Winter/Spring 2017

at Carnegie Mellon University | www.cmu.edu/osher
While there still remains one last glass ceiling to break, for our cover we wanted to highlight the role that Carnegie Mellon University has played in furthering the role of women in society.

The inscription surrounding the rotunda above the main entrance to Margaret Morrison (cover featured) reads “To make and inspire the home, to lessen suffering and increase happiness, to aid mankind in its upward struggles, to ennoble and adorn life’s work, however humble, these are the women’s high prerogatives.”

In an internal CMU report published online entitled “The University and the Community – Carnegie Mellon and its Relationship to Pittsburgh 1900-2008” (J. Anders, et al) the 1990s inscription was referenced as a reminder of just how far women had come up to that point.

“Margaret Morrison gave students more than just an education in their selected fields. The history of Margaret Morrison reveals the beginning of a radical new education for women in Pittsburgh, and eventually, from around the country.” Also referenced was Gretchen Lankford, (MM’43, SUPA ’90). Lankford was a co-founder of Osher, an organization that started as a spin-off initiative of MM that demonstrated a collaboration between CMU and its surrounding community. “Osher, a school dedicated to providing education to students in their senior years.”

In closing, are we not all lucky to be a part of such a progressive campus that values women?

Lyn Decker / Registrar

ON THE COVER
Margaret Morrison Carnegie School for Women opened its doors to students in 1906 with its principal aim to be to train young women to earn their livelihood. The curriculum in the first year included principles of science and economics, history, English, accounts, social ethics, sewing, drawing, cookery, and personal hygiene. In their second and third years, students could choose to specialize in secretarial courses, household arts and institutional management, technical dressmaking, costume design, applied design, or architectural and interior decoration.

Photography credit: Front cover: Chelsea Prestia
Additional images courtesy of Wikimedia Commons and Pittsburgh Ballet Theatre.
OSHER at Carnegie Mellon | Winter/Spring 2017

What interests you? Find your courses by topic.

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

412.268.7489  osher@cmu.edu
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ART

Design In Everyday Life

Study Leader: Daniel Boyarski

- 5 Classes: Jan. 13 – Feb. 10
- Friday, 3:00 PM - 4:30 PM
- Margaret Morrison, A-11

Without realizing it, we touch and are touched by design every day. Designed objects, information, services, and systems are the result of a process that considers: the problem to be solved, the people who may benefit from the solution, and the way the artifact will be produced. This course introduces you to the various ways that designers help shape aspects of our individual and collective everyday lives. Each session will be devoted to one topic — from designing typefaces to websites, from film titles to smart phone apps — conducted by a practicing designer and design professor. Listen to explanations, look at lots of examples, and engage in discussions that shed light on a field that we often take for granted.

Dan Boyarski is professor and head of the School of Design at Carnegie Mellon. He teaches courses in typography, dynamic information design, and interaction design to undergraduate and graduate students. Dan is interested in time-based communication, visualizing complex data; and how type, image, sound, and movement may be combined for effective communication. He has conducted research for organizations like Samsung Electronics, Nortel Networks, Carnegie Museum of Art, and Microsoft. Dan practices design and pursues personal work — photography collages — for a change of pace.

CINEMA / FILM

Film Noir

Study Leader: Lloyd Stires

- 6 Classes: Mar. 8 – Apr. 12
- Wednesday, 6:00 PM - 8:30 PM
- Wean Hall, 4708

Film noir (French for “dark film”) refers to approximately 300 black and white mystery and crime melodramas popular in the 1940s and 1950s. Described as “one of the more complex and intelligent Hollywood styles,” it features hard-boiled detectives, femme fatales, and flawed antiheroes, whose lives are jeopardized by bad choices. Film noir is also known for its characteristic visual style and unusual narrative structures. We will watch and discuss six film noir classics. Along the way, we will examine such topics as the origins of film noir, the problems of defining the genre, its world view within the context of post-World War II America, and its influence on subsequent U.S. and world cinema.

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

Study Leader: Kalpana Biswas

- 6 Classes: Jan. 11 – Feb. 15  
- Wednesday, 10:00 AM - 12:00 PM  
- Wean Hall, 4707

While wars and insurgencies take their toll, Muslim women have taken to film to show the world the other war that urgently needs to be fought—to free the women from religious and social oppression. Innovations in film production, technology, and social media have enabled women’s voices from the Muslim world to be heard. Driven more by passion than formal schooling, with limited exposure to films or film education, women filmmakers have found innovative ways to focus world attention on the reality of life for women in their homelands. Kalpana Biswas will show excerpts from her own film in progress, *Jewels of Kandahar*—a documentary film about Afghan women living with war. She spent six weeks filming in Kabul and Kandahar. In addition, she will show clips from feature films and documentaries made by Muslim women from a range of countries and discuss them in the context of their social and political realities. The classes are interactive, and lively discussions are strongly encouraged.

Kalpana Biswas, who has recently returned from an extended period of filming in Afghanistan, is an independent documentary filmmaker. She turned to filmmaking after a career in marketing research and consulting to follow her lifelong interest in the role of storytelling as medium for social change. Her current project focuses on civilians, especially women and children living with war in closed societies such as Afghanistan, and their challenges and opportunities while attempting to rebuild after lengthy periods of war and social turbulence. She is board chairperson of Women in Film and Media, Pittsburgh, and past-president of the American Marketing Association.

Cinema Arts: The Documentary III

Study Leader: Charles Glassmire  
Material Fee: $10*

- 5 Classes: Mar. 10 – Apr. 7  
- Friday, 1:00 PM - 4:00 PM  
- Regent Square Theater, 1035 S. Braddock Ave., Edgewood

This course will exhibit some of the classic documentary films made by creative filmmakers who stimulated the evolution of the cinema as an art form. The format will be a one-to-two hour film screening, followed by a class discussion of the film. This course will suggest that the documentary form, while represented to show us truth, is changing the way we see the world, and thus, the way we interact with our world. The films shown will be a mixture of the classic documentaries and some seldom-seen, but fascinating, contemporary documentary works.

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

*Materials fees are not refundable; information on page 88.
Monty Python 6-Pack
Study Leader: Martin Marshall

- 6 Classes: Jan. 10 – Feb. 14
- Tuesday, 11:45 AM - 1:15 PM
- Wean Hall, 4708

Monty Python's Flying Circus invaded American television in the 1970s the way that British rock groups invaded America in the 1960s—with something completely different. This course covers not only the four seasons of Monty Python's Flying Circus on BBC-TV from 1969-73, but also the group's invasion of the movie screen with the Holy Grail, Life of Brian, The Rutles, The Meaning of Life, and ends up at the Albert Hall with a performance of Not The Messiah. We will also take a quick look at the roots of pre-Python comedy on BBC-TV and a melange of clips from the post-Python movie careers of John Cleese, Eric Idle, Michael Palin, Terry Gilliam, Graham Chapman, and Terry Jones. Perhaps we'll even make a stop at the Hollywood Bowl along the way. Nudge, nudge, say no more.

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

Films Of Charles And Ray Eames
Study Leader: Jeffrey Swoger

- 4 Classes: Mar. 8 – Mar. 29
- Wednesday, 1:30 PM - 3:00 PM
- Wean Hall, 4708

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

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

The Art Of The City

Study Leader: Kristen Link

• 2 Classes: Feb. 6 and Mar. 27  
  Class ID: 1696
• Monday, 4:00 PM - 5:30 PM
• City Theatre, 1300 Bingham St., South Side

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

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

Romeo And Juliet: The Ballet

Study Leader: Lisa Auel

• 1 Class: Apr. 12  
  Class ID: 1769
• Wednesday, 12:00 PM - 2:00 PM
• Pittsburgh Ballet Theatre, 2900 Liberty Ave

Derek Deane’s ballet version of Shakespeare’s Romeo and Juliet expertly translates the poignancy of poetry to movement. The class will explore the wordless retelling of one of the greatest stories in the English language through its choreography, stagecraft, libretto, and haunting score by Sergei Prokofiev. If possible, class time will include viewing a part of a rehearsal for the production.

Lisa Auel is the Pittsburgh Ballet Theatre’s manager of community programs and archives. She holds a master’s degree in American Studies from George Washington University and a B.A. degree in English from the College of William and Mary.
Return To Maycomb:
A Homage To Mockingbird

Study Leader: Michael Mariani

• 6 Classes: Mar. 9 – Apr. 13
• Thursday, 11:30 AM - 1:00 PM
• Hunt, Osher Classroom

Harper Lee's To Kill a Mockingbird showcases a literary master of language while telling a compelling story. Its sustained popularity is unprecedented. Some call it the great American novel. This class studies this merited acclaim through Harper Lee's characterization and juxtaposition of lively, memorable, iconic characters; her brilliant point of view told by a child through whose eyes we see and experience stark bigotry and racism, friendship and loyalty, truth and secrets — still mainstay issues today. Media bombard us with numbing images while Ms. Lee lets us, "peek behind closed doors" to learn, live, and understand as Scout, Jem, and Dill witness insidious prejudice, unfailing courage, and the power of truth and love. Our appreciation of Mockingbird builds with each reading, reflection, and discussion of the literary art, craft, and skill used by, as Truman Capote said, "Someone rare...a writer with the liveliest sense of life..."

Mike Mariani is a retired English teacher of 42 years. He received his B.S. in education from Duquesne and master's degree in English from Catholic University. He believes English is not only the conduit through which information is gained and given, but it's the subject that best lends itself to the discussion, understanding, internalization, and development of individuality and community. Mariani’s love of reading and literature led to a love of writing and the analysis of writing enhanced his appreciation of literature. Mariani brought authors to his classes to discuss their writing process and what happens when we read. Their insights enriched his literature and writing classes. Mariani has published poetry in Virginia Writing and op-ed articles in the Journal Newspaper. His Creative Writing I course spawned Creative Writing II and Advanced Composition courses.

Faulkner’s The Town:
The Snopes Saga Continues

Study Leader: Mary Schinhofen

• 6 Classes: Jan. 13 – Feb. 17
• Friday, 10:30 AM - 12:00 PM
• Hunt, Osher Classroom

Continuing with the series of three novels that Faulkner wrote over a period of 34 years (conceived and begun in 1925 and finished in 1959), we will focus on The Town, the second novel in the Snopes trilogy. We follow Flem Snopes as he continues his rise to power and his attempts to add an air of "respectability" to the fruits of his shameless (but successful) schemes and double dealing. Complex, funny, at times even profoundly moving, The Town contains some of Faulkner's most memorable characters and their stories, narrated by some of the best fictional storytellers in American literature. This course is self-contained and requires no previous knowledge of William Faulkner's work. The first session will introduce Faulkner and The Town, and the following sessions (which will include the reading of the book) will emphasize discussion and individual perceptions of the novel.

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.
The Pleasures Of Poetry

*Study Leader:* Judith Robinson

- 6 Classes: Mar. 10 – Apr. 7  
  *Class ID: 1739*
- Friday, 12:30 PM - 2:00 PM
- Wean Hall, 4707

We all wish to live more fully. Poetry engages the mind, body, and spirit. Poetry enhances and enlarges life. This workshop affords the opportunity to read the great poets of the world: Auden, Frost, Ginsberg, Kinnell, Millay, Neruda, Plath, Shakespeare, Whitman, Zymborska, to name just a few, and to meet and enjoy fine local guest poets as well. Writing is an option, not a requirement. Required are listening and experiencing the pleasure of this most precise and delicious of all literary forms.


Greek Mythology

*Study Leader:* Patricia S. Rose

- 5 Classes: Mar. 7 – Apr. 4  
  *Class ID: 1792*
- Tuesday, 11:45 AM - 1:15 PM
- Wean Hall, 4707

The ancient Greeks wondered about the origin of their world, the cause of natural phenomena, the nature of man, and the meaning of life. In searching for answers, they created a pantheon of anthropomorphic deities who could be held responsible for everything in the world, and they told a variety of stories about the deities and their legendary heroes. These stories form the body of literature known as Greek mythology. Two thousand years later, interest in classical mythology is growing, and students of Greek mythology might find that the truths about human nature explored by ancient Greeks are valid today.

In this course, the class will read and look for meaning in the stories of the gods and heroes that have inspired human creativity from antiquity to the present. We will recognize reference points for countless works of art, literature, and cultural inquiry.

**Patricia Rose** taught English at Sewickley Academy for 38 years, and she received the Clark Faculty Chair for Excellence in Teaching. She graduated Phi Beta Kappa from the University of North Carolina, Chapel Hill, and studied at the Iowa Writers Workshop; University of Iowa; Trinity College; and at Cambridge University, UK. Her poetry has been published in *Breath of Parted Lips*, *Voices from the Robert Frost Place*, *Cathedral Poets*, *Taproot*, and the *Pittsburgh Post-Gazette*. She is a member of Osher.
**War And Peace Appreciated Anew**

*Study Leader: Gloriana St. Clair*

- 6 Classes: Jan. 19 – Mar. 30  
- Thursday, 1:15 PM - 2:45 PM  
- Hunt, Osher Classroom

Leo Tolstoy’s 1869 masterpiece, *War and Peace*, is considered a world treasure. A 2016 miniseries from the BBC and Andrew Davies attracted readers to see the characters, action, and even the ending anew. This interactive, around-the-table course will encourage all to read and discuss the work using the new translation by Richard Pevear and Laura Volokhonsky. Their translation has increased accessibility. This long work allows students to consider it from many vantages—historical, sociological, religious, philosophical, and aesthetic.

Please note: *Class Dates - Jan 19, Feb 2 & 16, Mar 2, 16, & 30*

**Gloriana St. Clair** is the retired dean of the Carnegie Mellon University Libraries. She has a Ph.D. degree in literature, a master’s degree in library science, and a master’s degree in business administration. Professionally, she has pioneered the digitizing of books and other publications, supporting universal access to information. Her doctoral work revolved around J.R.R. Tolkien. Her book, *Tolkien's Cauldron*, about the northern influence on his work, is available free to read on the web. A longtime A.L.L./Osher member, she has both taken and taught courses.

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**Consciousness In The English Novel: Henry James And Virginia Woolf**

*Study Leader: Carol Zisowitz*

- 6 Classes: Jan. 11 – Feb. 15  
- Wednesday, 3:00 PM - 4:30 PM  
- Hunt, Osher Classroom

This course will examine the development of technique to explore consciousness in two essential British novelists. We will read one novel by Henry James, and follow that with *To the Lighthouse* by Virginia Woolf. The course will be a mix of lecture and discussion. Participants will be doing a lot of reading in a relatively short time. Instructor will provide extensive guidance for careful reading.

**Carol Zisowitz**, a psychiatrist and historian, is a passionate reader of fiction. She has taught a prior course on Henry James at Osher, which students rated highly and she enjoyed tremendously.

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**Great And Notable Novels Read And Revisited**

*Study Leader: Mary Schinhofen, Thomas Lazaroff, Helen-Faye Rosenblum, Jane Purifoy*

- 6 Classes: Jan. 12 – Mar. 23  
- Thursday, 1:15 PM - 3:15 PM  
- Hunt, Osher Classroom

This study group will read and discuss significant novels of the 19th, 20th, and 21st centuries from the vantage point of age, maturity, and experience. What insights can we share now that were not available during a previous reading? The course also will provide opportunities to read novels we may have “saved for later.” Class members are asked to lead a book discussion session. This class meets on alternate weeks.

Please note: *Class Dates: Jan 12 & 26, Feb 9 & 23, Mar 9 & 23*

See Mary Schinhofen, page 9

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

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

**Jane Purifoy** graduated with a B.A. degree from the College of St. Catherine. She earned M.Ed. and Ph.D. degrees from the University of Pittsburgh. She took postgraduate courses at Duquesne University. She worked for the PA Mental Health Hospital system. She is a member of Osher.
Short Stories: The World In A Single Setting

Study Leader: Helen-Faye Rosenblum

• 6 Classes: Jan. 9 – Feb. 20*  
  • Monday, 12:30 PM - 2:30 PM 
  • Hunt, Osher Classroom 
  *Note: Class will not meet on Jan. 16

• 6 Classes: Jan. 9 – Feb. 20*  
  • Monday, 3:00 PM - 5:00 PM 
  • Hunt, Osher Classroom 
  *Note: Class will not meet on Jan. 16

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.

Please note: Initially everyone will be wait listed.

See Helen-Faye Rosenblum, page 11

The Irish Short Story: Mirrors On Irish History And Culture

Study Leader: Anne Burnham

• 5 Classes: Jan. 12 – Feb. 9  
  • Thursday, 12:30 PM - 2:00 PM 
  • Wean Hall, 4707

The Irish are natural storytellers, blurring the lines between fact and imagination with impunity and never letting "the truth get in the way of a good story." No wonder, then, that Irish writers are renowned for their short stories, ranging from traditional folk and fairy tales to insightful and moving examinations of family, nation, history, society, and the foibles of human nature that provide what Lady Morgan rightly called "a mirror of the times." In these sessions, we will read stories by famous and lesser-known writers from the early 19th century to the present day, enjoying the stories both for entertainment and for what they tell us about Irish people and Irish life over several centuries. Copies of stories, not readily available on the internet or in easily accessible anthologies, will be made available in time for each class.

Dubliner Anne Burnham is a freelance writer and editor who has made her home in Pittsburgh for many years. She was the founding editor and diplomatic correspondent of Washington’s Diplomatic Dossier, a contributing writer to The Washington Post; a writer of several documentaries for WQED; and an author or editor of numerous articles for national and international publications. She is a collaborator with Rolf and Magda Loeber on A Guide to Irish Fiction: 1650-1900 and has edited many articles on Irish history, architecture, and poetry. She is the former liaison for the International Poetry Forum, and for over 25 years she has organized the annual Pittsburgh celebration of Bloomsday with readings around the city from James Joyce’s Ulysses. She serves on the boards of the Ireland Institute of Pittsburgh and Autumn House Press, an independent literary publisher in Pittsburgh.

Issues In Children’s Literature II

Study Leader: Amy Kellman

• 4 Classes: Jan. 11 – Feb. 1  
  • Wednesday, 10:30 AM - 12:00 PM 
  • Wean Hall, 4707

In this course we explore the following topics: Diversity in books for children and teens; Non-fiction, past and present; Fantasy—what are the different types, and why they are so popular; Graphic novels/memoirs. You will be asked to read four books for discussion in class.

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

Study Leader: Penny Anderson

• 5 Classes: Jan. 13 – Feb. 10  
  Class ID: 1808
• Friday, 3:00 PM - 4:30 PM
• Wean Hall, 4708

In early New England the Puritan church fathers created a musical institution, the singing school, which generated a craze for choral singing that swept the region. This process gave birth to a generation of self-taught composers who created a new musical idiom. We will explore the cultural history and the subsequent fate of this delightful music. Using recordings, facsimiles of 18th-century publications, and secondary sources, we will learn about the musical style, its place in the people’s social lives, the lives of some of the composers, and why and how it was displaced from mainstream American churches, surviving in the southern shape-note tradition. The course will include a demonstration by local shape-note singers.

Penny Anderson organizes and directs a monthly shape-note choral singing group using The Sacred Harp. She is a songwriter and composer of choral music, and sings with the local trio Monongahela Harmony. Her life as a vocal and instrumental musician began in early childhood and has included singing in choirs; singing and playing in small folk groups; performing early music; and studying voice, piano, fiddle, and a variety of musicianship practices.

Great Conductors Of The 20th Century

Study Leader: Jeffrey Swoger

• 4 Classes: Jan. 11 – Feb. 1  
  Class ID: 1710
• Wednesday, 12:30 PM - 2:30 PM
• Wean Hall, 4707

This course will present a personal, non-technical, introduction to the careers of six 20th century musical giants: Toscanini, Stokowski, Reiner, Solti, Karajan, and Bernstein. It is designed to foster an appreciation of these world-famous artists, their talents, their idiosyncrasies, and their contributions to the art of conducting. The course will highlight important factors in the development of the role of the conductor as a powerful force in music. Selected, substantive musical and video examples will illustrate each conductor’s particular style and achievements. Goals for the class will be to increase listeners’ awareness of the conductor’s “interpretive” input in musical performances, and motivate students to explore these musicians’ legacies in greater depth. Class participation will be encouraged.

Jeffrey Swoger has had a lifelong passion for classical music, beginning with a seventh grade music appreciation class and continuing through high school, college, and adulthood. His associations with the Chicago Symphony Orchestra afforded him opportunities to not only hear extraordinary musical performances but also to observe first-hand the inner workings of a major artistic organization and the business of classical music. He has a particular interest in the art of conducting and has led an Osher course focusing on six of the great conductors of the past century.

Save The Date

Join us for the January Luncheon (formerly the Holiday Party) on Friday, January 27th at noon at the Twentieth Century Club. Watch the Weekly Essentials email for more information.
Enjoyment of Music

Study Leader: John Raevens

• 6 Classes: Mar. 10 – Apr. 28*  
  • Friday, 3:00 PM - 4:30 PM  
  • College of Fine Arts, TBA  
  *Note: Class will not meet on Apr. 14, Apr. 21

This course will examine all nine symphonies by Beethoven from a technical, historical, and psychological aspect.

**John Raevens** is a native of Belgium. He holds an advanced degree from the Lemmens Institute and received first prize in organ, piano, theory, and history from the Royal Conservatory in Ghent, Belgium. He joined the music faculty of Duquesne University in 1966. Following a distinguished career teaching theory and composition, he has been teaching a course titled “Enjoyment of Music“ for the past ten years. John has played organ and harpsichord in many recitals in Europe and the U.S. He is the author of *Enjoyment of Music*, a book which is widely used in universities.

Poets Of The Piano - Chamber Festival

Study Leader: Nathan Carterette

• 3 Classes: Feb. 3 – Apr. 7  
  • 1st Friday of every month, 11:30 AM - 1:00 PM  
  • Episcopal Church of the Redeemer, 5700 Forbes Ave., Squirrel Hill

Poets of the Piano returns in the spring for a chamber music festival, featuring works for diverse ensembles by composers primarily known as pianists. A 30-minute discussion with Nathan and ensemble players will precede each concert.

**Nathan Carterette**, pianist, is a versatile performer with a large repertoire of solo and chamber works. He has studied and performed hundreds of are songs, including the complete song cycles of Schubert and Schumann, and new works by composers Ricky Ian Gordon and Aaron Jay Kernis. He has performed with many musicians from the Cleveland Orchestra and Pittsburgh Symphony. In previous years, he was the pianist-in-residence with flautist William Bennett and clarinetist Charles Neidich.

Course changes

Often class times and locations will change after the catalog is printed. Please check our website, www.cmu.edu/osopher, for the most up-to-date information. Click on "Member Sign In" and then "Courses." You do not need to use your username or password to access this information.
The Mighty (Wood)Wind

Study Leader: Owen Cantor

• 3 Classes: Mar. 6 – Mar. 20  
• Monday, 5:30 PM - 7:00 PM  
• Wean Hall, 4708

Class ID: 1827

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

Three Perspectives On Music

Study Leader: Flavio Chamis

• 3 Classes: Mar. 6 – Mar. 20  
• Monday, 12:30 PM - 2:30 PM  
• To Be Announced

Class ID: 1774

The sessions will focus on different aspects of music. The first will be “Mozart: What’s in a Genius?,” an overview of Mozart’s creative style, encompassing solo and chamber music, as well as his usage of operatic techniques in his piano concertos. A second presentation will be about “Beethoven and his Symphonic Revolution,” a look into the laborious creative process of Beethoven’s Symphonies. To this day, the nine symphonies are regarded as a set of works of monumental proportions and one of the greatest achievements of Western Civilization. Finally, the class will discuss the realm of “Entartete Musik,” the term adopted by the Third Reich in 1933 to describe what they called “Degenerate Art.” Not only was such art banned by the Nazis, but those who produced it were dismissed from teaching positions, forbidden to exhibit, sell, or have their art/music performed. Many of these artists perished during the Holocaust; others escaped, yet the trajectories of their careers were dramatically altered. This lecture will be an emotional journey into the extraordinary music produced by “Entartete Composers,” and a tribute to the ability of human beings to remain productively creative in the midst of horrific hardship.

Flavio Chamis, a native of Sao Paulo, Brazil, trained in conducting and composition at Tel Aviv University and in Detmold, Germany, at the Nordwestdeutsche Musikakademie. He served in Vienna as music director of the Villa Lobos Ensemble. While in Europe, he recorded with the Berlin Radio Symphony Orchestra and the Nouvelle Philharmonie de Radio France. Among his European engagements were performances at the Musikverein in Vienna, the Wiener Festwochen, and the Royal Festival Hall in London. In 1985, Chamis became conducting assistant to Leonard Bernstein, leading the Israeli Philharmonic in preparation for tours of Europe, Japan, and the United States, in 1986 conducting rehearsals for the world premiere of Bernstein’s Jubilee Games (later renamed Concerto for Orchestra) and assisting Maestro Bernstein on the European tour of the London Symphony Orchestra. In 1987 Chamis became the music director of the Porto Alegre Symphony Orchestra in Brazil. In Brazil, he conducted all the major orchestras and performed on Brazilian radio and television. He serves as guest conductor throughout Europe and Latin America. He is a composer of a wide range of styles, from solo, chamber, and symphonic pieces to jazz and Brazilian music. He has also written the text for many of his vocal compositions. He lectures on both Brazilian and classical music and since 2008 has been a permanent member of the Screening Committee of the Latin Grammy. He has lived in Pittsburgh since 1994. He and his wife, Tatjana, associate principal violist of the Pittsburgh Symphony, have three children.
The Life And Music Of Beethoven

*Study Leader:* Cleon Cornes

- **6 Classes:** Mar. 9 – Apr. 13  
  **Class ID:** 1785  
- **Thursday,** 1:30 PM - 3:00 PM  
- **Wean Hall,** 4708

Beethoven was born in 1770 and experienced "rebirth" as an artist three times over the course of his life. His *Symphony no. 9* became the most influential composition of the 19th century. We will review his tumultuous life and enjoy listening to some of his beautiful and exciting music.

*Cleon Cornes* is a retired psychiatrist who enjoys teaching courses (mostly about eccentric geniuses) at Osher, the Mt. Lebanon Library, and Providence Point. He has visited Mozart's birthplace and other sites associated with him in Salzburg and Vienna.

More Shantoozies — Classic Female Singers 1920s - 1950s

*Study Leader:* Mike Plaskett

- **5 Classes:** Jan. 10 – Feb. 7  
  **Class ID:** 1740  
- **Tuesday,** 1:30 PM - 3:00 PM  
- **Wean Hall,** 4708

Learn about the top singing stars of mid-20th-century America: Rediscover stage and club performers Sophie Tucker and Mae West; Broadway singers Ethel Merman and Judy Holliday; film stars Judy Garland and Bebe Daniels; jazz singers Billie Holiday and Ella Fitzgerald, and native Pittsburghers Maxine Sullivan and Eugenie Baird. Hits by band singers Helen Forrest, Peggy Lee and Kitty Kallen also will be featured. How will the class cram all that marvelous music into five short sessions? Join radio host Mike Plaskett and hear how we get eight great tomatoes in that little bitty can. (And if you get that joke, this course is for you!)

*Mike Plaskett* is a lifelong record collector and co-host of the nationally syndicated radio show “Rhythm Sweet & Hot.” Mike and co-host Dale Abraham are heard on WESA 90.5 FM Saturday nights, 6-8 PM.

WRITING

Bread And Cheese Studio: Art Of The Essay

*Study Leader:* Sarah Eldridge

- **5 Classes:** Mar. 7 – Apr. 4  
  **Class ID:** 1821  
- **Tuesday,** 3:15 PM - 4:45 PM  
- **Hunt, Osher Classroom

The Bread and Cheese Studio opens its door to the animated conversations that essays have coaxed over time. The class will read and respond to writers who were motivated by a keen sense of audience in their desire to amuse, provoke, and instruct. Phillip Lopate’s *Art of the Personal Essay* collection will be our focus text, but participants are encouraged to bring their own particular favorites. Like the original Bread and Cheese Club of Knickerbocker, New York (1820s), the class will discuss selected readings, dip the pen into the well of questions that can’t be resolved, and, of course, sustain themselves with good bread and cheese.

*Sarah Eldridge* earned her doctorate in rhetoric at Carnegie Mellon and currently teaches courses in literature and writing at Shady Side Academy and at Carnegie Mellon. She also works with graduate students who must learn the art of visual and written composition. Her interest in the art of composing developed during her years in the College of Fine Arts, and she continues to investigate the creative process both in the fine arts and in writing.
Computers

Practical Computer Security

Study Leader: Jose Morales

- 5 Classes: Mar. 7 – Apr. 4
- Tuesday, 6:00 PM - 7:30 PM
- Wean Hall, 4708

Class ID: 1755

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

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

Economics

Looking Into The Future

Study Leader: Jack Ochs

- 3 Classes: Mar. 10 – Mar. 24
- Friday, 10:30 AM - 12:00 PM
- Wean Hall, 4707

Class ID: 1754

Our population is aging, and the ratio of the working age population to those outside the labor force is getting smaller. This demographic change has important implications for our economy. In this series we will discuss the coming generational conflict created by the dependence our older citizens have placed upon the earning capacity of our children and grandchildren. This dependence is reflected in our national debt, Social Security and Medicare, and in the many unfunded state and local government pension programs. We will discuss the magnitude of these claims against future income and what can be done about them.

Jack Ochs retired several years ago as professor of economics at the University of Pittsburgh. At Pitt, he taught courses in public financial and experimental economics and conducted research on a variety of topics. Since retiring he has enjoyed developing and presenting a series of short courses for Osher programs.
Family Law: What Is It? And How Does It Protect Families?

Study Leader: Velma Hirsch

- 2 Classes: Apr. 19 and Apr. 26  
- Class ID: 1823
- Wednesday, 1:30 PM - 3:00 PM
- Wean Hall, 4708

This course on family law will discuss elements of the law including the policy of the Commonwealth, separation and divorce, counseling, child support, spousal support, and alimony pendente lite, alimony, property rights, equitable distribution of assets, custody, and protection from abuse. The course will also discuss the process and procedures of all aspects of family law.

Velma Hirsch received her B.A. and J.D. degrees from the University of Pittsburgh and an M.A. in economics from Columbia University. She has practiced law in private practice for 30 years and taught economics for close to 6 years at the University of Pittsburgh and Community College of Allegheny County. She is also an editor for economics library selections.

Questioning The Criminal Justice System Part II

Study Leader: Errol S. Miller

- 6 Classes: Jan. 9 – Feb. 20*  
- Class ID: 1684
- Monday, 10:30 AM - 12:00 PM
- Wean Hall, 4707
*Note: Class will not meet on Jan. 16

This course uses media articles to cover topics which arise before trials begin. Emphasizing the general motives of the criminal law: deterrence, isolation, rehabilitation, and retribution, the class will discuss to what extent these motives are present in our concepts of criminal law and enforcement practices. Topics of discussion will include: how the presence or absence of these general motives govern police procedures; what acts often lead to arrest and what consequences follow arrest; what controversies arise out of the "war on drugs" and other "wars against vices" like gambling, alcohol, and prostitution; the issues related to pretrial bail and the issues around detention of witnesses, and other steps to secure their cooperation. This will be the first of two independent courses dealing with goals and rules governing arrests and the use of force and powers of detention before trial.

Errol Miller graduated from Dartmouth College and Harvard Law School and has practiced law for 45+ years. He has been teaching at Osher for more than 9 years, now offering 5 different classes. One course deals with estate planning and estate administration and is based on his more than 30 years experience as a member of a select AARP panel on which he assists clients to avoid potential problems within families and with federal and state governments. He frequently participates in Continuing Legal Education (CLE) seminars on elder law. The second and third courses build on his lifelong interest in the criminal justice system, his work as a law clerk to a State Supreme Court justice, his post-conviction appeals, his experience in the mental health area, his participation in various local reform groups including B-Pep, the Alliance for Police Accountability, the ACLU, and groups who want to tighten gun control and his views on how the criminal justice system should be reformed to coordinate criminal justice principles and mental health principles. The fourth course deals with torts and practical advice for non-lawyers on the principles behind civil litigation. The fifth course deals with the history of the Roberts Supreme Court. In each course, Errol shows the sense of humor he displayed as the principal writer of the annual Allegheny County Bar Associations topical satirical review for 23 years.
Steelworkers And Important Legal Issues

Study Leader: Carl Frankel

• 5 Classes: Mar. 8 – Apr. 5  
  Class ID: 1814
• Wednesday, 1:30 PM - 3:00 PM
• Wean Hall, 4707

Through the lens of actual steelworker cases, this course examines issues of general interest which have the following in common: they imply sharply conflicting values on which ordinary citizens as well as judges will differ; the applicable law or constitutional text is not complex, and there is no obvious "correct" result. The cases range across areas from treaty adoption; civil rights, including voluntary, negotiated minority job quotas; union governance, such as a bar against outsider contributions to elections for international office; and, more recently, the status of Northwestern University football scholarship players as "employees" under the labor law and whether the NLRB should assert jurisdiction over that issue; and whether Duquesne University is exempt on religious grounds from the provisions of the same law so as to preclude its adjunct professors from organizing and engaging in collective bargaining. In some instances, the course will include some of the behind-the-scenes long-term strategy underlying these cases.

Carl B. Frankel was a lawyer for the United Steelworkers of America from 1968 until 2000, when he retired. He served as associate general counsel-litigation 1971-1996 and general counsel 1996-2000, playing a role in all the above cases but one. In addition, he has argued cases before nearly all the United States Courts of Appeal as well as before the Supreme Court. Early in his career, he was a supervising or trial attorney in the Chicago and Milwaukee offices of the NLRB. Frankel is a graduate of the College (B.A. 1954) and the Law School (J.D. 1957) of the University of Chicago. He is among the first members elected by the founders to the College of Labor and Employment Lawyers.
ART

The Pittsburgh Glass Center: Are You Hot Or Cold?

Study Leader: Connie White  
Materials Fee: $30*

• 1 Class: Apr. 6  
Class ID: 1825
• Thursday, 10:00 AM - 12:00 PM
• 5472 Penn Ave. - 15206

We will tour this iconic facility and learn about the current glass exhibition. After viewing a glass-blowing or flame artist demonstration, we will try our hand at creating a glass art piece to take home. You will need creativity and a willingness to learn, but only beginner skills will be needed to complete the project with one of the artists. Come and discover Pittsburgh’s glass art center. You never know what will spark the creative fire within!

Connie White has been creating arts and crafts projects since childhood, but only recently tried her hand at glass art. She has been involved in the Friendship arts community for 16 years. Connie was on the Board of Directors of the Friendship Preservation Group when the Pittsburgh Glass Center opened its doors in 2001. Although a lifelong art patron, Osher has inspired her to become a participant.

*Materials fees are not refundable; information on page 88.

Drawing: A Lifelong Journey

Study Leader: Judy Spahr

• 6 Classes: Mar. 10 – Apr. 28*  
• Friday, 9:30 AM - 12:00 PM
• To Be Announced

*Note: Class will not meet on Apr. 14, Apr. 21

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

Please note: A modeling fee of $5-$8 will be collected at each class. Initially everyone will be wait listed.

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

Study Leader: Elaine Bergstrom

• 6 Classes: Jan. 9 – Feb. 20
• Monday, 1:00 PM - 3:00 PM
• Wilkins Community Center,
  7604 Charleston Ave., Swissvale
*Note: Class will not meet on January 16

This course will teach you how to paint using only six colors of watercolor pigments. You will paint with thin layers of paint called “glazing,” two reds, two yellows, and two blues, which will give you a complete color palette. There is no need to know how to draw; all levels are welcomed.

Elaine Bergstrom has a B.A. in design from the University of Illinois and has acquired a botanical illustration certificate from the Morton Arboretum. She has completed her teaching certification from Carlow University and teaches drawing, colored pencil, watercolors, and oriental painting. She is a member of the Allegheny Highlands Botanical Society, a member of the National American Society of Botanical Artists, a member of the Guild of Natural Science Illustrators, and a volunteer docent at Beechwood Reserve.

Demystifying The Line

Study Leader: Gary Bates

• 6 Classes: Jan. 13 – Feb. 17
• Friday, 10:15 AM - 11:45 AM
• College of Fine Arts, TBA

If you have been intimidated by the act of drawing, this class will introduce you to basic techniques and approaches to demystify the art of using line to create imagery. Using a hands-on approach, the students will be exposed to a variety of materials that can be used to explore and develop personal expression.

Gary L. Bates is a recent resident of the Pittsburgh area. In New York he spent the bulk of his career as an artist, arts educator, and administrator in the visual arts in public schools and university settings. An extensive record of his work includes exhibitions in seven states and Mexico. He has been honored as New York State Art Educator of the Year and has received recognition from the National Art Education Association as an outstanding secondary school arts administrator for the northeastern region of the United States. He is past president of the New York State Art Teachers Association and The University Council for Art Education, a national organization affiliated with Columbia University.

Demystifying The Line Part II

Study Leader: Gary Bates

• 6 Classes: Mar. 10 – Apr. 28*
• Friday, 12:30 AM - 2:00 PM
• College of Fine Arts, TBA
*Note: Class will not meet on Apr. 14, Apr. 21

If you have taken "Demystifying the Line" and wish to expand your newly established talents, this course will allow you to design and create your own projects under the direction and supervision of the study leader.

See Gary Bates, above
Art Critique

Study Leader: Carol Zisowitz

• 6 Classes: Jan. 11 – Feb. 15  
• Wednesday, 5:00 PM - 6:30 PM  
• Wean Hall, 4707

Are you an artist, of whatever level, who misses communicating with other artists, and who feels you can benefit from critiques by a group of your peers? The study leader, herself an intermediate level artist and experienced group leader, will guide sessions in which each artist will receive constructive criticism and support from others in the group. Members will be able to bring whatever they want. Study leader will take responsibility for timing but will not teach. This will be a group endeavor.

Carol Zisowitz has been painting in oils, pastels, and watercolors for about 15 years. Although she takes occasional courses and workshops, is a member of the Pittsburgh Watercolor Society, and has sold paintings, she feels she can use all the help she can get. Carol is a psychiatrist and has led another Osher course. She knows how to keep a group supportive and friendly.

Crafts / Hobbies

CRAFTS / HOBBIES

Going To Florida?
Discover The Joy Of Shell Collecting

Study Leader: Karen VanderVen

• 2 Classes: Feb. 23 and Mar. 2  
• Thursday, 10:30 AM - 12:00 PM  
• Wean Hall, 4708

Florida's miles of coastline offer a bounty of the most beautiful seashells in the world waiting for you to gather and assemble into an attractive collection. Our two sessions will showcase Florida's extensive species, describe the "ins and outs" of Florida shelling, and give specific information on how to productively and safely shell the best spots. Tips on how to "read" a beach and detect good specimens in beach dreck, shallows, and on sand flats, will be given. Covered too will be ways of enhancing the shelling experience: shell trips; shell clubs; shell exhibitions; and obtaining shells by purchase, trade, and auction. Actual Florida shells will be displayed and shown pictorially. There will be time for questions and discussion. Handouts will include a bibliography of shell books, online resources, and other useful information. A famous Florida rarity will be raffled at each class.

Karen VanderVen has been collecting shells for decades, focusing on Florida, Atlantic, Gulf of Mexico, and Caribbean shells. She has shelled hundreds of miles of Florida coastline from Fernandina Beach to Key West, and back up the west coast all the way to Pensacola. She has exhibited shells all over, earning numerous blue ribbons and awards. Articles describing her adventures were published in the American Conchologist, and numerous others in shell club newsletters. She most recently gave a program for the Englewood Shell Club.
Crafts / Hobbies | LEARN BY DOING

Fly Fishing For Beginners

Study Leader: Michael Ginsburg

• 4 Classes: Mar. 7 – Mar. 28  
  Class ID: 1781
• Tuesday, 9:30 AM - 11:30 AM
• Hunt, Osher Classroom

There’s a primal thrill when catching a fish — specifically a trout on a fly — and this course is about what leads up to that moment. Here you’ll learn the basics of equipment, casting, fly selection, knot tying and stream reading that will allow you to stalk and catch a trout. The lure and allure of fly fishing were first described by Dame Julia Berner in the 15th century. In the intervening 500 years, fly fishing has become ever more popular (particularly here in North America) because of the rich habitat and diverse insect life that combine to support a growing and healthy trout population. Add to this the many appealing aspects of trout fishing: the choice of equipment, stalking a fish, choosing the right fly, making a precise and delicate cast, playing the fish, and then releasing it to reproduce and fight another day. It all takes place amid exquisite scenery because trout have the good sense to live in some of the most beautiful places on Earth.

Michael J. Ginsburg, MD, is a retired emergency physician. He attended the University of Pittsburgh as an undergraduate, and completed medical school at the University of Chicago. He is married and has two children and one grandchild. A self-confessed fly fishing addict for 57 years, he is an amateur entomologist and fly-tier who also enjoys spending time with his family, programming computers, and mooning over his grandson. From his first experience with a rod and reel at age five, Dr. Ginsburg knew fishing would be his lifelong avocation, and the ensuing 66 years have proven him correct. The sport brings him continual joy when he is on the stream, or just daydreaming about it.

Wild Mushrooms: A Nature Study

Study Leader: Dick Dougall

• 5 Classes: Mar. 8 – Apr. 5  
  Class ID: 1795
• Wednesday, 3:30 PM - 5:00 PM
• Wean Hall, 4707

Mushrooms are fascinating organisms completely different from plants and animals. They come in an incredibly wide range of shapes, colors, sizes, and function; some have a stunning beauty all their own. While some are delicious to eat, others are poisonous. Still others are “edible but not incredible.” This course will present an overview of a wide selection of mushrooms that can be found in southwestern Pennsylvania. Where they grow, how they grow, and most important, what their names are, will all be considered. Participants will gain an appreciation of the mushrooms that can be found in this region. They will also learn steps to try to identify some of these fungi. People interested in studying nature will find a whole new world to investigate!

Dick Dougall is professor emeritus of mechanical engineering at the University of Pittsburgh. He has been an active member of the Western Pennsylvania Mushroom Club since 2000, serving five years as its president. He is also a club identifier. He is a member of NAMA (North American Mycological Association), an organization for amateur mycologists. He has given many lectures about mushrooms and has led numerous mushroom walks.
Create Trendy Jewelry

Study Leader: Gerry Florida  Materials Fee: $25*

- 2 Classes: Mar. 10 and Mar. 17  Class ID: 1756
- Friday, 10:30 AM - 12:00 PM
- Hunt, Osher Classroom

This two-session course will introduce students to the fun and trendy design aspects of jewelry making. Students will create a fashionable 17” necklace, bracelet, and earring set to match a favorite outfit or to be perfect for holiday gift giving. Each student will be inspired to design pieces that will suit their personal taste, style, and needs. This course will focus on the design quality of jewelry making and offer design tips that will inspire even the most basic skill level. No assembly or finishing techniques will be introduced or required to participate in this course. No previous skill required.

Gerry Florida is a professional jewelry artist/designer with a lifelong passion for jewelry. Her work combines beads, glass, and found objects to create an eclectic, mixed-media style using a blend of materials that include wire, metal, resins, wood, and bone to create unique art to wear — pieces she describes as “painting with beads.” She is an award-winning member of the Associated Artists of Pittsburgh, the Pittsburgh Craftsmen’s Guild, and the Pittsburgh Society of Artists. She exhibits and teaches throughout the Pittsburgh area with a specialty in working with seniors, people with disabilities, and at-risk populations. Her work can be seen at Gerry Florida Studios in Forest Hills, which she owns and operates, and at museums and galleries that represent her unique creations.

*C材料 fees are not refundable; information on page 88.

CULINARY

Wine Appreciation — French Syrahs And New World Shiraz/Syrahs

Study Leader: Chris Forbes  Materials Fee: $40*

- 2 Classes: Feb. 22 and Mar. 1  Class ID: 1746
- Wednesday, 6:30 PM - 8:30 PM
- Rodef Shalom, Falk Library - 2nd floor

While Syrah has become a worldwide phenomenon, the focus will be on France where it is the grape of the northern Rhône region. It also plays a huge role in the wines of the southern Rhône and other southern French wine regions, but usually in blends led by other grapes. We’ll focus on the structured and complex northern Rhône wines but will compare them with wines from the other French regions. Outside of France, no country can claim Shiraz like Australia, where it may be considered the national grape. Because of its adaptability, Shiraz/Syrahs is assuming a greater role in all the vineyards of the world, using both names. In this class we’ll focus on Australia but will include wines from other countries to compare the fruit-oriented, full-bodied, and often high alcoholic wines, that tend to be the New World style. Breads, cheeses, and nuts will be served with the wines.

Chris Forbes has an engineering degree from Trinity College, Dublin, and an M.B.A. degree from the University of Pittsburgh. His working life was spent in marketing and business development with Westinghouse and Siemens, mostly in the Pittsburgh area. His lifetime interest in wine began when he graduated from comic books to wine books as a young adult. He has conducted the wine classes at Wilkins School Community Center in Regent Square since 2000, and with Osher since 2009.

*C材料 fees are not refundable; information on page 88.
Exploring The Flavors Of Morocco

Study Leader: David Green  
Materials Fee: $25*

• 5 Classes: Jan. 10 – Feb. 7  
• Tuesday, 1:00 PM - 3:00 PM  
• Wilkins Community Center, Kitchen,  
  7604 Charleston Ave., Swissvale

This class will explore the exciting cuisine of Morocco, first influenced by the Berbers and later by Arab traders and Andalusian Moors. Moroccan food is full of rich, complex flavors marked by the use of exotic spices, fresh herbs, dried and preserved fruits, and scented waters.

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

*Materials fees are not refundable; information on page 88.

Nutrition And Cooking Tips For Healthy Aging

Study Leader: Donna Hansen  
Materials Fee: $25*

• 5 Classes: Jan. 12 – Feb. 9  
• Thursday, 1:00 PM - 2:30 PM  
• Wilkins Community Center, Kitchen,  
  7604 Charleston Ave., Swissvale

In this interactive course, you will not only learn the most current nutrition information on eating to age well, but you will also learn to cook simple, healthy dishes. We will touch on building a healthy gut microbiome, optimizing our protein intake, boning up to maintain mobility, and consuming various foods high in healthy nutrients, including fish and fruits and vegetables. Let’s eat and talk our way to a healthier self: Questions encouraged!

Donna Hansen, M.A., R.D., is a registered dietitian in the Pittsburgh area. Over the course of her career, she has worked with eating-disorder patients at Western Psychiatric Institute and Clinic, on diet and disease-prevention studies at the University of Pittsburgh’s Graduate School of Public Health, served as the campus nutritionist for Carnegie Mellon University, and has taught nutrition classes to middle school students. She currently volunteers for several organizations involved in anti-hunger activism.

*Materials fees are not refundable; information on page 88.
DANCE / EXERCISE

Hatha Yoga

Study Leader: Loretta Barone

• 10 Classes: Jan. 12 – Mar. 16  
  Class ID: 1683
• 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: Initially everyone will be wait listed.

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.

Dance Fitness Gold

Study Leader: Maureen Gemeinhart

• 6 Classes: Mar. 9 – Apr. 13  
  Class ID: 1773
• Thursday, 11:15 AM - 12:15 PM
• Friends Meeting House,  
  4836 Ellsworth Ave., Oakland

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

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

Get Fit:
A Fun Latin Cardio Workout

Study Leader: Connie Pollack

- 7 Classes: Jan. 11 – Mar. 1*
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, 5915 Beacon St., Squirrel Hill
*Note: Class will not meet on Jan. 25

- 7 Classes: Mar. 8 – Apr. 26*
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, 5915 Beacon St., Squirrel Hill
*Note: Class will not meet on Apr. 12

Are you looking for a new way to jazz up your exercise routine? Then this is a class for you! Come groove to an energetic mix of hip-hop, international, and Latin-inspired music and dance movements like the cha-cha, salsa, samba, and more. This class embraces all levels of ability by providing step-by-step instruction, demonstration, and modified moves. No prior experience is necessary! This class is like no other because it gives you a full-body workout that incorporates aerobic dance movements, muscle toning, stretching, and relaxation exercises. It’s a great way to build your cardio fitness while having fun. Each session consists of warm-up exercises, aerobic/Latin cardio dance segments, light weights, muscle toning, stretching, and cool down. Please wear tennis shoes and bring a water bottle, thick towel or mat for floor exercises, and light hand weights (1- or 2-lb weights recommended). Try it—You’ll like it!

Connie Pollack has been teaching aerobic dance to adults for the past 12 years at Beth Shalom Synagogue. 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 independent educational consulting. Currently, she works as a private college counselor in Squirrel Hill and helps high school students with their college selection and application process as well as providing SAT/ACT tutoring. She has always been passionate about teaching, encouraging fitness and exercise, and volunteering in her community.

Tai Chi Ch’uan Section Two: First Half

Study Leader: Judith Crow

- 6 Classes: Jan. 9 – Feb. 20*
- Monday, 10:00 AM - 11:30 AM
- Wilkins Community Center, 7604 Charleston Ave., Swissville
*Note: Class will not meet on Jan. 16

Tai Chi Ch’uan is an ancient Chinese martial art, an exercise to raise and balance the energies in the body, and a moving meditation. Tai Chi is usually first approached as a gentle exercise to increase flexibility; promote better balance; and generally enhance physical, mental, and spiritual well-being. While there are many forms and styles of Tai Chi, the Yang style is one of the most popular. The “long” forms of Tai Chi generally consist of 50 or more postures divided into three sections. This first six-week session, while reviewing Section One, will focus on the first half of Section Two. These are the postures and movements that are being repeated, often frequently, in the form. Many first appear in Section One, and this entire set is repeated, in sequence, in Section Three.

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

*Study Leader:* Elsa Limbach

- 6 Classes: Jan. 10 – Feb. 14  
  *Class ID: 1720*
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio, 5530 Penn Ave., East Liberty

- 6 Classes: Mar. 7 – Apr. 11  
  *Class ID: 1721*
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio, 5530 Penn Ave., East Liberty

Life is movement, and movement gives life. Enhance your own gift of movement with this class designed for the inner dancer hiding inside your mature body. Discover how attention to the way you move can increase your energy and make daily activities more comfortable. As we age, our movement repertoire tends to narrow. By increasing the variety and range of our movements, we can better maintain and even enhance our physical capabilities. Accompanied by a pleasant array of recorded music, each class begins with gentle standing and seated floor exercises, continues with work at the barre, and culminates with “across the floor” patterns. The focus is on breath, flexibility, coordination, and balance. No prior experience is necessary — only a willingness to expand your movement horizons. Please bring a yoga mat or thick towel for the floor exercises. (For students of Ruth Westerman, this course is patterned after her popular earlier version.)

Elsa Limbach was a founding member of the Dance Alloy Theater and artistic director of the company from 1984-1991. For a number of years she continued her dance career as a freelance artist in Europe, where she was awarded a Fulbright lectureship to teach at the National Academy of Theatre and Film Arts in Sofia, Bulgaria. In addition to training in contemporary dance and classical ballet, she is fond of Bulgarian folk dance.

Feeling Better: Stretching Exercises For Eliminating Pain

*Study Leader:* Mark Spanos

- 6 Classes: Jan. 10 – Feb. 14  
  *Class ID: 1693*
- Tuesday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

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

Mark G. Spanos is a Pittsburgh native and has been a certified and practicing myofascial trigger point therapist. He has been teaching stretching exercises class for over 25 years. He is the co-founder of The Center for Pain Treatment (Pittsburgh) which he solely operated from 2013 until Feb., 2015. After closing that corporation, he opened a new practice/corporation: the Center for Myofascial Therapy which is still located in Pittsburgh, on the beautiful and historical South Side. Mark has taught this therapeutic stretching exercise class around the country including Pittsburgh, Chautauqua, and Los Vegas, as well as for various conferences such as the American Academy for Pain Management, and to a wide and diverse group of people and professions.
Tamburitzan Kolo Dancing

*Study Leader: George Schexnayder*

- 6 Classes: Jan. 11 – Feb. 15
- Wednesday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

- 6 Classes: Mar. 8 – Apr. 12
- Wednesday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

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

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

Contra Dancing

*Study Leader: Cecilia Wenisch*

- 6 Classes: Jan. 9 – Feb. 20*
- Monday, 1:00 PM - 3:00 PM
- Wilkins Community Center, 7406 Charleston Ave, Swissvale

*Note: Class will not meet on Jan. 16

Do you like to dance? Do you want to smile and have fun? Are you willing to interact with all members of this class? If so, I am teaching my favorite folk dance—contra. Contra dance evenings and weekends are popular, not only in Pittsburgh and other towns and cities in the U.S., but worldwide as well. In this class you will learn many contra dance figures. Some, but not all, are like square dance or English country dance moves. However, contra dance formation is done in longway sets. The figures you learn will be combined to form a particular dance. I will teach, and then “call” the pattern, and it will repeat as you interact with the other dancers in the set. Wear shoes that will enable you to turn and pivot. No partner is necessary. (The dances are quite aerobic.)

Cecilia Wenisch has been contra dancing since 1986. Formerly, a high school math teacher for 36 1/2 years, Cecilia loves dancing of all genres, and she enjoys sharing her knowledge about them in a creative and innovative way.

Your input is welcomed and valued.

Osher at CMU depends on member assistance and involvement. Your suggestions for instructors, courses, events, and lectures are necessary to help us serve your interests. We also depend on member involvement on committees and as volunteer study leader assistants. Please email the office at osher@cmu.edu to volunteer!
FINANCE/INSURANCE

Understanding Seniors' Insurance And Care Choices

Study Leader: Barbara Veazey

• 5 Classes: Mar. 6 – Apr. 3
• Monday, 10:30 AM - 12:00 PM
• Wean Hall, 4707

This course will start by looking at Social Security and end five sessions later by discussing how to select a care facility. Along the way we will discuss Medicare; VA benefits; the advantages, disadvantages, and benefits of health, drug, and travel insurance plans; health care reform; legal documents; long-term care insurance, homecare services; adult day care; low-income programs; retirement communities; and selecting a facility for confinement care.

Please note: $4.00 fee for binder, paid to instructor at first class.

Barbara Veazey has long been an advocate for seniors. She has owned nursing facilities and a home-care nursing service company. She is a registered nurse geriatric case manager, a PA certified health insurance counselor, and a long-term care insurance specialist. She has shared her knowledge with agents earning credits for the Pennsylvania Insurance Commission.

Women & Money

Study Leader: Roselyn Wilkinson

• 6 Classes: Jan. 11 – Feb. 15
• Wednesday, 3:00 PM - 4:30 PM
• Wean Hall, 4707

Women face unique financial challenges. They live an average of 4.9 years longer than men. On average, they earn about 20% less than men across most occupational categories. This gap can significantly impact women's overall savings, Social Security retirement benefits, and pensions. Women are more likely to take career breaks to care for children or older family members. Yet despite the challenges women face, they have never been in a better position to achieve financial security for themselves and their families. Participants will learn how to take control of their money including the basics of investments, insurance, retirement and estate planning.

Roselyn Wilkinson helps people manage their money through comprehensive financial planning. With over 20 years of experience, she serves as president of MD&A Financial Management Company. She is licensed to sell life, disability, and long-term care insurance and, as a Registered Representative with Berthel Fisher & Company Financial Services, Inc., stocks, bonds, mutual funds, and a host of other investment vehicles. Passionate about helping women becoming more engaged in their finances, Roselyn is on the board of the Women and Girls Foundation, is a member of the Executive Women’s Council, ATHENA Award Host Committee, and advisory board of Carlow University’s School of Management and Technology. As a graduate of Leadership Pittsburgh, Roselyn remains actively involved in its alumni program. She has been a guest writer for the Pittsburgh Post-Gazette and the Pittsburgh Business Times. Roselyn is a Certified Financial Planner™ certificant, and multi-year recipient of the Five Star Wealth Manager Award.
Losing Interest In Interest Rates

Study Leader: David Hammerstein

• 4 Classes: Jan. 9 – Feb. 6*  
  • Monday, 10:30 AM - 12:00 PM  
  • Wean Hall, 4708  
  *Note: Class will not meet on Jan. 16.

Upheaval in the global economy has turned the bond market on its head. Yields have sunk to record lows. Some nations have issued bonds with negative yields. By buying a bond with a negative yield, the investor is paying for the "privilege" of loaning money. This development defies conventional economic theory and common sense. What has happened? What has caused this turmoil? What can investors do? The course will explore these questions.

David Hammerstein has advised endowments, foundations, and pension funds for 37 years. He has helped institutions develop and implement strategies. His experience includes Gallagher Fiduciary Advisors, Carnegie Mellon University, Boeing (formerly McDonnell Douglas), and United Technologies (formerly Goodrich). He earned a BA from Colgate University and an MBA from the University of Chicago.

Texas Hold 'Em Poker

Study Leader: Benjamin Wechsler

• 5 Classes: Mar. 10 – Apr. 7  
  • Friday, 12:30 PM - 2:30 PM  
  • Hunt, Osher Classroom

Poker has been around since at least the 19th century, but in the last few years, it has exploded in popularity as cable television has brought Texas Hold 'Em championships into everyone's living room. Learn how to play this exciting and most complicated game of poker—the "Cadillac of Poker." You have no doubt seen it being played on cable TV, you might have even seen it played online. Learn what Texas Hold 'Em is all about, learn what makes this the most fascinating poker game of all. It has been described as a game of wagering based on imperfect information. Imaging ten people sitting around a table, and everyone has the exact same two cards—the game would be different for each player! This will be lecture, discussion, and hands-on play.

Ben Wechsler is currently a business consultant and trainer. He is a decorated former line officer in the United States Naval Reserve. He served two tours in Vietnam and was a qualified Officer of the Deck (Underway) of the attack aircraft carrier U.S.S. Hancock (CVA-19). As such, he stood watch on the bridge of the ship six to eight hours per day. While no longer in the Navy, he has been sailing sailboats for almost 40 years, primarily in the Atlantic and on Lake Erie.
Bridging The Gap — Session 1

Study Leader: John Olmsted

• 6 Classes: Jan. 13 – Feb. 17
• Friday,  1:00 PM - 2:30 PM
• Hunt, Osher Classroom

Have you taken a beginner's course on contract bridge but remain unsure of your abilities? Would you like to improve your party bridge skills but feel you don't yet have enough of these skills? Do you have a stack of bridge guidelines or a book (Bridge for Dummies) but get confused trying to find the right information? Have you experienced the "my head is exploding" syndrome? If you want to improve your bridge-playing skills and answered "yes" to any of these questions, "Bridging the Gap" is the course for you. It will bridge the gap between knowing the bare bones and being ready to benefit from more-advanced courses. We will review all the fundamentals of bidding and play, paying special attention to students' questions. We will also deal and play hands, analyzing each one in detail. The pace and coverage will be adjusted to fit student needs.

Please note: Initially everyone will be wait listed.

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

Bridging The Gap — Session 2

Study Leader: John Olmsted

• 6 Classes: Jan. 13 – Feb. 17
• Friday,  3:00 PM - 4:30 PM
• Hunt, Osher Classroom

Have you taken a beginner's course on contract bridge but remain unsure of your abilities? Would you like to improve your party bridge skills but feel you don't yet have enough of these skills? Do you have a stack of bridge guidelines or a book (Bridge for Dummies) but get confused trying to find the right information? Have you experienced the "my head is exploding" syndrome? If you want to improve your bridge-playing skills and answered "yes" to any of these questions, "Bridging the Gap" is the course for you. It will bridge the gap between knowing the bare bones and being ready to benefit from more-advanced courses. We will review all the fundamentals of bidding and play, paying special attention to students' questions. We will also deal and play hands, analyzing each one in detail. The pace and coverage will be adjusted to fit student needs.

Please note: Initially everyone will be wait listed.

See John Olmsted, previous column
**GARDENING**

**Sustainable Landscape Design Solutions**

*Study Leader: Claire Schuchman*

- 5 Classes: Jan. 10 – Feb. 7  
  *Class ID: 1730*
- Tuesday, 9:30 AM - 11:30 AM  
- Hunt, Osher Classroom

In this course we will explore the fundamentals of sustainable landscape design and why it is lower maintenance than other conventional approaches. By using concepts like right plant/right place, planning for the mature size of the plant, creating habitats, and cooperating with nature, your landscape can be beautiful to look at and easy to live with. We will learn how to do a site analysis; take a PowerPoint inventory of your needs, wants, and desires; and begin putting your design on paper. PowerPoint presentations will include principals of design, great garden plants, winter interest, and common mistakes. Please bring a survey and photos of your property, circle template, pencils, and graph paper.

*Claire Schuchman* is a local landscape designer, Phipps Master Gardener, regular contributor of gardening articles to the Mt. Lebanon Magazine. Her garden is a Post Gazette, Great Gardens contest winner and has been on the Mt. Lebanon Public Library Garden Tour as well as the Botanic Garden Tour. She is a lifelong gardener with a passion for helping the novice as well as the expert gardener create a personal landscape that is welcoming, beautiful, and an expression of the individual. She owns Exceptional Gardens LLC, a landscape company specializing in sustainable and organic practices.

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**Improve Your Party Bridge Skills — Section 1**

*Study Leader: John Olmsted*

- 6 Classes: Mar. 6 – Apr. 17*  
  *Class ID: 1678*
- Monday, 1:00 PM - 2:30 PM  
- Hunt, Osher Classroom

*Note: Class will not meet on Apr. 10

This course is for contract bridge players who enjoy a good quality social game but are not motivated to pursue the competitiveness of duplicate bridge. It assumes a basic knowledge of the game and will build on that. We will cover some bidding conventions, competitive bidding, planning play of the hand, and defenders’ play. Example hands will be used to illustrate various skills. Each session will include instruction on a topic, play of several pre-dealt hands by the participants, and detailed discussion of those deals. The course content will be partly determined by the desires of the participants. Return students are welcome.

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

See *John Olmsted*, previous page.

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**Improve Your Party Bridge Skills — Section 2**

*Study Leader: John Olmsted*

- 6 Classes: Mar. 6 – Apr. 17*  
  *Class ID: 1679*
- Monday, 3:00 PM - 4:30 PM  
- Hunt, Osher Classroom

*Note: Class will not meet on Apr. 10

This course is for contract bridge players who enjoy a good quality social game but are not motivated to pursue the competitiveness of duplicate bridge. It assumes a basic knowledge of the game and will build on that. We will cover some bidding conventions, competitive bidding, planning play of the hand, and defenders’ play. Example hands will be used to illustrate various skills. Each session will include instruction on a topic, play of several pre-dealt hands by the participants, and detailed discussion of those deals. The course content will be partly determined by the desires of the participants. Return students are welcome.

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

See *John Olmsted*, previous page.
Growing Vegetables In Your Space

Study Leader: Nina Sowiski

- 5 Classes: Mar. 6 – Apr. 3  
  Class ID: 1819
- Monday, 3:00 PM - 4:30 PM
- Wean Hall, 4707

This course is for you if you want to grow vegetables, regardless of prior experience. Maybe you have gardened before and want a review, are space challenged, or have an empty acre or window box and want to grow vegetables. This course will address the question, why, where, when, what, who, and how to grow vegetables. It will include information from botany, soil science, chemistry, physics, common sense, and astronomy (for those who want to garden by the moon and star phases). You will hear anecdotes of successes and failures as well as see illustrative photographs, drawings, charts, and more. Bring your questions and ideas to the class. This course will teach you everything you need to know in order to grow vegetables in your own space, no matter the size, and you will learn many non-essential facts such as why a tomato is known as a vegetable rather than as a fruit.

Nina Sowiski grew up in Forest Hills in a gardening family. Her parents grew vegetables in an empty lot across the street where each child was given a small plot for personal use. Her first solo garden was a “Victory Garden” plot in the Fenway, in Boston, Mass. She then moved to Charlestown, Mass, and was permitted to create a garden in the back yard of her apartment building, where she included the children of neighboring families in planting and tending whatever they wanted to grow in the yard. In 1990 she moved back to Forest Hills and created gardens in each of the three homes she lived in. In 1995 she successfully completed the Phipps Master Gardener class and then went on to teach the vegetable portion of the course to the Master Gardener students in the Phipps program for many years. Now retired, she lives and gardens on an unusual flat property on top of a hill in Forest Hills.

LANGUAGE

Intermediate French Conversation

Study Leader: Veronique Schreurs

- 5 Classes: Mar. 10 – Apr. 7  
  Class ID: 1783
- Friday, 3:00 PM - 5:00 PM
- Hunt, Osher Classroom

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

Veronique Schreurs has a B.S. degree from the University of Leuven, Belgium. She has experience teaching French both one-on-one and in group settings. She is a retired software developer. She is active in the blind community as a sighted guide/participant.
Parli Italiano? 102

**Study Leader:** Viviana Altieri  
**Materials Fee:** $5*

- 5 Classes: Jan. 12 – Feb. 9  
  *Class ID: 1738*
- Thursday, 10:30 AM - 12:00 PM  
- Hunt, Osher Classroom

Have you ever wanted to learn Italian? Add some "Dolce Vita" to your life and join us for a six-week journey into the Italian language and culture. During this introductory course, students will learn the basics of the Italian language to navigate successfully through most common travel scenarios, such as ordering at a restaurant, shopping, and making arrangements. The instructor will also share cultural information and highlight culturally recognized places in Italy worth visiting.

Viviana Altieri, born in Rome, is the founder and executive director of MONDO ITALIANO - Centro di cultura Italiana, the first all-Italian cultural center in Pittsburgh open to anyone interested in the Italian language and culture. After graduating from the University of Rome, she moved to Pittsburgh and has been teaching Italian to children and adults for over 20 years. She continues to visit her family in Rome and travel through Italy several times a year, always bringing back to her students fresh and current trends in the Italian language and the culture.

*MATERIALS FEES ARE NOT REFUNDABLE; INFORMATION ON PAGE 88.

MUSIC & DRAMA

Have You Ever Wanted To Act On Stage?

**Study Leader:** C. R. Thomas, Nancy Santangelo

- 6 Classes: Mar. 8 – Apr. 12  
  *Class ID: 1782*
- Wednesday, 1:00 PM - 3:00 PM  
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

This actors’ workshop will have six daytime classes plus one 6-9 PM evening play presentation. Classes will mostly involve practical, hands-on rehearsals and acting suggestions by Santangelo and Thomas. Thomas’ original one-act plays are written to give you a significant acting part, but you will not have to memorize any lines. Instead, you will act in a staged-reading play performance, holding your script in your hand, following stage blocking, and wearing a full costume. Either with or without previous acting experience, you are encouraged to enroll in this class. Selected copies of original one-act plays by Dr. Thomas—comedies and dramas—will be distributed in the first class. Arrive 15 minutes early only for the first class before auditions for informal interaction. Bring your completed PR form with you. It will be sent by email.

Please note: Evening Performance date: April 12 at 6 PM

Charles R. Thomas, emeritus professor of English at California University of Pennsylvania, has written over 60 original plays. Since 2006, he has presented many of these plays in the Pittsburgh area. He previously taught drama, poetry, and various literature and writing courses. Midway in his career, Thomas received a Distinguished Faculty Award for Excellence in Teaching from the Commonwealth of Pennsylvania. Thomas holds a B.A. degree in American literature, an M.A. degree in English literature, and an Ed.D. degree in higher education administration from West Virginia University; and a B.S. in finance and an M.Ed. in special education (social and emotional maladjustment) from California University of Pennsylvania.

Nancy Santangelo holds a B.A. degree from Chatham College in psychology and an M.S. degree in biostatistics from the University of Pittsburgh. She has spent the major portion of her long, varied career in health research and related technical writing. Her teaching experience ranges from public school teenagers to Allegheny County Community College students, and senior citizens, most recently at Osher at CMU.
Singing In A Choral Group

Study Leader: Constance Rapp

- 6 Classes: Mar. 9 – Apr. 13
- Thursday, 1:00 PM - 2:30 PM
- Friends Meeting House, Parlor
  4836 Ellsworth Ave., Oakland

Whether you have choral experience or are just finding your singing voice, experience the joy of singing. The goal is to relax, have fun, and learn while singing two- and three-part harmony. The class sings traditional choral favorites as well as arrangements of Broadway songs. Reading music is helpful but not necessary. The only requirement is enthusiasm and the desire to participate.

Connie Rapp is a music graduate (piano) of the University of Michigan and the Julliard School. In Pittsburgh, she has taught piano at the Carnegie Mellon preparatory division and at Duquesne University and was an active chamber musician. Prior to coming to Pittsburgh, she conducted junior high school choral groups. She is a member of Osher.

SELF IMPROVEMENT

Activities For Young Children And Older Adults: Using the Montessori Approach

Study Leader: Elaine Silver-Liberati

- 5 Classes: Mar. 7 – Apr. 4
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

The philosophy and pedagogy of Maria Montessori describes stages of the cognitive, emotional, and physical development from infancy throughout the aging continuum. The teacher or director following the Montessori approach prepares the environment or stage in which all individuals can participate easily and with success. The course focuses on the needs and skills for everyday living and learning. It provides ideas and strategies for caregivers and/or grandparents in charge of young children and also caregivers of older adults. The class will include an overview of areas of growth for young and adult learner, but also address for the needs of the individual participants of the class. In class, videos and hands-on "make and take materials" will bring the Montessori Method to life. Participants will learn how to create an optimal environment for learning and living.

Elaine Silver-Liberati is a mother, grandmother, and retired Montessori teacher. She is a certified teacher, k-12, with course work in communications, English, exercise, physiology, and Montessori 3-6. She taught at the Pittsburgh Montessori School and the former Homewood Montessori School for 14 years. She also taught college public speaking courses, English, and language arts for 6th graders and was a speaker for Bradford Business School. To quote Maria Montessori from almost 100 years ago: "We must help the child to act for himself, will for himself, and think for himself; this is the art of those who aspire to serve the spirit." (Education for a New World.) The study of the child may have an infinitely wider influence extending to all human questions. "In the mind of the child we may find the key to progress . . ." (The Secret of Childhood.)
Declutter

Study Leader: Rosa Barnett Averbach

• 5 Classes: Mar. 7 – Apr. 4  Class ID: 1764
• Tuesday, 11:45 AM - 1:15 PM
• Hunt, Osher Classroom

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

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

The Art Of Conversation: How To Talk To Anyone

Study Leader: Susan Morris

• 5 Classes: Mar. 8 – Apr. 5  Class ID: 1798
• Wednesday, 9:00 AM - 11:00 AM
• Hunt, Osher Classroom

Learn how to communicate effectively with everyone in your life. First, we look at how to talk to strangers and how to convert a dead-end conversation into an interesting exchange. We will do role playing, study body language, and learn how to tell an engaging story so others want to listen to us. We will practice ways to handle those unexpected, sometimes inappropriate remarks from friends and enemies alike. Second, we will look at ways to get the attention of our adult children and grandchildren who often appear distracted or uninterested. The class will discuss realistic expectations and what to say to build a healthy and loving relationship with our family. Finally, we will take a look at the "other talk," where we tell our adult children about our wishes for the rest of our life. We will outline ways to prepare for this conversation and discuss the issues we need to cover. The class is interactive and informative.

Susan Morris is an award-winning broadcast journalist who has spent 20 years asking questions for National Public Radio, Voice of America, and Mutual News. She taught interviewing techniques at the University of Pittsburgh and was the producer and host of the radio talk show "What Would Your Mother Say?" at Stanford University and Carnegie Mellon University.

Healthy Eating

Study Leader: Rosa Barnett Averbach

• 3 Classes: Jan. 11 – Jan. 25  Class ID: 1736
• Wednesday, 12:30 PM - 2:00 PM
• Hunt, Osher Classroom

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

See Rosa Barnett Averbach, above.
WELLNESS

Dementia Care:
Talking To, Caring For,
And Understanding
People With Dementia

Study Leader: Rachael Wonderlin

- 5 Classes: Jan. 12 – Feb. 9
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

Dementia is a growing concern in our world today, and especially so because many people do not know much about it. This class will teach you the difference between dementia and Alzheimer’s disease, the best way to talk to people with dementia, how to care for them, how to solve troublesome behaviors, and more. You’ll learn about care options for people with dementia, including more about assisted living, personal care, and skilled nursing facilities. We will talk about the feelings that come along with dementia caregiving: guilt, fear, and grief. You will hear dementia caregiving stories first-hand, and you’ll be able to ask questions throughout the course.

Please Note: $17 payable to instructor for textbook: When Someone You Know is Living in a Dementia Care Community.

Rachael Wonderlin has a Master’s degree in Gerontology and works as a dementia care director in Pittsburgh. She has worked in hospitals, assisted living communities, and skilled nursing facilities. Rachael has a blog, Dementia by Day, where she writes stories, tips, and advice for caregivers. Her book, When Someone You Know is Living in a Dementia Care Community, being published by Johns Hopkins University Press.

Mental Aerobics

Study Leader: Jeanette Matthews

- 6 Classes: Mar. 8 – Apr. 12
- Wednesday, 3:15 PM - 5:15 PM
- Hunt, Osher Classroom

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

Jeanette Matthews earned her saster in Education from Penn State University and worked with adult learners in a variety of settings for several years. Additional training included specialized study in working with learners with learning disabilities. Currently she conducts mental aerobics classes in senior centers and other facilities. This knowledge coupled with a life-long interest in how the brain develops and changes throughout the lifespan, led her to work with adults as they age helping them to learn methods to keep their brains as healthy and sharp as possible for as long as possible.
Understanding And Managing Stress For Better Mental And Physical Health

Study Leader: Bruce S. Rabin

- 4 Classes: Mar. 6 – Mar. 27  
- Monday, 10:30 AM - 12:00 PM  
- Wean Hall, 4708

This course will offer education to help individuals understand the mental and physical effects of stress, and will provide them with skills that will minimize the effect of stress on their health. The course is intended for healthy individuals who will benefit from increased stress-coping skills, and also for individuals with diseases where coping can promote an enhanced sense of well-being and can possibly influence the course of disease. Examples of diseases that may benefit from enhanced stress-coping skills include hypertension, depression, asthma, arthritis, cancer, atherosclerotic heart disease, chronic pain, sleep disturbances, psoriasis, chronic fatigue syndrome, multiple sclerosis, lupus, fibromyalgia, irritable bowel syndrome, and inflammatory bowel disease.

Bruce S. Rabin is professor of pathology and psychiatry at the University of Pittsburgh and medical director of the Healthy Lifestyle Program for the UPMC Health System. He has dedicated his professional life to understanding the immune system and the factors that influence it. He discovered early on that stress — a variable in everyone's life — exerts a profound influence on the human immune system — the mind/body connection. He has developed programs to help people identify, learn, and adhere to behaviors that will maintain their wellness and lower their risk of developing serious and potentially life-threatening conditions and diseases. People from a variety of backgrounds have learned to cope with stress more effectively. As a result of his work, new approaches to disease have been understood, mind-body connections are more widely recognized, and innovative approaches to health care management have emerged.

Mindfulness Exercises For Health, Well-Being, And Habit Change

Study Leader: Richard King

- 5 Classes: Jan. 10 – Feb. 7  
- Class ID: 1744  
- Tuesday, 1:30 PM - 2:30 PM  
- Wean Hall, 4707

Mindfulness practices are simple yet challenging mental exercises that help develop skills for mind-body awareness, increasing the stability of calm attention, and supporting the pursuit of habit change. The intention of the course is to practice mindfulness exercises in a lecture-workshop format and encourage the use of mindfulness journals to support the development of personal mindfulness practices at home. We'll review some of the exciting mindfulness research and discuss the benefits of mindfulness practices that are associated with stress reduction, cardiovascular resilience, and emotional well-being. We will survey some of the neuroscience and physiology of the stress response and the "Relaxation Response."

Richard King first began mindful breathing meditation in 1972 and he studied Tai Chi in 1974. He received his Ph.D. from the University of Pittsburgh in 1995 studying the Pavlovian conditioning of endorphin as a risk factor. As an NIMH post-doctoral fellow, he did post doc analysis on a large mental health outcome study for children and youth, the Fort Bragg Project. He has worked in the Research Methods Group at the Vanderbilt Institute for Public Policy Studies as a program evaluator. His primary role for the past 12 years has been Mr. Mom for his three children, who daily highlight his need to develop his mindfulness practice. As a way to bark less and wag more, he began several years ago to study the mindfulness books of the Buddhist power and monk, Thich Nat Hanh. His most recent project is putting together a lecture/workshop series to promote mindfulness programming for children, youth, and young adults here in Pittsburgh. He does mindful walking with his dog, Jake.
Peaceful Passages: Learning Loving Touch For The Elderly, Ill, and Dying

*Study Leader:* Mary Duquin

- 5 Classes: Mar. 8 – Apr. 5  *Class ID: 1762*
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

Massage can help meet the needs of the elderly in relieving pain, increasing range of motion, and contributing to emotional well-being. Additionally, the critically ill and dying have special needs that may be met by the loving touch of another human being. Whether the person is a friend, relative, or stranger — having a supportive presence when experiencing life’s final passage can be a tremendous comfort. In this course we will learn about the physical, psychosocial, and emotional benefits of loving touch for the elderly, the ill, and dying. The instructor will guide students in hands-on techniques meant to relieve pain and ease the transitions faced by the elderly and those making the passage from life to death. Massage skills intended for self-care and support for other caregivers will also be taught. No prior experience in massage is necessary for this course.

*Mary Duquin* received her Ph.D. degree at Stanford University in education and taught at the University of Pittsburgh from 1974 to 2013 in the Department of Health and Physical Activity. She became a certified massage therapist in 1991 and taught massage therapy as a graduate course at the University of Pittsburgh from 1991 to 2008. She has taught massage therapy to various age groups including grandparents raising grandchildren. Mary maintains a private massage practice in Swissvale, and has had experience massaging the elderly, the critically ill, and dying.

Writing For Fun And Stimulating Your Imagination

*Study Leader:* Ruth Drescher

- 6 Classes: Mar. 6 – Apr. 17*  *Class ID: 1759*
- Monday, 10:30 AM - 12:00 PM
- Hunt, Osher Classroom

*Note: Class will not meet on Apr. 10*

This is an experience for people who enjoy writing, think they will enjoy writing, or hate writing but are willing to learn to love it. All writing is done in class and there is usually no homework given. All that is required is a notebook and pen and the spontaneity and willingness to welcome an expansion of imagination as well as the desire to enjoy and have fun. Returnees and newbies are welcome.

*Ruth Drescher* has a B.A. degree in English and a master's degree in social work. Writing has been part of her life in all aspects, and she has been published in newspapers, journals, and books. The concept of spontaneous writing started with a group of women gathering for companionship that became a writing group, now in existence for over 20 years. She used this model on Semester at Sea in 1998 and 2002.
The Writing Circle: Write Now!

*Study Leader: Mimi Botkin*

- 6 Classes: Jan. 9 – Feb. 20*  
- Monday, 10:00 AM - 12:00 PM  
- Hunt, Osher Classroom  

*Note: Class will not meet on Jan. 16*

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

Please note: Required text is *Now Write!: Non Fiction by Sherry Ellis*

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

Writers’ Workshop

*Study Leader: Jean Peterson*

- 6 Classes: Jan. 11 – Feb. 15  
- Wednesday, 10:00 AM - 12:00 PM  
- Hunt, Osher Classroom

It is time to put down on paper what you have been writing in your mind! Each week we will have an in-class exercise, and each participant will be encouraged to explore and develop his/her own style: fiction, creative nonfiction, memoir, essay, poetry. Our only text for the course will be everyone’s shared writing. We ask you to bring to each class copies of a two-page piece which we will take home, critique, and then discuss in class the following week. Writing is a solitary process, but sharing our writing —opening it up to a free and honest exchange of ideas—can help each person improve as he or she listens carefully and silently to the reactions of the class. Did they understand what I was trying to say? Where did I fall short, and what can I do to make that part better? What things did they like, and what did I do that made that part successful? This workshop will keep you writing!

Jean Peterson is a graduate of Drew University and has a master of education degree from the University of Pittsburgh. She has been a teacher in New Jersey and the Pittsburgh area. She has created and edited newsletters for various organizations and has been a part of a number of writing groups. Writing is a part of her daily life, and she has been a member of the Writers’ Workshop for several years.

Share the "air time"

Limit the number of questions and comments you make in class to allow time for others to share, it is only fair!
Memoir Writing From Photographs

Study Leader: Molly Youngling

• 6 Classes: Jan. 10 – Feb. 14  
• Tuesday, 11:45 AM - 1:15 PM  
• Hunt, Osher Classroom

Learn about memoir types, and experiment with writing down your personal stories and memories. Each session, the class will work on the prompts of your chosen photographs. We’ll also share 1,000 newly created words per week, for group feedback. Some additional reading will be assigned for inspiration and discussions. This course will be for those who wish to hone their writing skills, increase self-discipline, and understand more about their process.

Molly Youngling has taught many writing courses for Osher Lifelong Learning at CMU. This is a new offering based on some online courses she has recently taken about memoir writing. She has taught screenwriting at Chatham as well as TV/film producing at Point Park. She has a long career in television production, winning an Emmy award for Kings on the Hill, Baseball’s Forgotten Men about the negro Leagues that were based in Pittsburgh. Her writing/directing and producing work includes experiences in documentary, drama, music, and other performing arts, with an affiliation with WQED for many national shows as well as a stint in NYC and also for PBS in D.C. She has written radio and TV commercials and worked as a writer/producer/director for many diverse clients. Now, she is a nearly full-time Osher CMU and Osher Pitt student and loves it! She paints and continues to write daily, working on poetry, memoir, and fiction.

Know How To Write, Know How To Think

Study Leader: Leslie Miller

• 4 Classes: Mar. 8 – Mar. 29  
• Wednesday, 11:30 AM - 1:00 PM  
• Hunt, Osher Classroom

Why learn how to write better even if you’re not a “writer”? Because writing is a direct expression of thought. When you gain the skills needed to write well, you also think more clearly and communicate more effectively, both in print and out loud. This interactive class shares key tips to help you hone your writing skills and enjoy writing as a process. You learn how to reach your reader and send the message you want to send and how writing is as physical as a painting and as rhythmic as music. And, because it’s a process, why the “delete” key can be your best friend. Using newfound skills, participants critique, edit, and discuss various materials including letters, articles, and op-eds. Weekly assignments encourage personal expression to identify and enhance your singular style.

Leslie J. Miller is a retired copywriter/marketing writer. She’s written speeches for corporate presidents, ads for national products and radio and TV spots. Leslie has also published articles in the New York Times, USA Today, and the Pittsburgh Post-Gazette. She earned a B.A. degree in writing and took some courses for an M.F.A. degree from the University of Pittsburgh many years ago.

Writing From Memory

Study Leader: Sharon Dilworth

• 5 Classes: Jan. 10 – Feb. 7  
• Tuesday, 1:30 PM - 3:00 PM  
• Hunt, Osher Classroom

In the class we will study the art of the personal essay — transforming life experiences into literary narratives. Classwork is designed to provoke vivid explorations of memory and meaning and to prompt students to write stories, poems, and fragments that arise from these inspirations. We will read several published essays and write something every week. We will share our writing in a workshop setting.

Sharon Dilworth is the author of two collections of short stories—The Long White and Women Drinking Benedictine—and a novel Year of The Gingko. The winner of the Iowa Award in Short Fiction and a Pushcart Prize, she is a professor of English and the director of the creative program at CMU.
Stonehenge And The Great Pyramid: Fraternal Twins And Early Monuments

Study Leader: Gerst Gibbon

- 6 Classes: Mar. 9 – Apr. 13
- Thursday, 9:30 AM - 11:00 PM
- Wean Hall, 4708

Modern archeology relies on quantitative scientific analysis. This course will explore current trends in the rigorous application of science to ancient monument sites. The seven-year Riverside project has completely changed thinking about Stonehenge and the people who built the 4500-year-old monument. Field tests at the site of the Great Pyramid and the Sphinx at Giza have changed our ideas about the building of these monuments which are contemporary with Stonehenge. Two thousand five hundred years later, the Romans, with arches and concrete, built the Coliseum and the Pantheon. Thirteen hundred years on, and the Duomo at Florence is completed. Recent studies have revealed how the dome was constructed using 37,000 tons of material, including over 4 million bricks.

Gerst A. Gibbon retired from the National Energy Technology Laboratory (N.E.T.L.) of the U.S. Department of Energy in 2003. He holds a B.A. degree from Albion College and M.S. and Ph.D. degrees in chemistry from Carnegie Mellon University. Previous teaching experience includes seven years as assistant professor of chemistry at Chatham College and twelve years as a short-course instructor for the American Chemical Society. He is a member of Osher with several years of study leader experience.

Naked Architecture: Addition Through Subtraction

Study Leader: Eric Fisher

- 2 Classes: Feb. 22 and Mar. 1
- Wednesday, 12:30 PM - 2:00 PM
- Wean Hall, 4708

We think of architecture as an additive process: Contractors typically assemble construction elements one by one. But architecture can also be thought of as subtractive, where portions of a volume are removed to reveal their essence like a Michelangelo sculpture. In these talks, we will focus on demonstrations throughout history of how architects have designed using subtractive processes. These strategies may be literal where a building is carved from existing materials formal where light construction is designed to look massive, or conceptual, where the absence of form becomes figuratively present. Variations of these strategies remain powerful today. Mr. Fisher will augment the discussion with examples from his own portfolio and a site visit to a relevant project.

Please note: Second class at another location

Eric Fisher AIA, LEED AP, is the principal at Fisher ARCHitecture, a Pittsburgh firm he founded in 2006. A fourth generation Pittsburgher, Eric has more than 25 years of experience as an architect, working in Europe and the United States, including a four-year stint apprenticing with Richard Meier, the “King of Rigor,” detailing the Los Angeles Getty Museum. He holds engineering and visual arts degrees from Dartmouth College, along with an architecture degree from Harvard University.
Learning From the Past and Building the Future at CMU

Study Leader: Bob Reppe

- 5 Classes: Jan. 10 – Feb. 7  
  Class ID: 1688
- Tuesday, 3:15 PM - 4:45 PM
- Hunt, Osher Classroom

Carnegie Mellon University has a long and proud history of thoughtful planning and deliberate execution. This course will explore past campus growth patterns that are shaping the future of the university. Part one will be an in-depth exploration of the master plans and architecture of the last century that have created the current CMU campus. Part two will then, using the 2012 Master Plan as a blueprint, determine development trends that will shift the campus’s center of gravity, improve its urban presence, and create new connections across Pittsburgh. Current prominent developments will be studied in-depth to understand the transformation underway at CMU and that will set the path for the continued growth of campus and of Pittsburgh.

Bob Reppe is the Director of Design for Campus Design and Facility Development at CMU. He has directed the development of the 2012 Institutional Master Plan and coordinates capital construction projects. He manages the pre-development process for major campus facilities, including Scott Hall, the Tepper Quad and new Tepper School of Business facility, the Cohon University Center Addition, and the phased upgrades in Hamburg Hall. He additionally oversees the development of facilities at the university's global sites, including Silicon Valley, Rwanda, and China. Prior to joining Carnegie Mellon, Bob served as assistant director in the Pittsburgh Department of City Planning, as well as managing the review of Development/Urban Design and Historic Preservation project. Bob received his master's degree in urban design from the University of Texas and bachelor of fine Arts degree in urban planning from the University of Minnesota.

ASTRONOMY

Astrophysics and Evolution of the Universe

Study Leader: Leonard Kisslinger

- 5 Classes: Jan. 9 – Feb. 13*  
  Class ID: 1706
- Monday, 12:30 PM - 2:00 PM
- Wean Hall, 4707
  *Note: Class will not meet on Jan. 16

The objective of this course is to teach how the universe evolved and discuss some important events. The five sessions are: a review of elementary particles and Hubble’s Law (the universe expands—the Big Bang); our solar system, galaxies, and dark matter; supernovae, pulsars, and black holes; the radius R(t) and temperature T(t) of the universe (t=time); inflation and dark energy; cosmic microwave background radiation (CMBR) and what it teaches us about the universe; cosmological phase transitions such as how electroweak phase transition—particles got their masses; quantum chromodynamics phase transition—quarks clustered to form protons, supernovae, and dark energy. Some mathematics is required for complete understanding.

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

*Study Leader:* Bill Roemer

- 6 Classes: Jan. 12 – Feb. 16  
  *Class ID:* 1733  
- Thursday, 3:00 PM - 4:30 PM  
- Wean Hall, 4708

The universe and everything in it is comprised of molecules, atoms, and sub-atomic particles. The largest individual objects in the universe are black holes. The course will provide a layperson's perspective on tiny building-blocks to the violent formation of black holes. The course will describe the nature of these smallest to largest objects, how they have been formed, and their future destiny. No particular scientific or mathematical knowledge will be required. Complicated subjects will be covered by easy-to-understand explanations. Included will be discussions about the Large Hadron Collider and the theoretical evaporation of black holes.

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

ENVIRONMENT

Sustainability Pioneers: A Discussion On Climate Change

*Study Leader:* Patricia DeMarco, Kirsi Jansa

- 5 Classes: Mar. 6 – Apr. 3  
  *Class ID:* 1826  
- Monday, 1:00 PM - 2:30 PM  
- Wean Hall, 4707

This course will explain the concept of sustainability and how it is connected to climate change. It will cover examples of successful actions in addressing climate change and will empower participants to make changes for a sustainable future. Each class will include an explanation of climate issues followed by a short documentary film and a class discussion. Topics included are: 1) An overview of the climate issue and why sustainability matters; 2) The energy system transition from fossil to renewable resources; 3) The legal and regulatory system challenges and opportunities. 4) Community-centered power and distributed energy; 5) Empowering change toward a sustainable future. Participants will be encouraged to develop a positive approach to meeting the challenges of climate change. The illustration of success stories from a diversity of communities, individuals, and companies will help people visualize how a sustainable future can work without compromising the options for future generations.

*Patricia M. DeMarco* has a Ph.D. from the University of Pittsburgh. She has worked in the field of energy and environmental policy since 1975 in both public and private sectors and served as commissioner of the regulatory commission of Alaska. She is a Senior Scholar at Chatham University and holds an appointment as visiting research and writer at the CMU Institute of Green Science. She is a member of the Forest Hills Borough Council and hosts “Just Transitions - Labor, Environment and Health” on The Union Edge radio.

*Kirsi Jansa* is a Pittsburgh-based documentary filmmaker and a journalist specializing in environment, health, and sustainability. She is a visiting research scholar and video journalist at The Institute for Green Science at CMU. In 2014, Kirsi started producing "Sustainability Pioneers", short documentaries on the transition to a renewable energy future.
LIFE SCIENCE

The Secrets Of Human Evolution And Expansion

Study Leader: Anna Estop

• 6 Classes: Jan. 12 – Feb. 16  Class ID: 1687
• Thursday, 1:00 PM - 2:30 PM
• Wean Hall, 4708

In this course, we will review our common genetic ancestry with the higher primates and will learn about the earlier hominids who inhabited our planet prior to or concurrently with modern humans. We will explain the genetic similarities between humans, Neanderthals, and other hominids for which DNA data is available. An emphasis will be placed on examples of recent human evolution. We will show how we came to be the only humans left on earth. We will discuss how ancient human genomes reveal the ancestral populations for present-day Europeans. An earlier version of this course entitled: "From the higher primates to Homo Sapiens: The Secrets to Human Evolution and Expansion" was taught in 2015. The current course has been updated with: a) the latest findings on the genetic makeup of our ancestral relatives b) numerous examples of recent human evolution, and c) the ancestral genetic history of present-day Europeans.

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

National Aviary Veterinary Hospital Lecture And Tour

Study Leader: Pilar Fish  Materials Fee: $30*

• 1 Class: Feb. 21  Class ID: 1741
• Tuesday, 10:00 AM - 12:00 PM
• National Aviary, Entrance, 700 Arch St., North Side

The National Aviary offers a unique lecture and behind-the-scenes tour of the Avian Hospital. The lecture introduces you to the varied health care programs for rare and endangered birds. Dr. Fish will describe the custom-made care for a tiny finch to a giant condor. Learn about the new advancements made at the aviary in neonatal care, geriatric care, surgery, and preventative medicine. You will hear about how the veterinary staff treat the birds with specialized medicines and bandages. A private tour of the teaching hospital comes next, with close-up introductions to the birds. Meet many special patients and hear about how they are recovering. A surprise treat is last: meet the amazing birds that live in the geriatric care program. They are a variety of sweet older birds with common age-related conditions such as cataract and arthritis. These birds are given special homes in the hospital and thrive with nursing care. They enjoy meeting people, and it will be a fun, unusual experience. See how the medical innovations in Pittsburgh are helping birds around the world.

Pilar Fish graduated from the University of Florida's College of Veterinary Medicine in 1994. After graduation, Dr. Fish completed five years of advanced training to specialize in zoo medicine with internship and residency programs at the University of Prince Edward Island, Kansas State University, Oklahoma City Zoo, and Oklahoma State University. Dr. Fish has trained and worked in 20 zoos, 4 wildlife centers, and in Zimbabwe, Kenya, Mexico, Costa Rica, and Ecuador. In 1999, she opened an exotic pet referral hospital in Oklahoma with a focus on preventative medicine. In 2003, she joined the National Aviary as director of veterinary medicine responsible for the health care of over 500 birds, including 150 different species. Dr. Fish established a teaching hospital at the National Aviary to train pre-veterinary and veterinary students and develop new treatments to help advance avian medicine.

*Materials fees are not refundable; information on page 88.
National Aviary Training Techniques

Study Leader: Patricia O’Neill  Materials Fee: $30*

• 1 Class: Apr. 26  Class ID: 1828
• Wednesday, 10:00 AM - 12:00 PM
• National Aviary, Entrance, 700 Arch St., North Side

The National Aviary is America’s only independent, indoor nonprofit zoo dedicated exclusively to birds. Its diverse collection comprises more than 500 birds representing 150 species from around the world. Every year the National Aviary does live birds shows requiring extensive training. You will go behind the scenes with one of our education trainers and participate in live bird training sessions and learn about this exciting field. This interactive and informative two-hour program includes a ticket to one of the bird shows and your all day admission. Class is held at the National Aviary.

Patricia O’Neill, Director of Education, and her team of credentialed professionals administer this program. She holds a B.S. in biology from Allegheny College, and an M.S. in environmental science and management from Duquesne University. With 18+ years in the environmental education field, Patricia has extensive experience in environmental education program development, facilitation, and project management. She has been active with the Pennsylvania Association of Environmental Educators (PAEE), sitting on their board of directors and conference committees, as well as co-chairing their 2008 state conference. The National Aviary’s education team comprises of individuals with degrees in biology, education, and zoology, and a combined 64 years of experience delivering environmental education programs. They educate people of all ages and backgrounds about birds, their habitats, the environmental pressures they face, and the role humans play in creating or mitigating these challenges. From programming to exhibits, the Education Department is blossoming with creativity and blazing new trails in support of the National Aviary’s overall mission.

*Materials fees are not refundable; information on page 88.

Beyond The Invisible Light: A Brief History Of Medical Imaging

Study Leader: Richard Daffner

• 3 Classes: Mar. 16 – Mar. 30  Class ID: 1802
• Thursday, 1:30 PM - 3:00 PM
• Wean Hall, 4707

Medical imaging (radiology) began in February 1896, shortly after Roentgen’s discovery of x-rays in November 1895. Between then and 1972, radiographs (x-rays) were the mainstay of the radiologist’s armamentarium. In 1973, Hounsfield published his results using computed tomography (CT) for diagnosing brain lesions. This ushered in an explosion of new diagnostic imaging techniques that include magnetic resonance imaging (MRI), ultrasound, and molecular imaging. Today, virtually every patient undergoes some sort of imaging as part of a workup for various medical conditions. This course will cover three periods: 1895-1927—the dawn of radiology, including its hazards; 1928-1972—the era of expansion and innovation; and 1973-present—the age of modern imaging. The discussion will be “low-tech” and in terms that class participants can easily understand.

Richard H. Daffner, M.D. is a retired radiologist who worked at Allegheny General Hospital for 30 years as director of the Division of Musculoskeletal, Trauma, and Emergency Imaging. His entire professional career has been spent in academic settings, including the University of Louisville School of Medicine and Duke University Medical Center. He is emeritus clinical professor of radiology at Temple University School of Medicine. He is the author of Clinical Radiology: The Essentials, a text for medical students, and Imaging of Vertebral Trauma.
African Adventures: Traveling With A Medical Team

**Study Leader:** Katrina Zeigler

- 1 Class: Feb. 27
- Monday, 10:00 AM - 12:00 PM
- Wean Hall, 4708

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

**Katrina (Tina) Zeigler** retired from pediatric nursing at Children’s Hospital of Pittsburgh after 44 years. She was a urology nurse for 28 of those years and became involved with IVU medicine and the International Voluntary Urology Medical Group as the nurse coordinator for the University of Pittsburgh physicians.

Everything You’ve Always Wanted To Know About Disease But Were Afraid To Ask

**Study Leader:** Stephen Fisher

- 6 Classes: Jan. 10 – Feb. 14
- Tuesday, 5:00 PM - 7:00 PM
- Wean Hall, 4708

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

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

Regenerative Medicine

**Study Leader:** Bryan Brown

- 1 Class: Feb. 28
- Tuesday, 3:00 PM - 5:00 PM
- McGowan Institute for Regenerative Medicine, 450 Technology Dr., Suite 300, Pittsburgh 15219

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

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

Education Success: Perspectives From Innovative Educators And Thought Leaders In The Region

Study Leader: Florence Rouzier

- 6 Classes: Mar. 9 – Apr. 13  
- Class ID: 1812
- Thursday, 11:30 AM - 1:00 PM  
- Wean Hall, 4708

When it comes to K-12 education, it is easy to believe that the current landscape is glum with a few bright spots. The spotlight is on our failing public schools, students not performing at grade level, the U.S. falling behind other developing countries in top performance indications, and rampant student disengagement. However, the Pittsburgh region is home to dozens of outstanding education programs and initiatives that are producing extraordinary results — from STEM-focused initiatives, to creative arts programs, to leading-edge student-centered learning environments, and charter schools that few outside the education system know about. This class will spotlight some of the most exciting developments in education in the region and invite leading educators, founders, reformers, and visionaries from the private, public, and philanthropic sectors to explore what works in education and why.

Florence Rouzier is the executive director of Crossroads Foundation, an organization that over the last 28 years has graduated more than 500 low income students who have gone on to college and successful careers. She has managed and developed programs that aim to reduce the "achievement gap;" promote college and career preparation, STEM careers, and academic achievement for low-income youth in Allegheny County. She oversees a dozen year-round, after-school and summer programs all designed to build academic competencies, teach goal setting, help students manage the transition through school years, gain exposure to STEM jobs in the region, and pursue career exploration and internships. Rouzier is formerly the director of education and youth development at the Urban League of Greater Pittsburgh and the marketing director of Heartwood Institute, a Character and Ethics Curriculum.

The ABCs Of Literacy

Study Leader: Rebecca Carpenter

- 5 Classes: Mar. 7 – Apr. 4  
- Class ID: 1753
- Tuesday, 10:00 AM - 11:30 AM  
- Wean Hall, 4707

Interactive. Challenging. Eye-opening! Why can’t people read? How do you teach English to someone who is illiterate in his native language? How does the computer affect your grandchildren’s ability to read and write? How has literacy changed in Mr. Rogers’ Neighborhood? This course will look at these questions and many other dimensions of literacy today, including health literacy, children’s literacy and technology, and the community benefits of literacy programs. Sessions will be conducted by specialists and guest speakers.

Rebecca Carpenter, Ph.D., has been an educator for over 35 years. She taught English in both public and private high schools as well as in college and has taught English in Duquesne University’s School of Leadership and Professional Advancement for the past 22 years. Fifteen years ago, Dr. Carpenter became a volunteer for the Greater Pittsburgh Literacy Council (GPLC). This experience sparked an interest in education from a new angle and with a new agenda: helping people with literacy challenges. She joined the staff of GLPC in 1997 and is now the director of special projects and health literacy.
Behind the Headlines
At the Post-Gazette

Study Leader: Gina White

- 5 Classes: Mar. 7 – Apr. 4
- Tuesday, 1:30 PM - 3:00 PM
- Wean Hall, 4708

In this course, staff from the Pittsburgh Post-Gazette will take you behind the scenes at this major metropolitan newspaper. As they describe their jobs, the class will learn first-hand how a newspaper is put together and will get a sense of what it means to "gather news." Students will hear about the tensions involved in meeting deadlines, and what deadline writing is like in the sports department; find out what goes into writing an editorial for the editorial page, and how it is decided what goes on the front page and elsewhere; learn how page layouts are planned and how celebrities for magazine features are handled; understand the flexibility that is needed to contend with sudden or special news items or changes in news priorities, staff, or business approaches; see what is involved in publishing on the web and hear some of the more interesting stories that reporters have covered, and some of the unique ways they have covered them.

Gina White handles the Post-Gazette Speaker's Bureau and will be coordinating the speakers for this course.

Your Family’s Not So Different From Downton Abbey
As You Think!

Study Leader: Sandra Caffo

- 4 Classes: Mar. 7 – Mar. 28
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

For six seasons we watched the Crawley family as they addressed internal and external challenges. While the beauty of Downton Abbey, the fashion of the day, and all that was part of an aristocratic lifestyle set them apart from us, how their functioning as a family is not so different from our own. Every family is made up of important relationships that help to mold each generation. All families have to deal with change. And each family member has a distinct view of what growing up is like. In this interactive class, we’ll examine the Crawleys to see who’s in charge of what, how problems are addressed, and the role of downstairs staff. There will be an opportunity to consider relevance to you and your family. And, participants can explore which character you are most like: upstairs or down.

Sandra Caffo is a retired clinical social worker and marriage and family therapist with more than 30 years’ experience working with and learning from families. In addition to a private therapy practice, she taught in the Graduate School of Social Work at the University of Pittsburgh and both worked in, and ran, employee assistance programs. Why this course? Sandra’s been fascinated with families from the time she was a kid, excited to see how family members work and play together. That interest extends to plays, movies, and books as well. No surprise she watched Downton Abbey more than once, finding similarities to families like ours. She is excited to see what participants will find as we revisit the Crawleys.
Enjoying *The New Yorker*

*Study Leader: Mary Duquin*

- 6 Classes: Jan. 9 – Feb. 20  
  *Class ID: 1833*
- Monday, 12:30 PM - 2:00 PM  
- Wean Hall, 4708  
  *Note: Class will not meet on Jan. 16*
- 6 Classes: Mar. 9 – Apr. 13  
  *Class ID: 1791*
- Thursday, 9:30 AM - 11:00 PM  
- Hunt, Osher Classroom

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

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

Struggles Against Racism

*Study Leader: Nico Slate*

- 1 Class: Feb. 28  
  *Class ID: 1748*
- Tuesday, 1:30 PM - 3:00 PM  
- Wean Hall, 4708

In 1900, most of the world was governed by imperialist powers that believed in white supremacy. Racism and imperialism remain potent forces in the world but have long been challenged by a variety of anti-racist and anti-imperialist activities. These activities built bridges between struggles against racism and against imperialism. This course will examine the legacy of their efforts with a particular focus on the United States and India.

*Nico Slate’s* research and teaching focus on the transnational history of social movements in the United States, with a particular emphasis on South Asia and on the history of struggles against racism and imperialism worldwide. His first book, *Colored Cosmopolitanism: the Shared Struggle for Freedom in the United States and India* (Harvard University Press, 2012), argues that South Asians and African Americans learned from each other in ways that not only advanced their respective struggles for freedom, but also helped define what freedom could and should mean.

The Rehabilitation Of At-Risk Youth

*Study Leader: Ivan C. Frank*

- 5 Classes: Mar. 9 – Apr. 6  
  *Class ID: 1761*
- Thursday, 9:30 AM - 11:00 AM  
- Wean Hall, 4707

This course will include the history of the major non-formal educational methods and describe their successes. The course will include the history of the major, non-formal educational methods in western society that are used to rehabilitate at-risk youth. Highlighted will be the leaders of methods such as A.S. Neill, Rachel Kessler, Parker Palmer, and Gerald Kohl.

*Ivan Frank* has a Ph.D. in international development education and has led workshops in colleges, universities, and for the A.I.U for teachers and social workers. He has also written four books on the topics including on long-range peer group programs, successes (featuring his own experience and research); children and chaos; building self-esteem in at risk youth.
Overview Of Classified National Security Information And The Security Clearance Process

Study Leader: Dan Possumato

- 3 Classes: Mar. 10 – Mar. 24    Class ID: 1799
- Friday, 12:30 PM - 2:00 PM
- Wean Hall, 4708

Edward Snowden’s release of top-secret information has been described as the most significant leak of classified information in U.S. history. The Chinese and Russians have successfully attacked us and obtained large quantities of material. But what exactly is classified information? How is it routinely used? Why could its unauthorized disclosure result in “exceptionally grave damage to the national security of the USA?” Is too much information classified by the government, or not enough? We will explore and discuss real-life examples of how classified information is used, and also go over the general process used by the government to investigate more than five million people who currently hold clearances.

Dan Possumato is a former director of plans, training, mobilization, and security as well as a deputy garrison commander for the U.S. Army in Germany, Alaska, and Virginia. He was also a professor at the Army Management Staff College, Fort Belvoir, Va. He retired after 25 years and was soon contracted by the Army as part of a team that conducted anti-terrorist training at military bases in the U.S., Europe, and Asia. He has possessed top-secret clearance for almost 20 years and currently works part time as a special investigator for the U.S. Department of State.

Remaking Your Learning Network

Study Leader: Norton Gusky

- 6 Classes: Mar. 10 – Apr. 28*    Class ID: 1767
- Friday, 10:30 AM - 12:00 PM
- Wean Hall, 4708
*Note: Class will not meet on Apr. 14, Apr. 21.

Create your place in Pittsburgh’s dynamic Remake Learning Network that links together schools, universities, libraries, museums, startups, corporate partners, after-school providers. Each week a guest presenter will join the class to share one component of the Remake Learning Network. You’ll learn about how schools are transforming learning, how community groups are connecting learning in neighborhoods, how educational technology is transforming learning, and how the Maker Movement is changing learning. For the final week you’ll share your ideas with one of the leaders of the Remake Learning Network on how to bring senior adults more prominently into the network of lifelong learners.

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

Important

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

Study Leader: Carla Gedman

• 3 Classes: Jan. 11 – Jan. 25  Class ID: 1745
• Wednesday, 12:30 PM - 2:00 PM
• Wean Hall, 4708

The class will examine issues in policing in three segments including police culture/police personality and stressors, police discretion/decision making, and accountability and current issues. Several Supreme Court cases governing police intervention will be included, and discussion will be a central part of each class.

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

New Engineering Technologies at CMU

Study Leader: CMU College of Engineering

• 3 Classes: Feb. 3 – Feb. 17  Class ID: 1835
• Friday, 1:00 PM - 2:30 PM
• Wean Hall, 4708

You will have an opportunity to meet a variety of engineering researchers from the College of Engineering at Carnegie Mellon University. Each meeting will feature a different engineer and area of research. Our researchers will discuss new technologies they are developing in their labs on campus, and the impact their work is having or will have in our world. Technologies presented can include new bioengineering technologies and devices, ways to make infrastructure and transportation smarter, the development of new technologies and devices, and/or new approaches to create more environmentally friendly and sustainable lifestyles.

Please note: This course may contain tours which are not handicap accessible.

Each class will feature a different CMU engineer and their area of research in the College of Engineering.

Ethics For Beginners

Study Leader: Tim Sommers

• 6 Classes: Jan. 9 – Feb. 20*  Class ID: 1804
• Monday, 3:00 PM - 4:30 PM
• Wean Hall, 4707
• Note: Class will not meet on Jan. 16

"What is good and what is not good, Phaedrus?” Do we need anyone to tell us these things? Plato asked this question almost three thousand years ago, but it is still a good one. The title of this course is intended somewhat ironically; after all, don’t we all already know all we need to know about ethics? But what is the source of our ethics? God, society, our own subjective feelings? Maybe ethics is a scam, and we should just do what is best for us or our family or our tribe (however we define it). We will examine all of these questions in a Socratic dialogue and look at various theories of ethics including utilitarianism, Kantianism, and contractualism. Our aim is not necessarily to learn anything new about ethics: “Originality in ethics,” Kant said, “is no virtue,” but to uncover the basis of what we may well already know.

Tim Sommers studied at Michigan State, Brown, and Harvard University. He has taught at Brown, Georgetown, the Smithsonian Institute, Louisiana State University, Seton Hall, and Pace among other places. He has also won storytelling competitions in London, Philadelphia, Pittsburgh, and elsewhere. His academic specialization is in political philosophy and ethics. He is currently preparing to return to Brown to study next fall and, possibly, to teaching full-time. He is originally from St. Louis, but has lived in Pittsburgh (in Squirrel Hill) for several years.
Shanghai: A Village Voyage From Opium Wars To A Financial Metropolis

Study Leader: Bill Greenspan

• 5 Classes: Mar. 9 – Apr. 6
• Thursday, 3:30 PM - 5:00 PM
• Wean Hall, 4707

This course will briefly cover a history of Shanghai from the beginning of the Opium Wars to its current position as one of the largest financial centers of the world. The course will span over 100 years of foreign concessions until their demise after the Second World War. It is about opium dens and life in gangland Shanghai. It is about the Soong family and its impact on the history of China. It is also about Shanghai being a haven for over 20,000 Jewish Holocaust victims. It is about its huge depository of Art Deco architecture and its current architectural wonders. It is a course about old Shanghai streets, neighborhoods, dancing and singing in the parks, and about its plethora of art museums and art exhibitions. It is about my love of the city.

Bill Greenspan emigrated to the USA in 1979 from the former USSR. With an electrical engineering degree from Kiev Polytechnic Institute he spent over 30 years working in nuclear industry, the first twenty-five years at the Palo Verde nuclear power plant in Arizona and the following 8 years building nuclear power plants in China. For 3 of those 8 years he lived in Shanghai and became fascinated with its East-meets-West history and its progression from a small village to financial and population behemoth.

"I Am The Greatest!" So He Said.

Study Leader: Gerald Frankovich

• 3 Classes: Jan. 10 – Jan. 24
• Tuesday, 10:00 AM - 11:30 AM
• Wean Hall, 4708

In 1964, Cassius Clay, a 7-1 underdog, defeated heavyweight boxing champion Sonny Liston, prompting Clay to proclaim “I am the Greatest!” At that time, at that place, who would dispute him? Sport has many seasons, many personalities, and given their time in the spotlight, others might equally place a claim to greatness. Olympic gymnast Nadia Comaneci was once considered to be “perfect”; Pittsburgh Steelers Franco Harris caught a pass termed “immaculate”; and New York Giants baseball player Bobby Thomson used a wooden bat to hit “the shot heard ’round the world.” The class will explore sports’ great debuts (think Jackie Robinson), teams, dynasties, games, plays, and funny entertainment (try to figure “Who’s on first?”). There’s a dark side of sports also, and some of the greatest ones are blemished, and are “fair game” here.

Gerald “Gerry” Frankovich is a native Pittsburgher, whose love of sports led him to become a high school sports official. At times, people would ask about rules or why certain calls were made in a game. Believing that more than a few individuals were interested in the skinny of how the games are played, he developed a series of instructional talks that he delivers at schools, churches, and senior facilities. Frankovich, a Pitt graduate, is a retired civil engineer. In addition to presenting his sports talks, he is active with Phipps, the Carnegie, Pitt’s Nationality Rooms Program, and certain religious organizations. When time allows, he tries to master the game of golf, stay upright on his bicycle, and make wine.
What’s So "Super" About The Super Bowl?

Study Leader: Gerald Frankovich

- 1 Class: Jan. 31
- Tuesday, 10:00 AM - 11:30 AM
- Wean Hall, 4708

Simply, stated, the Super Bowl is a football game; but it’s so much more. It is an extravaganza that typically is the most-viewed TV event of the year throughout the USA. This single-session presentation explores the event’s origin and naming; revisits some of the iconic commercials that first aired during past games; views how the halftime shows have morphed from marching bands and a jet-propelled rocketman to really, really big-time pop culture productions; discusses the unique Vince Lombardi Trophy that was conceived and designed freehand during a luncheon by the CEO of Tiffany & Company; shows some of the gaudy rings designed by each year’s winners, and bounces around several factoids about this thing known as “Super Bowl.”

See Gerald “Gerry” Frankovich, previous page.

Women And Religion In America

Study Leader: Joan Gundersen

- 5 Classes: Jan. 10 – Feb. 7
- Class ID: 1749
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

This course explores the roles women have played in American religions from the Colonial period until the present. Long before women were admitted to formal roles as clergy, women’s activities and participation helped to shape the patterns of American religious life both in the family and the institutional church. We will look at a variety of faith traditions and how women were active participants over time in the United States. Beginning with a session on the colonial period and women’s roles in family religion and revivals; as patrons, preachers, and founders of religions. Later sessions will look at women as the founders of religious organizations, at congregational life, at benevolent societies, the reaction to "feminization" of religion, and women clergy, among other topics.

Joan Gunderson has a Ph.D. in American history and has taught at colleges and universities for over 30 years, serving as the director of women’s studies at St. Olaf College and at California State University – San Marcos, and as a senior university administrator. She spent 6 months as a Fulbright Fellow in Finland teaching in the history and English departments of the University of Oulu. Her specialties are early American, women, legal history, and American religion. She has published extensively in women’s history and the history of the Episcopal Church, and is the author/co-author of two textbooks on American History. She has served for 30 years as a member of the Board of Editors of Anglican and Episcopal History.
Roosevelt, Hitler, And The Jews

Study Leader: Barbara Burstin

- 4 Classes: Jan. 11 – Feb. 1
- Wednesday, 3:00 PM - 4:15 PM
- Wean Hall, 4708

They came to the world stage the same year, 1933, the democrat and the dictator. Their actions would profoundly affect their nations and the world, and in the middle of the maelstrom were the Jews. For millions at the time, including the Jews, Roosevelt was a hero, a savior. But now questions have been raised; criticisms have been voiced. Are these criticisms fair? This course will try to explore the actions and reactions of Roosevelt both before and during the Holocaust in the context of the times. Be prepared for a fascinating and challenging ride.

Barbara Burstin has been teaching among other courses, a course at both the University of Pittsburgh and Carnegie Mellon University for many years on the Holocaust and America’s response. She is happy to be offering a very abbreviated version of this course for the first time at Osher. In the past Dr. Burstin has taught courses at Osher which have been focused more specifically on the Pittsburgh Jewish experience. She is the author of Steel City Jews, Steel City Jews in Prosperity, Depression and War, Jewish Pittsburgh and After the Holocaust: The Migration of Polish Jews and Polish Christians to Pittsburgh after World War II. Barbara has lectured widely and is an active member of the community, serving in various leadership roles over the years.

The War Of 1812: America’s Second War Of Independence

Study Leader: Edward Hale

- 5 Classes: Mar. 7 – Apr. 4
- Tuesday, 11:45 AM - 1:15 PM
- Wean Hall, 4708

In 1812 America had not yet celebrated its 30th birthday, and yet it embarked on a course of war with one of the most powerful European nations, Britain. Not only did Britain field an immense army, but it totally controlled the world’s oceans with its massive navy. What events and circumstances would propel this fledgling American nation to declare war on such a powerful enemy? Why were the western and southern populations so bent on fighting, while the New Englanders actually contemplated secession? How could a navy totaling 19 vessels hope to compete with England’s nearly 800 ships of war? What were the economic, political, and social situations that contributed to this seemingly rash decision to stake our very independence on an all-out war with our former mother country? These questions and more will be discussed as we celebrate the 205th anniversary of the War of 1812.

Edd Hale is a retired middle-school teacher from the Keystone Oaks School District. During his 35 years there, he taught mostly U.S history, covering the period from discovery to the pre-Civil War era. Recently, in his spare time, he has been volunteering as a crew member on the U.S. Brig Niagara, the flagship of Pennsylvania, based in Erie, doing day sails and extended voyages. His interests also include traveling, metal detecting, bicycling, and computers.

Respond to the monkey in your email!

We are sometimes asked why we keep offering that boring, mediocre course. The answer is, we didn’t know it was. The members of Osher at CMU decide which courses continue and which don’t! To get everyone’s feedback, we now use a system called Survey Monkey. We are now asking for feedback on all new courses, problem courses, and random, frequently offered courses. Your opinion really counts. If you didn’t get a Survey Monkey or want to comment on a course, send an email to the office or complete a paper survey located in the Osher classrooms. Thank you for your input!
The Great Castle Shannon Bank Robbery Of 1917

Study Leader: Edward Hale

- 1 Class: Apr. 25
- Tuesday, 11:45 AM - 1:15 PM
- Wean Hall, 4708

On May 14, 1917, the sleepy mining hamlet of Castle Shannon erupted in violence as four desperados robbed the town’s only bank and found themselves caught in a Wild West style shootout with the townspeople. Hear how this holdup was planned, executed, and partly foiled as we look at one of Pittsburgh’s most notorious crimes. Based on extensive research of court documents, period newspapers, and even an eyewitness interview, this almost-unknown story rivals other well-known tales of the Daltons, Youngers, and James Brothers.

See Edd Hale, previous page.

Sailing On The US Brig Niagara: 1813 And Today

Study Leader: Edward Hale

- 1 Class: Apr. 25
- Tuesday, 10:00 AM - 11:30 AM
- Wean Hall, 4708

The U.S. Brig Niagara is the official flagship of the state of Pennsylvania. In 1813, Oliver Hazard Perry sailed the original Niagara into history with a stunning victory over the British. The modern reproduction of this ship sails the Great Lakes taking this story to many ports of call each summer, serving both as a floating museum and an ambassador of goodwill from our state. What was it like to sail in 1813 aboard a tall ship, and what is it like today? As a volunteer crew member, Edd Hale will recount his experiences of sailing each summer in the spartan conditions of this 1813 replica. Learn how you can take a day sail or even become a volunteer and “sail the high seas” with the crew of the U.S. Brig Niagara.

See Edd Hale, previous page.

Victorian And Edwardian Women’s Fashions — 1880-1920

Study Leader: Patricia Peer

- 5 Classes: Feb. 3 – Mar. 3
- Friday, 1:00 PM - 3:00 PM
- Wilkins Community Center, 7604 Charleston Ave., Swissvale

This course will show examples of clothing popular during the Victorian and Edwardian era. We will first look at underwear, consisting of corsets, bustles, bloomers, etc. It will then focus on Victorian outfits with examples of popular dress from that period and discuss restrictiveness of clothing, detail, construction, and size. Due to the 16-18 inch waists of the time, outfits were made in two pieces, with the top/shirtwaist separate to allow for boning to be sewn in. The course will also cover Edwardian Fashions (Downtown Abbey period). We will discuss how clothing began to relax with long silhouettes, lower necklines, and lighter fabrics. Lingerie dresses, wool bathing suits, beaded capes, opera coats, and shawls will be discussed. The final class will focus on accessories such as hats, gloves, purses, shoes, fans, handkerchiefs, etc.

Patti Peer has been collecting vintage clothing for 50 years, but only started presenting vintage clothes in 2005. When her position as a sales representative/account executive was eliminated, she decided to reinvent herself, have some fun, and explore other avenues. She has since presented over 600 shows for libraries, museums, tea shops, various clubs, personal care homes, church teas, bridal and baby showers. She has a basement filled with vintage clothing from ten decades (including a whole collection of WWII Women's WAVE Uniforms). All of the clothes are authentic, with no reproductions. She is very passionate about her collections and wishes they could talk. She loves the idea that they were once very special and loved by someone else in another space and time and loves sharing them with kindred spirits.
The Great French Revolution Of 1789

Study Leader: Sheila Werner

- 6 Classes: Mar. 7 – Apr. 11
- Tuesday, 1:30 PM - 3:00 PM
- Wean Hall, 4707

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

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

America From The Beginning To The Second Revolution

Study Leader: Arthur Goldberg

- 6 Classes: Jan. 10 – Feb. 14
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

America's beginnings go back 1,000 years and with many turns brought us to where we are today. Many of those turns were near things, and we could have gone a very different way. What were they and why did they go the way they did? Explore the twists and turns and learn where what we take for granted actually started and why.

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

America From A Weak New Nation To Industrial Might And Imperial Power

Study Leader: Arthur Goldberg

- 6 Classes: Mar. 8 – Apr. 12
- Wednesday, 3:30 PM - 5:00 PM
- Wean Hall, 4708

We barely survived the War of 1812 with Great Britain, and then turned inward to develop ourselves and expand westward. Political power passed from the Founders to the next generation. Issues of a strong national government vs. the powers of the states came to the fore, leading to the Civil War and its aftermath. We dealt with the Native Americans (badly) and industrialized with tremendous social change and unrest. The 19th century ended with our joining the ranks of imperial powers. Along the way the definition of democracy changed well beyond what the Founders had in mind. Class discussion will cover these areas.

See Arthur Goldberg, above
"The Geese That Laid The Golden Eggs And Never Cackled"

Study Leader: Peter Isaac

- 5 Classes: Mar. 6 – Apr. 3  
- Monday, 3:00 PM - 4:30 PM  
- Wean Hall, 4708

Thus Churchill famously described the codebreakers of Bletchley Park who were responsible for decoding secret Nazi messages. They have been credited with shortening WWII by at least two years and saving thousands of lives. The movie The Imitation Game captured some of the critical contributions of Bletchley Park, but could only dramatize highlights of a long and fascinating story. It is a tale of brilliance and discipline, stupidity and laziness on both sides, espionage and intrigue, collaboration and jealous rivalry, remarkable luck and terrible misfortune, venality and heroism. This course attempts to provide a fuller description of the historical sequence of events and their significance. We will begin by reviewing the forces leading to the creation of the Enigma machine and end by considering the consequences. Simplified explanations of how the Enigma and the decoding process worked will be included.

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

John F. Kennedy Documentary Filmography

Study Leader: Steve Russell

- 5 Classes: Jan. 10 – Feb. 7  
- Tuesday, 10:00 AM - 11:30 AM  
- Wean Hall, 4707

In the 1930s the motion picture NEWSREEL brought the forerunner of the documentary, which took its real form on early television in the 1950s. Paving the way for acclaimed documentaries produced by the likes of Ken Burns, early documentary series like NBC’s Project Twenty came into popularity. The documentary technique combined archival film, still photographs, rich musical scores, and compelling narration. There exists superb documentary film on President John F. Kennedy. This course will present a general review and presentation of JFK documentary film from an extensive video collection including David Wolper’s A Thousand Days, Charles Guggenheim’s John F. Kennedy 1917-1963, JFK Revealed, US Information Agency’s JFK: Years of Lightning, Day of Drums, ABC’s 1983 JFK, PBS’s A Time Remembered, Robert Drew’s Being with John F. Kennedy, CBS’s Jack, and A&E’s JFK-A Personal Story. This course is part of a series honoring the JFK Centennial 2017.

Stephen V. Russell's interests are varied as an educator from teacher to principal to superintendent of schools; historian of political, Hollywood, and sports culture; as well as a consultant at ESPN Sports, Turner Classic Movies, Peter Jones Productions for A&E Network, Hofstra University’s nationally known presidential conferences; and as contribution to numerous published books. He has earned degrees and certifications at California University of Pennsylvania, Duquesne and West Virginia Universities. Russell has one of the largest President Kennedy collections in the nation.
Women’s Lives As Portrayed 
In The 1900 House

Study Leader: Phyllis Kitzerow

- 4 Classes: Jan. 10 – Jan. 31  
Class ID: 1700
- Tuesday, 11:45 AM - 1:15 PM
- Wean Hall, 4707

This course examines the history of women in both the United States and Great Britain leading up to the early 1900s. Women’s lives had begun to change in the late 1800s but many things remained the same. Their duties and daily lives are reflected in a video made in 1999 called The 1900 House. In this video (made in 1999) a family is recruited to live for three months in a London house restored to the specifications of the early 1900s. Much of what we now think essential such as electricity, plumbing, and central heating was not yet invented or in wide use. Gas lighting, coal fires, candlelight, carbolic soaps, and an outside privy were the norm. The family’s outside activities were restricted to what would have been available in 1900. Differences in gender roles were clear. Over time inventions and new ideas brought changes to women’s (and men’s) lives and changed expectations for each.

Phyllis Kitzerow retired in 2011 from Westminster College, where she had taught sociology since 1978. Her main areas of teaching and research were gender, criminal justice, and race/ethnicity. Her dissertation (1975) examined the decision of women to become lawyers in what was then the first surge of women entering law school. In 2010, Dr. Kitzerow re-interviewed the surviving participants of that study and another 35 women who had finished law school by 1975 about their career paths and outcomes. Her book on the results of that work, Women Attorneys & the Changing Workplace: High Hopes, Mixed Outcomes, was published in 2014.

PITTSBURGH

Nationality Rooms: 
Ethnic History And Cultures

Study Leader: Mirsada Begovic

- 5 Classes: Mar. 11 – Apr. 8  
Class ID: 1758
- Saturday, 10:00 AM - 12:00 PM
- University of Pittsburgh, Cathedral of Learning

The University of Pittsburgh’s Cathedral of Learning is currently home to 30 Nationality Rooms. They are located on the first and third floors of the Cathedral of Learning. The rooms were designed to represent the cultures of various ethnic groups that settled in Allegheny County and are supported by these cultural groups and governments. Tours are conducted year round. The public is invited to experience their ethnic identities and ancestral roots. The rooms are also in use as university classrooms: classrooms that teach, and rooms that show the good things immigrants brought to America. As the late Wesley W. Posvar, former chancellor of the University of Pittsburgh, said, “More than any other single asset, the Nationality Rooms epitomize the University of Pittsburgh character by melding culture, beauty, and learning. In their diversity, the rooms preserve and honor our ethnic identities. Collectively, they symbolize our nation’s unity.”

Please note: Meet at gift shop 1st floor Cathedral of Learning.

Mirsada Begovic, M.D., Ph.D., is a physician-scientist who works as a docent at the Nationality Rooms and Intercultural Exchange Programs at the University of Pittsburgh. She was born and raised in Sarajevo, Bosnia and Herzegovina, where she graduated from the University of Sarajevo Medical School. As a young medical student she lived and studied in Heidelberg and Mannheim (Germany) and Vienna (Austria). She completed her postdoctoral fellowships, master’s and doctoral degree programs at the universities of Heidelberg (Germany), Zurich (Switzerland) and Pittsburgh (PA), and the National Institutes of Health, Bethesda (MD). Her professional career brought her to 12 countries and over 20 cities across the United States and Canada. She considers herself a citizen of the world. The course she created will guide you through the 30 Nationality Rooms of the University of Pittsburgh. It will reflect her experience, views, and passion for traveling and exploring the world and its cultures.
PowerPoint Tour Of The Pittsburgh Zoo And PPG Aquarium

Study Leader: Cathy Gialloreto  
Class ID: 1685

- 1 Class: Apr. 24  
- Monday, 3:00 PM - 4:30 PM  
- Wean Hall, 4708

Was your last trip to the zoo when you were a child or when your children or grandchildren were small? If so, join me on a virtual tour of the Pittsburgh Zoo and PPG Aquarium. See what is new at our zoo and its extraordinary residents.

Cathy Gialloreto is a retired teacher. She has been a docent at the Pittsburgh Zoo and PPG Aquarium for 32 years. She volunteers at the Pittsburgh International Airport and the O’Reilly Theater, and is active in community theater. She is on the board of the Pittsburgh New Works Festival.

Pittsburgh’s Captains Of Industry

Study Leader: Harry Choder  
Class ID: 1811

- 5 Classes: Mar. 9 – Apr. 6  
- Thursday, 11:30 AM - 1:00 PM  
- Wean Hall, 4707

We trace the beginnings of five prominent companies with Pittsburgh roots and the dynamic and visionary entrepreneurs who created these internationally renowned companies. We will discuss Andrew Carnegie and Henry Clay Frick, George Westinghouse, Henry Heinz, Alfred M. Hunt, as well as Charles Martin Hall (Alcoa), and John Ford and John Pitcairn (PPG Industries).

Henry Choder has an avid interest in Pittsburgh history, especially as it applies to the industries that were founded here and have risen to world prominence. He is a Pitt graduate and was employed by Alcoa for a major portion of his career and served as their advertising agent as well. PPG’s Trade Paid division selected the agency to represent them in the 1980s and 1990s.

The Whys Of Pittsburgh

Study Leader: Jean Domico

- 2 Classes: Feb. 22 and Mar. 1  
- Class ID: 1786  
- Wednesday, 3:00 PM - 4:30 PM  
- Wean Hall, 4708

Have you ever wondered why? Why, for instance, was the city named Pittsburgh? Why does the city name end in “h”? Why was this area so important to both France and England in the 18th century? Why did Pittsburgh become the glass capital of the USA? Why the “Iron City”? In this two session course, you will learn the answers to these “whys” and many more.

Jean Domico, born and raised in Millvale, an independent borough 5 miles from downtown Pittsburgh, moved back in 2011 after being away for 40 years. She is co-author of the Arcadia Publishing Images of America book on Millvale published in March 2014 and recently completed a monograph on the Graff, Bennet, & Co. mill, for which Millvale was named. She has also taught Osher courses on Millvale. Jean is a retired Prudential executive with a substantial background in project and computer operations management. She possesses a Bachelor of Arts from Wheeling Jesuit University and a Masters in Archaeology and Heritage Management from the University of Leicester, UK. She has served on the board of directors of a historical house/tavern in Englishtown, NJ and has dug at the supply fort for Hadrian’s Wall in the UK. Jean currently volunteers as a docent at the Heinz History Center and spends much of her free time researching Pittsburgh history.
History of Millvale: An Amusing And Interesting Tale

Study Leader: Jean Domico

- 4 Classes: Mar. 6 – Mar. 27
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Located three miles up the Allegheny from Pittsburgh, Millvale was built along the valley formed by Girty’s Run. Millvale was named after the iron mill of Graff, Bennett & Co., whose Southside works included the area’s first truly successful blast furnace. Known worldwide for its successful use of automated puddling technology, the Millvale rolling mill pressed iron 1/3000 of an inch thick for display at the Centennial Exposition of 1876 in Philadelphia. Yet, the story of Graff, Bennett & Co. is only a part of Millvale’s history. Millvale attracted hardworking German, Irish, and Slavic immigrants. They built schools and churches, including St. Nicholas Croatian Church, internationally famous for its Maxo Vanka murals. Prussian brothers Anton and Andrew Kloman established a small forge making uniquely superior railroad axles. Needing capital to expand, the brothers turned to Miller, Phipps, and Carnegie as partners. Thus Kloman and Company became the birthplace of Pittsburgh’s steel industry.

Jean Domico and Bill Stout were born and raised in Millvale. Their grandfathers were brothers who emigrated from Austria and Hungary in the early 1900’s, settled in Millvale, and worked in the area’s mills. They are co-authors of the Arcadia Publishing Images of America, a book on Millvale, published in March 2014. Jean is a retired Prudential executive with a substantial background in project and computer operations management. She possesses a bachelor of arts degree from Wheeling Jesuit University and a master’s degree in archaeology and heritage management from the University of Leicester, UK. She has served on the board of directors of a historical house/tavern in Englishtown, NJ and has dug at the supply fort for Hadrian’s Wall in the UK. Jean currently volunteers as a docent at the Heinz History Center. Bill is a distinguished alumni at I.U.P. and has a M.A. degree in museum studies from F.I.T. NYC. He is the first registrar of the Frick Collection, NYC and an adjunct professor at several Manhattan-based universities. Before returning to his hometown, he owned his own art consulting business. Currently retired, Bill recently won re-election to council for the Borough of Millvale.

Development of Squirrel Hill - A Journey Through Time And Art

Study Leader: Helen Wilson

- 5 Classes: Mar. 7 – Apr. 4
- Tuesday, 10:00 AM - 11:30 AM
- Wean Hall, 4708

Every Pittsburgh neighborhood has unique characteristics and patterns of development, and Squirrel Hill is no exception. This course deals with the geology, history, demographics, and artifacts that show aspects of Squirrel Hill’s development. The course covers its formation during the Ice Age, its Native American prehistory, its settlement by European colonists, its growth from a rural to urban area in the 1800s, and its evolution into Pittsburgh’s premier Jewish neighborhood in the 1900s. Squirrel Hill’s development is illustrated through maps, charts, photographs, artifacts, paintings, sculptures, and other works of art.

Helen Wilson is vice president of the Squirrel Hill Historical Society and writes articles for Squirrel Hill Magazine about the history of her neighborhood. She previously worked as an art teacher, curriculum writer, illustrator, and editor for the Pittsburgh Public Schools. When she retired in 2006, she began to concentrate on researching the history of Squirrel Hill and found it to be a complex, fascinating, and often unexpected story, much of it illustrated by artists and described by writers.
Pittsburgh | SOCIAL SCIENCES

The History Of Professional Baseball In Pittsburgh: Grays, Crawfords, Alleghenies, And Pirates

Study Leader: David Fortun

- 6 Classes: Mar. 8 – Apr. 12  Class ID: 1797
- Wednesday, 11:30 AM - 1:00 PM
- Wean Hall, 4708

Pittsburgh has a rich tradition in professional baseball that originated in 1887 with the arrival of the Pittsburgh Alleghenies to the North Shore. The 20th century was highlighted by championships won not only by the Pirates but also by the Negro League teams representing Pittsburgh: the Homestead Grays and the Pittsburgh Crawfords. In this course, the histories of these franchises will be joined with the histories of the Pittsburgh ballparks. Special attention will be paid to Hall of Fame players, batting champions, players whose numbers have been retired, and champion teams. A trip to PNC Park and/or a guest appearance by a Pittsburgh baseball authority will enhance the rich legacy of professional baseball in Pittsburgh, a legacy familiar to many Osher members.

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

City Beautiful: The Architecture Of Oakland

Study Leader: Robert Jucha

- 6 Classes: Jan. 12 – Feb. 16  Class ID: 1677
- Thursday, 10:30 AM - 12:00 PM
- Wean Hall, 4708

The World’s Columbian Exposition held in Chicago in 1893 inspired civic leaders across America to embark upon beautification and planning schemes known as the City Beautiful Movement. In Pittsburgh, this inspiration resulted in the development of the Oakland Civic Center which between the early 1890s and 1920s filled with an impressive number of public buildings such as the Carnegie Institute, a grand hotel, private clubs, institutions of higher learning, public landscaping with fountains, and even a world-class baseball stadium. The course will include this development through its movements and some of the city’s finest architects who were responsible for Civic Center architecture, Alden and Harlow, Henry Hornbostel, and Benno Janssen among them. The course also focuses on the individuals who were primarily responsible for creating the Civic Center: Edward Bigelow, the father of Pittsburgh’s parks; philanthropist Andrew Carnegie; the real estate developer Franklin Nicola; and University of Pittsburgh Chancellor John Bowman.

Robert Jucha was a book editor for 30 years before returning to his native city 6 years ago. Since then, he has led tours as a docent with the Pittsburgh History and Landmarks Foundation, including multiple tours of Oakland. He recently offered a CMU Osher course on Shadyside architecture and believes that viewing the city through its buildings and landscapes is one of the most revealing ways to study the city’s past.

Don't be a "no show"

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

We appreciate your cooperation.
Henry Clay Frick And Andrew Carnegie: A Tale Of Two Titans

Study Leader: Ann Isaac, Barbara Tischler

- 2 Classes: Apr. 17 and Apr. 24  
  Class ID: 1815
- Monday, 10:30 AM - 12:00 PM
- Wean Hall, 4708

Henry Clay Frick's name resonates in Pittsburgh history in large part because of the Homestead Strike of 1892. Using Les Standiford’s book Meet You in Hell: Andrew Carnegie, Henry Clay Frick, and the Bitter Partnership as a foundation, the course will combine lecture and discussion of Henry Clay Frick’s life from his birth to the making of his first million dollars, the tumultuous business relationship with Andrew Carnegie, the Homestead Strike and its aftermath, and the reasons behind the ultimate breach between Carnegie and Frick in 1900 that lasted until their deaths. In addition to two classes, attendees can enjoy a docent-led tour of Clayton, the home of the Henry Clay Frick family from 1883 until 1905. Cost of the tour per person is: General Admission, $12; Senior Admission, $10. Transportation to the Frick will be the attendee’s responsibility. Due to limited space for a tour, the first 20 to sign up will be accommodated. (If more people wish to take the tour than can be accommodated, a second tour day may be added.)

Ann Isaac became a Frick docent after retiring, having previously spent over 30 years handling management-labor relations in international maritime shipping and later in aluminum manufacturing. Her background gives her a unique appreciation for labor-management relations in the 19th century, when the Homestead strike left its mark on Frick, Carnegie, and the labor movement.

Barbara Tischler is a lifelong educator, having been both an elementary classroom teacher and an instructional designer for a number of national and international manufacturing companies. Since becoming a docent at the Frick Art and Historical Society, she has been able to indulge her interests in art and history and has discovered that even in retirement there is not enough time in the day to fit everything in on the "to do" list.

Union Trust Building: A Look At One Of Pittsburgh’s Beloved Historical Treasures

Study Leader: Jason Stewart

- 1 Class: Mar. 2  
  Class ID: 1818
- Thursday, 1:30 PM - 3:00 PM
- Union Trust Building, 501 Grant St.

This course will guide students through the birth of this historical building from the time it was built by Henry Clay Frick up through its second-century re-opening after a $100 million renovation by its new owners. Through an extensive tour and discussion, all of the building’s secrets will be demystified: What was the building’s initial purpose? What are two chapel-like structures on the rooftop? Is there really a full working theatre in the building?

Jason Stewart leads JLL’s Agency Leasing team in Southwestern Pennsylvania. He joined the firm in 2011 following a 16-year career at Grubb & Ellis Company. Stewart has a primary focus on office leasing in CBD and suburban markets, representing the local holdings of a diverse mix of developers and landlords. Several of Mr. Stewart’s agency leasing assignments have received the National Association of Office and Industrial Professionals’ (NAIOP) Speculative Office Building of the Year award, which recognizes successful leasing execution for the region’s developments. In 2014, Mr. Stewart’s Pittsburgh International Business Park won NAIOP’s award for Best New Business Park, which was awarded for only the third time in the Chapter’s history. He is a 1993 graduate of Michigan State University’s Eli Broad Business School and is a member of the National Association of Office and Industrial Professionals and a member of the Office Recruitment and Retention Task Force with the Pittsburgh Downtown Partnership.
Current State Of The Middle East: Still A Mess

Study Leader: Ram Kossowsky

- 6 Classes: Mar. 8 – Apr. 12  
- Wednesday, 9:30 AM - 11:00 AM  
- Wean Hall, 4708

We begin with a review of the current status of the major hot spots of the Middle East: Syria, Iraq, Libya, Sinai, Yemen with brief summaries of the parties involved and their goals: government of Syria, ISIS, al-Qaeda, Russia, USA, Iran, Saudi Arabia, and the rest of the “rebels.” We proceed with focused discussion of the history of modern Egypt, where radical Islam was born, the Genesis of ISIS; (CIA v. White House), the history of Yemen from a local power in Byzantine times to a modern failed state, the history of Saudi Arabia and Wahabbi Islam. We conclude with a review of Israel’s status as a power in the Middle East.

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

The Civil War As Seen Through The Eyes Of Two Soldiers

Study Leader: Carleton Young

- 6 Classes: Mar. 8 – Apr. 12  
- Wednesday, 11:30 AM - 1:00 PM  
- Wean Hall, 4707

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

Carleton Young has undergraduate degrees in economics and English from Westminster College and Point Park University, an MA in history from Ohio University, and his PhD in the history of education from the University of Pittsburgh. He has taught AP history at Thomas Jefferson High School as well as classes as an adjunct professor at the Community College of Allegheny County, the University of Pittsburgh, and Eastern Gateway Community College in Ohio. He has recently published the book Voices From the Attic: The Williamstown Boys in the Civil War.
Great Decisions 2017

Study Leader: Marcia Frumerman

- 6 Classes: Mar. 9 – Apr. 13
- Thursday, 3:30 PM - 5:30 PM
- Wean Hall, 4708

The Great Decisions course is back! Great Decisions 2017 takes you beyond the headlines by providing a look at six of the most significant and far-reaching challenges facing the world. This course is designed to encourage debate and discussion about the important global issues of our time. Our explorations will be based on the soft-cover briefing book Great Decisions 2017, published by the independent nongovernmental Foreign Policy Association. These balanced articles are on crucial foreign policy issues. They consist of ten-page briefings that give historical background of present and future policy options and offer impartial analyses to help you assess the challenges ahead. Course members are asked to purchase the briefing book Great Decisions 2017. (Pricing is likely to be approximately $25.) Prior to each class, you will be asked to read a 10-page chapter to be discussed.

Marcia Frumerman returns to lead the 2017 version of the course "Great Decisions in American Foreign Policy." Her graduate degree in international education is from the University of Pittsburgh, and her B.S. degree in psychology is from Carnegie Mellon. For over 20 years she served as a management consultant and trainer to various agencies of the federal government. She performed management studies and developed and conducted seminars for them on a wide variety of topics. As an authority on oral history, she oversees a pace-setting 40-year project. During this time, she has served as executive editor of three books and has written and produced two documentary films. She is a founding member of A.L.L. (Osher).

RELIGION/PHILOSOPHY

Religion And Society

Study Leader: Philip Wainwright

- 6 Classes: Mar. 8 – Apr. 12
- Wednesday, 5:30 PM - 7:00 PM
- Wean Hall, 4707

This course will be a discussion (come prepared to join in, please,) of the relationship between religion and society (any religion, any society), beginning at the most basic level we can reach. Some people believe that religion is harmful to society and should be discouraged, while others believe that religion is essential to society and should be encouraged. Others see it as a personal option which has no effect on society. We will discuss all these ideas, and as many others as we have time for. Specific religions and specific societies will be discussed only when it seems impossible to go further without doing so.

Philip Wainwright is an Episcopal priest with degrees in history from King’s College, London, and the University of Kent at Canterbury. His primary research interest is Church History and his degrees were awarded for research in Christianity in the 3rd and 4th centuries, and the Church of England in the 17th century. He has served parishes in New Mexico, Virginia, and Pennsylvania and is currently assisting the Episcopal campus ministry at the University of Pittsburgh.
Who Is A Jew? Ancient History, Archeology, And Religion

Study Leader: Katalin Zuckerman

- 5 Classes: Jan. 13 – Feb. 10
- Friday, 10:30 AM - 12:00 PM
- Wean Hall, 4707

Today we think of Judaism as mostly unchanged since the time of the Patriarchs, yet it is anything but. We will explore the evolution and the many facets of the ancient Jewish religion from Canaanite to Israelite to Sadducees, Pharisees, Essenes to Rabbinic Judaism.

Katalin Zuckerman is a family physician. Her hobby and passion for the last 40 years has been biblical archeology and Second Temple Judaism. She has also put together a study group consisting of 15 people that currently meet about once a month to discuss material collected from her personal library, magazines, and online research.

Evolution Of Christian Teaching From The Time Of Christ To Francis I

Study Leader: Eugene Lauer

- 6 Classes: Jan. 9 – Feb. 20*
- Monday, 3:00 PM - 4:30 PM
- Wean Hall, 4708

*Note: Class will not meet on Jan. 16

How did believers in Christ explain and develop the teachings of Jesus? This course will focus on the spiritual, pastoral, and philosophical ways that Christians carried out this process in the four distinctive periods of Christian development: Age of the Fathers of the Church (A.D.-600); Dark Ages (600-1100); Scholastic [philosophical] Age (1100-1500); Post-Reformation Age (1500-1965); Age of the "World Church" (1965-...). I will suggest that something genuinely new has begun to unfurl because of the Second Vatican Council (1962-65), especially the role of experience in theology. My overall goal will be to help us all to understand how Christian theology/teaching continues to evolve and find new meaning without changing the basic doctrines of Christian faith. We will examine some of the significant changes that have taken place in each age of development and perhaps discover that some significant processes of development are taking place in our lifetime.

Eugene Lauer, a priest of the diocese of Pittsburgh, recently completed a three-year term as director of the National Pastoral Life Center in New York. He had been director of the Hesburgh Renewal Center at the University of Notre Dame for 17 years. He began his ministry as a parish priest in Pittsburgh, serving both inner city and suburban parishes. After completing his doctorate in historical theology at the Gregorian University in Rome, he served on the facilities of Duquesne University and LaRoche College in Pittsburgh, Seton Hill College in Greensburg, Indiana University of PA, Wheeling Jesuit University, and the University of Notre Dame. Author of four books and numerous articles on the relationship between theology and pastoral ministry, he lectures frequently on such issues to a wide variety of audiences. He is presently involved in theological and pastoral ministry in his home diocese of Pittsburgh.
Shocking! This Is The Bible? The Intersection Of Text, Life, And Art

Study Leader: Rabbi Ron Symons

- 5 Classes: Jan. 13 – Feb. 10  
- Friday, 10:30 AM - 12:00 PM  
- Jewish Community Center, 5738 Darlington Road, Squirrel Hill

There are certain stories that open our eyes in shocking ways, even in the Hebrew Bible. One eyebrow might rise when we just read them; the second will rise when we enter them through the art of Archie Rand. Artist and Jewish scholar Archie Rand depicts stories from the Hebrew Bible with seriousness, irreverence, and skill. By utilizing contemporary vernacular and recognizable 21-century environments, he masterfully repositions ancient verses that address timeless struggles humans are doomed to repeat. Rand’s distinct mash-up of comics, pulpy-style drawing, and biblical narrative generate a visually stunning and thoughtful body of work. Lucky for us, Rand’s paintings will be hanging in the American Jewish Museum of the JCC during our course. People of all and no faith are welcome to participate in our lively conversations.

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

TRAVEL

Hanging Out With Polar Bears

Study Leader: Maria Piantanida

- 1 Class: Feb. 28  
- Tuesday, 11:45 AM - 1:15 PM  
- Wean Hall, 4708

In the fall of 2016, I had the opportunity to spend two days among the polar bears in Churchill, Manitoba. This one-session course will provide highlights of the habits and habitat of these “lords of the arctic.” Also included will be descriptions of historic Churchill (the northern most town on the Hudson Bay) and Winnipeg.

Maria Piantanida, Ph. D., has previously taught and coordinated courses for Osher. This class represents a departure from her usual interests in education and community building. It is her first foray into creating a photographic record of an unusual travel adventure.
Must-See Public Gardens

*Study Leader:* Lynne Weber, Ann Talarek

- 4 Classes: Jan. 12 – Feb. 2  
  *Class ID: 1728*
- Thursday, 11:00 AM - 12:00 PM
- Wean Hall, 4707

Join us as we tour some of the most-interesting public gardens we’ve found in Ohio, Pennsylvania, and New York. As Horticulturalist at Fallingwater, Ann has had many amazing opportunities to explore unique gardens and arboretums that few of us might even know about. Discover these little-known places, or gain a new appreciation for places you might already know, and let us help you plan your next garden tour.

**Lynne Weber** co-owned The Urban Gardener for 17 years before selling in 2016. She is a Penn State Master Gardener and is certified in the Phipps Sustainable Landscape Practices program. The Urban Gardener was a partner in the Phipps Green Heart Sustainable Landscape Program and a member of the Rain Garden Alliance. In keeping with her commitment to community service, she regularly partners with and participates in community projects and organizations such as Tree Vitalize Pittsburgh, Conservation Consultants, Pennsylvania Resources Council, and others. She holds a M.S. degree in atomic physics from the University of Pittsburgh.

**Ann Talarek** has been the Horticulturist at Frank Lloyd Wright’s Fallingwater since 2007. She is a certified arborist, floral designer and owns the Green Spot specializing in seasonal container gardens.
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<td>Sailing On The US Brig Niagara: 1813 And Today</td>
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412.268.7489 81 osher@cmu.edu
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### PARKING

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### LANDMARKS

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<td>Heinz Memorial Chapel (map below)</td>
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<td>Rand Corporation (map below)</td>
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<tr>
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<td>Walking to the Sky Statue</td>
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</table>
Classroom Locations
If you are not familiar with Carnegie Mellon, we strongly advise you to visit the campus, bring the campus map, and find your classroom locations before the first day of classes. The CMU Information Desk is in the Cohon University Center, 1st level (#9 on the map). You’ll find the campus map on the previous two pages or go to the CMU website to see campus maps.

OFF-CAMPUS Address
Beth Shalom 5915 Beacon St., Squirrel Hill
Cathedral of Learning 4200 5th Ave., Oakland
City Theatre 1300 Bingham St., South Side
Dance Alloy Studio 5530 Penn Ave. at Stratford, East Liberty
Episcopal Church Of the Redeemer 5700 Forbes Ave., Squirrel Hill
Friends Meeting House 4836 Ellsworth Ave., Oakland
Jewish Community Center 5738 Forbes Ave., Squirrel Hill
McGowan Institute For Regenerative Medicine 450 Technology Dr, Suite 300 15219
National Aviary 700 Arch St, North Side
Pittsburgh Ballet Theatre 2900 Liverty Ave., Strip District
Pittsburgh Glass Center 5472 Penn Ave, Garfield
Pittsburgh Opera 2425 Liberty Ave., Strip District
Regent Square Theatre 1035 S. Braddock Ave., Regent Sq.
Rodef Shalom 4905 5th Avenue, Oakland
Union Trust Building 501 Grant St, Downtown
Wilkins Community Ctr. 7604 Charleston Ave., Regent Sq.

* Mellon Institute’s auditorium is located on the second floor. In the event of a fire alarm activation and subsequent evacuation, the elevators would be inactive and students would be required to ascend stairs to leave the building.

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

Parking
Garage/Lot Address Map #
East Campus Parking Garage* Forbes Ave. (Free after 5 pm and on weekends) 1
RMIC Parking Garage S. Neville St. 2
Gates Bldg Parking Garage* Hamerschlag Dr. 3

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

Handicapped Parking
Our mobility committee has arranged for a shared handicapped parking space just outside the rear ground floor entrance to Wean Hall. This handicapped space will be for the exclusive use of mobility-challenged Osher members who have a state issued disabled parking placard. This spot will be available on a first-come, first-served basis and will cost a member $50.00 per term. If you are interested in knowing more about this, please send email to osher@cmu.edu or call the office at 412-268-7489 and more detailed information will be provided to you.

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

Bad Weather Days
• Classes will not be held if the Pittsburgh Public Schools are closed for inclement weather. If the Pittsburgh City Schools have a 2-hour delay, operate as normal unless the study leader does not want to hold the class. Please use common sense when venturing out.
• Check the TV or online at pghboe.net for Pittsburgh Public School closings. Should the weather turn poor during the day and classes are canceled, the office will make every attempt to contact everyone by email and by the phone.
Email Notifications
Study Leaders will frequently email handouts, assignments, and class notices to their students. It is important that we have your current email address:

- The Osher office will send “broadcast emails” to notify you of upcoming Osher or Carnegie Mellon activities or events each Friday. This weekly email is called “Weekly Essentials” or “The WE.”
- Let us know if you cannot receive emails. If time permits, we will send notices by surface mail or we will call you. Be sure to check your messages.
- The Osher office will send email notices to specific classes for important course changes.

Catalogs
Osher cannot be responsible for catalogs not delivered by the Post Office. If for some reason you do not receive a catalog, please contact the Osher office to confirm your address. Copies are $8 if picked up and $11 if mailed. To receive your catalog at an alternate address, send a request by email with the dates you will be away and the address. Send the notification at least one month prior to the mailing date. Catalogs are sent bulk mail which is not forwarded.

Course Changes
The most up-to-date information about all classes and courses is always available at www.cmu.edu/osher, click on “Member Sign In.”

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

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

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

OUR GOLDEN RULES
1 Osher study leaders are volunteers and dedicate many hours preparing class lectures and materials. Their tireless efforts result in the exceptional classes that we are so proud to offer. By signing up for a course, you indicate that you will attend your classes. There is no better reward for a study leader than your consistent attendance, engagement, and active participation.

2 If you are unable to take courses, or will miss 2 or more classes to which you have been admitted, please email us at: osher@cmu.edu. Your prompt cancellation allows another member to enroll in the class.

3 Notify the office if you will be absent for the first class only, so that you are not dropped from your class.

4 Attend only the courses for which you are registered. Attendance is verified at each class meeting. If you plan on being absent from a class, please contact the study leader assistant or note it on the attendance sheet.

5 Controversy is a great stimulus to learning but is only meaningful in an atmosphere of civility. Should the class members or the study leader feel those conditions are violated, the disruptive member may be asked to drop the class.

6 Invited guests, whether Osher members or non-members, are welcome to attend one class only with the prior approval of the Osher office and the Study Leader.

7 Please be sure to complete a course evaluation form (Survey Monkey) for each class, even if you drop the class early. Evaluations provide valuable information for the Curriculum Committee and Study Leaders.

8 Please be quiet in the hallways! If you are waiting for a class to begin, please remember that other classes (including Carnegie Mellon classes) may be in session. Your conversation may be disruptive.

9 Turn off your cell phone before your class begins.

10 No food or beverages in classrooms, except water.

11 When leaving a class, remove all papers, trash, and water bottles, and leave all chairs neatly arranged.

12. If you must leave a class early, please sit towards the back so as not to cause a disruption.
REGISTRATION INFORMATION

READY TO REGISTER?

Registration Fee
The registration fee for members per term is $50.00 for an unlimited number of courses. The Prospect registration fee is $65.00 per term.

Register Online
To register online, go to www.cmu.edu/osher and click Member "Sign In". You will be redirected to the Augusoft "welcome" page. Please sign in using your username and password.

Paper Registration
To register for your term courses by mail, please use the registration form supplied on page 89. Either send a check made payable to Osher at CMU or provide your credit card information for payment.

Materials Fees
Materials fees are due at the time of registration unless otherwise stated. Where indicated, materials fees are non-refundable. Should you not be admitted to a course, your prepaid fee will be made into an electronic credit (voucher).

Refund Policy
If Osher cancels a course before the course has begun and it is the only course you requested for the whole term, you are entitled to request a full refund of your registration and materials fee(s).

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

Terms Per Year
Osher at CMU offers three terms: Winter/Spring, Summer, and Fall. For the registration fee of $50 for members and $65 for prospects per term, you can take an unlimited number of classes during that term.

Study Leader Assistants Are Vital
The responsibilities of the SLA are: to welcome new members to class, take attendance, and act as liaison between the classroom and the office. To volunteer, please send email with your name and the name of your course(s) to osher@cmu.edu.

Confirmation Letters
If you have email, as you are registered, a “confirmation of class registration” will be automatically emailed to you for each course you are enrolled in. If you do not have email, a course confirmation will be mailed to you. Should a course not be listed, it means that you are on the waiting list for which you will receive a 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 you do not have a confirmation for.

Adding and Dropping Courses
To add a course(s) after registering, please either go online to do so, or call the office at 412-268-7489. If you want to drop a course, please also notify the office so another member can attend. This cannot be done online.

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

Observed Official Osher Skip Days
Osher Lifelong Learning Institute is a nonsectarian organization. The organization will officially recognize only the following skip days:

New Year’s Day Jan. 1, 2017
Martin Luther King Jr. Day Jan. 18, 2017
Good Friday Apr. 14, 2017
The day before Passover Apr. 22, 2017
Memorial Day May 30, 2017
Independence Day July 4, 2017
Labor Day Sept. 5, 2017
First full day of:
  Rosh Hashanah Oct. 3, 2017
  Yom Kippur Oct. 12, 2017
Thanksgiving Wednesday Nov. 23, 2017
Thanksgiving Day Nov. 24, 2017
Friday after Thanksgiving Nov. 25, 2017
Christmas Eve (Friday) Dec. 23, 2017
Christmas Day (Monday) Dec. 26, 2017
New Year's Eve (Friday) Dec. 30, 2017

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

Winter/Spring 2017

Name ________________________________ Email ________________________________

Street Address ________________________________ 

___________________________________________ 

City __________ State ______

Payable to “Osher at Carnegie Mellon”

Expiration Date _____ / _____ CVV Code _______

Card Number __________________________________________________________

**Payment Method:** check or credit card

**Mail to:** Osher at Carnegie Mellon, Hunt Library

4909 Frew Street, Pittsburgh, PA 15213

- Check Number: __________________
  
- VISA □ MasterCard □ American Express □ Discover

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Please make sure Course ID and Titles are correct so that your registration is not delayed.

<table>
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<tr>
<th>Course ID</th>
<th>Willing to be S.L.A.</th>
<th>Course Title: Please include at least the first three words</th>
<th>First Session Start Date</th>
<th>Second Session Start Date</th>
<th>Materials Fee</th>
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When online registration opens, the paper registration forms will be processed as they come into the office in the order received.

- Total Materials fee(s)
- Member Registration Fee: $50.00
- Donation to the Osher

Total Payment __________________________
VOLUNTEER FORM

Osher is a member-driven organization and we rely upon and encourage active participation. While service is voluntary, it is a great way to meet new people and is very much appreciated.

Which activities/committees might be of interest to you? *Please check all that apply.*

- Reception Desk:
  - Mornings 9:30am – 12:30pm
  - Afternoons 12:30pm – 3:30pm
- Archivist
- Curriculum
- Data Entry
- Diversity
- Finance
- Lectures
- Luncheons
- Mailings
- New Member Social
- Newsletter
- Proof-Reading
- Membership
- Special Events
- Study Leader Assistant

Consider becoming a Study Leader!

- Yes, I would like to share my expertise in the following subject/topic areas as a class study leader (instructor):
HOW TO REGISTER ONLINE

Instructions to “Sign In”, place course(s) in your cart, checkout, and pay:

The exciting part of the online registration system is that you will know immediately in which courses you are enrolled and will see your place in the queue for courses in which you are waitlisted. Registering online will be as easy as any other online shopping experience and it is to your advantage.

If you do not plan to register online, it will still be okay to mail in your registration form. Since the information online will still be important for you to access, please learn how to get into the registration system in order to see your current registration, any waitlisted courses and rank, transactions, and to add courses.

Sign In:

1. Go to the Osher at CMU homepage: www.cmu.edu/osher, and click on “Member Sign In” in the left column or header.
2. You will be redirected to the Augusoft Sign In page.
3. Enter your username and password.

Registering:

Click on “courses” in the left column to display the online catalog. Click on a subcategory to display a list of courses. Click on “Add to Cart” to choose courses. Click on “Waiting List” to be added to a waiting list. If a seat becomes available for you, you will receive an email notice that you are registered for the course. If you are unavailable, please notify the office by email or phone as soon as possible so another member may fill the open seat.

Checkout and pay with a credit card:

Click on “View Cart” then click on “Refund Policy” and read the refund policy. Check the box(es) to agree to the Refund Policy. Click on “Checkout” to display the “Payment Process” screen. Your name, street address, and zip code will display. Choose the credit card name from the pull-down menu, verify that the display name matches the name on card, enter the card number, expiration date (MMYY), and security code. Click on “Process Payment”. The credit card is processed by USA ePay (usaepay.com).

A Transaction Receipt is sent to your email address. You may print the confirmation.

View your schedule and other info!

Sign into your account. Click on the “Go to my dashboard” link under your name. Click on each tab to view your schedule, transactions, waiting list, etc.
Join us!

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

412.268.7489 | www.cmu.edu/oshern
oshern@cmu.edu

Please do not discard your catalog until the term has ended.