leah	4927	Yoga For Body, Mind, And Soul	Community	17
Daehler	Christian	4973	Swiss Fortresses: A WWII Story Of Fear And Hope	CMU	31
Daffner	Richard	4870	Rightly Forgotten: Nazi Men Of Science And Medicine	Zoom	59
Daffner	Richard	4871	History's Villains 2: Nineteenth Century	Zoom	60
Davis	Sherri	4947	Bridge Basics	CMU	19
Davis	Sherri	4948	Bridging The Gap	CMU	19
Donnelly	Kathleen Dixon	4967	"Such Friends": Early 20Th Century Arts Patrons	CMU	10
Ervin	Pat	4885	Economics Of Battery Energy Storage	CMU	12
Fallon	Helen	4934	Writing In Your Voice	CMU	20
Florida	Gerry	4949	Creating The In-Between: From Diagnosis To Healing	CMU	15
GASP	GASP	4975	Air Quality, Climate Change, And Wildfires	CMU	28
Gialloreto	Cathy	4939	Powerpoint Tour Of The Pittsburgh Zoo And Aquarium	Zoom	61
Givvin	Joseph	4958	Woody Allen's Films And Life	CMU	7
Glassmire	Charles	4952	Intro To Cyber Warfare	Zoom	59

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Gondelman	Larry	4859	Songs Of Sex, Drugs And Rock N' Roll: Part II	Zoom	45
Goodwill	Industries	4907	Goodwill: More Than A Store	Community	68
Goodwill	Industries	4981	Goodwill: More Than A Store	Community	68
Granato	Jerome	4910	What Is A "Heart Attack" And How Can I Get One?	CMU	22
Green	David	4946	Soups And Quick Breads	Community	17
Griffin	Kathryn	4955	Get Good Sleep With Eden Energy Medicine Tips	Zoom	52
Gundersen	Joan	4880	Women Immigrants In America	CMU	31
Hargreaves	Gordon	4964	Britain After Brexit	CMU	33
Heinz	History	4969	A Big History Of Pittsburgh	Community	68
Hier	Charles	4938	The Bipartite Brain And Philosophy	CMU	8
Khan	Aliya	4901	The Biblical Prophets: An Islamic Understanding	CMU	37
KhudaBukhsh	Ashique	4970	ChatGPT To Dall-E: A Rapid Tour Of Generative AI	CMU	25
Kitzerow	Phyllis	4968	Murder In Academe	CMU	27
Kulina	Anita	4945	From Memory To Story: Family History	Zoom	53
Langer	Nancy Quick	4944	Flash Memoir: A Writing Workshop	CMU	20
Langer	Nancy Quick	4943	<i>Mrs Dalloway</i>	CMU	7
Levine	Arthur	4935	Alzheimer's Disease: Research Challenges	Zoom	55
Lieber	Penina	4925	When Charities Do Bad Things	CMU	24
Longo	Jim	4972	Ghost Writer	CMU	8
Longo	Jim	4971	Hitler, The Habsburgs, And Me	CMU	30
Maxo Vanka	Murals	4889	Maxo Vanka Murals In Millvale	Community	65
McCarville	James	4863	What's In Catholicism? Hold On To Your Hats!	Zoom	62
Michael	Christine	4920	Write Your Own Legacy	Zoom	53
Miller	Errol	4902	Estate Planning & Estate Administration	Zoom	47
Netzer	Robert	4897	Winston Churchill	CMU	32
Neusius	Sarah	4960	What's The Importance Of Meadowcroft Rockshelter	Zoom	57
Novak	Jamie	4853	Clothes Closet Cleanout: Sell, Toss, Donate	Zoom	49
Novak	Jamie	4855	Treasures In The Attic: Appraise & Declutter	Zoom	50
Ochs	Jack	4904	Behavioral Economics	Zoom	46
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Pgh Botanic	Garden	4906	Travelogue: Gardens Of Australia & Zealand	Community	69
Pollack	Connie	4956	Get Fit: A Fun Latin Cardio Workout	Community	67
Pollack	Connie	4957	Get Fit: A Fun Latin Cardio Workout	Community	67
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Rosenblum	Helen-Faye	4892	Short Stories: The Manageable Masterpiece	Zoom	43



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Schexnayder	George	4914	Tamburitzan Folk Dancing	Community	18
Schexnayder	George	4915	Tamburitzan Folk Dancing	Community	18
Schifino	Linda	4886	Awakening Memories To Write True Stories	Zoom	52
Schinhofen	Mary	4867	Great And Notable Novels Read And Revisited	Zoom	43
Schlueb	Matthew	4962	Villa Vuoto: Design, Construction, Addition	CMU	22
Schneider	Lee	4918	Blockchain Beyond Cryptocurrencies	Zoom	56
Schneit	Martin	4879	Ethel Merman, An American Icon	Zoom	44
Schreurs	Veronique	4923	Intermediate French Conversation	Community	67
Seetharama	Sankar	4888	The Story Of Steel	CMU	27
Seetharama	Sankar	4887	How Do You Explain India?	CMU	26
Seltman	Howard	4942	Trivia <i>Jeopardy!</i> Style	CMU	18
Seltman	Howard	4941	Early Career Research At CMU: Psychology	CMU	36
Snyder	Thalia	4908	Writers' Workshop	CMU	21
Sorock	Rayden	4932	Gender Is Not A Binary: Exploring Trans Identities	CMU	24
Steele	Jay	4877	Walking Bellevue	Community	69
Stires	Lloyd	4976	Lady Justice Goes To The Movies 2	Zoom	41
Swoger	Jeffrey	4851	The Symphony: In Three Movements	CMU	11
Thomas	Marilyn Taft	4924	Broadway Through The Ages: Part 4	CMU	10
Thompson	Allison	4854	Jane Austin's <i>Mansfield Park</i>	CMU	9
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VandenBerg	Francine	4881	Beginning Painting In Acrylics	Community	15
VandenBerg	Francine	4883	Continuing Painting In Acrylics	Community	16
VandenBerg	Francine	4882	Beginning Painting In Acrylics	Community	15
VandenBerg	Francine	4884	Continuing Painting In Acrylics	Community	16
Wang	Gerald	4864	Computational Science: 170 Years And Counting!	Zoom	23
Warhol	Museum	4961	Andy Warhol's Visual Media	Zoom	41
Wilkinson	Roselyn	4919	Finances For Boomers To Gen Z	Zoom	48
Winer	Mark	4909	Great Decisions 2023	CMU	33
Winikoff	Stanley	4977	A Night At The Movies: Black Directors	Zoom	42
Winikoff	Stanley	4978	A Night At The Movies: Dustin Hoffman	Zoom	42
Ye	Wendy	4860	Brain Computer Interface And Neuromodulation	CMU	23
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Young	Carleton	4899	Discovering A Family History	CMU	29
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Zuckerman	Edward	4911	Stupidity: The Scientific Study Of A Folk Concept.	CMU	34
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Zurowski	Laura	4861	Missed Connections With Pittsburgh's City Steps	Zoom	61

# GENERAL INFORMATION & POLICIES

## CLASSROOM LOCATIONS

If you are not familiar with the Carnegie Mellon campus, we strongly advise you to plan a visit to locate parking and the Osher center in Cyert Hall before the first day of classes. You'll find the campus map for CMU at the end of its section. For specific page numbers, please see the front of the catalog.

## PHOTOS AND VIDEOS

Photos and videos are taken at many Osher events/classes to be used on the website and in promotional materials. If you do not wish to have your photo taken, please advise the photographer before the picture is taken, otherwise your picture will be included. If you are taking picture in class, please ask permission first.

For privacy and copyright laws, we do not allow our Zoom courses to be recorded by anyone.

## CLASSROOM ETIQUETTE

All of Osher's instructors are volunteering their time and talents. We are respectful of our course instructors and fellow participants by:

- attending only course(s) we are registered for. Please DO NOT share Zoom codes and passwords with anyone.
- arriving to class just before class starts. Remember: 7 in, 7 out.
- wearing a name tag when attending in-person classes
- raising your hand to be recognized before speaking. On Zoom, be sure to have your full name entered so you can be appropriately called on.
- staying on topic during discussions and taking turns when speaking.
- on Zoom, staying muted when not speaking so background sound from your space won't be shared with the rest of your classmates.
- muting or turning off your phone.

## BAD WEATHER DAYS

All in-person classes will be canceled if Pittsburgh Public Schools are closed for inclement weather. No notice will be sent out. **Zoom classes will still be held. Staff assistance may be limited.**

If the Pittsburgh City Schools have a 2-hour delay, classes will operate as normal unless a study leader chooses to cancel their class. Please use common sense when venturing out.

If classes are canceled due to weather mid-day, you will receive both an email and a robocall alerting you to the cancelation from the Osher office.

## CHECK YOUR SCHEDULE

The most up-to-date information about all classes is always available at [cmu.edu/osher](http://cmu.edu/osher). Click on the Google calendar or go to Member Sign In and enter the course ID. It is important to note course locations on your calendar.

## NON-DISCRIMINATION

Osher at CMU welcomes everyone regardless of gender, race, religion, sexual orientation, political affiliation, socio-economic status, or other identification markers. We respect all beliefs, perspectives, abilities, and experience. Actions such as bullying, hateful comments, or disrespectful behaviors are never tolerated.

## SCHOLARSHIPS

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

## 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 does 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.

## 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 Weekly Essentials newsletter is sent every Friday to notify you of upcoming Osher and CMU activities.
- The Osher office will send email notices for important course changes. If the change has been made less than 24 hours before the scheduled event, a robo call/text will also be sent.
- While the internet has a lot of fun and thoughtful "stuff" to share, it is important for you to know that who you are sending stuff to is a friend and that they want to receive what you want to share. Using Osher members' emails for non-Osher stuff is not appropriate. Please ask permission first; to not do so goes against the Osher Privacy Policy.

## OSHER EMAIL ADDRESSES

The following email addresses are used to disseminate information to our students. Please add the following addresses to your email address book so you won't miss important information:

- [osher@cmu.edu](mailto:osher@cmu.edu)
- [osher-email-to-students@andrew.cmu.edu](mailto:osher-email-to-students@andrew.cmu.edu)
- [osher-general@andrew.cmu.edu](mailto:osher-general@andrew.cmu.edu)

# READY TO REGISTER?

## CHECK YOUR CALENDAR

As you are picking your courses, please be sure none of your classes conflict with your family events, holidays, trips, or other important events. Please only register for courses you will be able to attend. A list of official non-class dates is located below. Osher at CMU follows the CMU calendar. Once course dates are established, they will not be changed unless there is an emergency.

## MATERIALS FEES

Materials fees are due at the time of registration unless otherwise stated.

## REFUND POLICY

If a student drops a course at least three full business days before the first day of the course, and building and/or material fees were paid, Osher will refund these fees minus a \$10.00 administrative fee.

If a student drops all of their courses at least three full business days before the first day of the first course, Osher will refund that term's registration fee and the building and/or material fees paid, minus a \$10.00 administrative fee.

If Osher cancels a course, before it has begun, and it is the only course the member is registered for in the term, Osher will refund that term's registration fee and any building and/or material fees paid.

If Osher cancels a course and the member is registered for other courses, Osher will only refund the course's building and material fees paid for that specific course.

*All refunds will be given as an electronic voucher for future use, unless a check is requested.*

Please see the Osher at CMU website for the refund policy for the NRC's Osher Online courses.

## ZOOM CODES

Zoom codes are sent out in the 7-day class reminder emails. If you can't find this email, please check your junk or spam folder. If you still cannot locate the email, please contact the Osher Office by emailing [osher@cmu.edu](mailto:osher@cmu.edu) and ask for it to be resent.

## 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.

## OBSERVED 2024 OFFICIAL OSHER SKIP DAYS

Osher Lifelong Learning Institute at CMU is a nonsectarian organization. The organization follows the CMU holiday calendar. Once a course schedule is set by the study leader and the Registrar, no changes are permitted unless there is an emergency.

Osher at CMU is closed and staff are unavailable on the following days:

Martin Luther King Jr. Day	Jan. 15
Memorial Day	May 27
Juneteenth	Jun. 19
Independence Day	Jul. 4
Labor Day	Sep. 2
Election Day	Nov. 5
Thanksgiving Wednesday	Nov. 27
Thanksgiving Day	Nov. 28
Thanksgiving Friday	Nov. 29
Winter Break	Dec. 23 - Jan. 1

CMU Carnival will be held on April 13<sup>th</sup> & 14<sup>th</sup> and no on-campus classes will be held.



Carnegie Mellon University  
Osher at Carnegie Mellon University  
5000 Forbes Avenue  
Pittsburgh, PA 15213-3815

Join us!



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



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