Dear Osher Student:

Registration for the winter/spring 2016 term will start on December 12 at 8 AM. We hope that the earlier start time will be more convenient for everyone. We also hope this change helps to alleviate some of the system slowdowns experienced during the last two registration periods.

While paper registrations are accepted by the office, it is to your advantage to register online. Paper registrations are processed in date order received, and can take the staff three to four days to enter. The online registrations are completed, for the most part, on the first day.

If you plan to register online, be sure you know what your username and password are before registration day. Your username is typically your email address, or your first name.last name, or last name.first name. If you have tried all three ways, and are not successful, call the office for it. Do not click on the “Forgot your username?” If you don’t know your password do click on “Forgot your password?” and a new password will be immediately sent to your email.

While the online registration system tends to slow to a crawl during the first half hour, it speeds up as the day goes on. Based on experience, most courses remain open for a number of hours after registration opens. Courses close because there are only a limited number of seats available. It has nothing to do with the system. If you initially don’t get into a popular class, note that more seats are often added or an additional course is added to solve this problem. By the end of registration, only a handful of people do not get into at least one of their courses each term.

The most common problem we see during registration is that people forget to pay their registration fees. Complete your registration by following the “Checkout and pay with a credit card:” information provided on the last page of this catalog. A successful registration will generate course confirmation emails immediately. If things are going slowly, don’t panic and please don’t keep clicking on buttons. This slows the system down for you. If the system won’t change to the next page after 10 minutes, please close out completely and start again later.

About 65% of our members registered online during the fall registration period. I hope that if you have yet to register online you will try it this time. The registration system is a fantastic tool which I hope all members will use.

I hope you enjoy all your courses,

Lyn Decker / Registrar

Please note that the winter/spring classes are starting at 10 AM this year. If the Pittsburgh Public Schools are closed because of bad weather, Osher will not hold any classes that day. However, if there is a 2-hour delay, all of our courses will start at the time they are originally scheduled to start.

ON THE COVER

College of Fine Arts

The College of Fine Arts (CFA) building, home to the Schools of Architecture, Art, Design, Drama, and Music, was built in 1916 by Henry Hornbostel. It was a tradition of Hornbostel to include aspects of the buildings he loved in the buildings he designed. In the very center of the ceiling in the Great Hall is St. Peter’s Basilica of Rome, part of the Vatican.

Photography credit: Front cover courtesy CMU and all CMU and Osher-related images provided courtesy of Joseph Shirk and Chelsea Prestia. Additional images courtesy of Wikimedia Commons, and Pittsburgh Ballet Theatre.

What interests you? Find your courses by topic.

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

412.268.7489 osher@cmu.edu
CONSIDER A GIFT TO OSHER

Should you wish, you may make a contribution to the Osher Annual Fund by calling the office at 412.268.7489, go through the Osher website with a credit card, or mail a check to the office. Thank you in advance for your generosity.
ART

Visual Arts - Contemporary Issues - Part XX

*Study Leader: Edgar Landerman*

- 4 Classes: Jan. 14 – Feb. 4  
  Class ID: 1226
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

Artists who show outstanding potential in visual arts are in a three-year graduate program at Carnegie Mellon. Their creativity is tested by a mixture of structured course work and independent work. Four different artists who are candidates for master of fine arts degrees will be presenters. Each artist is unique in his/her approach and will bring creativity to the art work. The artists will review their backgrounds, their aspirations, their research, and their art work in the typical Osher interactive approach. This study group presents an opportunity to see where the art world is now and where it will be in the future. Attendees of former courses have been impressed with the different approaches of each of the four artist presenters.

**Edgar Landerman** is a retired Westinghouse engineer. He has a B.S. degree from Carnegie Mellon and an M.S. degree from the University of Pittsburgh. He has taught at the University of Pittsburgh and Penn State University and has been a board member of Allegheny East Mental Health/Mental Retardation Center and the Allegheny County Board of Public Assistance. He has been a volunteer with a number of organizations, including the Pittsburgh Holocaust Center, the Westinghouse Service Uniting Retired Employees, and the Parkinson Chapter of Greater Pittsburgh. He is a founding member of A.L.L. (Osher), and he has served on the Curriculum Committee for many years. He is also a founding member of NEED.

CINEMA / FILM

Filmmakers from the Muslim World

*Study Leader: Kalpana Biswas*

- 6 Classes: Jan. 11 – Feb. 22*  
  Class ID: 1208
- Monday, 10:00 AM - 12:00 PM
- Wean Hall, 4708

*Note: Class will not meet on Jan. 18*

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.
Contemporary Comedic Genius: Woody Allen Six-pack

Study Leader: Martin Marshall

• 6 Classes: Jan. 12 – Feb. 16
• Tuesday, 11:15 AM - 12:45 PM
• Wean Hall, 4708

Class ID: 1267

Author, actor, director, and producer Martin J. Marshall has been teaching the Contemporary Comedic Genius series at OLLI programs in the SF Bay Area for three years. He now brings his live virtual presence to CMU via Skype/Facetime, along with a local display of customized DVDs and PowerPoint presentations in the classroom. The Woody Allen six-pack contains background info, film clips, and his live analysis of the comedic techniques used in the clips and pioneered by Woody Allen. The material covered includes clips from Woody’s stand-up, Annie Hall, Bananas, What’s New Pussycat, Take the Money and Run, Play It Again Sam, Sleeper, The Front, Radio Days, The Purple Rose of Cairo, Zelig, and Bullets Over Broadway. It also includes relevant clips from the 2012 documentary on Woody by Robert Weide. The live sessions with Marshall will enable two-way video, real-time lectures and live question and answer sessions each week. Enid Miller will be available to handle the class logistics.

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.

Creative Process of CMU Plays

Study Leader: Richard Block

• 2 Classes: Feb. 18 and Apr. 7
• Thursday, 5:30 PM - 6:30 PM
• Purnell Center, Chosky Theatre

Class ID: 1210

Be an insider to the productions of one of the country’s most famous drama schools. The class will meet with Richard Block, associate head of the School of Drama at Carnegie Mellon, as guide. The class will discuss the plays, costumes, sets, lighting, sound, etc., with many of the people involved in the productions. Tickets to performances should be purchased from the university in advance.

Please note: Pre-performances 2/18 and 4/7 - 5:30-6:30

Richard Block received his M.F.A. degree from Northwestern University and joined the faculty of Carnegie Mellon in 1988 following a free-lance design career based in New York City. He is associate head of the School of Drama and senior lecturer in design. He is currently the first national design chair for the Kennedy Center/American College Theater Festival and has been awarded the Kennedy Medallion for Distinguished Service.
The Art of the City

*Study Leader: Kristen Link*

- 1 Class: Feb. 1  
  *Class ID: 1240*
- Monday, 4:00 PM - 5:30 PM
- City Theatre, 1300 Bingham St., South Side

- 1 Class: Mar. 28  
  *Class ID: 1241*
- 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 at the corner of Bingham and 13th Streets on the South Side.

Please note: Each session covers a different subject.

**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.

Le Corsaire: A Ballet Pirate Tale

*Study Leader: Lisa Auel*

- 1 Class: Mar. 29  
  *Class ID: 1201*
- Tuesday, 12:00 PM - 2:00 PM
- Pittsburgh Ballet Theatre, 2900 Liberty Ave

- 1 Class: Mar. 31  
  *Class ID: 1202*
- Thursday, 12:00 PM - 2:00 PM
- Pittsburgh Ballet Theatre, 2900 Liberty Ave

Join Pittsburgh Ballet Theatre to explore its upcoming production of *Le Corsaire*. A treasure of the classical ballet repertoire, this epic adventure rides the waves of kidnapping, betrayal, and ambush in a pirate's quest for love and liberation. With choreography by the great 19th century master Marius Petipa and Joseph Mazilier, the ballet is based on the celebrated poem of the same name by Lord Byron. The one-session course will explore the history, choreography, and music of the ballet as well as its cultural context and resonance for modern audiences. Class time will include viewing part of a company rehearsal if the production schedule allows.

Please note: Both sessions cover same subject.

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

LITERATURE

Short Stories: A Sourcebook of Emotions

Study Leader: Helen-Faye Rosenblum

- 6 Classes: Jan. 11 – Feb. 22* Class ID: 1228
- Monday, 12:45 PM - 2:45 PM
- Hunt, Osher Classroom
  *Note: Class will not meet on Jan. 18

- 6 Classes: Jan. 11 – Feb. 22* Class ID: 1294
- Monday, 3:00 PM - 5:00 PM
- Hunt, Osher Classroom
  *Note: Class will not meet on Jan. 18

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.

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).

Brutus as An Aristotelian Tragic Hero

Study Leader: Patricia S. Rose

- 5 Classes: Mar. 29 – Apr. 26 Class ID: 1290
- Tuesday, 10:00 AM - 11:30 AM
- Wean Hall, 4708

What makes a good person do a bad thing? What causes a person who has everything to bring about his own self-destruction? What is the price paid for a mistake of judgement? Aristotle reflected on these questions of human tragedy; so did Shakespeare. According to Aristotle, a tragic hero embodies nobility and virtue, but because of a flaw in his character, makes a fatal mistake in judgment and brings about his own ruin. In the late 1500s, Shakespeare began to utilize Aristotle’s observations in the production of his many tragic plays. In Julius Caesar, it is not Caesar, but Brutus who becomes the classic example of a Shakespearean tragic hero, and, at the same time, exemplifies all the attributes of the tragic hero as first conceived by Aristotle. In this class we will read passages from The Tragedy of Julius Caesar and consider what parallels there are between the classic tragic hero and today’s political figures. If you read Julius Caesar in high school and didn’t like it, this course will reintroduce it to you now that you are a seasoned student of the human condition.

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.
Chaucer’s
**Canterbury Tales Caressed**

*Study Leader: Gloriana St. Clair*

- 6 Classes: Jan. 21 – Mar. 31  
- Thursday, 12:30 PM - 2:30 PM  
- Hunt, Osher Classroom

If the tour guide on your most recent cruise trip had asked each traveler to tell a story, what would the result have been? In the late 1300s, Geoffrey Chaucer, often ranked as the second greatest English poet, envisioned that scenario and wrote *The Canterbury Tales* about a set of pilgrims journeying from London to Canterbury. The result is a far livelier read than its fame might suggest. In this class, students will read and discuss the prologue and five tales in a recommended modern prose translation while learning a little bit about the conventions, sounds, and sense of the original Middle English. We will enjoy the *Prologue* and Retraction, The Nun’s Priest Tale, The Clerk’s Tale, The Merchant’s Tale, The Wife of Bath’s Tale, and The Miller’s Tale. Existing opinions of Chaucer may change during the reading of these short works.

Please note: This class meets on alternate weeks; Jan 21, Feb 4, 18, Mar 3, 17, 31

**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 taken and taught courses, serves on the board with our Osher Lifelong Learning Institute.

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**Great and Notable Novels Read and Revisited**

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

- 6 Classes: Jan. 14 – Mar. 24  
- Thursday, 12:30 PM - 2:30 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 Meets: Jan 14 & 28, Feb 11 & 25, Mar 10 & 24

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

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

Bio: See Helen-Faye Rosenblum, pg. 8
Poetry

Study Leader: Judith Robinson

• 6 Classes: Mar. 7 – Apr. 11
• Monday, 12:30 PM - 2:30 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.

Judith R. Robinson is a poet, editor, and fiction writer whose work has appeared in anthologies, literary journals, and newspapers, including Poet Magazine, Poet’s Pen Quarterly, Midstream, California Quarterly, Poetica, AM, and the Pittsburgh Post-Gazette. She served as senior editor and contributor to Only the Sea Keeps: Poetry of the Tsunami, Bayeux Arts and Rupa & Co., 2005, a collection that was one of three finalists for the Independent Book Publishers Benjamin Franklin Award for poetry or literary criticism. A poetry collection, Dinner Date and Other Poems, is available from Finishing Line Press. In 2010 Robinson edited Wayfarer, Poetry of Margaret Menamin, Main Street Rag Publishing. Robinson’s newest poetry collections are Orange Fire, Mainstreet Rag Publishing, 2012, and The Blue Heart, Finishing Line Press, 2013. Her newest publications are The Brentwood Anthology, Lunmon Press, August 2014, and When I Loved You, 2015, Finishing Line Press.

Poetry Interpretation: Shakespeare to Swift

Study Leader: Richard Yount

• 6 Classes: Jan. 12 – Feb. 16
• Tuesday, 10:00 AM - 11:30 AM
• Hunt, Osher Classroom

Students will analyze examples of classic English poetry, including Shakespeare’s sonnets and poems by Spenser, Marlowe, Donne, Raleigh, Herrick, Shelley, Keats, Byron, Swift, Blake, Wordsworth, Tennyson, Owen, and Heaney in a non-lecture format. Students will be encouraged to offer analysis and interpretations of these works in an informal setting. A brief overview of poetry terms will provide students with the opportunity to mark lines and take notes, if desired. No outside reading is required.

Richard Yount recently retired from the teaching profession after having taught English for over 30 years (grades 7 through college) — most recently with seniors on the high school level. He has the pleasure of teaching grammar, writing, poetry, American, British, and world literature (short stories and novels), business English, speech, research, word processing, drama, and journalism. He earned a bachelor of science degree in secondary English at the former California State College, and a degree in gifted education and a master’s degree in English at Nova University in Ft. Lauderdale, Florida. He has written a manual on research paper writing and has been published in Tech & Travel, the magazine of the Student and Youth Travel Association.

Patron of the Arts Group

Calling all Osher members who are artists, musicians and passionate patrons of the arts! Join us for events in private homes and small venues where we gather together and dialogue with one another about music, dance, art and all types of creative expression. Come share your passion and expertise with like minded artists and patrons.

Please send your name, phone number, email address and area of interest/ expertise to Marilyn Maiello : marilynbmaielo@hotmail.com.
Laughing At Shakespeare’s Comedies

Study Leader: Alan Z. Lefkowitz

- 6 Classes: Mar. 8 – Apr. 12  
- Tuesday, 12:30 PM - 2:30 PM  
- Wean Hall, 4707  

Class ID: 1242

The 14 comedies written by Shakespeare are all funny and of good humor from the viewpoint of plot, character, and language. We will read and discuss three of these plays and talk about the comedies as a genre. The students will read *A Midsummer Night's Dream* for the first two classes, *Comedy of Errors* for the next two, and *Taming of the Shrew* for the last two sessions. In addition, the study leader will talk about plays the class will not read that also can be included in the genre of comedies. The class also will watch some DVDs.

Alan Lefkowitz is a Pittsburgh lawyer who has had a lifelong love of theater and particularly Shakespeare. He has directed and acted in Shakespeare plays as well as plays by others. He has served as an adjunct instructor in the Carnegie Mellon Heinz School of Public Policy and Administration, lecturing in the master’s program in art management on “Art and the Law.” He has acted as legal counsel for film companies and theater groups. Alan is a member of Osher.

Issues in Literature For Children and Teens

Study Leader: Amy Kellman

- 4 Classes: Mar. 9 – Mar. 30  
- Wednesday, 10:00 AM - 11:30 AM  
- Hunt, Osher Classroom  

Class ID: 1302

In this course, we will explore the following topics: diversity in books for children and teens; non-fiction, past and present; fantasy—what the different types are and why they are so popular; and the graphic novel/memoir. 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.

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. Use the check box on the registration form to volunteer!
The Genius of Henry James

Study Leader: Carol Zisowitz

- 6 Classes: Jan. 15 – Feb. 19
- Friday, 2:45 PM - 4:45 PM
- Hunt, Osher Classroom

Henry James is considered by many critics to be the greatest novelist in the history of English literature. During his life, he was referred to as "the master." This course will consider one of his major novels, The Portrait of a Lady. Optional reading will be suggested and students will be encouraged to see the film version of the movie. Most of the course will consist of guided discussion, but there will also be didactic material.

Carol Zisowitz has a Ph.D. degree in history from Harvard University where she studied European intellectual and cultural history. She later went to medical school and did a residency in psychiatry. She was a trained psychoanalyst, and has been an avid novel reader for all her life. Her particular passion has been Henry James.

Private Lives, Public Voices: Five American Poets

Study Leader: Robert J. Gangewere

- 5 Classes: Mar. 9 – Apr. 6
- Wednesday, 10:00 AM - 11:30 AM
- Wean Hall, 4707

Emily Dickinson, Walt Whitman, Robert Frost, Wallace Stevens, and T.S. Eliot—each life shows the changing world of poetic culture in America for a century, from 1860 to 1960. In the nineteenth century, Dickinson, a virtually unpublished recluse, lived during the era of Whitman's outspoken self-promotion as the popular voice of American democracy. In the twentieth century, Frost revealed Greek tragedy in everyday rural life, and Stevens had two separate lives, as both a philosophic poet and a Hartford executive. The American-born Eliot became a British citizen to satisfy his longing for English life and literary tradition. Seen through their life stories, and their most popular poems, you understand why their intense private journeys led them to become great modern poets. Each life shows a different side of American literary tradition. Decades after their deaths, these five poets still draw new readers and are icons in modern American literary history. Five classes—one devoted to each poet.

Robert Gangewere, Ph.D., was editor of Carnegie Magazine at the Carnegie Museums for 30 years, and an adjunct teacher in the English department at Carnegie Mellon. After retiring from Carnegie Museums, he drew upon his many published articles and interviews as the basis for writing the definitive history of the organization: Palace of Culture: Andrew Carnegie’s Museums and Library in Pittsburgh (University of Pittsburgh Press, 2011). Before coming to Pittsburgh to teach at Carnegie Mellon, he taught English and journalism at several universities, including the University of Connecticut, Kutztown State University, and the American University of Cairo (UAR). He has published and edited several histories, such as The Bridges of Pittsburgh and Allegheny County (2001). He is active on the boards of several rail-trail organizations, such as the Great Allegheny Passage, and the Friends of the Riverfront in Pittsburgh, for which he wrote and produced most of the historic signs along the riverfront trails. He is an author of Forging Connections: “Twenty Years of Building the Three Rivers Heritage Trail” (1991-2011)
Great Conductors Of The 20th Century

Study Leader: Jeffrey Swoger

• 4 Classes: Jan. 13 – Feb. 3  
  Class ID: 1151
• 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 was initially exposed to classical music in a seventh grade music appreciation class. He attended his first Chicago Symphony Orchestra concert while in high school and later elected to take a music appreciation course at Washington University. A 35-year Chicago Symphony Orchestra subscriber, he served on the CSO Junior Governing Board that presented concerts by small groups of CSO musicians in the Chicago public schools. Subsequently, his graphic design firm worked with the Chicago Symphony for 12 years, producing local and national advertising, national and international tour materials, season subscription mailers, fund-raising materials, 90th and 100th anniversary publications and CD packaging. Close, longtime friendships with the CSO program annotator and the director of public relations afforded regular access to the orchestra's executives, musicians, and conductors.

What is Music? Diversion, Medicine, or Simply Noise?

Study Leader: John Raevens

• 6 Classes: Mar. 11 – Apr. 29*  
  Class ID: 1284
• Friday, 3:00 PM - 4:30 PM  
  To Be Announced

*Note: Class will not meet on 3/25/2016, 4/22/2016

Music can be pathbreaking, stunning, and often profoundly shaking to our being. Beethoven is more than the name for a dog; Mozart lives forever, as do Bach, Vivaldi, Verdi, Stravinsky, and John Williams. For six weeks, we will probe those controversial and enthralling geniuses while finding out who will touch us the most. Hope you join us.

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 in many recitals in Europe and the U.S. on organ and harpsichord. He is the author of Enjoyment of Music, a book which is widely used in universities.
Igor Stravinsky And The Russian 20th Century

Study Leader: Owen Cantor

• 4 Classes: Jan. 12 – Feb. 2
• Tuesday, 2:45 PM - 4:45 PM
• Wean Hall, 4708

Igor Stravinsky (1882 - 1971), perhaps the most important composer of the previous century, deserves our continued attention. What made Stravinsky so great? What were his life and times like? Was he a revolutionary or the logical conclusion of a vast Russian tradition? Who were other great composers he influenced? Was Stravinsky misunderstood? What was he like as a person? Legendary for precipitating a violent riot in Paris at the premiere of The Rite of Spring (Le Sacre du Printemps) ballet, Stravinsky composed a vast catalogue of memorable music. Many of these works are unfamiliar today, even to knowledgeable music lovers. Indeed, Stravinsky was a fascinating genius who lived through extraordinary times: Trotsky, Lenin, Stalin and Khruschev; Tchaikovsky, Rimsky- Korsakov, Rachmaninoff, Prokofiev, and Shostakovich; the Russian revolution, World War I, World War II, and the Cold War, Nixon, JFK; Radio, Television, Polio Vaccine, and Sputnik. All during Stravinsky’s lifetime! Are you curious? Are you Igor to learn more? Join me for one individual’s creative journey from Moscow to Hollywood.

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.

Music and Architecture

Study Leader: Owen Cantor

• 3 Classes: Mar. 9 – Mar. 23
• Wednesday, 4:00 PM - 5:30 PM
• Wean Hall, 4708

Architecture has often been called “Frozen Music.” What could this connotation possibly mean? Renaissance . . . Baroque . . . Classical . . . Modern . . . Post-Modern . . . Is it just a coincidence that history’s architectural and music styles have similar titles? Are you curious? Let’s explore together how listening to music can evoke an experience much like visiting a great building. Let’s go on an audio-visual "walking tour" without leaving home! Close your eyes and Bruckner magically translates the extravagant spaciousness of Austrian cathedrals to your ears, while pagodas and gardens generate the sound palette of Debussy and Ravel. The mysterious Alhambra becomes the music of Iberia. Rhythm, proportion, and harmony underpin Haydn and Mozart as does the Parthenon of Greece. There are endless examples! By recognizing form, structure, and foundation, the connection between architecture and classical music will stimulate your imagination and delight your artistic sensibilities. Beware; after class, you may never hear music or stroll the sidewalk in the same way.

Bio: See Owen Cantor, previous column
What is Music? Simply the Basics

*Study Leader: Owen Cantor    *Materials Fee: $20*

- 3 Classes: Mar. 30 – Apr. 13  *Class ID: 1215*
- Wednesday, 4:00 PM - 5:30 PM
- Wean Hall, 4708

This course will be a light refresher course on the basic building blocks of music. Review the "electrons, neutrons, and protons" of the musical molecule! What is a scale, a chord, a key? Can you remember? Has your music literacy lapsed? Perhaps you were never taught "The ABCs" of music? It’s never too late to learn! Simply laugh your way to understanding and knowledge. It will be fun. Join us! We will be using a textbook and an included CD.

Bio: See Owen Cantor, pg.14

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

The Life and Music Of Dmitri Shostakovich

*Study Leader: Cleon Cornes*

- 6 Classes: Mar. 10 – Apr. 14  *Class ID: 1217*
- Thursday, 12:30 PM - 2:00 PM
- Wean Hall, 4708

Through the use of audio-visual material and discussion, the class will discover the extraordinary life, times, and music of Shostakovich. He was an important composer of the 20th century whose story raises challenging issues related to the role of the artist and the survival of the human spirit under totalitarianism.

Cleon Cornes is a retired psychiatrist and psychoanalyst who enjoys teaching courses (mostly about eccentric geniuses) for Osher at CMU, at Providence Point, and at the Mt. Lebanon Library.
COMPUTERS

Practical Computer Security
Study Leader: Jose Morales

- 5 Classes: Mar. 9 – Apr. 6  Class ID: 1224
- Wednesday, 5:45 PM - 7:15 PM
- Wean Hall, 4708

Computer security is of critical importance to society. The increase in data theft, malware infection, impersonation, and system compromises has made society more security-aware than ever before. When it comes to an individual knowing how to stay safe in cyberspace, the information can be too technical to understand or too complex to use in a practical way. This course will teach the key security practices that an individual should use to stay safe in a manner that is easy to understand and use. 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

Boxes & Really Big Stuff — The Hidden World of Global Logistics and Project Cargo
Study Leader: Douglas Webster

- 2 Classes: Feb. 22 and Feb. 29  Class ID: 1249
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

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

Please note: If you have already taken our Hidden World of Global Shipping course, you may wish to attend just the Feb. 29th Project Logistics class. Global Logistics (Feb. 22nd containerization) will be updated with latest information but is generally a repeat of our original one-class course on this subject. You must be registered to attend.

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

Study Leader: Jack Ochs

- 4 Classes: Mar. 11 – Apr. 8*  
  Class ID: 1231  
- Friday, 10:30 AM - 12:00 PM  
- Wean Hall, 4708  
*Note: Class will not meet on 3/25/2016, 4/22/2016

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

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

Estate Planning
And Estate Administration

Study Leader: Errol S. Miller

- 6 Classes: Jan. 12 – Feb. 16  
  Class ID: 1230  
- Tuesday, 9:30 AM - 11:00 AM  
- Wean Hall, 4708

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

Errol S. Miller graduated from Dartmouth College and Harvard Law School and has practiced law for 45+ years. For over 7 years he has been teaching at Osher and now teaches three different courses. 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 course builds 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, and his views on how the criminal justice system should be reformed to coordinate criminal justice principles and mental health principles. The third course deals with torts and practical advice for non-lawyers on the principles behind civil litigation. He shows the same sense of humor in teaching all three courses as he showed as the principal writer of the annual Allegheny County Bar Association’s topical satirical review for 25+ years. He also has served on Osher’s Board of Directors.
Steelworkers And Important Legal Issues

Study Leader: Carl B. Frankel

• 5 Classes: Mar. 10 – Apr. 7  
• Thursday, 12:30 PM - 2:00 PM  
• Wean Hall, 4707

Class ID: 1273

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 international trade such as treaty adoption, civil rights, including voluntary, negotiated minority job quotas; union governance such as a bar against outsider contributions to union elections for International office; and more recently, the status of Northwestern University football scholarship players as “employees” under the labor law and whether Duquesne University is exempt on religious grounds from the provisions of that same law so as to preclude its adjunct professors from organizing and engaging in collective bargaining.

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 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.

JOIN US

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Evening Lectures

Special Events

We are busy planning many wonderful events from now until the end of the year.
Notices will be sent by in the Weekly Essentials Friday email and surface mail and posted online at www.cmu.edu/osopher.
Registration is important!
ART

Drawing: A Lifelong Journey

Study Leader: Judy Spahr

• 6 Classes: Mar. 11 – Apr. 29*  
  Class ID: 1279  
• Friday, 9:30 AM - 12:00 PM  
• To Be Announced

*Note: Class will not meet on 3/25/2016, 4/22/2016

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, conte’ crayons, acrylic paints, and charcoal. Don't be surprised to find that no matter where you start, you are going to be proud of your accomplishments.

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

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

Sylva I

Study Leader: Elizabeth Lea Black

• 5 Classes: Feb. 2 – Mar. 1  
  Class ID: 1209  
• Tuesday, 2:45 PM - 4:45 PM  
• Hunt, Osher Classroom

In Sylva I, participants will begin preliminary portrayal of a tree or trees that capture the eye and heart from among the many character-filled and beautiful trees a short walk from class. Weather permitting, we will sketch, photograph, and fill our nature/field journals with observations, specimens of leaves, flowers, bark, etc., and then come indoors to pore over trees in art to study and learn techniques to enhance our skills. Sylva II and III will continue our tracking the annual cycle of trees with an ultimate goal of producing a final project, which may be a panorama of a grove, an oversized capture of some majestic specimen, or perhaps a three-dimensional clock shadowbox theatre with a rotating transforming tree and a soundtrack of all the creatures who shelter in that tree. In contrast to this approach, one might choose to work in the traditional manner of portraying a tree. Materials will be recommended, but participants will be encouraged to work with media with which they are most comfortable.

Elizabeth Lea Black has been a student in a number of Katie Lee’s classes at Phipps, including drawing, watercolor, and composition as well as a course devoted to leaves and one on butterflies. She thinks that Katie Lee is a brilliant and inspired teacher, especially gifted at presenting complex ideas clearly and succinctly. In this course, the study leader will act as a general class guide to help keep participants motivated and the spirit of the class studious, productive, and good-natured. She has taught "Nature Journaling Resources" for Osher.
LEARN BY DOING | Art

Let’s Get Together and Draw

Study Leader: Diane Curtin

• 6 Classes: Jan. 13 – Feb. 17  
  Class ID: 1286
• Wednesday, 2:45 PM - 4:45 PM
• Hunt, Osher Classroom

I like to draw, but never seem to have the time! So, I’ve created a time to draw, and invite you to join me! We will gather together to exercise our drawing muscles: our eyes, hands, and minds, and will share the benefits of our work experience and ideas. What brought the new ideas of Braque and Picasso together in Paris in the early 1900s? Many artists lived in close proximity, and spent leisure time in cafes. The formative years of the Abstract Expressionists on the east and west coasts found similar gathering places. Guilds were supportive of Rembrandt, Vermeer and a thriving art market in the mid 1600s. Osher Lifelong Learning fosters a supportive community of new artists and creative minds! At our first meeting we will discuss suitable locations for drawing on CMU’s campus. If weather is miserable, we will draw in the classroom in Hunt Library. Bring supplies: paper 14” x 17”; pencil, pens (ballpoint, fiber tip, or felt tip) pre-filled brushes or conte’. (I use a large paint bucket from Home Depot to hold my materials, and turn it upside-down to sit on, if need be.)

Diane Curtin graduated from Mt. Mercy College (Carlow University) with a B.A. degree as an art major and with an education minor. She studied under Rita Marlier. At Carnegie Mellon University College of Fine Arts, she included one added year of undergraduate studies, studying drawing under Herb Olds. She worked for 32 years as an ophthalmic photographer at Eye & Ear Institute UPMC Oakland. She became interested in the world of Rhoda Kellogg and preschool children’s art when her daughter was in that age range.

Collage Workshop

Study Leader: Diane Curtin

• 6 Classes: Mar. 11 – Apr. 29*  
  Class ID: 1291
• Friday, 10:00 AM - 12:00 PM
• Hunt, Osher Classroom
*Note: Class will not meet on 3/25/2016, 4/22/2016

This course is intended for anyone interested in collage, newcomers and artists alike. The beauty of collage is that it requires a creative mind but not drawing or painting skills. In this course, members will work on individual projects at their own pace with the assistance of the study leader. The first class will give an overview of the themes of social commentary, celebration, playing with color, and several others.

Bio: See Diane Curtin, pg.20

Independent Drawing: Developing Your Personal Style

Study Leader: Dale Gregg  
Materials Fee: $8*

• 5 Classes: Jan. 15 – Feb. 12  
  Class ID: 1317
• Friday, 12:30 PM - 2:30 PM
• To Be Announced

This course is open to intermediate or advanced artists who want to work from a live model and seek input, encouragement, and inspiration from fellow artists. Class will meet every other week, and members will be expected to bring a completed assignment to each session. Volunteers will be asked to discuss their work and the development of their personal style.

Please note: There will be modeling fee of $5-$8 per session

Dale Gregg majored in art at Randolph Macon Women’s College and received a master's degree in art education from University of Pittsburgh. After teaching high school art in the Pittsburgh Public School, she earned a law degree and practiced law for many years. After retiring in 2013, she began drawing and painting again, and enrolled in Judy Spahr’s Osher class.

*Materials fees are not refundable; information on page 82.
Crafts / Hobbies | LEARN BY DOING

CRAFTS / HOBBIES

Fly Fishing for Beginners

Study Leader: Michael Ginsburg

- 4 Classes: Mar. 7 – Mar. 28
- Monday, 12:30 PM - 2:00 PM
- 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 Ber- ner 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 5, 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.

Committing to Knitting

Study Leader: Laura Very

- 3 Classes: Mar. 7 – Mar. 21
- Class ID: 1131
- Monday, 10:00 AM - 12:00 PM
- Knit One, 2721 Murray Ave., Squirrel Hill

This class is for those who are ready not just to learn to knit, but to produce three scarves, all different, suitable for gift giving. This hobby requires nothing but commitment to simpler joys: a break from the technical world. You will learn to “cast on,” “bind off,” and make both the knit and purl stitches. Upon completion, you will be ready to move on to more sophisticated projects. Materials required are three worsted yarns (300 yards each) and corresponding needles. (Bring your own or purchase materials as you go for a discount at the store.)

Laura Knoop Very owns Knit One, a popular yarn shop in Squirrel Hill. The store offers classes for various levels, yarn, and tools needed for knitting and crochet, and a warm and inviting atmosphere to encourage communal knitting. She is a retired opera singer who worked all over the United States for 20 years and has been knitting for 15.
Simple Jewelry Design

Study Leader: Gerry Florida  
Materials Fee: $32*

- 3 Classes: Feb. 15 – Feb. 29  
  Class ID: 1247
- Monday, 10:00 AM - 11:30 AM
- Hunt, Osher Classroom

- 3 Classes: Mar. 7 – Mar. 21  
  Class ID: 1325
- Monday, 10:00 AM - 11:30 AM
- Hunt, Osher Classroom

Learn to design your own jewelry. This three-session course will introduce you to the fun and simple art of basic jewelry design. Students will learn simple design formulas to complete a fancy memory wire bracelet, three pairs of fun earrings, and an elegant toggle bracelet to match your favorite wardrobe piece or use as gifts. This class is an introduction to designing and jewelry making as a hobby or profitable craft. Choice of elegant and colorful beads and materials will be provided with a base metal toggle clasp. 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 includes 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.

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

CULINARY

Foods of the Baltic Region

Study Leader: David Green  
Materials Fee: $25*

- 5 Classes: Jan. 12 – Feb. 9  
  Class ID: 1318
- Tuesday, 3:00 PM - 5:00 PM
- Wilkins Community Center, Kitchen

- 5 Classes: Mar. 8 – Apr. 5  
  Class ID: 1319
- Tuesday, 3:00 PM - 5:00 PM
- Wilkins Community Center, Kitchen

As the cold winter weather sets in, I immediately start thinking of comfort foods. When I say comfort foods, I am speaking of the foods of my family heritage, Poland and Lithuania. We'll also explore recipes from other countries such as Latvia and Estonia. It's not just pierogis!

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 82.

Registration opens Tuesday, December 8th at 8 am.

Paper registrations may be mailed to the office at any time and will be processed in date order starting December 8th.
A Taste Of Osher
Study Leader: Al Kosmal  Materials Fee: $45*

• 6 Classes: Mar. 8 – Apr. 12  Class ID: 1306
• Tuesday, 1:30 PM - 3:00 PM
• Rodef Shalom, Kitchen

In 2010, several of us who were doing or had done cooking classes for Osher were asked to submit recipes for their first cookbook, *A Taste of Osher*. It’s a wonderful addition to my library as it’s filled with amazing and different recipes and has become one of my most referenced works. I thought it would be great to reproduce some of the recipes, so each week we’ll prepare and taste something from those who contributed to the book. Join me for some exciting, different, and delicious food . . . the yummy tastes of Osher.

Al Kosmal, a Pittsburgh native, has worn many career hats in fashion, retail merchandising, and marketing for the Joseph Horne Co., but his favorite hat is that of chef/cook, caterer, and party planner. He has done marketing for the Denver Symphony and the Pittsburgh Symphony. While in Denver, he opened the Brown Bag Deli, which for three years in a row was named Best in Denver. In 1995 he moved to Vermont where he opened Igelhof B&B and another award-winning restaurant, Flowers Café. He has catered parties up and down the East Coast from Virginia Beach to Maine and is currently working on a project called Cooking for a Cure, which he hopes will become a nationwide effort to encourage Americans to eat healthy foods.

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

One Pot - One Bowl:
Simple Cooking for One or Two
Study Leader: Marla Perlman  Materials Fee: $15*

• 5 Classes: Mar. 8 – Apr. 5  Class ID: 1094
• Tuesday, 10:00 AM - 12:00 PM
• Friends Meeting House, Kitchen

This is a small, hands-on cooking class geared towards empty-nesters, people who live alone, or people who have no patience with preparing, shopping, cleaning up, and other cooking chores. Recipes are simple, ingredients are familiar, and everything comes together quickly and tastes pretty good!

Marla Pearlman considers cooking messy and time consuming. Widowed at a young age and raising three children while working full time, she developed a collection of recipes that are quick and easy to prepare at the end of a busy day. Pearlman has a bachelor’s degree from the University of Wisconsin and master’s degrees from the University of Wisconsin and the University of Pittsburgh. Her humorous essays have appeared in numerous senior citizen magazines and the *Pittsburgh Post-Gazette*.

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

Study Leader: Elizabeth Downer

- 4 Classes: Apr. 7 – Apr. 28   Class ID: 1221
- Thursday, 10:30 AM - 12:00 PM
- Wean Hall, 4708

This course is designed as a consumer’s aid to buying wine. Students will learn about the particular characteristics of different grape varieties, basic wine laws of different regions (Appellation d’Origine Controlée), and how to make an educated guess regarding a wine before buying it. We will visit a Pennsylvania Wine & Spirits store together to practice our shopping skills.

Elizabeth Downer is the wine critic for the Pittsburgh Post-Gazette. Her wine credentials include diplomas from the University Of Bordeaux School Of Oenology; the Wine and Spirit Education Trust of London; the Society of Wine Educators; the Académie du Vin in Paris; and, most recently, the introductory certificate from the Master Court of Sommeliers. She has more than 35 years of teaching wine tasting in France and the United States. She hails from Carmel, CA, but has lived on four continents, including 20 years in Paris and 10 years in Africa.

Wine Appreciation — Cabernet Sauvignon and Sauvignon Blanc

Study Leader: Chris Forbes   Materials Fee: $40*

- 2 Classes: Feb. 24 and Mar. 2   Class ID: 1299
- Wednesday, 6:30 PM - 8:30 PM
- Rodef Shalom, Kitchen

This course will take a look at both Sauvignon Blanc and Cabernet Sauvignon. Sauvignon Blanc, originally from the Loire region of France, is incidentally a parent of Cabernet Sauvignon. But its New World wines may be better known these days because of their intense fruitiness, the grape's generally distinguishable characteristics, and a desire for “something other than Chardonnay”! Cabernet Sauvignon has been called the noblest of grapes for the wonderful wines it has been able to produce in many different parts of the world. It may have lost a little of its luster with the ascendant popularity of other noble grapes, but with modern methods it is still capable of producing an amazing array of tasty, fruity, elegant, accessible, age-worthy and complex wines as varietals and blends. We will sample a number of varietal and blended wines from around the world that can be found in the Pittsburgh area. Cheeses, nuts, and breads will also be provided.

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.

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

Hatha Yoga

Study Leader: Loretta Barone

• 11 Classes: Jan. 14 – Mar. 24 Class ID: 1205
• 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 are fine) and will need to wear loose, non-binding clothing.

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

Get Fit —
A Fun Latin Cardio Workout

Study Leader: Connie Pollack

• 8 Classes: Mar. 9 – Apr. 27 Class ID: 1269
• Wednesday, 1:15 PM - 2:30 PM
• Beth Shalom, 5915 Beacon St., Squirrel Hill

Are you looking for a new way to jazz up your exercise routine? Then this is a class for you! Come groove to an energetic mix of hip-hop, international, and Latin-inspired music and dance movements like the cha-cha, salsa, samba, and more. This class embraces all levels of ability by providing step-by-step instruction, demonstration, and modified moves. No prior experience is necessary! This class is like no other because it gives you a full-body workout that incorporates aerobic dance movements, muscle toning, stretching, and relaxation exercises.

It’s a great way to build your cardio fitness while having fun. Each session consists of warm-up exercises, aerobic/Latin cardio dance segments, light weights, muscle toning, stretching, and cool down. Please wear tennis shoes and bring a water bottle, thick towel or mat for floor exercises, and light hand weights (1 or 2 lb weights recommended). Try it—You’ll like it!

Connie Pollack has been teaching aerobic dance to adults for the past 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. 11 – Feb. 22*
- Monday, 10:00 AM - 11:30 AM
- Wilkins Community Center, 7604 Charleston Ave, Swissvale

*Note: Class will not meet on Jan. 18

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.

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**Tai Chi Ch’uan Section Two — Second Half**

_Study Leader: Judith Crow_

- 6 Classes: Mar. 7 – Apr. 11
- Monday, 10:00 AM - 11:30 AM
- Wilkins Community Center, 7604 Charleston Ave, Swissvale

This second six-week session will concentrate on the kicks, turns, and angles of Section Two. These postures and movements are unique to this part of the form and are not repeated elsewhere. Tai Chi Long Form raises the bar somewhat as it progresses from the first movements of Section One through to the final turn of Section Three, so this part can be a tad more challenging. However, the learning and practice of this section of the form helps to improve concentration, centering, stability, balance, and coordination.

Please note: _Tai Chi Ch’uan — First Half is a prerequisite to this course._

_Bio: See Judith Crow, pg.26_

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**Contra Dancing**

_Study Leader: Cecilia Wenisch_

- 6 Classes: Jan. 11 – Feb. 22*
- Monday, 1:00 PM - 3:00 PM
- Wilkins Community Center, 7604 Charleston Ave, Swissvale

*Note: Class will not meet on Jan. 18

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 the U.S., but worldwide as well. In this class you will learn many contra dance figures. Some, 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.

_Cecilia Wenisch_ has been Latin dancing since 1999, and she enjoys teaching these classes.
Move It or Lose It

Study Leader: Elsa Limbach

- 6 Classes: Jan. 12 – Feb. 16
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio, 5530 Penn Ave, East Liberty

- 6 Classes: Mar. 8 – Apr. 26*
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio, 5530 Penn Ave, East Liberty

*Note: Class will not meet on 3/15/2016, 3/22/2016

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.

Dance Fitness Gold

Study Leader: Maureen Gemeinhart

- 6 Classes: Mar. 10 – Apr. 14
- 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 in the fun and camaraderie. Work all muscle groups while dancing the merengue, cumbia, cha cha, Charleston, and lindy, among others. Engage your mind by learning a new exercise formula specially geared to your needs. Wear comfortable clothing and tennis shoes that allow for easy movement. Bring plenty of water, and come to 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.
Tamburitzan Kolo Dancing

Study Leader: George Schexnayder

• 6 Classes: Jan. 13 – Feb. 17  
  Class ID: 1182
• Wednesday, 10:00 AM - 11:30 AM
• Friends Meeting House,  
  4836 Ellsworth Ave, Oakland

• 6 Classes: Mar. 9 – Apr. 13  
  Class ID: 1295
• 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.

FINANCES

Learning to Manage Your Finances

Study Leader: Marcia Semper

• 5 Classes: Mar. 9 – Apr. 6  
  Class ID: 1288
• Wednesday, 12:15 PM - 1:45 PM
• Hunt, Osher Classroom

This course will provide a background for those who are faced with the responsibility to understand and manage their personal finances with no prior experience. Its objective is to develop the participant’s skill to make better financial decisions and to decrease the stress of their responsibilities. The wide range of topics covered includes income, expenses, investments, estate planning, taxes, and insurance.

Marcia Semper is a graduate of Carnegie Mellon University with a degree in math and of Case Western Reserve University with an M.B.A. degree in finance. She is retired from IBM, where, as a systems engineering and marketing manager, she led teams implementing information technology solutions to large companies’ needs. After retirement, she taught management, marketing, and finance courses as an adjunct instructor in the Penn State University (New Kensington) Department of Business. She is currently a professional organizer, helping clients manage their personal finances, including mail, bill paying, budget, debt, and taxes.
Financial Success in Retirement

Study Leader: Seth Dresbold, Marc Tannenbaum

- 4 Classes: Mar. 10 – Mar. 31
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

Whether you’ve already retired or are approaching that next step in life, there are numerous questions to be answered about your money in retirement. This course will examine the financial concerns that retirees and pre-retirees may experience. IRAs, 401(k)s, Social Security, pensions, income-planning techniques, and pitfalls all need to be properly understood in order to have the most successful and fulfilling retirement possible. It will offer the tools to better understand financial planning, estate planning, insurance planning, and the other fundamental financial-planning strategies that are imperative for retirement to be something to look forward to and not something to dread.

Seth Dresbold is a licensed financial advisor with Signature Financial Planning. He joined the firm in March of 2011 after graduating with his law degree and M.B.A. degree from the University of Pittsburgh. He is a licensed attorney in the State of Pennsylvania. He has both the Series 7 (General Securities Representative) and Series 66 (Uniform Combined State Law Exam) licenses and is a registered representative and investment advisor representative with NFP Securities, Inc. He is currently enrolled in the CFA (Certified Financial Planner) program. He is also a certified financial divorce specialist. He attended Pennsylvania State University for his undergraduate education and has a B.A. degree in political science.

Marc Tannenbaum is a principal and senior partner at Signature Financial Planning. He provides comprehensive planning advice to high net-worth individuals, small and mid-sized businesses, charitable foundations, and government institutions. He maintains the ChFC and the CLU designations, which are two of the most respected credentials in the industry for advanced financial planning. He has also completed the CFP certificate curriculum through the American College of Financial Services. He is currently enrolled in the AEP program through the Irwin Graduate School of the American College of Financial Services. He is a registered representative and investment advisor representative with NFP Securities, Inc., licensed in securities and insurance.

Improve Your Party Bridge Skills

Study Leader: John Olmsted

- 6 Classes: Jan. 15 – Feb. 19
- Friday, 10:15 AM - 11:45 AM
- Hunt, Osher Classroom

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. Students who have taken this course before are welcome to sign up for it again.

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 American Contract Bridge League 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.
LEARN BY DOING | Gardening

GARDENING

Special Gardens: Rock Gardens and Bog Gardens

Study Leader: Amanda Haney

- 2 Classes: Apr. 21 and Apr. 28  
  Class ID: 1222
- Thursday, 3:45 PM - 5:15 PM
- Wean Hall, 4707

The first rock gardens were created by nature. They exist in the Alpine areas of the world as well as along rocky coastlines. Man-made rock gardens are designed to mimic these gorgeous areas. Bogs, also created by nature, contain a myriad of interesting plants including orchids and carnivorous plants. They are easy and rewarding garden habitats. This class study leader will show photos of both rock and bog gardens, as well as offer explanations and suggestions on how to create your own rock or bog garden and select plants for containers.

Amanda Haney has birded for many years and is a longtime member of the Three Rivers Birding Club. As an amateur photographer, she has a large collection of bird photographs. She presents nature, gardening, and travel talks to groups including the JCC Senior Program, Wissahickon Nature Club, and Botanic Society of W. PA. She is a retired teacher with a Ph.D. in education and co-taught this course last year with Jack Solomon.

Bulbs, Corms, & Rhizomes For Long Season Interest

Study Leader: Susan Parker

- 5 Classes: Mar. 8 – Apr. 5  
  Class ID: 1328
- Tuesday, 10:30 AM - 12:00 PM
- Wean Hall, 4707

Do these plant types confuse you? The course will answer a variety of questions you may have about bulbs, corms, and rhizomes, including how best to overwinter tender bulbs; how bulbs, corms, and rhizomes differ; what bulbs bloom in fall; whether rhizomes, corms, minor bulbs, and major bulbs can be planted close together and why to do so; where to get unusual varieties of these plant types; how to carry over amaryllis bulbs to the next year; which bulb will benefit from the addition of gin to its growing medium; how to carry over your favorite tulips from year to year; whether deer and tulips can co-exist; whether any of these plant types are native to this country; and more.

Susan Parker was the executive director of the Pittsburgh Civic Garden Center from 1994 to 2000, where she initiated both the Landscape and Gardening Symposium in late winter 1996 and the Environmental Conference in the fall of that same year. She was also responsible for the creation of the Native Plant Certificate Program. These programs continue under the auspices of the Phipps Garden Center, where she has taught several courses, and/or the Penn State Allegheny County Master Gardener program. She has taught landscape design at the Community College of Allegheny County and ornamental horticulture in Chatham University’s landscape architecture and landscape studies programs. In 2003, following a year of study in Chatham’s Landscape Architecture program, she incorporated SHP Solutions, LLC, doing landscape design and both garden and environmental consulting. She specializes in the use of native plants and is a 19-year certified Master Gardener.
Sustainable Landscape-Design Solutions

Study Leader: Claire Schuchman

- 5 Classes: Mar. 8 – Apr. 5  
  Class ID: 1198
- Tuesday, 10:00 AM - 12:00 PM
- Hunt, Osher Classroom

This practical, hands-on course is for those interested in basic sustainable landscape design for their home or commercial property. Students will enjoy learning how to create garden habitats, choose the right plants for their spaces, and create design plans according to the mature sizes of new plants; how to cultivate healthy soil and how to create gardens that requires fundamentally lower maintenance than they may be accustomed to. Each class includes practical instruction and demonstrations along with a PowerPoint presentation including The Five Elements of Landscape Design, Ideal Plants for Western Pennsylvania, and How to Create Four Seasons of Color. Classes are presented in an interactive style, and individual questions are welcome. Supplies needed: A survey or diagram of your property, architect's rule, graph paper, pencil, eraser, compass, circle template, tracing paper, pictures of your home and landscape.

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.

Spring Forward: A Fresh Start for Your Garden

Study Leader: Patricia Cernicky

- 1 Class: Apr. 19  
  Class ID: 1287
- Tuesday, 2:45 PM - 4:15 PM
- Hunt, Osher Classroom

In this course, we will be look at fresh ideas to add color and texture to your flower garden. We will start by choosing the right plants for your space and then take into account the amount of light, available moisture, and quality of the soil needed for optimum growth. Annuals vs. perennials, blooming shrubs, and Phipps "plants of the year" will be discussed. We will also learn how to choose healthy nursery stock by reading tags and carefully examining plants. Deadheading techniques and common spring maintenance chores will also be covered. Helpful websites and catalogs, and favorite nurseries will be shared.

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

Study Leader: Veronique Schreurs

- 6 Classes: Mar. 11 – Apr. 29*  
- Class ID: 1311  
- Friday, 12:30 PM - 2:30 PM  
- Hunt, Osher Classroom  

*Note: Class will not meet on 3/25/2016, 4/22/2016

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 assumed.

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?

Study Leader: Viviana Altieri  
Materials Fee: $5*

- 5 Classes: Jan. 14 – Feb. 11  
- Class ID: 1199  
- 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 most 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 82.

Important

You must have received a course confirmation through the office to attend any Osher class.
We appreciate your cooperation.
MUSIC & DRAMA

Have You Ever Wanted To Act on Stage?

Study Leader: C.R. Thomas, Nancy Santangelo

• 6 Classes: Mar. 9 – Apr. 13  Class ID: 1293
• Wednesday, 1:00 PM - 3:00 PM
• Friends Meeting House, Ballroom

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, 13 6-9 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, Dr. Thomas received a Distinguished Faculty Award for Excellence in Teaching from the Commonwealth of Pennsylvania. Dr. Thomas holds a B.A. degree in American literature, an M.A. degree in English literature, and an Ed.D. degree in higher education administration from West Virginal University, and a B.S. degree in finance and an M.Ed. in special education (social and emotional maladjustment) from California University of Pennsylvania.

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

PSYCHOLOGY

MindFulChoice Thinking for Stress-Free Decision Making in All Aspects of Life

Study Leader: Gerald Meyer

• 6 Classes: Jan. 14 – Feb. 18  Class ID: 1254
• Thursday, 2:45 PM - 4:45 PM
• Wean Hall, 4708

This course teaches how to become acquainted with MindFulChoice Thinking - an innovative meta-cognitive transformative technique for long-lasting changes. MFC translates Positive Psychology into real-life practice and self-help discipline. MFC4LIFE teaches how to master a lower stress decision-making process. It will cover how different eras required diverse psychological interventions to address the societal mores of the time. We will explore what 21st century’s psychology entails to adjust to a fast-paced modern society. We will learn how to proactively master our personal challenges and optimally adapt to all life’s stages and crossroads that call for constant indispensable changes. At the end of the course students will have an awareness of how to put in practice decisive attitude and critical mind/body skills to gain clarity and resolve for regulating emotions. Students will have acquired the ability to choose optimal feelings and behaviors for successfully adjusting to life’s challenges.

Gerald Meyer, Ph.D., co-creator of MindFulChoice is a biopsychologist and former president & CEO of Carnegie Mellon Driver Training and Safety Institute. His research has focused on educational science and the process of change, predictive modeling in human performance, and safety decision-making under stress in all aspects of life.
LEARN BY DOING | Self-Improvement

SELF-IMPROVEMENT

The Art of Conversation: How to Talk to Anyone

Study Leader: Susan Morris

• 5 Classes: Mar. 7 – Apr. 4
• Monday, 2:45 PM - 4:45 PM
• 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.

Forget Texting and Tweeting . . . Can You Speak?

Study Leader: Jeff Tobe

• 5 Classes: Mar. 10 – Apr. 7
• Thursday, 5:00 PM - 6:30 PM
• Wean Hall, 4708

At any age and in any setting, we are often judged by our ability to present our ideas in a clear and understandable manner. Learn how to structure a presentation and engage people in a way that enables the achievement of your objectives and intended outcomes. This course will provide coaching on your presentation skills including breaking down content; utilizing effective openers and closers; preparing presentations; and interpreting body language including eye contact, gestures, voice control, etc. It will then culminate in a class speech contest for which you will be asked to prepare a three to five minute presentation on any topic of interest to you, and who knows, maybe you will be crowned the “2015 Osher Speech Contest Champion!”

Jeff Tobe, a certified speaking professional, was chosen by readers of Conventions & Meetings magazine as “One of the top 15 speakers in North America.” For 20+ years, he has been a keynote speaker in 16 countries on 4 continents and he has addressed audiences from 6 to 6,000. He is the author of the wildly popular book Coloring Outside the Lines, and his newest release, ANTICIPATE, is quickly becoming one of the hottest books on the business market today. When he is not speaking professionally, he coaches emerging speakers in the arena of presentation and platform skills.
Enough Already

Study Leader: Rosa Barnett Averbach

- 4 Classes: Mar. 9 – Mar. 30  
- Class ID: 1204
- Wednesday, 2:15 PM - 3:45 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.

Rosa Barnett Averbach earned a bachelor of science degree from Penn State University and master 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.

Stress and Your Health

Study Leader: Mary Duquin

- 5 Classes: Jan. 13 – Feb. 10  
- Class ID: 1235
- Wednesday, 10:00 AM - 11:30 AM
- Wean Hall, 4707

In this course, we will learn about the physical, emotional, and behavioral effects of stress in our lives. We will examine recent research on stress in relation to health and disease and learn under what conditions stress is actually good for us and when it is harmful. Discussions will center on risk factors, environmental triggers, conflict resolution, mindfulness, healthy and unhealthy means of coping with stress, and learning strategies for long-term stress reduction as we age. In class we will explore various ways to avoid stress and practice skills that will help manage the stress we cannot avoid. This will be an interactive class with many enjoyable stress-management activities including stretching, visualization, yoga, music, humor, journaling, meditation, massage, breathing techniques, and progressive muscle relaxation.

Mary Duquin received her Ph.D. degree in education at Stanford University 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. She has also taught the psychology, sociology, and philosophy of sport, health, and physical activity. She maintains a private massage practice in Swissvale.
Alexander Technique: A Process For Moving with Grace and Ease

Study Leader: Janet Seltman

- 6 Classes: Mar. 10 – Apr. 14
- Thursday, 1:00 PM - 2:30 PM
- Wilkins Community Center, 7604 Charleston Ave, Swissvale

How we think about our bodies and how we use them make a difference in how we feel. In this class, we will experiment with making simple changes in our thinking and moving that can result in easier, more fluid coordination. We will explore Alexander’s principles and process through simple movements and everyday activities, and hands-on direction from the teacher. F.M. Alexander invented his body re-education technique at the turn of the 20th century in response to his own physical needs. This class is experiential; please wear comfortable clothing. No previous experience necessary.

Janet Seltman is a Registered Somatic Movement Therapist. She is trained as an Alexander Technique teacher, Unity in Motion teacher, and flower essence practitioner. She has been in private practice in Pittsburgh for over 30 years.

Introduction to Photoshop

Study Leader: Charles Glassmire

- 6 Classes: Mar. 10 – Apr. 14
- Thursday, 1:00 PM - 2:30 PM
- Computer Cluster TBA

This course provides a fundamental introduction to Photoshop tools and techniques designed for the beginning user and are oriented to the needs of the digital photographer for editing photographs. Hands-on exercises will introduce digital photo manipulations such as cropping, scaling, contrast adjustment, tonal range, using the Histogram, adjusting color, saturation, simple retouching, sharpening, and filtering. Knowledge of Windows, especially file-handling techniques will be needed. (The course will not discuss any other software).

Please note: A computer account is required which involves providing a birth date and email address. Due to security procedures, participants may be required to make an appointment with the CMU Help Desk to complete the account setup.

Charles Glassmire, digital artist, filmmaker, and former nuclear engineer, has taught filmmaking and cinema arts at four colleges and universities. His 16mm films have been screened nationally and purchased by major museums. He wrote the original proposal for Pittsburgh Filmmakers, now an internationally recognized media arts center, and taught filmmaking, film history, and film editing there. He established the Digital Arts Program at the University of Pittsburgh in the Studio Arts Department, trained faculty in use of digital 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.

Computer Classes

A CMU computer account (Andrew User Id) is required for courses that utilize CMU computers. About two weeks prior to the first class the CMU Help Center will send you, via email, instructions to establish this account. By signing up for this course you are agreeing to follow the university set-up procedures. Failure to do so in a timely fashion will prevent you from taking the course.

Courses requiring Andrew User Ids are indicated with this symbol: 🔄
Travel seems to be on the top of everyone’s to-do list for all age groups, not just retirees. It is part of our psychology, curiosity, and evolution. So why does USA Today consider it one of the worst reasons to rush to retirement? Because it’s expensive, frustrating, and can cause mental anguish, not to mention its rate of dramatic accidents and mortality statistics that seem to appear regularly in the news. What is one to do to satisfy this wanderlust gene? Well, once again, Osher’s got you covered. We’ve scoured our database and found a few brave souls who ventured abroad, managed to make it back in one piece, and are willing to share their experiences. Each class will consist of a speaker who will share a journey with you in pictures and first-hand knowledge of what went right, or extremely wrong, on their trip. So, whether you’ve been contemplating where you may want to go next, or are just interested in basking in the experiences and gaffes of your fellow (wo)man, join us as we take you to some distant places. This is a continuation of previous classes, with new speakers and adventures.

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

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 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 every person’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.
Eating: A Weighty Subject

Study Leader: Rosa Barnett Averbach

- 4 Classes: Jan. 13 – Feb. 3
- 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.

Bio: See Rosa Barnett Averbach, pg.35

Writing for Fun And Exercising Your Brain

Study Leader: Ruth Drescher

- 5 Classes: Mar. 10 – Apr. 7
- Thursday, 10:30 AM - 12:00 PM
- Hunt, Osher Classroom

For more than ten years, participants in this writing course have focused on having a good time while freeing up their imaginations, exercising their brains, and squeezing out those creative juices. If you are a serious writer, this will skew your perspective a little, and if you aren't all that serious, maybe you will learn to love writing and become serious (but it's OK not to be too serious). Join Ruth Drescher in this adventure with words, images, and ideas. She welcomes “Write Now” veterans, as well as new participants ready to have a good time. Returning students 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.

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.
The Writing Circle: Write Now!
Study Leader: Mimi Botkin

- 6 Classes: Mar. 11 – Apr. 29*  
  Class ID: 1212
- Friday, 2:45 PM - 4:45 PM
- Hunt, Osher Classroom
  *Note: Class will not meet on 3/25/2016, 4/22/2016

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

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

Writers’ Workshop
Study Leader: Jean Peterson

- 6 Classes: Jan. 13 – Feb. 17  
  Class ID: 1239
- 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.

Know How to Write, Know How to Think
Study Leader: Leslie J. Miller

- 4 Classes: Mar. 8 – Mar. 29  
  Class ID: 1259
- Tuesday, 2:45 PM - 4:15 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. You’ll learn 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 new-found 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.
ANTHROPOLOGY/ARCHAEOLOGY

From Salisbury Plain
To the Giza Plateau:
A Fresh Look at Some Old Stones

Study Leader: Gerst Gibbon

• 5 Classes: Mar. 18 – Apr. 29*  
  Class ID: 1197
• Friday, 10:30 AM - 12:00 PM
• Wean Hall, 4707

*Note: Class will not meet on 3/25/2016, 4/22/2016

Modern archaeology 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, and thirteen hundred years further on the Duomo at Florence was completed. Recent studies have revealed how the dome was constructed.

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.

ARCHITECTURE

New Architectural Trends:
All the Animals

Study Leader: Eric Fisher

• 2 Classes: Feb. 23 and Mar. 1  
  Class ID: 1275
• Tuesday, 1:00 PM - 2:30 PM
• Wean Hall, 4708

Architecture has changed so much since the beginning of this century. In particular, developments in art theory, improvements in computer technology, and an increasing interest in environmental efficiency have changed the way progressive architects design. No longer are homes like patients in a hospital, hooked up to wires and tubes for nourishment and air. Today, those wires and tubes can finally be unhooked. At one time, an architect was constrained to two dimensions as he drew. Now, thanks to computer programs like Rhino and Grasshopper, our vision has expanded vastly. It used to be that architecture began and ended with form. Now form is something we end with as the final articulation of a deeper logic. In the first class, we will explore new architectural trends with examples drawn primarily from Eric Fisher’s portfolio. The second class will include a tour of his award winning Shadyside studio along with a special presentation.

Please note: 2nd class at 928 S. Aiken Avenue

Eric Fisher, AIA, LEED AP, is a Harvard educated Pittsburgh native who has returned home to his hometown, to put to use the experience he gained working for renowned architects around the world. Fisher assisted with the design of the Getty Museum for Richard Meier and Partners and has worked for Frederick Fisher and Partners and Pugh and Scarpa in Los Angeles. Now he runs Fisher ARCHitecture, an innovative green Pittsburgh architecture and design firm. Fisher ARCHitecture creates “experiential” buildings that are sustainable and affordable. Since starting his firm in 2004, he has taught at CMU and has designed homes, businesses, restaurants, churches, museums, parks, community centers, furniture, and even bridges in Western Pennsylvania.
Astronomy

**Astrophysics and The Evolution of the Universe**

*Study Leader: Leonard Kisslinger*

- 5 Classes: Jan. 11 – Feb. 15*  
- Monday, 12:30 PM - 2:30 PM  
- Wean Hall, 4707  
*Note: Class will not meet on Jan. 18*

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.

Life Science

**Death Investigations**

*Study Leader: Ronald B. Freeman*

- 6 Classes: Jan. 13 – Feb. 17  
- Wednesday, 2:45 PM - 4:45 PM  
- Wean Hall, 4708

This course will examine basic and advanced investigative techniques used by police in death investigations. The vital role of collaborating agencies and the significance of physical and psychological evidence in resolving cases will also be discussed. Participants will learn about many facets of police work which are not shown on TV or in the news. Real case examples will be presented to help participants understand how police resolve murder cases.

Ronald B. Freeman served as a Pittsburgh police officer for nearly 40 years. He was a homicide detective for over 19 years and was commander in charge of the homicide unit for 14 years. He enjoys sharing details of the many interesting cases he has investigated over the years.
Chemistry for Non-Chemists: A Tour of the Periodic Table

Study Leader: John Olmsted

- 6 Classes: Jan. 11 – Feb. 22*  
- Monday, 3:00 PM - 4:30 PM  
- Wean Hall, 4707  
*Note: Class will not meet on Jan. 18  

Our world is composed entirely of the chemical elements combined with one another in various ways. Have you ever wondered why life is based on the element carbon, or why oxygen is life-giving? Would you like to know why gold occurs as a pure element, iron must be smelted to obtain it from its ores, and aluminum was a very precious metal before Charles Hall (who founded Alcoa) found a way to refine it using electricity? This course will provide answers to questions like these about the chemical elements. No prior knowledge of chemistry is required, and there won’t be any mathematical equations. We will start with a description of the periodic table of the elements and its underlying principles, then proceed to explore metals (including gold, iron, aluminum), non-metals (such as nitrogen and phosphorus), the chemistry of life (including proteins and DNA) and of fuels (from glucose to gasoline), and the "artificial" elements (trans-uranium and radioactive isotopes). The detailed coverage will be adapted to the particular interests of the participants.

John Olmsted has a B.S. degree in chemistry from Carnegie Tech and a Ph.D. in physical chemistry from UC Berkeley. He is a retired professor of chemistry who taught introductory university chemistry for his entire professional career. He is co-author of a general chemistry textbook that is currently in its fifth edition and has been converted into an e-book to accompany a web-based course management system.

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National Aviary Veterinary Hospital Lecture and Tour

Study Leader: Pilar Fish  
Materials Fee: $30*

- 1 Class: Mar. 2  
- Wednesday, 10:00 AM - 12:00 PM  
- National Aviary, Entrance, 700 Arch St, North Side  

The National Aviary offers a great lecture and tour that centers on the Veterinary Hospital and its tiny patients! As part of the lecture, our trained staff will introduce you to some of our special "patients" and describe their customized care and treatment. A private tour of our veterinary hospital comes next. Dr. Pilar Fish, our veterinarian, will introduce you to resident patients and their customized environments!! Learn about the intricate procedures and wound-care techniques — many invented by Dr. Fish herself — that are used to treat and save the lives of these tiny patients. Learn how we perform testing and treat these bird patients, large and small. Finish your tour by enjoying our interactivities that are part of our daily schedule.

Pilar Fish graduated from the University of Florida's College of Veterinary Medicine in 1994. After graduation, Dr. Fish trained five more years to specialize in zoo medicine and completed internship and residency programs at the University of Prince Edward Island, Kansas State University, Oklahoma State University, and the Oklahoma City Zoo. After that, Dr. Fish opened the first all-exotic-pet hospital in the midwest as a referral hospital for exotic pets and wildlife centers. She has conducted several research studies, including working in Zimbabwe, Kenya, Mexico, and Costa Rica. Dr. Fish has published many scientific papers and given lectures throughout the U.S. She relocated to Pittsburgh eight years ago to join the National Aviary as the director of veterinary medicine with the goal of creating a state-of-the-art bird hospital and advancing the care of birds worldwide.

*Materials fees are not refundable; information on page 82.
Birds of the National Aviary

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

- 3 Classes: Mar. 9 – Mar. 23  Class ID: 1248
- 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. This three-session course takes you through the exhibits and behind the scenes discovering and enjoying the birds in our collection. In "Bald Eagles — A Conservation Success Story," you’ll explore our newest eagle exhibits, meet dynamic birds of prey, and learn more about the return of the bald eagle to Pittsburgh. In "All About Birds," you’ll explore the global diversity and beauty of birds through special guided tours of our free-flight immersive exhibits and up-close live bird encounters. And during "Avian Training," you’ll go behind the scenes to discover our animal enrichment program and directly participate in bird training activities. All sessions will be held at the National Aviary, with the price of admission and show tickets included in the course materials fee.

Patricia O’Neill, director of education, and her team of credentialed professionals administer this program. She holds a B.S. degree 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, she 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 82.

The Human Side of Medicine

Study Leader: Joel H. Merenstein

- 6 Classes: Mar. 10 – Apr. 14  Class ID: 1281
- Thursday, 10:30 AM - 12:00 PM
- Wean Hall, 4707

This course will discuss a group of selected writings by doctors and patients. Although there may be some discussion of the quality, style, or organization of these true stories, the major focus of the class will be for participants to discuss the content of the articles and reflect on the ideas or feelings presented. The goal is to increase awareness and understanding of the human side of medicine and not to provide any specific answers regarding medical problems or health care. Each session will start with a specific focus: 1) On Being a Patient; 2) On Becoming a Doctor; 3) On Being a Doctor; 4) Mistakes, Errors, and Malpractice; 5) Chronic Illness and Aging; and 6) Death and Dying.

Joel H. Merenstein was a family physician practicing in the same community for 42 years. Dr. Merenstein taught nurse practitioners, medical students, residents, and fellows for nearly the same amount of time. He recently retired as director of the Faculty Development Fellowship in the Department of Family Medicine at the University of Pittsburgh School of Medicine. Dr. Merenstein has had a longstanding interest in the human side of medicine and in literature in medicine, and has taught and developed courses in both of these areas. He has also published stories of his own experiences in practice, emphasizing the patient-doctor relationship.
Genetics in the News
Study Leader: Anna Estop

- 6 Classes: Jan. 14 – Feb. 18
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

The increase in information on human genetics, genetic technologies, and genetic disease in the media has exploded. New knowledge has emerged and newer technologies are quickly applied in day-to-day clinical testing and in direct-to-consumer testing. In this course, we will briefly review the workings of our genome and what they mean. We will also discuss the ramifications of the human genome project, direct-to-consumer testing, non-invasive prenatal testing, embryo editing, the genetics of Alzheimer’s disease, and ethical considerations and societal impact of genetic testing. This course is geared for those not necessarily familiar with biology or genetics.

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.

Sleep—Yesterday, Today, Tomorrow
Study Leader: Patricia Tragesser, Rebecca Rohosky

- 4 Classes: Jan. 12 – Feb. 2
- Tuesday, 11:45 AM - 12:45 PM
- Wean Hall, 4707

Normal sleep changes with age. This class will cover sleep physiology, normal sleep, and sleep disorders and their impact on our daily functioning. Course content will also include information about the treatment of sleep apnea, testing for sleep disorders, and the effect shift work has on our sleep.

Patricia A. Tragesser has worked in the area of sleep medicine for 18 years. She runs the sleep lab at U.P.M.C. Mercy Hospital and is co-founder of Greater Pittsburgh Sleep Professionals. She has conducted workshops on sleep and mask fitting for technicians.

Rebecca Rohosky is a registered polysomnography technician. She has an M.A. degree. She has 21 years of experience in sleep medicine. She is co-founder of Greater Pittsburgh Sleep Professionals as well as manager of several sleep labs in the area.

Regenerative Medicine
Study Leader: Bryan Brown

- 1 Class: Mar. 1
- Tuesday, 3:00 PM - 4:30 PM
- McGowan Institute for Regenerative Medicine, 450 Technology Dr, Suite 300, South Side

Regenerative medicine provides the potential to repair or replace diseased or damaged tissues and organs vs. 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.
Matters of the Heart:
Heart Diseases And
The People Who Conquered Them

Study Leader: David Lerberg

• 4 Classes: Jan. 25 – Feb. 15  
  Class ID: 1265
• Monday, 10:30 AM - 12:00 PM
• Wean Hall, 4707

This course will center on different types of heart disease and milestones in their treatments with an emphasis on the history of surgical treatment. We will start with congenital heart disease after setting the stage with a description of normal heart anatomy and surgical treatment. There will be an in-depth look at a few of the first congenital heart problems to be treated surgically. Emphasis will be given not only to malformations but to the individuals who investigated and addressed them. We also will discuss personal lives of these individuals who pioneered the "Blue Baby" operation, including the story of Helen Taussig, a most remarkable woman.

David Lerberg, MD, is a retired cardiovascular surgeon. He has a B.A. degree in chemistry and zoology from Concordia College (1965), received his medical degree from Johns Hopkins School of Medicine (1969), and finished his residency in thoracic and cardiovascular surgery at the University of Pittsburgh (1976). After five years as an assistant professor of surgery at UPMC, he continued his next 25 years of surgery in private practice and finally as chief of cardiovascular surgery at West Penn Hospital (1999-2006). During that time WPH was recognized twice as a TOP 100 Solucient hospital in cardiac surgery. Special interests include the history of surgery and congenital heart disease. He has also served in administrative positions as chief medical officer at WPH and spent three years dealing with information technology and the electronic medical record as medical director for Hospital Applications for the Allegheny Health Network.

TECHNOLOGY

New Engineering Technologies at CMU

Study Leader: CMU College of Engineering

• 3 Classes: Feb. 11 – Feb. 25  
  Class ID: 1289
• Thursday, 10:00 AM - 11:30 AM
• Wean Hall, 4707

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. The College of Engineering’s mission is to produce creative and technically strong engineers and to research pioneering solutions to global challenges. We do this with an unprecedented commitment to integrating across engineering, sciences, arts, business, and other disciplines to yield transformative results. The College of Engineering has a wealth of research projects, working collaboratively across departments and colleges and with partners in academia, industry, and government. 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.
ARCHAEOLOGY

Learning from the Past
And Building the Future at CMU

Study Leader: Bob Reppe

- 2 Classes: Mar. 10 and Mar. 17
- Thursday, 2:45 PM - 4:45 PM
- Wean Hall, 4708

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 1 will be an in-depth exploration of the master plans and architecture of the last century that have created the current CMU campus. Part 2 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 managed Development/Urban Design and Historic Preservation project review. 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.

CONTEMPORARY TOPICS/SOCIOLOGY

Behind the Headlines
At The Post-Gazette

Study Leader: Barbara Bogucki

- 5 Classes: Mar. 8 – Apr. 5
- Tuesday, 1:00 PM - 2:30 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.

Barbara Bogucki, administrative assistant to the president of the Pittsburgh Post Gazette, handles the Post-Gazette Speaker's Bureau and will be coordinating the speakers for this course.
Enjoying *The New Yorker*

*Study Leader:* Julian Eligator

- 6 Classes: Mar. 8 – Apr. 12  
- Tuesday, 1:00 PM - 2:30 PM  
- Friends Meeting House,  
  4836 Ellsworth Ave, Oakland

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 (or cartoons), the cover art, or one or more critiques, whatever inspires members’ interests. Each week, several people will be responsible to lead part of the discussion.

Julian Eligator, retired as a physician and with more time for reading, decided to become a study leader in this course offering. A member of Osher (formerly A.L.L.) for many years, he is a past president.

Family 101

*Study Leader:* James Smith

- 4 Classes: Jan. 12 – Feb. 2  
- Tuesday, 1:00 PM - 2:30 PM  
- Wean Hall, 4707

We all grow up in a family. Many of us start our own. Some would say that family is the single most important influence on how any of us turn out. This course will consider some principles that may operate in all families. Knowing them may help participants better understand how their families have helped to shape them and how, in turn, they have helped to shape their families. Toward the end, participants will be asked to talk about their own families.

Jim Smith is a founder and current director of the Western Pennsylvania Family Center in Pittsburgh, an organization that has provided training in family systems theory since 1985. He has consulted with families in a variety of public and private institutions and in private practice for more than 35 years. He is the son of a father who was an only child and a mother who was the older of two sisters, and is the younger of two brothers. His wife of 44 years, a twin, is the younger sister of two brothers and the older sister of two sisters and a brother. He is the father of two and the grandfather of four.

Continuing this Winter/Spring . . .

**Osher Dining Club**

Osher Dining Club will be held monthly through April or May and will continue to utilize Schatz Dining Room on the second floor of the Jared L. Cohon University Center and, at some point, may begin to alternate that with a fine dining option in the Oakland neighborhood.

Watch for dates & venues in the Weekly Essentials (WE) every Friday or visit our website. These events are open to all Osher members (may bring a guest), and seating may be limited. Please go to our website to make reservations when firm dates are announced.

*Bon Appétit!*
Modern information and communication technologies from the telegraph and telephone to radio, television, and the Internet have all raised hopes and anxieties about their effects on our personal lives and relationships. Whether for the good or the bad, the changes have been profound. The eclipse of time and distance make it possible now to maintain daily communications with family and work associates across the globe. At the same time, pictures of friends and intimates sitting together while absorbed separately in their smartphones have become a cultural icon. Have the technologies freed us or tethered us? How have these technologies affected us, our families, and our communities? We will review a growing body of writing, research, and evidence bearing on these questions and discuss our own experiences.

Richard Wilson is a retired Internet software executive and sociologist. He received a B.A. degree in sociology from Stanford University and M.Phil. and Ph.D. degrees in sociology from Yale University. After teaching at the University of Pittsburgh, he helped to establish the operations research department at US Airways and later led software development efforts there with Sabre and Oracle. He served as president and CEO of CombineNet, a Pittsburgh-based Internet software company until its acquisition in 2013. His 40-year professional career has been closely tied to the development of the Internet and its uses in business and other fields.

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 the 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.

Course changes

Often class times and locations will change after the catalog is printed. Please check our website, www.cmu.edu/osh, for the most up-to-date information. Click on "Member Sign in" and then "Courses."
Emerging Educational Technologies

Study Leader: Norton L. Gusky

- 6 Classes: Jan. 15 – Feb. 19
- Friday, 10:30 AM - 12:00 PM
- Wean Hall, 4708

Do you want to learn about new and emerging trends in education? What is flipped learning? Why should students learn to code? Here’s your chance to learn about these and other emerging trends in education by watching and discussing videos created for TED (technology, entertainment, and design) Talks. You’ll watch a video ahead of time (flipped learning) and then use an online tool developed by CMU, classroom salon, to annotate the video with comments and questions. In class, often with guest speakers, you’ll discuss key issues and questions about the trends.

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 twenty 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.

Crime Prevention, Active Shooter Response, And Myths of Police Shootings

Study Leader: Carla Gedman

- 2 Classes: Feb. 23 and Mar. 1
- Tuesday, 1:00 PM - 2:00 PM
- Wean Hall, 4708

This course will review the elements of a crime and offer common sense tips to reduce the likelihood of victimization. This will include personal security tips with recommendations for your home, apartment, and car. Active shooter response will explore homeland security’s program: run/hide/fight. An active shooter event can take place in all environments without warning. This class will review basic safety response. Myths of police shootings will review two Supreme Court cases central to officer’s use of force (Graham v. Connor; Tennessee v. Garner). The second class will cover police perspective explained along with the “continuum of force” that officers follow. Media portrayals of police shootings have not educated the public but have contributed to community suspicion and distrust.

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.
The Influence of Cars on Our Lives, Culture, and Economy

Study Leader: Melvin Gornic

• 4 Classes: Mar. 10 – Mar. 31
• Thursday, 10:30 AM - 12:00 PM
• Wean Hall, 4708

In this course, we will discuss how cars have influenced our lives. For instance, they made it necessary for us to build freeways and to develop outlying suburban communities. We will explore changes regarding cars over time, from people having no cars to the present situation where there is about one car for every two people in our country. Alternatives to having a personal car will be discussed along with different types of vehicles including electric cars, autonomous cars, and three-wheel vehicles. We will also compare their cost and energy efficiency with other modes of transportation. In addition, we will think about the level of importance cars will have for us in the future and examine other forms of transportation including technology that we may not be aware of presently.

Mel Gornic holds a bachelor of business administration degree from Point Park University. He retired from the Internal Revenue Service after working there for 30 years. He continued for a number of years after retirement as a private tax practitioner recognized by IRS as an enrolled agent. He has now scaled back his tax service but stays current on tax matters with continuing education activities.

In Their Own Words: Exploring Family Differences

Study Leader: Carla Weidman

• 6 Classes: Jan. 14 – Feb. 18
• Thursday, 12:30 PM - 2:00 PM
• Wean Hall, 4707

During this class, we will read memoirs and novels written about families coping with unique sets of challenges (e.g., autism, Down Syndrome, alcoholism, child abuse and mental health). Since the authors include children and parents, this set of literature allows opportunities to examine family interactions from both perspectives. In addition, the stories encourage the reader to examine the resilience of individuals and families in light of sometimes daunting obstacles. Some background about each particular issue will be provided at the beginning of class; however, discussion of ways in which the books enhance our understanding of families and individuals coping with mental health and developmental challenges will be the focus during class meetings.

Carla Weidman, Ph.D., retired as a child psychologist from Children's Hospital where she specialized in developmental evaluations. Prior to her time at Children's, she worked as a psychologist in the departments of psychiatry at Western Psychiatric Institute and Clinic and Allegheny General Hospital. Following a bachelor’s degree in English, she earned a master’s degree in social work from the University of Chicago and a Ph.D. degree in educational psychology from the University of Minnesota. She has always been interested in ways that we can enrich our understanding of psychology through literature and has incorporated this approach in several university courses she taught.
CULTURAL

Survey of Persian/Iranian Culture, Art History and Traditions

Study Leader: Soude Dadras

- 4 Classes: Jan. 15 – Feb. 5
- Friday, 12:30 PM - 2:30 PM
- Wean Hall, 4708

Explore Iran’s rich culture, art history, and traditions with Soude Dadras, visiting scholar in the Department of History of Art and Architecture at the University of Pittsburgh. Each session will focus on a variety of art forms deeply rooted in Persian history—ceremonies, clothing, carpets, ceramics, architecture, calligraphy, and painting. Discover the origins of these artistic practices; the meanings of commonly found motifs and symbols; the similarities and differences among types and styles; the materials and techniques unique to each practice; and their cultural significance for contemporary Iranian artisans and art enthusiasts from around the world.

Soude Dadras, a visiting Iranian art history scholar, specializes in the history of Iranian hand-weaving including Persian carpets of which she is a practitioner. Her ongoing research includes Persian carpet, Ancient Iranian art, and gender. She was resident carpet expert at The Iranian Carpet Museum in Tehran, Iran. She has lectured extensively on the history of Iranian art at international locations including Carnegie Museum of Art in Pittsburgh, and the Kyoto City International Foundation in Kyoto, Japan.

HISTORY

History of Israel: Zionist Profiles And Current Events

Study Leader: Ivan C. Frank

- 5 Classes: Jan. 14 – Feb. 11
- Thursday, 10:30 AM - 12:00 PM
- Wean Hall, 4708

This course will delve into the nature of Zionism from the mid-1880s and concentrate on the first three waves of immigration from 1880-1930. The class will then survey subsequent eras: first the 1930s rise of Nazism and the Zionist defenses and clashes with Arab nationalists, and then the period from 1948 until today, and the Jewish Diaspora. The class will also reexamine the Zionist dream. Participants, as early as the first day, will define what Zionism means to them and develop, by the last day, their own interpretation of what happened to the original dream: What is the reality? The course will also delve into the current political situation that has been affected by modern Zionist history.

Please note: The required text for the course will be Dr. Frank’s newest book, The Origins of Democratic Socialism in Israel: Foundations and Leaderships. The reduced cost is $14.00 paid to the instructor. The instructor will have the book available on the first day of class, along with numerous relevant handouts.

Ivan C. Frank has written six books, of which four are related to Israel. His last book is in many gift shops, the Pitt Bookstore, and on major reading lists. He has a Ph.D. degree in international development education (1980) and a M.A. degree in history (1974). He has taught in high schools and universities in Israel and in the U.S.A. He lived in Israel for 11 years. He has taught in the Osher programs at Pitt and CMU since 2005.
Women’s Life in the Early 1900s

**Study Leader: Phyllis Kitzerow**

- 3 Classes: Jan. 14 – Jan. 28  
  Class ID: 1260  
  • Thursday, 10:00 AM - 11:30 AM  
  • Wean Hall, 4707

Women’s lives had begun to change in the late 1800s but many things remained the same as far as the duties expected of them. We get a picture of these duties in a video made in 1999 called *The 1900 House*. The conditions this video portrays were set up as a “living experiment” for a family to live for three months in a 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. For three months, the family lived in this 1900 house with gas lighting, coal fires, candlelight, carbolic soaps and an outside privy. Their outside activities were restricted to what would have been available in 1900. Differences in gender roles were clear. The role of 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.

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The War of 1812: America’s Second War for Independence

**Study Leader: Edward Hale**

- 5 Classes: Mar. 7 – Apr. 4  
  Class ID: 1282  
  • Monday, 10:30 AM - 12:00 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 in this five-week course as we celebrate the 200th 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.
Nuts and Bolts (Plus a Few Loose Screws) of Sports

*Study Leader: Gerald Frankovich*

- 3 Classes: Feb. 10 – Feb. 24
- Wednesday, 10:00 AM - 11:30 AM
- Wean Hall, 4708

The legendary sports writer, Grantland Rice, once penned the immortal line "It's not whether you win or lose, it's how you play the game." Assuredly, he was referring to sportsmanship on the field of athletic competition. Revisiting his words, some might parse a bit and further wonder "...well, just how do you play the game...?" This class will delve into the world of sports and attempt to take some of the "mystery" out of games of baseball, football, basketball, ice hockey, soccer, and lacrosse. We'll explore these game’s origins, developments, rules, fields-of-play, and hopefully answer any nagging questions the attendees might have. The bonafide sports fanatic is welcomed and might learn something interesting, and the grandparent/special person who attends the youngster's games might discover the reasons certain "things" are done during games. The class will have a low-intensity, easy-paced attempt to explain "how the games are played."

**Gerald "Gerry" Frankovich** is a native Pittsburgher, whose love of sports led him to become 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 seniors 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.

Women in the American Civil War

*Study Leader: Joan Gundersen*

- 5 Classes: Mar. 8 – Apr. 5
- Tuesday, 3:00 PM - 4:30 PM
- Wean Hall, 4708

How did women participate in the American Civil War? How did the war reshape the lives of women both in war zones and on the home front? This course will look at the ways that women were active participants in the war effort; the opportunities that opened for some women during the war; and the ways that women’s lives were challenged, disrupted, and reshaped by the war. The course will explore how race, class, and religion affected the way women experienced this game-changing event in American history.

**Joan Gundersen** is a professor emeritus of history at California State University San Marcos. Author of seven history books and numerous scholarly articles, she taught women’s history for more than 30 years at a variety of institutions, including Vanderbilt University, St. Olaf College, CSU San Marcos, and Elon University. She came to Pittsburgh in 2000 as a senior administrator for Chatham University. She currently works for the Episcopal Diocese of Pittsburgh as archivist and has been a visiting scholar in women’s studies at the University of Pittsburgh.
Jews, Pittsburgh, and History In The First Half of the 20th Century

Study Leader: Barbara Burstin

• 5 Classes: Jan. 13 – Feb. 17*  
• Wednesday, 2:45 PM - 4:15 PM  
• Wean Hall, 4707

*Note: Class will not meet on Feb. 10

What was life like for Pittsburgh Jews in the earlier decades of the past century? What challenges did they face? What was going on in Pittsburgh and how did the Jews interface with the greater community? What events overseas and in America affected the rhythm of life? Who were some of the personalities who were in the news? There is so much history and so little time! The course will be divided into sessions tentatively entitled: Dawn of a New Century; Crusades, Corruption, and Characters; The 1920s — the Good, Bad, and Ugly; Depression and War Clouds; The 1940s: From War to War and in Between.

Barbara Burstin, Ph.D., is on the faculty of both Carnegie Mellon University and the University of Pittsburgh, where she teaches courses on the Holocaust and the American Jewish experience. She has produced a film on the history of Jews in Pittsburgh entitled "A Jewish Legacy: Pittsburgh," and she has completed a book on the history of Pittsburgh and its Jews from 1840 to 1915. Currently, she is completing a sequel to Steel City Jews tentatively titled Steel City Jews in Prosperity, Depression, and War. She has taught and lectured in many different venues and has been an active volunteer in the community.

Sailing on the U.S. Brig Niagara: 1813 and Today

Study Leader: Edward Hale

• 1 Class: Mar. 1  
• Tuesday, 10:00 AM - 11:30 AM  
• Wean Hall, 4707

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.

Bio: See Edd Hale, pg.52

The Great Castle Shannon Bank Robbery of 1917

Study Leader: Edward Hale

• 1 Class: Mar. 3  
• Thursday, 10:00 AM - 11:30 AM  
• Wean Hall, 4707

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.

Bio: See Edd Hale, pg.52
**Vintage Fashions 1920-1950**

*Study Leader: Patricia Peer*

- 5 Classes: Mar. 11 – Apr. 15*  
- Friday, 3:00 PM - 5:00 PM  
- Wilkins Community Center, 7604 Charleston Ave, Swissvale  

*Note: Class will not meet on Mar. 25*

This course will discuss and show examples of clothing popular from the 1920s through the 1950s. In the 20s, men finally got to see our legs and women were referred to as “flappers” because they flapped around when they danced. Hemlines went up, and sleeves and waistlines disappeared. While just five years earlier, women were still laced up in corsets and floor-length dresses, the 20s saw women as liberated and emancipated. The 1930s were a transitional time where clothing became more structured again, and the budding movie industry played an important role in the fashion of the decade. In the 1940s, clothing became more severe with the broad shoulder pads, tailored suits, furs, pencil skirts, hats, gloves, purses, and heels. The Joan Crawford/Bette Davis look was in and clothing also had a strong military influence. The 1950s ushered in the Doris Day/Loretta Young dresses, very full skirts, a lot of crinoline, and the poodle skirt.

**Patti Peer** has been collecting vintage clothing for about 50 years, but only started presenting vintage clothes in 2005. Her position as a sales representative/account executive was eliminated when she was 60. She decided to reinvent herself, have some fun, and explore other avenues. She has since presented over 600 shows for libraries, museums, tea shops, country club events, garden clubs, corporate events, fund raisers, personal care homes, ladies church teas, bridal and baby showers. She has a basement filled with vintage clothing, wedding gowns, furs, hats, gloves, purses, shows, etc., 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.

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**The Origins of the United States — To the Second Revolution**

*Study Leader: Arthur Goldberg*

- 6 Classes: Jan. 12 – Feb. 16  
- Class ID: 1237  
- Tuesday, 3:45 PM - 4:45 PM  
- Wean Hall, 4707

Margaret Thatcher said that European countries were created by geography or force of arms but that America was created based on ideals. But where did they come from? And what turn of circumstance allowed it to happen? We will explore the formative period starting in the 11th century and touch on events that might have come out differently, and had they done so, would have put us on another path with a very different result. And how were our institutions of government and politics created, and how did the Constitution come about? And what was the Second Revolution?

**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 Weak New Nation to Industrial Might And Imperial Power

*Study Leader:* Arthur Goldberg

- 6 Classes: Mar. 8 – Apr. 12  
- Tuesday, 3:45 PM - 4:45 PM  
- Wean Hall, 4707

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.

*Bio:* See [Arthur Goldberg](#), pg.54

White Indians on The Western Pennsylvania Frontier

*Study Leader:* Roland Vendeland

- 1 Class: Mar. 3  
- Thursday, 12:30 PM - 2:30 PM  
- Wean Hall, 4708

Join historical researcher, published author, and professional storyteller Roland Vendeland to discover the fates of white settlers forced to live among Native Americans. War and disease depleted populations among 18th-century Native Americans who captured frontier white settlers to "adopt" into their families and tribes. Listen to these authentic stories: two white women killing their captors to escape; a barefoot escape into "Fox Chapel;" a young white man adopted by the Caughnewagas who become a missionary to Native Americans; a Pennsylvania women who chose to live among the Seneca; and Squirrel Hill brothers who fought with Native Americans against whites. Share your insights and inquiries in this interactive presentation and discussion. If participants display interest, discussion will include books and articles to read as well as related places to visit.

Roland Vendeland is a historical researcher, published author, and professional storyteller. His lifelong interest in history dates back to his days as a history student and teacher. For 30 years, he has written and told stories of being "born and bred" in western Pennsylvania. He specializes in regional historical tales that lend themselves to field trips to museums and in the field. He presents with the warmth, wisdom, and wit of a student of history and the flair of the storyteller.
Audubon: An Overview of His Remarkable Life and Works

Study Leader: Charles Aston

- 6 Classes: Mar. 10 – Apr. 14  
- Thursday, 7:30 PM - 9:00 PM  
- Hillman Library, Room 363  
- Special Collections Reading Rm  

This course will present an overview of Audubon’s life. He was a remarkable naturalist in his adopted American homeland and an extraordinary artistic and ornithological creator of the double-elephant folio, *The Birds of America*, between 1827 and 1838. Remarkably, Audubon was self-taught as an ornithologist and as an original watercolor artist. He came to America at the age of 18, illiterate in English but largely self-taught and became a lucid and accomplished writer. We will explore the evolution of this remarkable naturalist and artist and review the original prints of John James Audubon from the University of Pittsburgh’s collection in the Hillman Library. Note: All six classes will be held in the Special Collections Reading Room 363 in Hillman Library.

Charles Aston has lived and worked most of his adult life in Pittsburgh. An academic librarian all of this life, he has been fortunate enough to spend nearly 50 years first as the head of the rare books and special collections department and currently as curator of rare books, prints, and exhibitions in Hillman Library.

Pittsburgh

Shadyside: Anatomy of a Streetcar Suburb

Study Leader: Robert Jucha

- 5 Classes: Jan. 13 – Feb. 10  
- Wednesday, 12:30 PM - 2:00 PM  
- Wean Hall, 4707  

Every major American city in the 19th century saw the growth of streetcar suburbs. Pittsburgh was no exception, and the development of the residential East End of the city, provides a prime example. This course will explore the factors which led to the growth of the suburbs and the layout of the streets and buildings by focusing on the Shadyside neighborhood. The course will focus on the social makeup of the new suburbs using sources such as the census and the original source *The Spencers of Amberson Avenue*. Last, the class will view the various styles of domestic architecture of which Shadyside provides outstanding examples between the 1860s and the 1920s.

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.
PowerPoint Tour of the Pittsburgh Zoo and PPG Aquarium

Study Leader: Cathy Gialloreto

- 1 Class: Mar. 2  
- Class ID: 1181
- Wednesday, 12:00 PM - 1:30 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 theatre. She is on the board of the Pittsburgh New Works Festival.

Whiskey and Rebellion At Pittsburgh’s Only Whiskey Distillery

Study Leader: Mark C. Meyer

- 1 Class: Jan. 27  
  Class ID: 1303
- Wednesday, 1:00 PM - 3:00 PM
- Wigle Whiskey, 2401 Smallman St., Strip District

- 1 Class: Mar. 16  
  Class ID: 1304
- Wednesday, 1:00 PM - 3:00 PM
- Wigle Whiskey, 2401 Smallman St., Strip District

Whiskey, taxes, and rebellion . . . talk about a volatile mix! Come see how whiskey is made and learn how the distillers of Western Pennsylvania mounted an insurrection against the debt-burdened administration of George Washington and Alexander Hamilton. We know how important whiskey is: Harry Truman said that the Whiskey Rebellion was one of the seminal events in American history. Participants will have a tour of the Wigle Whiskey Distillery in the Strip, hear a presentation on the Whiskey Rebellion, enjoy some whiskey cocktails, and have the opportunity to drink whiskey the way our forefathers did in the 18th century.

Mark C. Meyer was a trial lawyer for about 35 years. Upon retirement, he and his family, in a temporary fit of insanity, decided to open Pittsburgh’s first whiskey distillery since Prohibition. Instead of making arguments to judges and juries, he is now making whiskey and explaining the curious and most interesting story of the insurrection of Western Pennsylvania farmers and distillers against America’s war hero and president, George Washington, and his determined treasury secretary, Alexander Hamilton.
Tour of Pittsburgh
Public Water Supply - Fox Chapel

Study Leader: Zelda Curtiss

- 1 Class: Apr. 19
- Tuesday, 1:00 PM - 2:30 PM
- To Be Announced

We will tour the Pittsburgh Public Water Supply located in Fox Chapel along the Allegheny River. This is the facility that treats the water we drink. We will learn the history of the plant and tour the treatment plant. The construction of the water treatment plant was completed in 1964. The facility employs the techniques of conventional filtration: coagulation, sedimentation, filtration, and disinfection. The tour will conclude in the laboratory. We will discuss monitoring for source water protection, process control, and testing.

Zelda Curtiss is a retired Department of Environmental Protection (DEP) attorney. She worked for DEP for 29 years. Following her retirement from DEP, she taught an environmental law clinic at the Duquesne University School of Law. As a DEP attorney, she was involved with several aspects of the environmental issues in the Nine Mile Run watershed. She is now a board member of the Nine Mile Run Watershed Association.

Community Data

Study Leader: Elizabeth Monk

- 3 Classes: Jan. 12 – Jan. 26
- Tuesday, 11:45 AM - 12:45 PM
- Hunt, Osher Classroom

Interested in learning more about your community? Join us as we explore Southwestern Pennsylvania community profiles — a new online way to browse and explore information about our neighborhoods and communities. The website covers eleven domains: arts and culture, demographics, economy, education, environment, governance and civic vitality, health, housing and properties, human services, public safety, and transportation. This course will teach you how to use the website and demonstrate different ways to apply your newfound knowledge.

Elizabeth Monk recently graduated from Pitt’s Department of Geology and Planetary Science with a professional science master’s degree in geographic information systems and remote sensing. She received her B.A. degree from Penn State University where she designed her own major studying environmental ethics. She has worked as a geographic information systems (GIS) analyst at Purple Land Management and interned at Fracktracker Alliance. Liz also served as an environmental volunteer for the United States Peace Corps in Romania. She works for the University of Pittsburgh Center for Social and Urban Research, where she is managing the Southwestern Pennsylvania Community Profiles website. She lives on the Northside in Spring Hill with her husband and two children.

Donate to the Annual Fund

Your generosity helps our program to grow! Contribute to our Annual Fund today. For your convenience, you can add a donation in any amount, to the registration form or click on “Donate to Osher.”
The History of Professional Baseball in Pittsburgh: Grays, Crawfords, Alleghenies, and Pirates

Study Leader: David Fortun

- 6 Classes: Mar. 7 – Apr. 11  
- Monday, 10:00 AM - 11:30 AM  
- Wean Hall, 4707

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.

Nationality Rooms: Ethnic History and Cultures

Study Leader: Mirsada Begovic

- 6 Classes: Mar. 12 – Apr. 16*  
- Saturday, 10:30 AM - 12:00 PM  
- University of Pittsburgh, Cathedral of Learning

*Note: Class will not meet on Apr. 3

The University of Pittsburgh’s Cathedral of Learning is currently home to 29 Nationality Rooms. They are located on the first and third floors of the Cathedral of Learning. The rooms were designed to represent the culture 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 identity 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 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 29 Nationality Rooms of the University of Pittsburgh. It will reflect her experience, views, and passion for traveling and exploring the world and its cultures.
In order to fully appreciate the current mayhem that is associated with the Eastern Mediterranean, one has to look back to the end of the 19th century, when it all began. Furthermore, to appreciate the current political turmoil within Israel and the shifting alliances (that seemingly are) forming up around Israel, one has to study an unbiased (possibly) review of the past 70 years of Israel's history. In the discussion we will examine Hamas, its inception, philosophy, and the state of perpetual war with Israel. We will review in some details the most devastating Gaza War of summer 2014. By the time of the presentation, the heated debate around the Iran Deal may have subsided. We will touch upon developments in the war with ISIS and its repercussions on Saudi-Egyptian, USA-Turkey, USA-Iran, and Gulf States-Islamic Brotherhood relations.

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 PIT OLLI semesters, and a monthly installments of a study of "Archaeology of Ancient Israel" at Temple Sinai and Osher-CMU. He has been invited to present a lecture on "Ancient Codes of Law" and "Ethnogenesis of Israel" at meetings of the Biblical Archeology Society of Pittsburgh. In April 2012 he took on the task of the president of the Biblical Archeology Society of Pittsburgh.
**PSYCHOLOGY**

### Hot Topics in Psychology

*Study Leader: Brooke Feeney*

- 6 Classes: Mar. 23 – Apr. 27
- Class ID: 1322
- Wednesday, 10:30 AM - 12:00 PM
- Wean Hall, 4708

A diverse sampling of current topics in human psychology will be covered in this course. Each week, the course will be taught by a faculty member from the psychology department at CMU who is an expert in the particular areas to be covered. Potential topics include: relationships and social factors that influence health and well-being, the latest research on addictions and genetics; mindfulness; skill learning and sensorimotor planning; viewing and interpreting visual images; memory, language, and cognition. There will also be a discussion of human psychology areas as they relate to child development. In the course, CMU faculty will present the latest in the controversies, methods, conflicts, and conundrums associated with studying the human brain and human behavior within their particular research domains.

**Brooke Feeney** is a social psychologist and faculty member in the Psychology Department at CMU. The instructors of this course will include social psychologists, cognitive psychologists, and developmental psychologists who are experts in their respective subareas within the field of psychology. All have Ph.D. degrees in psychology and publish prolifically in scientific journals. All instructors have active research programs, teach undergraduate/graduate courses at CMU, and present their work regularly at scientific conferences.

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**RELIGION/PHILOSOPHY**

### Contemplating Our Evolving Notions Of The Nature of the Universe

*Study Leader: Dennis Keyes*

- 1 Class: Jan. 15
- Class ID: 1253
- Friday, 2:45 PM - 4:15 PM
- Wean Hall, 4708

Throughout history, great thinkers have created images and written volumes hypothesizing the nature of the universe and the meaning of life. Images representing some of their thoughts have been drawn from historical reports, mythology, theology, philosophy, literature, the sciences, and imagination. In this course, Photoshop was used to stack the images onto an original photograph of an abandoned icy tunnel which serves as a "virtual cave," a place for meditation. This presentation will deconstruct the layered images and sequentially project them on a large screen. A visual narrative of our evolving understanding will emerge. Among the concepts discussed are beliefs about time-travel, reincarnation, and transfiguration. Complex principles will be simplified giving participants the opportunity to gain an enlightened prospective of how astrophysics and particle physics promotes a reformulation of our philosophy of nature, the universe, and our place in it.

**Dennis Keyes** is a full-time practicing dentist. He is also an accomplished photographer with international installations and images in galleries and private collections. He has a keen interest in understanding the nature of the universe and has taken courses in astrophysics at CMU and Pitt. Dennis has participated in a National Geographic Photography Expedition and has produced travel videos about China, Mexico, Italy, and France. He is a member of the National Association of Photoshop Professionals and has attended many Photoshop classes and presented classes to photography clubs. He has also been a guest lecturer in visual communications at universities.
Why God Hates Women: The Peculiarly Strong Connection Between Sex and Religion

Study Leader: William Lassek

- 6 Classes: Mar. 9 – Apr. 13
- Wednesday, 10:00 AM - 12:00 PM
- Wean Hall, 4708

In many countries today religion is used to justify severe limits on women’s rights. Because natural selection is driven solely by successful reproduction, evolved biological and psychological differences between men and women lead to optimal sexual strategies and interests which are often in conflict. Thus, it is not surprising that religious scriptures and doctrines are preoccupied with sex. Based on available evidence, Stone Age hunting and gathering, and the worship of goddesses and childbearing supported sexual equality for thousands of years. After the invention of agriculture and animal husbandry, this egalitarianism gave way to increasing social and gender disparities with increasing efforts to replace the domains of goddesses with patriarchal gods and to promote male reproductive interests by exerting tight control over female sexuality. This is reflected in the development, over time, of Mesopotamian religion, Hinduism, Judaism, Christianity, and Islam.

Will Lassek, MD, is a former assistant surgeon general in the United States Public Health Service and assistant professor of epidemiology at the University of Pittsburgh Graduate School of Public Health. He has a number of publications relating to evolutionary biology and is the coauthor of Why Women Need Fat. He has long enjoyed puzzling over the voluminous and mostly forgotten writings of the physicians of past centuries as they recorded their persistent and ever-hopeful efforts to understand why people get sick and how to help them.

Above the Arctic Circle: Wilderness Travel in the US and Canada

Study Leader: Douglas Webster

- 1 Class: Apr. 18
- Monday, 10:00 AM - 11:30 AM
- Wean Hall, 4708

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

Bio: See Doug Webster, pg.16
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FRIDAY  |  Session TWO  /  March 7 – April 29

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SATURDAY  |  Session Two  /  January 11 – March 4

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<td>Gialloreto</td>
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<td>PowerPoint Tour of the Pittsburgh Zoo and PPG Aquarium</td>
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<td>Gibbon</td>
<td>Gerst</td>
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<td>From Salisbury Plain to the Giza Plateau: A Fresh Look at Some Old Stones</td>
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<td>Ginsburg</td>
<td>Michael</td>
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<td>Fly Fishing for Beginners</td>
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<td>Glassmire</td>
<td>Charles</td>
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<td>Introduction to Photoshop</td>
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<tr>
<td>Goldberg</td>
<td>Arthur</td>
<td>1237</td>
<td>The Origins of the United States — to the Second Revolution</td>
<td>55</td>
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<tr>
<td>Goldberg</td>
<td>Arthur</td>
<td>1238</td>
<td>America: From Weak New Nation To Industrial Might and Imperial Power</td>
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<td>Gornic</td>
<td>Melvin</td>
<td>1277</td>
<td>The Influence of Cars on Our Lives, Culture, and Economy</td>
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<td>Green</td>
<td>David</td>
<td>1318/1319</td>
<td>Foods of the Baltic Region</td>
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<td>Gregg</td>
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<td>Independent Drawing: Developing Your Personal Style</td>
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<tr>
<td>Gundersen</td>
<td>Joan</td>
<td>1270</td>
<td>Women in the American Civil War</td>
<td>53</td>
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<tr>
<td>Gusky</td>
<td>Norton</td>
<td>1264</td>
<td>Emerging Educational Technologies</td>
<td>49</td>
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<tr>
<td>Hale</td>
<td>Edward</td>
<td>1223</td>
<td>Sailing on the U.S. Brig Niagara: 1813 and Today</td>
<td>54</td>
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<tr>
<td>Hale</td>
<td>Edward</td>
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<td>The War of 1812: America's Second War for Independence</td>
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<tr>
<td>Hale</td>
<td>Edward</td>
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<td>The Great Castle Shannon Bank Robbery of 1917</td>
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<td>Haney</td>
<td>Amanda</td>
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<td>Special Gardens: Rock Gardens and Bog Gardens</td>
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<td>Jucha</td>
<td>Robert</td>
<td>1315</td>
<td>Shadyside: Anatomy of a Streetcar Suburb</td>
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<td>Kellman</td>
<td>Amy</td>
<td>1302</td>
<td>Emerging Educational Technologies for Children and Teens</td>
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<tr>
<td>Keyes</td>
<td>Dennis</td>
<td>1253</td>
<td>Contemplating our Evolving Notions of the Nature of the Universe</td>
<td>62</td>
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<tr>
<td>Kisslinger</td>
<td>Leonard</td>
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<td>Astrophysics and The Evolution of the Universe</td>
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<td>Kitzrow</td>
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<td>Women’s Life in the Early 1900s</td>
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<tr>
<td>Kornblit</td>
<td>Morris</td>
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<td>Kosmal</td>
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<td>1306</td>
<td>A Taste Of Osher</td>
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<td>Kossowsky</td>
<td>Ram</td>
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<td>Israel and Her Neighbors</td>
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<td>Edgar</td>
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<td>Visual Arts - Contemporary Issues - Part XX</td>
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<td>Lassak</td>
<td>William</td>
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<td>Why God Hates Women: The Peculiarly Strong Connection between Sex and Religion</td>
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<td>Lazaroff</td>
<td>Thomas</td>
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<td>Great and Notable Novels Read and Revisited</td>
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<td>Alan Z.</td>
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<td>Laughing at Shakespeare's Comedies</td>
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<td>Lerberg</td>
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<td>Matters of the Heart: Heart Diseases and the People Who Conquered Them</td>
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<td>Move It or Lose It</td>
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<td>Link</td>
<td>Kristen</td>
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<td>The Art of the City</td>
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<td>Merenstein</td>
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<td>Meyer</td>
<td>Gerald</td>
<td>1254</td>
<td>MindFullChoice Thinking for Stress-Free Decision Making in All Aspects of Life</td>
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<tr>
<td>Meyer</td>
<td>Mark C.</td>
<td>1303/1304</td>
<td>Whiskey and Rebellion at Pittsburgh’s Only Whiskey Distillery</td>
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<td>Miller</td>
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<td>Estate Planning and Estate Administration</td>
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<td>Leslie</td>
<td>1259</td>
<td>Know How to Write, Know How to Think</td>
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<td>Monk</td>
<td>Elizabeth</td>
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<td>Community Data</td>
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<td>Morales</td>
<td>Jose</td>
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<td>Practical Computer Security</td>
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<td>Morris</td>
<td>Susan</td>
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<td>The Art of Conversation: How to Talk to Anyone</td>
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<td>Ochs</td>
<td>Jack</td>
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<td>Olmsted</td>
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<td>Improve Your Party Bridge Skills</td>
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<td>John</td>
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<td>Chemistry for Non-Chemists: A Tour of the Periodic Table</td>
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<td>O’Neill</td>
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<td>Parker</td>
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<td>Bulbs, Corms, &amp; Rhizomes for Long Season Interest</td>
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<td>Peer</td>
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<td>Vintage Fashions 1920-1950</td>
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<td>Perlman</td>
<td>Maria</td>
<td>1094</td>
<td>One Pot - One Bowl: Simple Cooking for One or Two</td>
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<td>Peterson</td>
<td>Jean</td>
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<td>Writers’ Workshop</td>
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<td>Pollack</td>
<td>Connie</td>
<td>1268/1269</td>
<td>Get Fit — A Fun Latin Cardio Workout</td>
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<td>Possumato</td>
<td>Dan</td>
<td>1258</td>
<td>Overview of Classified National Security Information and the Security Clearance Process</td>
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<td>Purifoy</td>
<td>Jane</td>
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<td>Great and Notable Novels Read and Revisited</td>
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<td>Rabin</td>
<td>Bruce S.</td>
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<td>Understanding and Managing Stress For Better Mental and Physical Health</td>
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<td>Robinson</td>
<td>Judith</td>
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<td>Rohosky</td>
<td>Rebecca</td>
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<td>Sleep — Yesterday, Today, Tomorrow</td>
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<td>1290</td>
<td>Brutus as an Aristotelian Tragic Hero</td>
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<td>Rosenblum</td>
<td>Helen-Faye</td>
<td>1228/1294</td>
<td>Short Stories: A Sourcebook of Emotions</td>
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<td>1227</td>
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<td>Have You Ever Wanted to Act on Stage?</td>
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<td>Veronique</td>
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<td>Intermediate French Conversation</td>
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<td>Claire</td>
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<td>Sustainable Landscape-Design Solutions</td>
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<td>Alexander Technique: A Process for Moving with Grace and Ease</td>
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<td>Judy</td>
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<td>Chaucer's Canterbury Tales Caressed</td>
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<td>Financial Success in Retirement</td>
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<td>Have You Ever Wanted to Act on Stage?</td>
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<td>Tobe</td>
<td>Jeff</td>
<td>1329</td>
<td>Forget Texting and Tweeting...Can You Speak?</td>
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<td>Patricia</td>
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<td>Sleep — Yesterday, Today, Tomorrow</td>
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<td>Vendeland</td>
<td>Roland</td>
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<td>White Indians on the Western Pennsylvania Frontier</td>
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<td>Committing to Knitting</td>
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<td>Sustainable Landscape-Design Solutions</td>
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<td>Webster</td>
<td>Douglas</td>
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<td>Boxes &amp; Really Big Stuff — The Hidden World of Global Logistics and Project Cargo</td>
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<td>Webster</td>
<td>Douglas</td>
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<td>Above the Arctic Circle: Wilderness Travel in the US and Canada</td>
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<td>Weidman</td>
<td>Carla</td>
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<td>In Their Own Words: Exploring Family Differences</td>
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<td>Wenisch</td>
<td>Cecilia</td>
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<td>Contra Dancing</td>
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<td>Wilson</td>
<td>Richard</td>
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<td>Personal Identity and Social Relationships in the Information Age</td>
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<td>Yount</td>
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<td>Poetry Interpretation: Shakespeare to Swift</td>
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<td>Zisowitz</td>
<td>Carol</td>
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<td>The Genius of Henry James</td>
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GENERAL INFORMATION & POLICIES

Classroom Locations
If you are not familiar with Carnegie Mellon, we strongly advise you to visit the campus, bring the campus map, and find your classroom locations before the first day of classes. The CMU Information Desk is in the Cohon University Center, 1st level (#16 on the map). You'll find the campus map on the previous two pages.

ON-CAMPUS Map #
Baker Hall 3A
College of Fine Arts (CFA) — Kresge Hall 5
Cyert Hall 6
Hunt Library — lower level 12
Mellon Institute (S. Bellefield Entrance)* 14
Purnell Center for the Arts — Chosky Theater 20
Cohon University Center — McConomy Hall & Rangos 30
Wean Hall — Rooms 4707 and 4708 32

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
Friends Meeting House 4836 Ellsworth Ave., Oakland
Hillman Library 3960 Forbes Ave., Oakland
Knit One 2721 Murray Ave., Squirrel Hill
Mattress Factory 505 Jacksonia St., North Side
McGowan Institute for Regenerative Medicine 450 Technology Dr, Ste 300, South Side
National Aviary 700 Arch St, North Side
Pittsburgh Ballet Theatre 2900 Liberty Ave., Strip District
Pittsburgh Opera HQ 2425 Liberty Ave., Strip District
RAND Corporation 4570 5th Ave., Oakland
Regent Square Theatre 1035 S. Braddock Ave., Regent Sq.
Rodef Shalom Temple 4905 Fifth Ave., Oakland
Wigle Whiskey 2401 Smallman St., Strip District
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.

Parking
Garage/Lot Address Map #
East Campus Parking Garage* Forbes Ave. P6
(RMCIC Parking Garage S. Neville St. P16
Gates Bldg Parking Garage* Hamerschlag Dr. P9
Morewood Avenue Lot FREE, beginning at 5:00pm South Craig St. P13

Please note: Parking at the meters on Frew St. is limited and expensive. We recommend that you consider using public transportation.

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

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, we will hold our 9:00 am classes 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 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.

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.
**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**

Each household is mailed one catalog each term. Osher cannot be responsible for catalogs not received. If for some reason you do not receive a catalog in the mail, please contact the Osher office to confirm your address. Copies are $8 if picked up and $11 if mailed.

**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 censure 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, sex, gender, sexual orientation, disability, or veteran status.

**Paper Conservation**

If your household is receiving duplicate copies of catalogs, flyers or other documents, please notify us: 412-268-7489.

**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 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 and Discount
The registration fee per term is $65.00 for an unlimited number of courses. If you are a member and your registration form is received by the office by December 20, 2015, a $15.00 discount will apply and only $50.00 will be due. Postmarks are not honored.

Register Online
To register online, go to www.cmu.edu/osh and click Member "Sign In". You will be redirected to the Augusoft "welcome" page. Please sign in using your username and password. You will be able to add courses for the current term to your shopping cart starting at 8 am on Dec. 8.

Paper Registration
To register for your term courses by mail, please use the registration form(s) supplied on pages 83 and 85. An envelope has been provided for your convenience. Either send a check made payable to Osher at CMU or provide your credit card information for payment.

Materials Fees
If you paid a material fee for a course you did not get into, you will be given an electronic voucher. This voucher may be used towards future course or membership costs.

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).

Registration 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. Material fees will be refunded if they have not already been paid to the instructor and/or at the discretion of the Registrar.

Terms Per Year
Osher at CMU offers three terms: Winter/Spring, Summer, and Fall. For the registration fee of $65 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, distribute course evaluation forms, 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.

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 returned to you or an electronic credit (voucher) will be given.

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 waitlisted class.

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.

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Observed Official Skip Day</th>
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<tbody>
<tr>
<td>Jan. 1, 2016</td>
<td>New Year’s Day</td>
</tr>
<tr>
<td>Jan. 18, 2016</td>
<td>Martin Luther King, Jr. Day</td>
</tr>
<tr>
<td>Mar. 25, 2016</td>
<td>Good Friday</td>
</tr>
<tr>
<td>Apr. 22, 2016</td>
<td>The day before Passover</td>
</tr>
<tr>
<td>May 30, 2016</td>
<td>Memorial Day</td>
</tr>
<tr>
<td>July 4, 2016</td>
<td>Independence Day</td>
</tr>
<tr>
<td>Sept. 5, 2016</td>
<td>Labor Day</td>
</tr>
<tr>
<td>Oct. 3, 2016</td>
<td>First full day of:</td>
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<td>Oct. 12, 2016</td>
<td>Rosh Hashanah</td>
</tr>
<tr>
<td>Nov. 24, 2016</td>
<td>Yom Kippur</td>
</tr>
<tr>
<td>Nov. 25, 2016</td>
<td>Thanksgiving Day</td>
</tr>
<tr>
<td>Dec. 24, 2016</td>
<td>Friday after Thanksgiving</td>
</tr>
<tr>
<td>Dec. 25, 2016</td>
<td>Christmas Eve</td>
</tr>
<tr>
<td>Dec. 31, 2016</td>
<td>Christmas Day</td>
</tr>
<tr>
<td></td>
<td>New Year’s Eve</td>
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</tbody>
</table>

Questions? Please call the office at 412-268-7489 or email us at osher@cmu.edu.
REGISTRATION FORM
Winter/Spring 2016

Name _________________________________ Email _________________________________
Street Address _______________________________ Home Phone _______________________________
City __________________ State ___________ Emergency Contact Name and Phone ________________
Zip Code _______________

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

<table>
<thead>
<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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Payment Method: check or credit card

Mail to: Osher at Carnegie Mellon, Hunt Library
4909 Frew Street, Pittsburgh, PA 15213

☐ Check Number: ________________________  Payable to “Osher at Carnegie Mellon”

☐ VISA ☐ MasterCard ☐ American Express ☐ Discover

Cardholder Name (PLEASE PRINT) ____________________________________________________________

Expiration Date _____ / _______ CVV Code _______

☐ Total Materials fee(s)  ☐ Registration fee prior to December 21st: $50.00
☐ Registration fee on December 21st and forward: $65.00
☐ Donation to the Osher

Total Payment __________________________________________

Online registration starts Dec. 8th at 8 am.

Paper registrations are accepted at any time and entered in date order starting Dec. 8th at 8 am.

For more information about being a SLA, please see page 82.
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):

______________________________
REGISTRATION FORM
Winter/Spring 2016

Name _______________________________ Email _______________________________
Street Address _______________________________ Home Phone _______________________________
City ___________________ State ___________ Cell Phone _______________________________
Zip Code ___________ Emergency Contact Name and Phone _______________________________

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Cardholder Name (PLEASE PRINT) ____________________________________________

Expiration Date _____ / _____ CVV Code _________

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☐ Donation to the Osher _______________________________

Total Payment _______________________________

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

Members can start to register for Winter/Spring 2016 beginning on Tuesday, December 8th at 8 am. The exciting part of the 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.

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, waitlist, etc.
Join us!

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