Fall 2016

at Carnegie Mellon University | www.cmu.edu/osher
Dear Osher Student,

Last term over half of the membership did not receive their catalogs, including myself and the office. While the situation was unfortunate, it was an auspicious experience in the long run because over 75% of the membership was forced to review the catalog online and then register. As far as the office was concerned, it was by far the most problem free registration that we have had since the new system was installed 4 years ago.

While I have been working with databases for most of my professional life, technology is still sometimes difficult for me too. Recently, my husband and I purchased a new TV and after hooking it all up — by following the directions provided — we couldn’t figure out how to access any of our favorite channels. No manual was provided and there were no buttons or numbers on the remote to enter with, only pictures and words which we didn’t understand what they were for — Sling, PTA, HULU? While we tried to figure it out, we realized we needed help and took advantage of the customer service support provided. They were extremely helpful.

The customer service contact is akin to your Osher staff. We are here for you from 9 to 4 Monday through Friday, not only during registration but year round. The online registration system is a tremendous tool for you and the goal is to have everyone become comfortable using it. To further support this goal, training courses are being offered before registration opens or you can make an appointment to come in for a private lesson. Please take advantage of one of these offers.

Technology can be daunting, I know. But with help we can help make it work for you. I know how important it is for everyone to get into their favorite classes. Please know that the staff’s goal is to help make that happen.

All the best,
Lyn Decker / Registrar

P.S.: There are no plans to discontinue the catalogs and YES you may still register the old fashioned way.
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**Registration is now open!**
Sign in online to register. For details, see the inside back cover.

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

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CONSIDER A GIFT TO OSHER

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Amy Burkert, University Liaison
Visual Arts: Contemporary Issues - Part XXI

Study Leader: Edgar Landerman

- 4 Classes: Nov. 3 – Dec. 1*  
- Thursday, 3:15 PM - 4:45 PM  
- To Be Announced  

*Note: Class will not meet on Nov. 24

Artists who show outstanding potential in visual arts participate 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.

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Exploring the Mattress Factory

Study Leader: Mattress Factory  
Materials Fee: $10*

- 2 Classes: Nov. 3 and Nov. 10  
- Thursday, 10:00 AM - 11:00 AM  
- The Mattress Factory, 500 Sampsonia Way, North Side

The Mattress Factory was founded in 1977 by artists to support artists working in residence to create site-specific installations. The museum supports established and emerging artists through a residency program that has become the pilot program for artist residences in institutions worldwide. Get an exclusive look at our history, our exhibitions, and our programs.

The Mattress Factory is a museum of contemporary installation art.

*Materials fees are not refundable; information on page 88.
From Text to Image: Moses in Art

Study Leader: Karen Bowden Cooper

• 4 Classes: Sep. 8 – Sep. 29  
• Thursday, 3:15 PM - 4:45 PM  
• Wean Hall, 4707

The course will examine the ways that artists from late antiquity to the present have represented Moses' birth and call, as well as his encounters with God, Pharaoh, and his own people. With the biblical text as our point of reference, we will explore artists' renderings of several episodes from Exodus, taking into account some of the factors that influence artistic production and its reception: audience and purpose, medium, physical context, and stylistic and iconographic traditions. We will throughout weigh the influence of the Second Commandment, conveyed by Moses, and understood in some periods and traditions to prohibit the production of all images.

Karen Bowden Cooper is curator of the Kelso Museum of Near Eastern Archaeology and lecturer in Hebrew at The Pittsburgh Theological Seminary. She has an M.A. degree with an emphasis in Biblical Studies from PTS and a Ph.D. in comparative literature from UC Berkeley. Her research interests include the interplay of orality and literacy in the literature of the ancient Near Eastern and Mediterranean cultures, and visual representations of biblical figures and episodes as reflections of and challenges to traditional readings of the text.

Cinema Arts: The Documentary II

Study Leader: Charles Glassmire

• 6 Classes: Sep. 9 – Oct. 14  
• Friday, 1:00 PM - 4:00 PM  
• Regent Square Theater, 1035 S. Braddock Ave., Edgewood

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

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

**Study Leader:** Martin Marshall

- 6 Classes: Sep. 6 – Oct. 11  
  **Class ID:** 1548
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

*Doonesbury* author Garry Trudeau has created an up-to-the-minute masterpiece in a live-action TV series. Four Republican senators (including John Goodman) save money by sharing a Georgetown house. This mechanism gives us an inside look at the madness that is politics in contemporary Washington D.C. The people are live and real; it is the world that is crazy. Fracking, gun control, drones, women’s equality, Afghanistan, politically meddling billionaires, primary debates, religious zealotry, homophobia—how could any of this be funny? If you’ve ever read a *Doonesbury* comic strip, you’ll know. The same brain created this one for live action. This is the second installment of Marshall’s Contemporary Comedic Genius Series. Those who attended the first one on Woody Allen will recognize the format. Clips, analysis, discussion, more clips. Come with an open mind, an active brain, and your own world view. There will be plenty to discuss and laugh about.

**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 as a teenager to Lenny Bruce, the Firesign Theater, the Smothers Brothers, and Jonathan Winters. 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.

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**Creative Process of CMU Plays**

**Study Leader:** Richard Block

- 2 Classes: Oct. 6 and Nov. 17  
  **Class ID:** 1490
- Thursday, 5:30 PM - 6:30 PM
- Purnell Center, Chosky Theatre

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. This course is a pre-performance discussion. Tickets to performances should be purchased from the university in advance.

Please note: The October 6th play is *Playboy of the Western World*. November 17th play is *The Rover*.

**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.
Wilson in Residence: A Look at August Wilson And His Play *Fences*

*Study Leader: Edwin Gibson*

- 5 Classes: Sep. 9 – Oct. 7
- Friday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Led by award-winning actor, writer, and August Wilson enthusiast Edwin Lee Gibson, this five-week workshop is perfect for both the avid playreader, as well as the theatre novice. Participants will meet in a book-reading atmosphere to listen to the tones, rhythms, and textures of the late American playwright and Pittsburgh native August Wilson. The participants will have their imagination engaged and their intellects sharpened as they read. They will then engage in lively discussions about the history of Pittsburgh, the hill district, and the themes of this Pulitzer Prize-winning drama. Each session will feature August Wilson’s own words via interviews with the writer. This Osher class is perfect for any fan of American theatre or the written word.

*Edwin Lee Gibson* has appeared in over 100 theatre productions in his 35-year career. His work has been featured in the *New York Times; American Theatre Magazine,* and *Theatre Journal* published by The Johns Hopkins Press. Born in Houston, TX., Edwin’s work on the stage also extends to NYC, Chicago, the UK, and South Africa. His television credits include: *Law and Order, Shameless,* and *Law and Order: SVU.* Gibson received the 2006 OBIE Award for Outstanding Performance and the cover of *Village Voice* (17 May 2006). In 2008 and 2010, he received a National Endowment for the Arts Commission for his plays *Placebo* and *Five ‘Til.* He has also received two Mondo Cane Commissions. Gibson has been visiting artist/lecturer at Yale University, New York University, S.U.N.Y. - Purchase College, and Ithaca College; and guest artist at Princeton University, City College of New York, and Youngstown State University. He holds an M.F.A. in screenwriting and bachelor’s degrees in mathematics and social theory. He is director of The Kaufmann Center at Hill House Association in Pittsburgh.

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**Giselle: A Romantic-Era Ballet Masterpiece**

*Study Leader: Lisa Auel*

- 1 Class: Oct. 17, *Class ID: 1484*
- Monday, 12:00 PM - 2:00 PM
- Pittsburgh Ballet Theatre, 2900 Liberty Ave.

- 1 Class: Oct. 18, *Class ID: 1632*
- Tuesday, 12:00 PM - 2:00 PM
- Pittsburgh Ballet Theatre, 2900 Liberty Ave.

Featuring one of the most exquisite character arcs in ballet, *Giselle* depicts love and betrayal with heartbreaking beauty. In this haunting tale, a lover’s lie triggers a tragic turn of fate for a young village girl. Mist shrouds the stage as Giselle descends to a realm roamed by ghostly maidens, held captive by a curse that blurs the border with the afterworld. The one-session class will explore the significance of *Giselle* in the ballet repertory, its cultural context, and the resonance of this Romantic-era masterpiece for modern audiences. Class time will include viewing part of a Company rehearsal if the production schedule allows.

*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.
Etymologies VI: Eponyms, Toponyms, And Everything in Between

Study Leader: David Fortun

- 5 Classes: Oct. 31 – Dec. 5*  
- Monday, 11:15 AM - 12:45 PM  
- Wean Hall, 4708  
  *Note: Class will not meet on Nov. 21

Perhaps you prefer Heineken to Jack Daniel’s, Smucker’s to Welch’s, or Marshall Field to Bloomingdale’s. Perhaps you prefer Santiago to Nassau, Australia to Austria, or Brazil to Ecuador. Regardless of your preferences, you would probably enjoy discovering why each of these places/products/companies carries that name. And if you would enjoy exploring these eponyms and toponyms, you would also probably enjoy discovering the etymologies, or origins, of “everything in between.” Etymologies VI is a new exploration of word origins, following the courses Word Power Stuff, Etymological Jeopardy, Etymologies and You, and Everyday Etymologies. Join the journey.

David Fortun is a retired English teacher from Shaler Area High School. He taught etymology classes for Osher at CMU frequently.

Faulkner’s The Hamlet: The Rise and Fall of Flem Snopes

Study Leader: Mary Schinhofen

- 6 Classes: Oct. 31 – Dec. 5  
- Monday, 11:15 AM - 12:45 PM  
- Hunt, Osher Classroom

Rounding out, indeed encapsulating within it the saga of Yoknapatawpha County, William Faulkner wrote a trilogy consisting of The Hamlet, The Town, and The Mansion. This course will focus on The Hamlet, an intoxicating fictional blend of Yoknapatawpha history, hyperbole, and humor that recounts the transformation of Flem Snopes, dirt scrabble poor sharecropper, into a wily and formidable business man who seemingly cannot be brought down. Although this course is self-contained and requires no previous knowledge of Faulkner’s work, those already familiar with his novels and stories will recognize characters they have already met. Those who have not read Faulkner are also in for a treat, as his bigger-than-life portrayals capture the imagination, tickle the funny bone, and generally delight the dedicated reader.

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 Osher classes fulfills a lifelong dream of hers.
Poetry

Study Leader: Judith Robinson

• 6 Classes: Oct. 31 – Dec. 5  
• Monday, 1:15 PM - 2:45 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, 2103. Her newest publications are The Brentwood Anthology, Lummox Press, August 2014; and When I Loved You, 2015, Finishing Line Press. Her novel, Innocent People, a Vietnam era love story, was published in 2016.

"It Was the Ladi"

In Middle English Literature

Study Leader: Gloriana St. Clair

• 6 Classes: Sep. 15 – Dec. 1  
• Thursday, 1:00 PM - 2:30 PM  
• Hunt, Osher Classroom

Chaucer’s gap-toothed Wife of Bath, one of the great characters of all literature, will be compared with other medieval ladies, such as her tale’s old wife and the heroine of Sir Gawain and the Green Knight. For blatant erudition, we will read John Gower’s Loathly Lady poem. Sheila Fisher’s translation Selected Canterbury Tales, J.R.R.Tolkien’s translation of Sir Gawain and the Green Knight, and a web translation of the Gower will be studied and interactively discussed around the table. In addition to the Wife of Bath’s prologue and tale, we will also read Chaucer’s Franklin’s Tale. Only the Wife of Bath repeats material from the spring Chaucer course, whose members found the essential natures of women and men much unchanged from the 1300s.

Please note: Class meets Sept 15 & 29, Oct 13 & 27, Nov 10, Dec 1

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 and served on the board of Osher Lifelong Learning Institute at CMU.

Course changes

Often class times and locations will change after the catalog is printed. Please check our website, www.cmu.edu/osher, for the most up-to-date information. Click on "Member Sign in" and then "Courses." You do not need to use your username or password to access this information.
Great and Notable Novels
Read and Revisited

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

• 6 Classes: Sep. 8 – Nov. 17   Class ID: 1620
• Thursday, 1:00 PM - 3:00 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: Meets Sept. 8 & 22, Oct. 6 & 20, Nov. 11 & 17
See Mary Schinhofen, page 9

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

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

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

Short Stories:
The World in Miniature

Study Leader: Helen-Faye Rosenblum

• 7 Classes: Sep. 12 – Oct. 24   Class ID: 1618
• Monday, 1:00 PM - 3:00 PM
• Hunt, Osher Classroom

• 6 Classes: Sep. 12 – Oct. 24*   Class ID: 1619
• Monday, 3:15 PM - 5:15 PM
• Hunt, Osher Classroom

*Note: Class will not meet on Oct. 3

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

Please note: Initially everyone will be wait listed.
Bio: See Helen-Faye Rosenblum, previous listing

Current Literature

Study Leader: Marilyn Meltzer

• 3 Classes: Nov. 2 – Nov. 16   Class ID: 1550
• Wednesday, 11:15 AM - 12:45 PM
• Hunt, Osher Classroom

The study group will read three current works of fiction and non-fiction and will meet every other week. A list of titles will be mailed to participants in advance.

Marilyn Meltzer is a Pittsburgh-based artist and an avid reader who has participated in book club discussions and book exchanges since the early 1950s. She has taught weaving from Pittsburgh to Brazil. Her work has been exhibited twice in the International Tapestry Exhibition in Lausanne, Switzerland, and is also found in Pittsburgh’s Carnegie Museum, the Museum of Art and Design in New York City, and many European museums. She is author of Weave It! She is a member of Osher.
Poetry Interpretation: Shakespeare to Swift

Study Leader: Richard Yount

- 6 Classes: Sep. 8 – Oct. 13
- Thursday, 11:15 AM - 12:45 PM
- 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 high school seniors. He had 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.

Exploring Jane Austin’s Mansfield Park

Study Leader: Allison Thompson

- 5 Classes: Nov. 4 – Dec. 9*
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

*Note: Class will not meet on Nov. 25

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

Allison Thompson is president of the Pittsburgh Chapter of the Jane Austen Society of North America and a life member. A musician, historian and English country dancer, she has published several articles depicting aspects of late eighteenth-century life in JASNA's Persuasions Online and is currently at work on a book about dance in Jane Austen's time, using Jane's own music books.

Evening Lecture:
The Hidden Treasures of Korean Art and Modern Korea

Tuesday, August 2, 2016 • 7 pm • McConomy Auditorium

Immerse yourself in Korean culture. Enjoy introductory films showing Korea’s past and present achievements that are not well-known to the world. While the ancient artifacts from the first film will demonstrate the incredible devotion and perseverance of the artisans at that time, the second film will illustrate how such characteristics have transformed the country into the 6th largest export country in the world. For example, Korea now leads the world in IT, electronic, construction, and shipping industries. Complimentary Traditional Korean refreshments and books on Korea will be provided to the audience. Registration is required.
The piano has inspired just about all the composers of the Western tradition, all the way from Mozart, Beethoven, Schubert, Chopin, Schumann, Brahms, Debussy, Ravel, Rachmaninoff, Copeland, and many more. The piano has been an extraordinary power for these artists; most of their compositions have stood the test of time. We’ll listen to the most significant compositional and pianistic achievements of the solo repertoire.

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.

Richard Strauss was a pivotal figure in Romantic and post-Romantic music, both as a composer and a conductor. His reputation as an orchestrator is unquestioned and the melodies he wrote can be heart rending. His compositions, however, run the gamut from sublime, to charming, to bombastic. The course will briefly survey his biography and touch on his work as a conductor before focusing on his musical compositions. Listening will include a survey of his tone poems (both famous and lesser-known), selections from many of his operas, several works featuring solo instruments, and his songs. Lively discussion of the man and his music will be encouraged.

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

Study Leader: Stephen Schultz

• 15 Classes: Aug.30 – Dec. 6  
• Tuesday, 6:30 PM - 9:20 PM  
• Baker Hall, Giant Eagle Auditorium

The eleven symphonic works of Mahler will be analyzed in relation to their form, melodic and harmonic content, counterpoint, orchestration, program, and emotional content. Further topics of discussion will be Mahler's use of beauty, sentimentality, banality, tragedy, irony, and humor to present the "whole truth" in his symphonic writing. While osher students will be exempt from the oral presentations and research paper, it will be important to commit to all 15 classes.

Please Note: By taking this course you will be auditing a CMU master's level music course. At the request of the instructor, if you register for this course you must commit to attend all 15 classes. Referenced music is available on Youtube.

Stephen Schultz is solo and co-principle flutist with the Philharmonia Baroque Orchestra and performs with other leading early music groups. A graduate of the Royal Conservatory of Music in Holland, Schultz also holds several degrees from the California Institute of the Arts and the California State University of San Francisco. Currently, he is an associate teaching professor in music history and flute at Carnegie Mellon University and director of the Carnegie Mellon Baroque Orchestra. Schultz is also a featured faculty member of the Jeanne Baxtresser International Flute Master Class at Carnegie Mellon University and at the International Baroque Institute at The Longy School of Music. In 1996, Schultz founded the original instrument ensemble, American Baroque. This unique group brings together some of America’s most accomplished and exciting baroque instrumentalists, with the purpose of defining a new, modern genre for historical instruments. As solo chamber and orchestral player, Schultz appears on nearly 50 recordings. His latest release on the Dorian Label features Schultz playing all five flute parts of the Concertos for Five Flutes by Boismortier. Schultz has had many pieces written for him including Traverso Mistico by Nancy Galbraith (2006), Night Train by Roger Bourland (2008), and Other Sun by Nancy Galbraith (2009).

The Beatles

Study Leader: Stephen Schultz

• 14 Classes: Aug.29 – Dec. 5*  
• Monday, 6:30 PM - 9:20 PM  
• Porter Hall, 100

*Note: Class will not meet on Sep. 5

This course is one of two CMU courses that Osher members can audit. The course will focus on the phenomenon of the Beatles. Their songs will be studied, with analysis of the musical and lyrical context and structural elements. Questions that will be addressed will include: What musical styles do the songs address? What were their musical influences? In what ways did their music change over the years? Also, the music’s social context will be studied. Why were the Beatles so popular and influential? What exactly caused Beatlemania? How did the group form, grow, and end? The Beatles are the most famous rock group in history; the reasons for this are as much cultural as musical, and we’ll study the two elements simultaneously. Osher students are expected to attend all classes.

Please Note: By taking this course you will be auditing a CMU master's level music course. At the request of the instructor, if you register for this course you must commit to attend all 15 classes. Referenced music is available on Youtube.

Bio: See Stephen Schultz, previous listing
Unlocking the Classics  
**Study Leader:** Jim Cunningham

- 6 Classes: Oct. 31 – Dec. 5  
- Monday, 4:30 PM - 6:00 PM  
- TBA

This series will focus on works featured during the Pittsburgh Symphony Orchestra’s current season. Jim Cunningham will discuss the background of these compositions. His lectures will feature audio and video excerpts. Jim will be joined by Pittsburgh Symphony musicians and staff members who offer insiders’ perspectives about the orchestra and on music making in general. Each lecture will include a question and answer session.

Jim Cunningham, WQED-FM’s artistic director, hosts the WQED-FM Morning Show weekday mornings from 6-11 a.m., and nationally syndicated Pittsburgh Symphony broadcasts that air Wednesdays and Sundays at 8 p.m. and he has interviewed great 20th century violinists, conductors and composers, for example: violinists Itzhak Perlman, Isaac Stern, Yehudi Menuhin, Sarah Chang, and Midori; conductors Leonard Bernstein, Andre Previn, Daniel Barenboim, Lorin Maazel; composers Steve Reich, John Cage, Aaron Copeland, and Krzysztof Penderecki. He regularly appears as guest speaker, narrator, or host at the Pittsburgh Chamber Music and PSO pre-concert lectures. He is a board member of the Friends of the Carnegie Library, the Pittsburgh Youth Symphony, and the Pittsburgh Chamber Music Society.

Poets of the Piano — *Fantasia*  
**Study Leader:** Nathan Carterette

- 4 Classes: Sep. 2 – Dec. 2  
- Class ID: 1498  
- 1st Friday of every month, 11:30 AM - 1:00 PM  
- Episcopal Church of the Redeemer,  
  5700 Forbes Ave., Squirrel Hill

When composers wanted to push the limits of emotion and personal drama in their music, they turned to the Fantasy. This lecture/recital course explores how many famous — and some lesser-known — composers made their fantasies real through their art. We’ll talk about the story behind the music, and explore how composers of totally different styles created atmosphere and cohesion in their music. Each class begins with a 30-minute lecture, followed by a 45-minute concert of the music discussed.

Nathan Carterette began his piano studies with Cleveland’s legendary mother-son teaching duo, Birute and Anthony Smetona. He studied with Robert Weirich at the University of Missouri-Kansas City, and received his master’s degree in piano performance from Yale University, under the tutelage of Boris Berman. A subsequent invitation from Welsh pianist-composer Dafydd Llywelyn took him to Germany for years of concertizing and intensive study of the traditional repertoire, fringe repertoire, and Llywelyn’s own works. Nathan’s own repertoire consists of music from Elizabethan times, through J.S. Bach (he has recorded both books of the *Well-Tempered Clavier*), to music of today. In addition to playing Llywelyn’s music, he released a CD of the piano music of Korean composer Quentin Kim, which can be heard on WQED. His concert series at the Episcopal Church of the Redeemer in Squirrel Hill is a destination point for lovers of piano music and Bach.
Human Rights Through The Lens of Opera

Study Leader: Marilyn Egan

- 6 Classes: Sep. 7 – Oct. 19*  
  Class ID: 1505  
- Wednesday, 1:15 PM - 2:45 PM  
- Pittsburgh Opera Headquarters, 2425 Liberty Ave.

*Note: Class will not meet on Oct. 12

All operas tell stories. As George Jellinek wrote in *History through the Opera Glass*, hundreds of operas in the standard repertoire trace a continuous narrative of human history from Roman times to the 1800s. We can identify with characters in historical operas to a point, but we need the stories in new operas to help us grapple with events closer to our own times and closer to our own homes. Name any opera: themes of love, conflict, and death are probably featured. The theme of man’s inhumanity to man is ever-present, too. This course will explore how issues of human rights thread through the standard opera repertoire, with deeper explorations of the 2016-2017 Pittsburgh Opera productions, including *La Traviata*, *Salome*, *Richard the Lionheart*, *As One*, and *Turandot*. The final, culminating focus will be on the world premiere of *The Summer King* – the Josh Gibson story.

Marilyn Michalka Egan, Ph.D., Pittsburgh Opera director of education, has taught students from preschool through graduate school how to learn, how to make music, and how to teach. Marilyn explores ways to integrate the arts meaningfully into all subject areas through a wide array of opera programs for educators, students, schools, families, and adults. In 2009 and in 2013, the Greater Pittsburgh Arts Council presented her with Work of Art Awards for her work at Pittsburgh Opera. Marilyn has also offered graduate courses on classroom techniques, learning styles, brain-based instruction, and multiple intelligences through Performance Learning Systems, Inc. For 26 years, she volunteered at Radio Information Service as a newspaper reader, host of *Towntalk* (an interview program), and producer of special audio descriptive programs. She has degrees in music education, Theory, and Orff certification from Duquesne University; the Dalcroze Eurhythmics Certificate and License from Carnegie Mellon University; and a Ph.D. in music education from Kent State University.

Simplicity and Complexity In the Arts

Study Leader: Owen Cantor

- 3 Classes: Nov. 1 – Nov. 15  
  Class ID: 1495  
- Tuesday, 3:15 PM - 4:45 PM  
- Wean Hall, 4708

The thread of simplicity winds itself through our cultural history and is a powerful force in our artistic heritage. What is the power and sensual appeal of “un-adornment”? Why is it pleasurable visually, aurally and orally? And how does it work psychologically? Here are a few examples: Art (Piet Mondrian paintings for instance, or Rothko’s mystical colors), classical music (Beethoven’s awesome *Fifth Symphony* opening theme; anything by Philip Glass, Erik Satie or Stephen Foster), architecture (Philip Johnson’s Glass House, Richard Meier’s all-white houses); sculpture (Serra’s intriguing rusted steel monolith at the Carnegie Museum entrance); design (the stunning new Korean Nationality Room at Pitt’s Cathedral of Learning); Food (envision sashimi—a plain but popular piece of expensive raw fish on a plate). Let’s take a closer look at simplicity (classicism) in classical music, architecture, design, painting, sculpture and taste and learn if it satisfies your senses.

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

**Study Leader:** Douglas Webster

- 2 Classes: Oct. 20 and Oct. 27  
- Thursday, 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.

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

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**The Mystery of Economic Growth**

**Study Leader:** James Burnham

- 6 Classes: Sep. 7 – Oct. 19*  
- Wednesday, 1:15 PM - 2:45 PM  
- Wean Hall, 4707  
*Note: Class will not meet on Oct. 12

This course, slightly modified from previous deliveries, will explore some of the issues surrounding the mystery and secrets of economic growth: How should we measure it? Why do some nations (or regions within nations) achieve and sustain relatively high living standards, while others do not? Case studies will include economic growth in China (ancient and modern), Ireland, Argentina, the Ottoman Empire, and the United States. The class will also discuss some of the basic ideas of Adam Smith, David Landes, Ian Morris, and others who have tried to explain what it is that creates sustained economic progress. A reading list with relevant titles will be provided.

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

**Economics | Law**

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**Thomas Piketty's**  
*Capital in the 21st Century*  

**Study Leader:** Russ Sheldon  

- 6 Classes: Nov. 3 – Dec. 15*  
- Thursday, 1:15 PM - 2:45 PM  
- Wean Hall, 4707  

*Note: Class will not meet on Nov. 24*

Our society is becoming increasingly unequal. There are loads of good studies showing that even rich people are happier in societies that enjoy more equality. However, you don’t have to buy that story to know we have a problem. Enter Thomas Piketty who has compiled the facts of the matter in the best tradition of great scholarship. He has also proposed a fundamental theory explaining how capitalism generates inequality. His masterful book surged to the top of the best sellers’ list and lies, weighty and unread, on many a coffee table. The book does take work, but he is a fine author, and the read is enjoyable for its own sake. We intend to approach this as a group, together with several key comments on Piketty’s work. As always, the first step toward a solution of a problem is an informed citizenry that actually understands it.

Russell Sheldon is a Cornell Ph.D. who taught money and banking as an adjunct at CMU during the 80s and 90s. He worked on econometric studies of fiscal policy for the government during the Carter years and enjoyed a stint at the Fed under Paul Volcker. Russell also worked for Mellon Bank, at MCM on Wall Street, and for Nesbitt Burns, an investment bank in Toronto.

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**Perennial Policy Issues**  

**Study Leader:** Jack Ochs  

- 3 Classes: Nov. 4 – Nov. 18  
- Friday, 11:15 AM - 12:45 PM  
- Wean Hall, 4707

There is currently much discussion about tax reform, health insurance, and globalization and immigration. These same issues have a long history in the United States. In this series of classes we will discuss some of that history and its relevance to current debates.

Jack Ochs retired several years ago as professor of economics at the University of Pittsburgh. At Pitt he taught courses in public financial and experimental economics and conducted research on a variety of topics. Since retiring he has enjoyed developing and presenting a series of short courses for Osher programs.

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**Law**

**Elder Law: Being Prepared As One Grows Older**  

**Study Leader:** Carol Sikov Gross  

- 5 Classes: Nov. 1 – Dec. 6*  
- Tuesday, 9:30 AM - 11:00 AM  
- Wean Hall, 4707  

*Note: Class will not meet on Nov. 22*

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

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

Study Leader: Errol S. Miller

- 6 Classes: Sep. 7 – Oct. 19*  Class ID: 1554
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

*Note: Class will not meet on Oct. 12

This course uses media articles to cover topics which arise before trials begin. Emphasizing the general motives of the criminal law — deterrence, isolation, rehabilitation, and retribution — the class will discuss to what extent these motives were present when certain acts were made illegal and the practices we follow to enforce the resulting laws. Topics will include: how the presence or absence of these general motives govern police procedures; what acts often lead to arrest and what consequences often follow arrests; what controversies arise out of the “war on drugs” and other “wars against vices” like gambling, alcohol, and prostitution; the issues relating to pre-trial detention of the accused by denying bail; and the issues around detention of witnesses and other steps to secure their cooperation. This is the first of two independent courses. It deals only with the criminal justice system from arrest to trial.

Errol S. Miller is a graduate of Dartmouth College and Harvard Law School. He has practiced law for over 45 years and for the last 30 years has been involved in the legal problems of estate planning and estate administration. He frequently gives seminars to lawyers on these subjects and was on the AARP referral panel for over 25 years. Additionally, his experience in working on a post-conviction appeal caused him to pursue another interest, criminal justice reform. The instructor’s entertaining style is evidenced by his success as the principal writer of the annual Allegheny County Bar Association topical satirical review for over 20 years. He is a member of Osher and served on the Board from 2013-2015.

The Roberts Supreme Court

Study Leader: Errol S. Miller

- 6 Classes: Nov. 2 – Dec. 14*  Class ID: 1553
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

*Note: Class will not meet on Nov. 23

John Roberts has been chief justice of the US Supreme Court for over 10 years. Although, on his appointment, Chief Justice Roberts promised to be an “unbiased umpire,” who would try to lead the court to use “judicial restraint” to maintain “equal justice under law,” this course will discuss many significant cases where his court, often by a 5-4 vote, in the words of one writer, “aggressively enact(ed) conservative policy, unafraid to overturn long-standing precedent or second-guess the elected branches in order to strike down progressive reforms.” Various articles about cases involving police powers under the 4th Amendment, the progress of public-school integration, gun rights, equal access to jury trials in the courts, campaign financing, and voting rights will be circulated and discussed in class, as will articles about more liberal decisions like Obergefell vs. Hodges, which ruled unconstitutional the laws prohibiting gay marriage.

Bio: See Errol Miller, previous listing
Steelworkers And Important Legal Issues

Study Leader: Carl Frankel

- 5 Classes: Sep. 8 – Oct. 6  
- Thursday, 1:15 PM - 2:45 PM  
- Wean Hall, 4707

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

Carl B. Frankel was a lawyer for the United Steelworkers of America from 1968 until 2000, when he retired. He served as associate general counsel-litigation 1971-1996 and general counsel 1996-2000, playing a role in all but one of the above cases. 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.

A Hitchhiker’s Guide To Patents, Trademarks, Copyrights, and Trade Secrets

Study Leader: Fred Colen

- 4 Classes: Sep. 6 – Sep. 27  
- Tuesday, 1:00 PM - 2:30 PM  
- Wean Hall, 4707

The course will cover the basics of U.S. patent, trademark, copyright, and trade secrets law and delve into their differences, similarities, and overlapping. Each session will address one of the four noted types of intellectual property and will be in a lecture format, with open discussions between the course leader and the course participants. Each lecture will be supplemented with interesting examples of, and actual cases relating to, the intellectual property being discussed.

Fred Colen has actively practiced and specialized in intellectual property law for more than 40 years. For the past 37+ years, he has been associated with Reed Smith, LLP, an international law firm, first as an associate, then as a partner. He currently serves as Counsel to the firm. Fred was the head of the Reed Smith Intellectual Property Group for many years. During his years at Reed Smith, he has been involved in securing domestic and foreign intellectual property rights for his clients and has tried, and assisted with, numerous U.S. and foreign patent, trademark, copyright, and trade secret litigations. He is also regularly involved in the licensing of proprietary technology and know-how, both in the United States and abroad. Fred has been appointed to act as a Special Master to the Court in patent-infringement matters in the United States District Court for the Western District of Pennsylvania, and serves as a mediator in patent, trademark, copyright, and trade secret disputes.
**Drawing: A Lifelong Journey**

*Study Leader: Judy Spahr*

- 6 Classes: Sep. 9 – Oct. 14  
  - Class ID: 1597
- Friday, 9:30 AM - 12:00 PM
- Room 313, College of Fine Arts

- 6 Classes: Nov. 4 – Dec. 16*  
  - Class ID: 1639
- Friday, 9:30 AM - 12:00 PM
- Room 313, College of Fine Arts
  
  *Note: Class will not meet on Nov. 25.

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

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

**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.

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**Ikebana For Your Space**

*Study Leader: Karen Fung Yee*

- 5 Classes: Sep. 9 – Oct. 21*  
  - Class ID: 1613
- Friday, 11:15 AM - 12:45 PM
- Hunt, Osher Classroom
  
  *Note: Class will not meet on Sep. 9 or Oct. 14.

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

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

*Study Leader: Joseph J. Kennedy IV*

- 6 Classes: Sep. 12 – Oct. 24*
- Monday, 11:15 AM - 12:45 PM
- Computer Cluster TBA
  *Note: Class will not meet on Oct. 3

Whether you are just getting started on your family history or would like to verify and preserve the work of others, this course will give you the tips and tools you need. Participants will learn to use genealogy software, conduct online research, document their findings, and use digital technology to preserve oral histories, photographs, and documents. This will be a hands-on, interactive course for the beginner or intermediate family historian.

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 account setup. Failure to do so in a timely fashion will prevent you from taking the course.

**Registration deadline for this course is August 22.**

**Joe Kennedy** is the founder and CEO of Riverbends, Inc., a non-profit online organization that promotes African-American genealogy and history and provides value and inspiration to everyone interested in researching and sharing family history. Through Riverbends, he works with many schools and organizations, offering lectures and workshops on how digital technology can help us understand and preserve family history, and how we can learn from the multifaceted perspectives of African-American history. In researching his own family history, he has identified 78 ancestors and 2,500 relatives going back to 1726. Joe Kennedy is a graduate of Shady Side Academy, the College of Wooster, and Cornell Law School.

How to Make a Loopy Scarf

*Study Leader: Judy Grumet*

- 2 Classes: Oct. 18 and Oct. 25
- Tuesday, 9:00 AM - 11:00 AM
- Hunt, Osher Classroom

Learn how to make hairpin lace scarves in two sessions. You will use an old fashioned crochet technique that produces lovely, loopy scarves—from lacy and delicate, to furry, to outdoor warm, depending on yarn used. Basic technique is taught in the first session and ways to start and end are covered in the second session. A loom, yarn, and crochet hook will be provided.

Please note: Total cost will be less than $15 and will depend on yarn. This will be collected at the first class.

**Judy Grumet** is an almost-retired clinical psychologist with more time to pursue her interests in photography and other creative endeavors. She has been in private practice for over 30 years, with a special interest in end-of-life issues and the grieving process. She taught classes at Pitt for almost 25 years, including one on the psychology of death and dying. She says that one of the more-fun aspects of making hairpin lace scarves is giving one to unsuspecting individuals when they say they like it. Teaching others how to make them is also great fun.
Explore Your Life Story Through Numerology

**Study Leader:** LaVerne Hotep

- **5 Classes:** Nov. 9 – Dec. 14*  
- **Wednesday:** 9:30 AM - 11:00 AM  
- **Wean Hall:** 4707

*Note: Class will not meet on Nov. 23

The basic cycle of the digits 1 through 9 is used in numerology to symbolize the human life cycle. Within the range of these nine numbers lies the potential for the total life experience, including all things physical, mental, emotional, and spiritual. Numerology is an easy-to-use system that shows your life from a different perspective, analyzes your experiences, and helps you to do something about your life. By the end of this class, participants will have a basic knowledge of the numbers and their meaning and be able to calculate and analyze their personal numbers, based on their names and dates of birth. They will find this adventure with numerology to be exciting and uplifting. It will reveal aspects of character and personality in a way that is fresh and inspiring, and the beauty and excitement of life will increase.

LaVerne Baker Hotep has been a student of numerology since 1975 when an old and rather worn-out book on the ancient spiritual science literally fell at her feet in a metaphysical book shop in Michigan. For many years she experimented with the tools of numerology, reading and studying everything she could find on the subject. In 1985 LaVerne began practicing numerology professionally and has provided guidance to many through her insightful readings. Founder of Well Woman Media and producer and host of Well Woman Radio Retreat on WEDO 810 AM and Well With My Soul: Nourishing Conversations for Mind, Body and Spirit on WGBN 1150 AM, she approaches life as a student, is guided by an insatiable search for knowledge, and is inspired by the ancient African proverb “She who learns, teaches.”

Create Trendy Jewelry

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

- **2 Classes:** Nov. 3 and Nov. 10  
- **Thursday:** 11:15 AM - 12:45 PM  
- **Hunt, Osher Classroom

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

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 88.
Florida Birding
Study Leader: Amanda Haney

- 2 Classes: Nov. 2 and Nov. 9  Class ID: 1529
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Florida has over 500 species of birds and hundreds of accessible birding sites. Many of these birds are not found in our area. Students will learn to identify many common and some not-so-common birds found in Florida in winter. Photos of a wide variety of birds including wading birds, raptors, wetlands birds, and perching birds will be included. Students will learn to use ebird.org to find birding sites and locate specific birds.

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, especially from Florida. 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 has taught several other Osher classes.

Pysanky for All Seasons
Study Leader: Francoise Barrionuevo  Materials Fee: $10*

- 3 Classes: Sep. 9 – Sep. 23  Class ID: 1636
- Friday, 9:00 AM - 11:00 AM
- Hunt, Osher Classroom

Pysanka, decorated eggs also called Ukrainian eggs, are colored using the Batik method. For thousands of years, it was a folk art and talisman used in many Eastern European countries. It became an art form all over the world and decorations for all seasons. It is still, for many, a good-luck charm. The class is for students with little or no knowledge of this experience. All necessary supplies will be provided. Participants will receive hollowed eggshells, written detailed instructions, and verbal guidance. They will write with beeswax, using a set of good quality tools. Some kits will be available for purchase at the instructor’s cost. The first class will include a PowerPoint presentation about the history of Pysanka, and the description of the Batik method. It will be followed by a series of workshops. Although the first attempts might be no more than colorful scribbles, participants soon will be surprised by their talent.

Francoise Crozet was born in France and moved to Pittsburgh in 1986. In 2008, she saw Pysanky for the first time in the Pittsburgh History Museum. Although she appreciated the art of Faberge, she immediately loved the Pysanky folk art and wanted to learn all about it. At first it was a hobby and stress relief. However, in 2012 it became a big part of her life when she started to give classes. Pysanky has her traveling from Nova Scotia to Arkansas to meet new "egg-Friends" and share Pysanky adventures.

*Materials fees are not refundable; information on page 88.
Wine Appreciation: Pinot Noir and Malbec

Study Leader: Chris Forbes  Materials Fee: $40*

- 2 Classes: Sep. 7 and Sep. 14  Class ID: 1509
- Wednesday, 6:30 PM - 8:30 PM
- Rodef Shalom, Falk Library - 2nd floor

The grape used in red Burgundies, which can be some of the most sublime wines ever, is the Pinot Noir, but one of the most challenging wine-making tasks is to consistently make a great wine from Pinot Noir. Winemakers usually will accept the challenge if they have anything like the right climate and soil to deal with: “the desire of the moth for the star,” as the poet Shelley said on another topic. In this class we’ll examine the output of a number of efforts from around the globe as they hope to convince you they have achieved their starry goal. The grape that makes what was once known as the “black wine of Cahors” in France is the Malbec, but nowadays France has only a fraction of the vines now grown in Argentina. Argentina is associated with Malbecs probably more than any other wine in any other New World country, and with good reason. In France, the grape struggled to ripen for many years but deep color, reliable ripeness, high quality, and high alcohol have become hallmarks of Argentinian Malbecs. In this class we’ll compare examples of what the two countries have to offer. Breads, cheeses, and nuts will be served with the wines.

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

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

Exploring the Regional Cuisines of India

Study Leader: David Green  Materials Fee: $25*

- 5 Classes: Sep. 6 – Oct. 4  Class ID: 1643
- Tuesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Kitchen, 7604 Charleston Ave., Swissvale

- 5 Classes: Nov. 1 – Nov. 29  Class ID: 1644
- Tuesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Kitchen, 7604 Charleston Ave., Swissvale

In this class, we will explore the regionally diverse foods found in India. You will learn how to use a palette of exciting, exotic spices and food products and be introduced to a few new cooking techniques. It’s not just curry powder!

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

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

Study Leader: Loretta Barone

• 11 Classes: Sep. 8 – Nov. 17  Class ID: 1487
• 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 better manage stress and tension. 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

• 7 Classes: Sep. 7 – Oct. 26*  Class ID: 1574
• Wednesday, 1:15 PM - 2:30 PM
• Beth Shalom, 5915 Beacon St., Squirrel Hill
*Note: Class will not meet on Oct. 12

• 7 Classes: Nov. 2 – Dec. 21*  Class ID: 1646
• Wednesday, 1:15 PM - 2:30 PM
• Beth Shalom, 5915 Beacon St., Squirrel Hill
*Note: Class will not meet on Nov. 23

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. Bring out the dancer in you in this fun class! The class is designed to embrace all levels of ability with modified moves, step-by-step instructions, and demonstrations. No prior experience is necessary. "Get Fit" is bound to energize you and put a smile on your face. This class is like no other because it gives you a full-body workout that incorporates easy-to-follow, low-impact dance movements, muscle toning, stretching, and relaxation exercises. It is perfect for older adults who are looking to improve muscle tone and coordination and build 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-, 2-, or 3-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 -
Long Form, First Section

Study Leader: Judith Crow

• 6 Classes: Sep. 12 – Oct. 24*
• Monday, 10:00 AM - 11:30 AM
• Wilkins Community Center,
  7604 Charleston Ave., Swissvale
*Note: Class will not meet on Oct. 3

The ancient Chinese martial art Tai Chi Chuan is usually first approached as a gentle exercise to increase flexibility; promote better balance; and generally enhance physical, mental, and spiritual well-being. Movements are slow, gentle, circular, and continuous. This course will focus on the basics of Tai Chi and the first section of the form. More advanced students will have an opportunity to improve the “flow” of the form in their movements, synchronize breath with motion, and review, at least once each session, the first two sections of the form.

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

Move It or Lose It

Study Leader: Elsa Limbach

• 6 Classes: Sep. 6 – Oct. 11
• Tuesday, 10:00 AM - 11:30 AM
• Dance Alloy Studio, 5530 Penn Ave., East Liberty

• 6 Classes: Nov. 1 – Dec. 6
• Tuesday, 10:00 AM - 11:30 AM
• Dance Alloy Studio, 5530 Penn Ave., East Liberty

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

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

Study Leader: Maureen Gemeinhart

- 6 Classes: Sep. 8 – Oct. 13  
  Class ID: 1514
- Thursday, 11:15 AM - 12:15 PM
- Friends Meeting House,  
  4836 Ellsworth Ave., Oakland

- 6 Classes: Nov. 3 – Dec. 15*  
  Class ID: 1634
- Thursday, 11:15 AM - 12:15 PM
- Friends Meeting House,  
  4836 Ellsworth Ave., Oakland
*Note: Class will not meet on Nov. 24

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

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

Contra Dancing

Study Leader: Cecilia Wenisch

- 6 Classes: Sep. 12 – Oct. 24*  
  Class ID: 1607
- Monday, 1:00 PM - 3:00 PM
- Wilkins Community Center,  
  7604 Charleston Ave., Swissvale
*Note: Class will not meet on Oct. 3

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.

In this class you will learn many contra dance figures. Some, but not all, are like square dance or English country dance moves. However, contra dance formation is done in longway sets. The figures you learn will be combined to form a particular dance. I will teach, and then “call” the pattern, and it will repeat as you interact with the other dancers in the set. Wear shoes that will enable you to turn and pivot. No partner is necessary. (The dances are quite aerobic.)

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

Tamburitzan Kolo Dancing

Study Leader: George Schexnayder

- 6 Classes: Sep. 7 – Oct. 19*  
  Class ID: 1652
- Wednesday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom,  
  4836 Ellsworth Ave., Oakland
*Note: Class will not meet on Oct. 12

- 6 Classes: Nov. 2 – Dec. 14*  
  Class ID: 1653
- Wednesday, 10:00 AM - 11:30 AM
- Friends Meeting House,  
  4836 Ellsworth Ave., Oakland
*Note: Class will not meet on Nov. 23

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.

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

Study Leader: John Olmsted

- 6 Classes: Sep. 9 – Oct. 14
- Friday, 1:00 PM - 2:30 PM
- Hunt, Osher Classroom

- 6 Classes: Sep. 9 – Oct. 14
- Friday, 2:45 PM - 4:15 PM
- Hunt, Osher Classroom

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

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

Elementary Bridge for Beginners

Study Leader: Barbara Horowitz

- 6 Classes: Sep. 8 – Oct. 20*
- Thursday, 9:30 AM - 11:00 AM
- Hunt, Osher Classroom
- Note: Class will not meet on Sep. 29

- 6 Classes: Nov. 1 – Dec. 6
- Tuesday, 9:30 AM - 11:00 AM
- Hunt, Osher Classroom

This course is designed as a continuation of Elementary Bridge for Beginners. Aspects of the five-card major bidding system will be further developed as well as emphasis on both bidding and play. Preference will be given to students who completed the earlier course, but new students with a rudimentary knowledge of the five-card major system will also be welcome.

Barbara Horowitz has taught bridge for many years for the Mother's Day Out programs and also gave private lessons.
**GARDENING**

**Celebrate Autumn in Your Garden**

*Study Leader: Patricia Cernicky, Karin Glass*

- 1 Class: Sep. 6  
  - Tuesday, 11:15 AM - 12:45 PM  
  - Wean Hall, 4707

You enjoyed the colors of your landscape all summer long. Why not extend the beauty of your garden by adding fresh colors and textures that take your palette into late fall? Easy additions and change-ups can add seasonal splendor to any landscape. We will talk about this and then discuss what you need to do when the season has ended to put your garden to bed for the winter. Your perennials will emerge well rested and ready to welcome Spring!

*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.

*Patricia Cernicky* is a Phipps Master Gardener who has taught several Osher classes. She enjoys painting and sketching and lives in Franklin Park.

**LANGUAGE**

**Intermediate French Conversation**

*Study Leader: Veronique Schreurs*

- 5 Classes: Nov. 4 – Dec. 9*  
  - Friday, 1:00 PM - 3:00 PM  
  - Hunt, Osher Classroom

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

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. Basic knowledge of French is required.
MUSIC & DRAMA

Have You Ever Wanted To Act on Stage?

Study Leader: C.R. Thomas, Nancy Santangelo

- 6 Classes: Sep. 7 – Oct. 19*
- Wednesday, 1:00 PM - 3:00 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

*Note: Class will not meet on Oct. 12

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 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: Oct 19 at 6PM

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

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

Singing in a Choral Group

Study Leader: Constance Rapp

- 6 Classes: Sep. 8 – Oct. 13
- Class ID: 1600
- Thursday, 1:00 PM - 2:30 PM
- Friends Meeting House, Parlor, 4836 Ellsworth Ave., Oakland

- 6 Classes: Nov. 3 – Dec. 2
- Class ID: 1638
- Thursday, 1:00 PM - 2:30 PM
- Friends Meeting House, Parlor, 4836 Ellsworth Ave., Oakland

*Note: Class will not meet on Nov. 24

This class is the Osher at Carnegie Mellon version of “Young at Heart.” The goal is to relax, have fun, and learn while singing two-and three-part harmony. The class will sing traditional choral favorites as well as arrangements of Broadway songs. “Graduation” has been a performance at a local assisted-living facility. No prior experience is necessary, just the desire to participate!

Connie Rapp is a music graduate (piano) of the University of Michigan and the Julliard School. In Pittsburgh, she has taught piano at the Carnegie Mellon preparatory division and at Duquesne University and was an active chamber musician. Prior to coming to Pittsburgh, she conducted junior high school choral groups. She is a member of Osher.
Ukulele 101

Study Leader: Marlene Parrish

- 6 Classes: Sep. 12 – Oct. 24*
- Monday, 1:00 PM - 3:00 PM
- Wilkins Community Center, 7604 Charleston Ave., Swissvale

*Note: Class will not meet on Oct. 3

Whether you call it a ukulele or a uke, the small four-string instrument is one of the easiest to play. All it takes is enthusiasm and practice. This course is designed for the absolute beginner. Prior music knowledge is a plus, but not necessary. Students will learn to hold, tune, strum, and play. We learn the easiest chords first, so you will be playing and singing in the first class. (When you can’t find the chords, just sing louder.) Tunes will include Tin Pan Alley, folk, and familiar old time favorites. Students must have a ukulele and tuner on the first day of class. Purchase at a Pittsburgh music store and ask for the Steel City Ukuleles discount.

Marlene Parrish is a syndicated food and travel writer for the Pittsburgh Post-Gazette. She has been a magazine food editor, restaurant reviewer, food stylist, and restaurant marketer. She did a stint as The Phantom Diner. Married to Robert L. Wolke, she contributed to his last two books on kitchen science, What Einstein Told His Cook and its sequel. She is emerita founder and co-leader of Slow Food Pittsburgh and the founder and co-leader of Steel City Ukuleles.

SELF IMPROVEMENT

Personality Types: Part One

Study Leader: Kerry O’Donnell

- 6 Classes: Sep. 6 – Oct. 11
- Tuesday, 5:30 PM - 7:00 PM
- Wean Hall, 4708

We each have thoughts, dreams, memories, experiences and plans that are utterly unique to us. Yet there are patterns to the structure of our personalities, which are formed at a young age. Learn about each of the nine types’ intuitive gifts, particular biases of attention, how we see ourselves, how we view the world, and what tend to be our stressors, triggers, and defense mechanisms. The purpose is to better understand and have compassion for ourselves and others, particularly in conflict situations, and to begin learning how to manage reactivity in stressful situations. This class will be lecture-only, and practical skill will be taught in future courses. The book, The Essential Enneagram by Dr. David Daniels, is the required text.

Kerry O’Donnell is president of the Falk Foundation and a certified Enneagram teacher and conflict management coach. Previously she served as program manager of the Jennings Randolph Fellowship Program at the United States Institute of Peace, and as program specialist managing post-doctoral Fulbright awards at the Council for International Exchange Scholars in Washington, D.C. Kerry has served on the boards of several organizations, including the Institute of Politics at the University of Pittsburgh and Center on African American Urban Studies and the Economy (CAUSE) at Carnegie Mellon University. She volunteers with the Dialogue and Resolution Center and the Office of the Victim Advocate facilitating dialogues between crime victims and offenders.
Self Improvement | LEARN BY DOING

Personality Types: Part Two
Study Leader: Kerry O’Donnell

- 6 Classes: Nov. 1 – Dec. 6
- Tuesday, 5:30 PM - 7:00 PM
- Wean Hall, 4708

This class has been requested as a follow-up to the course "Personality Types, Part One," which participants must take as a prerequisite. The class will consist of experiential exercises, type panels, and skill-building opportunities in groups of two or more, in order to understand how to work with one’s type structure, integrate life experiences, manage reactivity, and relate to oneself and others with greater compassion. Kindly be prepared to participate at a level most comfortable for you. The book The Essential Enneagram by David Daniels, M.D. is the required text.

Bio: See Kerry O’Donnell, previous page

Observation Techniques
Study Leader: Louise Lippincott

- 5 Classes: Nov. 1 – Nov. 29
- Tuesday, 1:00 PM - 2:30 PM
- Carnegie Museum of Art, 4400 Forbes Ave., Oakland

A program developed to teach observation skills to medical students will be adapted to teach these skills to Osher participants. All classes will be at the Carnegie Museum (museum admission is required at the participants expense). Louise Lippincott, curator at the Carnegie Museum of Art, will lead and monitor class discussion. Participants, in pairs, will spend ten minutes observing a single work of art. Each participant will then describe details of the observed work. Then, the whole group will view each work and add their observations. The instructor will moderate, ask questions, and point out additional features.

Please note: Students will be responsible for paying museum admissions for each class. Because the class is limited to eight students, full attendance by those registered is important. Participants will need to be able to stand for prolonged periods. This course will not include a guided tour or lecture about the museum.

Louise Lippincott earned her B.A. in art history from Yale University, and a Ph.D. degree in European history from Princeton. She has been curator of fine arts at Carnegie Museum of Art since 1991. She has also worked at the J. Paul Getty Museum and the Philadelphia Museum of Art. She is a specialist in European painting and sculpture c. 1750-1900, with a particular interest in artists and scientific inquiry.

More Alexander Technique
Study Leader: Janet Seltman

- 6 Classes: Nov. 3 – Dec. 15*
- Thursday, 1:00 PM - 2:30 PM
- Wilkins Community Center, 7604 Charleston Ave., Swissvale

*Note: Class will not meet on Nov. 24

As a former student, you may remember the feeling of lightness and ease of movement that happens when you use Alexander’s technique. And yet, you may find that you need reminders of when, where, and how to apply the technique to your life. If so, this class is for you. You will continue the study of F.M. Alexander’s process, going deeper into what it means to use the technique as an everyday practice. Through activities and hands-on work, you will explore some of your stimulus/response patterns as opportunities for change. This class is experiential; please dress comfortably.

Please Note: You must have completed a 6-week introduction to the Alexander Technique or its equivalent.

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 31 years.
LEARN BY DOING | Self Improvement

Enough Already

Study Leader: Rosa Barnett Averbach

• 4 Classes: Sep. 7 – Sep. 28  
  Class ID: 1485
• Wednesday, 11:15 AM - 12:45 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’s degrees in both education and social work from the University of Pittsburgh, as well as certification in interior design from the Art Institute of Pittsburgh. She taught art education in the Swissvale Area Joint Schools. She has also taught adult education classes on topics including “Getting Organized,” “Time Management,” “Decision Making,” and “Procrastination.” She was director of Create-A-Space, a space-and design-management business. She also worked at St. Francis Hospital as a behaviorist with obese and morbidly obese patients. Her specialty is behavior modification and permanent lifestyle changes. She has been teaching courses at Osher at CMU for eight years.

Stress and Your Health

Study Leader: Mary Duquin

• 5 Classes: Sep. 7 – Oct. 5  
  Class ID: 1504
• Wednesday, 11:15 AM - 12:45 PM
• Wean Hall, 4707

In this class 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 learn under what conditions stress is actually good for us and when it is harmful. Discussions will center on risk factors, environmental triggers, mindfulness, healthy and unhealthy means of coping with stress, and strategies for long-term stress management as we age. In class we will explore ways to positively use the energy of stress and practice skills that will help us reduce the anxiety of stress. This will be an interactive class with many enjoyable stress management activities including: stretching, visualization, yoga, humor, meditation, massage, breathing techniques, and progressive muscle relaxation.

Mary Duquin received her Ph.D. at Stanford University in Education and taught at the University of Pittsburgh from 1974 to 2013 in the Department of Health and Physical Activity. She is also a licensed massage therapist. Over the past 40 years she has taught courses in personal health, the psychology of health, teaching health and wellness in schools, the philosophy of health and the social and cultural aspects of health. In all of these classes, she has emphasized the benefits of employing stress management techniques in promoting and maintaining long term health and well-being.

Respond to the monkey in your email!

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

*Study Leader: Susan Morris*

- 5 Classes: Sep. 12 – Oct. 17* Class ID: 1556
- Monday, 9:00 AM - 11:00 AM
- Hunt, Osher Classroom
  *Note: Class will not meet on Oct. 3*

- 5 Classes: Oct. 31 – Nov. 28 Class ID: 1628
- Monday, 9:00 AM - 11:00 AM
- Hunt, Osher Classroom

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

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

**AARP Smart Driver 8-Hour Course**

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

- 2 Classes: Sep. 7 and Sep. 14 Class ID: 1617
- Wednesday, 1:00 PM - 5:00 PM
- Hunt, Osher Classroom

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

Please note: Pay material fee to instructor at first class. Fee is $20 or $15 with proof of valid AARP membership.

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

*Materials fees are not refundable; information on page 88.*
Getting to Know Your Apple

Study Leader: Byron Gottfried, Robin Heid

- 5 Classes: Sep. 9 – Oct. 7  
  Class ID: 1523
- Friday, 1:00 PM - 3:00 PM
- Computer Cluster TBA

Are you new to the Mac? Learn to customize your Mac so that its appearance and behavior conform more closely to your own personal preferences. This class will teach you how to: change the appearance of your dock and desktop; customize the appearance of your file and folder listings; maneuver through the maze of files and folders on your hard drive; create your own system of files and folders; cut, copy, and paste within documents or between documents; organize your favorite websites within your browser; view photographs; play music; use flash drives; back up important files and folders; back up your entire hard drive; shut down and restart quickly (sleep mode); and download/install periodic updates. This is a hands-on class taught in a computer-equipped classroom. Participants will be expected to know the basics, such as turning on the computer, using email, and browsing various websites.

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 account setup. Failure to do so in a timely fashion will prevent you from taking the course.

Registration deadline for this course is August 22.

Byron Gottfried is a retired Pitt engineering professor and an active participant in CMU’s Osher program. He received his Ph.D. degree from Case-Western Reserve University in 1962 and spent several years working as a research engineer before joining the Pitt faculty in 1970. He is the author of 12 college textbooks and numerous research papers.

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

Facebook and Twitter And Texting, Oh My

Study Leader: Janis Ramey, Franklin Snyder

- 5 Classes: Nov. 3 – Dec. 8*  
  Class ID: 1576
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708
*Note: Class will not meet on Nov. 24

People are using smartphones and computers to do all sorts of fascinating things. If you feel left behind, maybe it’s because you don’t know what’s possible or why you would want to use them. This course will help you understand why social media, such as Facebook and Twitter, are so popular and how they can be important to all of us, no matter what our age or background. Then, beyond social media, we’ll look at email, Google, texting, Skype, Instagram, iTunes, e-readers, Netflix, and a wealth of other technologies that will surely intrigue you if you know more about them. Our philosophy is that if you’re motivated to use a technology, you’ll be able to figure out how to use it. Handouts will include descriptions of these technologies, and references on how to use them. You do not need to own a computer or smartphone to enjoy this course.

Janis Ramey is an independent technical writer who helps scientists and engineers write about their work. She also teaches technical writing to technical people in their workplaces and has taught at Pitt and Chatham. She has both master’s and bachelor’s degrees from Carnegie Mellon. To be successful in her career, she has needed to always be out front of technology.

Franklin D. Snyder has 37 years experience with technical research and development in academic, government, and industrial research and production environments. He has a Ph.D. in physics from the University of Iowa and has taught at the University of Kentucky where he was a visiting assistant professor. Areas of expertise include computers, communication, automation and control, robotics, manufacturing, transportation, health informatics, and nuclear physics. He has authored 21 publications and presented at topical conferences. He created the Windows Utilities website.
Gelfand Outreach: Bug-bots

Study Leader: Gelfand Center  Materials Fee: $10*

- 1 Class: Sep. 6  Class ID: 1570
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall, Conference Room 4625

- 1 Class: Sep. 13  Class ID: 1649
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall, Conference Room 4625

The Gelfand Center provides STEM focused, hands-on and fun workshops for students in grades K-9 and is offering a similar class for Osher students. Participants will participate in one of our most popular classes: BUG-BOTS. Through this course you’ll "Bounce your way into the exciting world of robots! Explore motion, power, electricity, and robots. Discover the way motors and batteries operate. Discuss robots and bugs and then create a robot, explain how it moves, and take the robot home to share with family and friends!" The presenters will discuss how Carnegie Mellon researchers learn from nature to build robots, the applications of STEM activities in classrooms, and the importance of engaging students in those activities at young ages.

The Leonard Gelfand Center for Service Learning & Outreach supports activities that enable Carnegie Mellon students, faculty and staff to use their energy and expertise to improve the quality of life, motivate learners of all ages, and solve problems in the community. We assist with partnership development with individuals, school districts and organizations in Pennsylvania and beyond to design and implement programs, and service-learning course activities. STEM education outreach programs are our priority. Pamela J. Piskurich is the program director of the Gelfand Center for Service Learning and Outreach. She teaches a variety of classes for the program and conducts the Summer Series classes. She has been working at Carnegie Mellon University coordinating and developing curriculum for outreach programs for K-12 students for the past 18 years. Christa Romanosky has been working with the Gelfand Center for Service Learning and Outreach for over two years. She has a master’s of fine arts from the University of Virginia, and is a graduate of Carnegie Mellon University. Judith Hallinen serves as assistant vice provost for educational outreach and directs the Gelfand Center. Judy has held a variety of teaching and administrative positions at Carnegie Mellon during the last 32 years.

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

Andrew Carnegie’s Museums And Library: Behind the Scenes

Study Leader: Robert J Gangewere  Materials Fee: $18*

- 4 Classes: Nov. 2 – Nov. 30*  Class ID: 1513
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

*Note: Class will not meet on Nov. 23

How did Andrew Carnegie’s Victorian "Palace of Culture" become Pittsburgh’s library system, a Music Hall, and four museums: Carnegie Museum of Natural History, Carnegie Museum of Art, Carnegie Science Center, and The Andy Warhol Museum? Trace the history of this world-famous educational empire with the former editor of Carnegie Magazine, as he explores with illustrated lectures the fascinating people that helped these institutions adapt to changes in Pittsburgh and the museum profession. Classes three and four are on-site tours of the Oakland building.

Please note: Meet at Wean Hall Nov. 2 & 9. Meet at the art museum gift shop on Nov. 16 & 30.

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)

*Materials fees are not refundable; information on page 88.
The Role of Exercise for Aging Adults: Principles and Benefits

Study Leader: Bill Presutti Jr

- 3 Classes: Sep. 12 – Sep. 26
- Class ID: 1575
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

This course will not include exercise per se, but will provide the necessary background knowledge to establish an exercise program suitable to each individual participant. It will discuss the physiology of aging and the role of exercise, including the principles of exercise programming for older adults and the psychological benefits of physical activity. It will help participants to identify the stages of readiness to be physically active and the keys to adhering to exercise. Participants will also learn the keys to assessing the level of their fitness and specific exercise techniques for older adults including basic strength training guidelines. It will also provide the keys to getting started and the opportunity to complete a self-assessment questionnaire as an important takeaway. The most important takeaway will be the understanding that exercise is an indispensable element for maintaining peak health and functional independence.

Bill Presutti, Jr. recently retired from Duquesne University where he served as a faculty member and associate dean in the Palumbo Donahue School of Business for 29 years. He earned his undergraduate degree from Duquesne, an M.A. degree from Northeastern University, and a Ph.D. degree in applied history from Carnegie Mellon University. Presutti is a member of the Gettysburg Foundation and has spent several years studying the Battle of Gettysburg.

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Feel Good Feng Shui

Study Leader: Yvonne Phillips

- 1 Class: Oct. 25
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall, 4708

Feng Shui is a philosophy that is 5,000 years old and can help you today, this moment. Feng Shui has nine different areas that it looks at to provide you with a wealth of knowledge that can help place a smile on your face every day! Class members will identify key tips in each area that they can implement immediately. Do you need another stream of income? Let's work on the wealth factor! Does your health need to be better? Is it possible to have peace and quiet in your home? Do you need assistance organizing your office or desk, selecting colors for your walls, solving sleep problems, or finding that seat in a restaurant where you will feel most comfortable? In this course, these and other questions will be answered, and participants will learn the "how to's" of Feng Shui. They will learn to live the good life.

Yvonne Phillips has developed expertise in the area of Feng Shui, the ancient art of living in harmony with the environment for health, wealth, wellness, creativity, and happiness, by combining her education and professional experience. She has training and experience with master Nancilee Wydra, the founder of Feng Shui Institute International. This school is an interdisciplinary version of Feng Shui. It combines biology, physics, psychology, and architecture. Yvonne has also been trained by grand master Lillian Too on Flying Stars Feng Shui, an Eastern philosophy.
Wellness | Writing | LEARN BY DOING

Healthy Eating

Study Leader: Rosa Barnett Averbach

• 4 Classes: Nov. 1 – Nov. 22  
• Tuesday, 11:15 AM - 12:45 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. 34

Writing for Fun And Nurturing Your Imagination

Study Leader: Ruth Drescher

• 5 Classes: Sep. 12 – Oct. 17*  
• Monday, 11:15 AM - 12:45 PM  
• Hunt, Osher Classroom
  *Note: Class will not meet on Oct. 3

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

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

The Writing Circle: Write Now!

Study Leader: Mimi Botkin

• 6 Classes: Oct. 31 – Dec. 5  
• Monday, 1:00 PM - 3:00 PM  
• Hunt, Osher Classroom

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: Sep. 7 – Oct. 19*  
- Wednesday, 9:00 AM - 11:00 AM  
- Hunt, Osher Classroom  
*Note: Class will not meet on Oct. 12

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.

Inspiring Others: The Chicken Soup Way

Study Leader: Hana Haatainen-Caye

- 4 Classes: Oct. 4 – Oct. 25  
- Tuesday, 1:00 PM - 3:00 PM  
- Hunt, Osher Classroom

Did you ever wonder how to get an inspiring true story into print in one of the series of anthologies, such as Chicken Soup for the Soul? There is a formula. In this class, you will learn how to take a great story and transform it into a dynamic tale ready for publication. No matter how good your story is, it won’t go very far without five critical elements. Submission guidelines for CSS will be covered, as well as current story callouts. The first session will cover the basic formula and guidelines. During the second session, participants will share their stories and receive feedback and critiques. The third and fourth session will focus on the final polishing and presentation for submission. Gather your stories and discover the secret to sharing them with the world.

Hana Haatainen Caye is an award-winning writer and voice-over talent. She is the author of the non-fiction book, Green Grandma’s Vinegar Friday’s, as well as over 100 children’s books. Multi-published in the Chicken Soup for the Soul anthologies, she teaches others how to transform their life experiences into stories that sell. She leads writing workshops locally and at writers’ conferences and is passionate about helping other writers succeed and reach their publishing goals.

Share the "air time"

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

Study Leader: Molly Youngling

- 6 Classes: Nov. 3 – Dec. 15*   
- Thursday, 9:00 AM - 11:00 AM  
- Hunt, Osher Classroom
  *Note: Class will not meet on Nov. 24

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

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

So You Want To Write for a Newspaper

Study Leader: Pamela Winnick

- 6 Classes: Nov. 4 – Dec. 16*   
- Friday, 11:15 AM - 12:45 PM 
- Hunt, Osher Classroom
  *Note: Class will not meet on Nov. 25

This is a course designed for those who desire to publish an opinion or news piece in a traditional newspaper. The instructor will teach the basics of each form, with an emphasis on the fundamentals of good writing and newspaper style. Students will be encouraged to write both an opinion and a news piece. All work will be reviewed by the instructor of the class. We will also discuss the mechanics of getting your work published.

Pamela R. Winnick is a graduate of the Columbia University School of Journalism and a former reporter for the Pittsburgh Post-Gazette. A recipient of the prestigious Overseas Press Club Award, she’s been published in such national publications as the Wall Street Journal. Her opinion pieces and book reviews appear frequently in the Post-Gazette.
ANTHROPOLOGY/ARCHAEOLOGY

Religion of Ancient Israel, Bible, and Archaeology

Study Leader: Ram Kossowsky

- 5 Classes: Sep. 8 – Oct. 6
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

This class continues the discussion where we left off during the summer session of 2016. Using original texts from the Bible and its contemporary literature, archeological finds, museum-quality slides, and historical analysis, we will cover the era of the Monarchies. We will discuss at length the contributions of the Major Prophets (Jeremiah, Isaiah, Micah) and the emergence of the Deuteronomic Judaism.

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 monthly installments of a study of "Archeology 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 served as president of the Biblical Archaeology Society of Pittsburgh.

ARCHITECTURE

Naked Architecture: Addition Through Subtraction

Study Leader: Eric Fisher

- 2 Classes: Dec. 14 and Dec. 21
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

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

Please note: 2nd class at another location to be announced.

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

Study Leader: Bill Roemer

- 6 Classes: Sep. 6 – Oct. 11  
- Tuesday, 3:15 PM - 4:45 PM  
- Wean Hall, 4707

This course will provide a fundamental understanding of the Big Bang from a layperson’s perspective. A prerequisite in mathematics and physics is not necessary. Where some degree of technical information is required, easy-to-follow explanations will be provided. The course begins with where the universe is now in terms of contemporary science, and where it is going. Then the participants will learn about singularities and the Hot Big Bang Theory, followed by the Inflationary Big Bang Theory, and concluding with the Afterglow and the several epochs that conclude when the universe was only about 10 seconds old. The course will also cover the discovery of gravitational waves and how that will affect the future of astronomy and cosmology.

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

Birth, Life, and Death of Stars

Study Leader: Ken Kobus

- 5 Classes: Sep. 7 – Oct. 5  
- Wednesday, 3:15 PM - 4:45 PM  
- Wean Hall, 4708

This is a non-mathematical course describing how and why stars form, live their lives, when and why they die, and the ultimate impact their death has on the rest of the universe. To aid in understanding, there will be some discussion of the methods that astronomers have devised to observe and interpret the evolutionary paths taken by stars. My goal in presenting this course is for each student to be capable of maintaining an intelligent conversation about how stars evolve and what leads us to that understanding.

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

*Study Leader:* Randy Weinberg

- 5 Classes: Sep. 9 – Oct. 7
- *Class ID:* 1606
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

**Randy S. Weinberg** is a teaching professor in information systems at Carnegie Mellon University. He has been teaching for 28 years. His professional interests include software development and decision-support systems. In recent years, he has come to view sustainability as, perhaps, the biggest collective challenge facing us today and into the future. He has taught a course at CMU called "Big Data and Sustainability" and introduced sustainability in the courses he teaches. He continues to learn how to practice what he preaches in managing his personal eco-footprint.

Regreening Pittsburgh

*Study Leader:* John Olmsted

- 6 Classes: Oct. 31 – Dec. 5
- *Class ID:* 1568
- Monday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

Pittsburgh, once known as the Smoky City or Hell with the Lid Off, has become one of America’s most livable cities. Many non-profit organizations have helped create and sustain that transformation by working to restore and improve Pittsburgh’s natural environment. This term's presenters will be representatives from six of them: GASP, the Phipps Conservatory (held on-site at the Center for Sustainable Landscapes), Riverlife, Mount Washington Community Development Corporation, Landforce, and the Pittsburgh Parks Conservancy (held on-site at the new Frick Environmental Center). The representatives will describe their organizations’ missions and current projects. They will also describe ways that we can assist them in this ongoing transformation. There will be ample time for questions and discussion.

**John Olmsted** has a Ph.D. degree in physical chemistry and is professor emeritus at California State University Fullerton. He has been interested in the environment since early in his professional career, having done research on photochemical storage of solar energy. His license plate is "GRN DOC." He volunteers as a Pittsburgh Parks Conservancy ecosteward for Mellon Park, does mapping data entry for the Western Pennsylvania Conservancy, has a rain barrel from Project 15206, and recently installed solar panels on his roof. He and his wife support many environmental organizations, including the Pittsburgh Botanic Garden, the Phipps Conservatory, and the Western Pennsylvania Conservancy.
What’s Cracking with Fracking  
Study Leader: Richard Horn, Jack Cicarelli

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

This course will present a study of gas production in the Marcellus and Utica shale: where the gas comes from, the geology of the shale, how it got there, and how the gas is just now being recovered economically althought this deposit has been known for over 100 years? How do they do it, and what is fracking and how does it work?

Richard Horn has a degree in chemical engineering from the University of Pittsburgh along with additional courses in PA land law and gas production technology, a professional engineer’s license, and has worked many years in the chemical industry. Presently he is doing forensic work.

Jack Cicarelli has a Ph.D. in geology from Penn State University and has been a professor at that institution and others.

Minerals of the Carnegie Museum  
Study Leader: Harlan Clare

- 5 Classes: Sep. 7 – Oct. 5  
- Wednesday, 1:00 PM - 3:00 PM  
- Carnegie Museum of Natural History, 4400 Forbes Ave., Oakland

Minerals and gems can be beautiful, but did you know that many of the products you use today come from common minerals? The collection of minerals at the Carnegie Museum of Natural History is considered by many to be the best display of minerals in the United States. Join us and tour The Hillman Hall of Minerals and Wertz Hall of Gems while learning about these minerals. You will meet the head of the department, Marc Wilson. As you participate in hands-on activities and demonstrations, you will learn how to identify minerals, how they form, the history of some locations where they are found, how we use them in products, and how minerals can be altered to increase their value.

Harlan J. Clare is a retired earth and space science teacher from the Plum Borough School District, where he taught for 32 years. He also served as the Science Department chairman K-12 for the district. Presently, he is a docent at the Carnegie Museum of Natural History, teaching children and adults about the collections at the museum. He has taught minerals and geology for the University of Pittsburgh Osher program for the past 3 years. In 2013 and 2014, he taught about minerals for the Carnegie Mellon University Osher program. Recently, he taught a ILR mineral class in Tucson, Arizona.

LIFE SCIENCE

Death Investigations  
Study Leader: Ronald B. Freeman

- 6 Classes: Sep. 7 – Oct. 19*  
- Wednesday, 5:30 PM - 7:00 PM  
- Wean Hall, 4708

*Note: Class will not meet on Oct. 12

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.

Political Geography  
Study Leader: Stephen Oliphant

- 5 Classes: Oct. 31 – Nov. 28  
- Monday, 9:30 AM - 11:00 AM  
- Wean Hall, 4707

Political Geography — Understanding of the world’s culture and how it relates to space. The course will examine political processes and how they are impacted by one’s geographic location. Improving geographic literacy will be an objective through this process.

Stephen Oliphant is a businessman and a member of the Hakluyt Society and International Geographic Society.
Origin of Life

Study Leader: Alan Waggoner

- 6 Classes: Nov. 3 – Dec. 15*  
- Thursday, 9:30 AM - 11:00 AM  
- Wean Hall, 4708  
  *Note: Class will not meet on Nov. 24

This will be a lecture course with lots of discussion. There is no required textbook. Articles from the web will be suggested, and PowerPoint handouts will be given to accompany the lectures. The class will explore scientific literature on the origin of life. The temperature, geology, chemistry, and atmosphere will be factors in our study. What is the probability of significant concentrations of organic polymers forming what might contain a reproducible structure containing code? There will be no certain answer to the origin of life, but it is a fascinating topic for contemplation.

**Alan Waggoner** is director of the Center for Light Microscope Imaging and Biotechnology, an NSF Science and Technology Center at Carnegie Mellon. Waggoner’s basic research area is in the development and application of fluorescence technologies to biological research, biotechnology, and medical diagnostics. These technologies include optical imaging, fluorescent probes, and microbiosensors for studying living cells within tissues. Waggoner taught at Amherst College before coming to Carnegie Mellon in 1972. In 1992 he co-founded Biological Detection Systems, a Pittsburgh startup that sold microscope imaging systems and fluorescent-labeling reagents that had been developed at Carnegie Mellon, and in 1994 he joined Amersham International as principal scientist and head of fluorescence to promote a transition from radio-isotopic to fluorescence-detection products. After six years in the commercial world, Waggoner returned to Carnegie Mellon as director of the Science and Technology Center. He received the 1999 Technical Achievement Award from the Society for Biological Screening for development of fluorescent reagents used by the pharmaceutical industry.

Birds of the National Aviary

Study Leader: Patricia O’Neill  
Materials Fee: $40*

- 3 Classes: Sep. 14 – Sep. 28  
- 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 “The Penguins of South Africa,” you’ll discover more about our African Penguin conservation and breeding program, and how we are partnering with national and international organizations to keep African Penguins from extinction. In “The Canary Connection,” you’ll explore the fascinating interdependence between birds and humans, discovering what birds are currently telling us about our natural world. And during “Bird Banding,” you’ll explore the science and art of tracking birds in the field, and you’ll venture outdoors with our ornithologist to experience a bird-banding demonstration. All sessions will be held at the National Aviary, with the price of admission 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. in biology from Allegheny College, and an M.S. in environmental science and management from Duquesne University. With 18+ years in the environmental education field, Patricia has extensive experience in environmental education program development, facilitation, and project management. She has been active with the Pennsylvania Association of Environmental Educators (PAEE), sitting on their board of directors and conference committees, as well as co-chairing their 2008 state conference. The National Aviary’s education team comprises individuals with degrees in biology, education, and zoology, and a combined 64 years of experience delivering environmental education programs. They educate people of all ages and backgrounds about birds, their habitats, the environmental pressures they face, and the role humans play in creating or mitigating these challenges. From programming to exhibits, the education department is blossoming with creativity and blazing new trails in support of the National Aviary’s overall mission.

*Materials fees are not refundable; information on page 88.
National Aviary Veterinary Hospital Lecture and Tour

Study Leader: Pilar Fish

Materials Fee: $30*

• 1 Class: Oct. 27
• Thursday, 10:00 AM - 12:00 PM
• National Aviary, Entrance,
  700 Arch St., North Side

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

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

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

MEDICAL

Skin Cancer And Other Common Skin Conditions

Study Leader: Alan Solter

• 4 Classes: Nov. 3 – Dec. 1*
• Thursday, 11:15 AM - 12:45 PM
• Wean Hall, 4707

*Note: Class will not meet on Nov. 24

During the first class, there will be a clinical slideshow of the various presentations of skin cancer, followed by discussions of therapies and the appropriate use of sunscreens. The participants should develop a good idea as to what to look for in a skin cancer. Subsequent classes will cover other common skin conditions such as contact dermatitis, psoriasis, skin infections, etc. There will be a discussion of general skin care and how the skin can give clues to internal diseases.

Alan Solter is a recently retired dermatologist. He earned a B.S. degree in pharmacy at the University of North Carolina, a M. Phil. degree in pharmacology at Yale Graduate School, and a M.D. degree at Yale Medical School. Following internship/residency in internal medicine at Presbyterian University Hospital in Pittsburgh, he completed a dermatology fellowship at the Cleveland Clinic. His other interests include acting, theatre, and Mark Twain.
You, or Someone You Care About, Survived Cancer, Now What?

Study Leader: G. van Londen, Jill Brufsky, Janette Poppenberg

- 1 Class: Oct. 19  
  - Wednesday, 6:00 PM - 8:00 PM  
  - Magee-Womens Research Institute, Auditorium

This 2-hour course will include a 45-minute lecture from G. van Londen that addresses common needs of post-treatment cancer survivors in an empowering manner. Jill Brufsky will share her cancer survivorship story (15 minutes), and Janette Poppenberg will lead the group in a gentle workout that can be used every day to help one regain balance, range of motion, strength and endurance (30 minutes).

G. van Londen is a UPMC Medical Oncologist and Director of the Cancer LiveWell Survivorship Program (that provides clinical, educational, and research services to cancer survivors).

Jill Brufsky is a cancer survivor as well as a research coordinator/grant administrator at the Cancer LiveWell Survivorship Program.

Janette Poppenberg is an American College of Sports Medicine/American Cancer Society Certified Cancer Exercise Trainer. She is the Co-creator of Strength & Courage: Exercises for Breast Cancer Survivors. Janette is currently teaching "Living Life Post Cancer Treatment" a program that she co-authored with the staff of Our ClubHouse - Pittsburgh. She is also working on a study under the direction of VanLonden examining the effectiveness of the role of a personal fitness trainer in improving a breast cancer survivor’s physical activity and well-being. She most recently contributed to the chapter on cancer survivorship in the latest addition of a textbook by the ACSM on guidelines for exercise testing and prescription.

Jewish Genetics

Study Leader: Richard Myerowitz

- 4 Classes: Sep. 12 – Oct. 10*  
  - Monday, 9:30 AM - 11:00 AM  
  - Wean Hall, 4707

*Note: Class will not meet on Oct. 3

This course is based on the book entitled Legacy: A Genetic History of the Jewish People by Harry Ostrer of the Albert Einstein College of Medicine. The course will review the science of modern genetics including the structure of DNA, what genes code for, how genes result in the expression of certain traits, and how genetic abnormalities can lead to disease. Discussion will include the major genetic diseases and conditions that occur among people of Jewish heritage.

Richard L. Myerowitz, MD, is a retired hospital pathologist with 40 years’ experience. Myerowitz attended the New York University (pre-med) and the Albert Einstein College of Medicine (Yeshiva University). His post-graduate training in pathology occurred at the Peter Bent Brigham Hospital (now Brigham and Womens Hospital) in Boston and at the National Institutes of Health in Bethesda, MD. Myerowitz was on the faculty at the PresbyterianUniversity Hospital (1975-80). Thereafter, he was director of laboratories at Forbes Regional Hospital (1981-95) and at Pennsylvania Cytology Services (1996-2002). Since 2010, Myerowitz has served as laboratory director at Raleigh General Hospital in Beckley, WV.

Registration is now open!  
Sign in online to register!
Regenerative Medicine
Study Leader: Bryan Brown

• 1 Class: Oct. 25  
• Tuesday, 3:00 PM - 4:30 PM  
• McGowan Institute for Regenerative Medicine, 450 Technology Dr., Suite 300, 15219

Regenerative medicine provides the potential to repair or replace diseased or damaged tissues and organs as opposed to 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. 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.

Taking a Bite Out of Crime:
The Forensic Science of Dentistry
Study Leader: Michael N. Sobel

• 5 Classes: Sep. 8 – Oct. 6  
• Thursday, 9:30 AM - 11:00 AM  
• Wean Hall, 4707

To most of us, dentistry implies only the maintenance of dental health. However, dentistry helps to solve crimes through evaluation of bite and patterned skin marks, dental identification, and human abuse. This course will demonstrate these aspects and more through actual case examples and behind-the-scenes forensic investigations.

Michael N. Sobel has been a forensic investigator for over 40 years. He was the chief forensic odontologist from 1970-2008 and a consultant to the Allegheny County Police, PA State Police, and various law enforcement agencies throughout the country. Sobel is a fellow of the American Academy of Forensic Sciences and a diplomate of the American Board of Forensic Odontology. He is a retired faculty member at the University of Pittsburgh.

Academia, Industry, And The Public in Biomedical Research
Study Leader: Phil Campbell

• 6 Classes: Sep. 6 – Oct. 11  
• Tuesday, 1:00 PM - 2:30 PM  
• Wean Hall, 4708

The first century in the new millennium holds tremendous promise for the combination of biology and engineering to provide new clinical therapies and diagnostics to extend and maintain quality of life. Stem cell biology is on the brink of being translated into clinical therapies overriding old biological dogmas. Robotics is now interfacing with bioengineering from basic biology research to the clinic. Clinical technologies extend from robotic-assisted surgery through engineered replacement of tissues and organs. However, what are the expectations that the public can hope to see materialize? New focus areas will evolve that use biological pharmaceuticals for the treatment of chronic immune-related diseases and cancer, which together represent the largest global drug expenditure. We will cover the use of medical simulation to improve safety and effectiveness, and reduce medical-related costs for caregivers, patients, and their families, with a focus on palliative care. The overall goal of this course is to provide participants with background information to enable more meaningful discussions with their clinicians.

Phil Campbell is a research professor within the Institute for Complex Engineered Systems within CMU’s Carnegie Institute of Technology with appointments in biomedical engineering, material science and engineering, bone tissue engineering Center, MoAdademia, industry, and the public in biomedical research. He has over 25 years experience conducting interdisciplinary, biomedical engineering research with special interest in musculoskeletal repair and in cancer. He is co-founder and chief scientific officer for Carmell Therapeutics which processes blood plasma into bioplastics to promote wound healing. In addition to teaching undergraduate and graduate students, he is involved in outreach education from K-12 through adult and has a tissue engineering program working with middleschool teachers. He lectures and gives lab presentations for many programs in the city.
Autism Spectrum Disorders: What’s New

Study Leader: Patricia Spear Lemer

- 5 Classes: Sep. 8 – Oct. 6
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

Autism is epidemic. According to the latest statistics from the CDC, 1 in 68 children has an autism spectrum disorder. You may have one or more in your family or neighborhood. Almost everyone knows someone with autism. What is happening? Are we diagnosing better? Including more kids? Or something else? Is autism genetic, environmental, or both? Is autism a psychological or biomedical disorder? What are the most effective ways of treating it? Can autism be healed, or is it a lifelong disability? What are new treatments that are showing promise for this disorder? What are risk factors for those with family members? Can autism be prevented? This course includes the latest information on possible causes of autism, and the concept of Total Load Theory. You will learn about the biology of autism, the possible role of inflammation, the immune system, and other physical components. We will discuss sensory issues in autism, and the important role of vision in behavior, language development, social skills, and learning. You will leave with knowledge of how to interact with individuals with autism and how they can possibly live productive, independent lives.

Patricia S. Lemer is a licensed professional counselor. She practiced as an educational diagnostician for over 40 years. She was a co-founder and for 20 years served as executive director of Developmental Delay Resources (DDR), an international, non-profit organization. DDR merged with Epidemic Answers in 2013, and Lemer serves as board chair. She holds a master of education degree in counseling and learning disabilities from Boston College and a master's degree in business from Johns Hopkins University. Lemer helped to design and implement a center for young adults with autism and other disabilities in Kuwait from 2012-2014. Lemer is widely published, and lectures internationally about disabilities. She is the author of Outsmarting Autism: The Ultimate Guide to Management, Healing and Prevention, published in 2014, and was the editor of EnVISIONing a Bright Future: Interventions that Work for Children and Adults with Autism Spectrum Disorders (2008). She is a native Pittsburgher, and is the mother of an adult daughter and the grandmother of Penelope, born in August 2006.

Matters of the Heart

Study Leader: David Lerberg

- 4 Classes: Sep. 6 – Sep. 27
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

This course will center on congenital heart disease and milestones in its treatment, with an emphasis on the history of surgical treatment. We will start with a description of normal heart anatomy and physiology. Then an in-depth look at two of the first congenital heart problems to be treated surgically: patent ductus arteriosus and, of course, Tetralogy of Fallot and the “Blue Baby” operation. Emphasis will be given not only to the malformation itself, but to the individuals who investigated and addressed these malformations, their own personal lives and the problems they faced — not only from the medical aspect, but from the social aspects of the time. Special attention will be paid to the three individuals who pioneered the “Blue Baby” operation including the story of Helen Taussig — a female cardiologist in a man’s world and Vivien Thomas — an Afro-American carpenter who was really the first to perform the “Blue Baby” operation.

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.
New Engineering Technologies at CMU

Study Leader: CMU College of Engineering

- 3 Classes: Sep. 23 – Oct. 7  
- Friday, 9:30 AM - 11:00 AM  
- Wean Hall, 4708

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

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

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

Chaos, Complexity, And Systems Engineering

Study Leader: Sarah Sheard

- 4 Classes: Sep. 9 – Oct. 7  
- Friday, 3:15 PM - 4:45 PM  
- Wean Hall, 4708

This course helps the student to understand and appreciate the science of chaos, which became mainstream in the 1970s, and of order, disorder, and complexity. The first lesson addresses chaos theory, including the order-disorder continuum, the butterfly effect, and fractals. It includes an exercise in which participants create chaotic behavior using magnet toys. The second lesson looks at complexity, comparing it to stability and randomness, and shows how it evolves through the interaction of a system and its environment. The class will discuss examples of complexity in fields such as business, politics, music, and brain science. The third lesson covers "complex adaptive systems" and networks, including topics such as agents, catastrophes, small-world networks, and hubs. The last lesson shows how we manage complexity and chaos and defines systems used to engineer appropriate problem-solving methodology.

Sarah Sheard is an accomplished systems engineer and process improvement consultant who has presented invited talks on five continents. She created the precursor of this course while operating her own consulting firm and pursuing her doctorate on the effect of complexity on systems engineering. Previously, she engineered satellites and clarified requirements for air traffic control software. In 2012, she joined CMU’s Software Engineering Institute, where she performs research on systems and software engineering and complexity. She is a Fellow of the International Council on Systems Engineering, and a Certified Systems Engineering Professional. Her paper, Twelve Systems Engineering Roles, has been adopted as part of introductory systems engineering courses at over 25 universities around the world. Her paper, Principles of Complex Systems for Systems Engineering won a systems engineering conference’s “best paper” award.
ARCHEOLOGY

Learning from the Past And Building the Future at CMU

Study Leader: Bob Reppe

- 2 Classes: Sep. 7 and Sep. 14
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

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

Enjoying The New Yorker

Study Leader: Julian Eligator

- 6 Classes: Sep. 6 – Oct. 11
- Tuesday, 11:15 AM - 12:45 PM
- Hunt, Osher Classroom

This will be an interactive discussion course with a limited enrollment. All members will be expected to lead and present at least one article over the six weeks. Each week the class will focus on a current issue and discuss one or more features of particular interest. It might be part of the “Talk of The Town,” a short story, a cartoon (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.
The Nobel Prizes: the Good, The Bad, and the Human

Study Leader: Alice Chen, Anna Estop, Gerst Gibbon, Mark Kamlet, Gloriana St. Clair, Enid Miller

• 6 Classes: Nov. 1 – Dec. 6  Class ID: 1552
• Tuesday, 1:30 PM - 3:00 PM
• Wean Hall, 4708

When the Nobel Prizes are awarded each fall, do you wonder what that laureate’s achievement will mean to you and your loved ones? Have you ever wondered why there are Nobel Prizes, how they are awarded, why there are so few laureates who are non-Westerners, and why so few women have received Nobel prizes in the sciences? This class will attempt to address some of these questions. Taught collectively by the six instructors, we will cover the background and general information about the prizes, the Nobel Prizes Committees’ rationales for the economics, literature, medicine, chemistry, and physics prizes.

Alice Chen is a professor emeritus of clinical chemistry from the University of Pittsburgh. She has a doctoral degree from the University of Illinois in Champaign-Urbana.

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 works as a clinical cytogenetics consultant for two national laboratories.

Gerst A. Gibbon retired from the National Energy Technology Laboratory (N.E.T.L.) of the U.S. Department of Energy. He holds a B.A. from Albion College and M.S. and Ph.D. degrees in chemistry from Carnegie Mellon University.

Mark S. Kamlet is University Professor of Economics and Public Policy and Provost Emeritus at Carnegie Mellon, with joint appointments in the H. John Heinz III College and in the Department of Social and Decision Science in the Dietrich College of Humanities and Social Sciences. He joined Carnegie Mellon as a faculty member in 1976. From 1990 to 2014 he served as Department dead of the Social and Decision Sciences, dean of the Heinz College, provost and executive vice president. He is a fellow of the American Association for the Advancement of Science. He has a bachelor's degree in mathematics from Stanford and master's degrees in mathematical statistics, economics, and Ph.D. in economics from the University of California at Berkeley.

Bio: See Gloriana St. Clair, pg. 10

Enid Miller is a retired banker with an M.A. degree in economics. She serves on the Osher Curriculum Committee.

All six study leaders are members of Osher.

Urban Planning Choices

Study Leader: Ruth Cooper Reidbord

• 6 Classes: Nov. 3 – Dec. 15* Class ID: 1578
• Thursday, 1:15 PM - 2:45 PM
• Wean Hall, 4708
• Note: Class will not meet on Nov. 24

The class will focus on current projects and issues affecting the city, county, and region. Emphasis is on the relationship between the public, private, and nongovernmental agencies and, of course, residents in the planning and development of projects and proposals. This course will include presentations by Pittsburgh Planning Department professionals regarding the first-ever comprehensive plan for the city. Focus will be on governance issues as they affect urban planning issues. Class participation is welcome and is always spirited.

Ruth Cooper Reidbord graduated from Carnegie Mellon with a degree in psychology and received a master’s degree in urban and regional planning from the University of Pittsburgh. She is a member of the American Institute of Certified Planners and a past president of the Pittsburgh Regional Chapter of the American Planning Association. Formerly the planning director for the Municipality of Mt. Lebanon, she is planning consultant to developers, local governments, and regional planning agencies. For two years she managed the Keystone Opportunity Zone program for the Southwestern Pennsylvania Commission. She has served as a member of the Osher board of directors.

Important

To attend a course, you must have received a course confirmation for that course through the office. Please don’t confuse the confirmation with a wait list notice. We appreciate your cooperation.
Photographer Charles “Teenie” Harris: A One Shot Wonder

Study Leader: Patricia Pugh Mitchell

• 6 Classes: Nov. 3 – Dec. 15*  
  Class ID: 1571
  • Thursday, 3:15 PM - 4:45 PM
  • Wean Hall, 4708
*Note: Class will not meet on Nov. 24

This course will provide a look at the life, career, and photographs of Pittsburgh African American photographer, Charles “Teenie” Harris. Harris chronicled African American life in Pittsburgh in a career that spanned over 50 years. His over 80,000 images included former First Lady Eleanor Roosevelt, Joe Louis, and a plethora of other subjects from the very famous to the very common everyday family.

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

RAND Corporation: Tracking Global Challenges Right Here in Pittsburgh

Study Leader: RAND Corporation

• 1 Class: Oct. 18  
  Class ID: 1624
  • Tuesday, 10:00 AM - 12:00 PM
  • RAND Corporation, 4570 5th Ave.

The RAND Corporation is a nonprofit, nonpartisan institution that helps improve policy and decision making through research and analysis. This two-hour session takes a brief look at the 65-year history of RAND and introduces RAND’s approach to tackling complex challenges to help make communities throughout the world safer and more secure, healthier and more prosperous. Director of the Pittsburgh office Susan Everingham will be joined by select RAND researchers discussing current work looking at local, national, and global concerns.

The RAND Corporation is a research organization that develops solutions to public policy challenges to help make communities throughout the world safer and more secure, healthier and more prosperous. RAND is nonprofit, nonpartisan, and committed to the public interest.
Brothers: 
A Family History of Race in America

*Study Leader:* Nico Slate

- 1 Class: Oct. 26  
  - Wednesday, 11:15 AM - 12:45 PM  
  - Wean Hall, 4708

What are the challenges and opportunities of memoir, genealogy, and family history? How much do you know about your own family’s past? In this course, we will explore family history through the story of Peter Slate, a “mixed race” artist who also happened to be my brother, as well as through the histories that you bring to the class as a student.

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

Victorian Child Labour
And *Oliver Twist*

*Study Leader:* Suzanne Miller

- 4 Classes: Sep. 6 – Sep. 27  
  - Tuesday, 1:00 PM - 2:30 PM  
  - Hunt, Osher Classroom

This informative, self-reflective, and interactive course will identify and provide a pictorial overview of the most common forms of Victorian child labor. Discussion and investigation into the six “occupations” of the characters in Charles Dickens’s novel *Oliver Twist* will be from the point of view of Fagin and the Artful Dodger. Just like Ron Moody, the actor who portrayed Fagin in the Oscar-winning musical, this four-session course will “review the situation.” And, after review, it will ask “Did Dickens champion the poor child laborers and petty criminals in his novel or did Dickens give Oliver preferential treatment because his father was a gentleman and his mother was a gentlewoman?” Well, “my dears,” you decide.

*Suzanne E. Miller* is professor emeritus at Point Park University. Before retiring she taught educational methodology and language arts courses to pre-service teachers and placed and supervised student teachers in England. During her 45-year teaching career, she taught basic education at the elementary and secondary levels and was a member of the adjunct faculty at Duquesne University and CCAC-North. She has a doctoral degree in educational leadership, a master’s degree in curriculum and instruction, and numerous teacher certifications, and has written administrative papers. Her article addressing the benefits of using children’s literature as a tool to teach values in education and anti-bullying was presented at an international conference in Oxford and published in the *Forum on Public Policy: A Journal of the Oxford Round Table*. 

Canceled
The Influence of Cars On Our Lives, Culture, and Economy

Study Leader: Melvin Gornic

- 5 Classes: Sep. 8 – Oct. 6
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

This class will discuss the effect cars have had on our lives including the evolution of building our earliest roads to drive on in order to meet the needs of travel and then gradually proceeding to create freeways that helped to discover and develop the growth of suburban communities. The class will explore changes over time from having no cars to now approaching nearly one car for every person 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. There will also be a guest speaker from the Traffic21 Institute at CMU to explain new technological developments.

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.

Flares of Memory: Survivors Remember the Holocaust

Study Leader: Linda Hurwitz

- 5 Classes: Nov. 4 – Dec. 9*
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

*Note: Class will not meet on Nov. 25

Read, discuss, and be inspired by the experiences of survivors of the Holocaust who settled in Pittsburgh. Learn about life before, during, and after this era from 1933-1945 in Germany and throughout Europe through this collection of some 92 brief remembrances from over 42 Holocaust survivors. Examine the day by day human challenges and responses that these real-life heroes and heroines share with us. It is recommended that each participant purchase Flares of Memory edited by Anita Brostoff and conceived and developed by Sheila Chamovitz, published by Oxford University Press. However, the stories will be provided if one does not want to purchase this collection.

Linda F. Hurwitz was the director of the Holocaust Center of Pittsburgh from 1988-2005 and is the child of two Holocaust survivors. She is a retired English teacher and school administrator and has taught courses about the Holocaust many times since 1994.

Evening Lecture Series

August TBA — Jim Cunningham

October 5th — Todd DePastino

"The American Way of Voting: The History and Mystery of the Electoral College"

October 11th — Interfaith Music Festival

Panel Discussion & Performance

October 20th — Jim Mistick and Jim Roddey

2016 Elections
Tudor-Stuart England/Britain

Study Leader: David Wollman

- 5 Classes: Oct. 31 – Nov. 28  Class ID: 1612
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

This course will look at the Tudor-Stuart period of English (and later British) history, i.e., from 1485 to 1714. The Tudor period saw the emergence of England from the Wars of the Roses, the Tudor “Revolution” in government, the Renaissance and Reformations, and the reigns of Henry VI, Henry VIII, Edward VI, Mary I, and Elizabeth I. The Stuart period was marked by religious controversies, the scientific revolution, the Puritan revolution and the execution of the king, the Commonwealth and rule of Oliver Cromwell as well as the Restoration of the Monarchy, the “Glorious Revolution” of 1688-89 and the Union of England and Scotland. The monarchs of the period were James I, Charles I, Charles II, James II, William II and Mary II, and Anne.

Dave Wollman earned his doctorate in British and European history from the University of Wisconsin at Madison. He was also a Fulbright Scholar at the University of London. He taught for a variety of colleges (University of Maryland, European Division; Knox College; and Geneva College in Beaver Falls, PA). He was chair of the History, Political Science, and Sociology Department at Geneva College for the last 28 years of his 31-year tenure. He also served three years as academic dean of the Center for Urban Theological Studies in Philadelphia, a branch campus of Geneva College. He has taught several courses for Osher at CMU: "The Changing Roles of the British Monarchs"; "Sixteenth-Century Reformations"; and "Ancient Rome: from Republic to Empire."

Legacy and Meaning of Gettysburg

Study Leader: David Albert

- 1 Class: Oct. 20  Class ID: 1483
- Thursday, 9:00 AM - 11:00 AM
- Wean Hall, 4708

The Civil War battle of Gettysburg seems to occupy a special place in America's military history and the national psyche, even over 150 years after the fact. In this course, the instructor presents the various reasons why he thinks this is so. These include looking at the battle in terms of its size, geography, preservation and monuments, controversies, etc. Time will be allotted for questions and discussion.

David Albert has been studying the Civil War for over 50 years, both on his own and through various graduate-level courses, seminars, tours, roundtables, etc. He has taught various Civil War courses for the Osher program at both CMU and Pitt, as well as for the Elderhostel Program (now called Roads Scholar). He served as a Civil War docent at the Alabama Department of Archives and History for 12 years and co-taught the Civil War elective at the US Air Force's Command and Staff College. He has visited nearly all the major battlefields and many of the smaller ones and has conducted tours of Gettysburg for family and friends.
Memories From Oral History

Study Leader: Arlene P. Shapiro

- 6 Classes: Sep. 12 – Oct. 24*
- Monday, 1:00 PM - 3:00 PM
- Wean Hall, 4707
*Note: Class will not meet on Oct. 3

The class informs and/or reinforces knowledge of the American immigrant experience, in particular of the Jewish experience in Pittsburgh. The information contributes to the understanding of all immigrant experience and also enriches knowledge and insights of American Jewish history. We review the American Jewish immigrant experience in Pittsburgh and the diversity of Jewish accommodations to Pittsburgh and America over the past 150 years by listening to choice excerpts from the NCJW-Pittsburgh Section oral history archive that shaped the course and illustrate the experiences of the immigrants, the accommodations that people made, and the building of the Jewish community. The stories of Pittsburgh Jewry are similar to the histories of Jews in other American cities and to histories of other ethnic groups. Approximately half of each session includes the opportunity to see the people being interviewed, view related photos, and to hear the direct words of the interviewees. Personal accounts are interwoven with the history of the time so that we have insight into personal thoughts, immigrant experiences, and community growth.

Arlene Shapiro graduated from the School of Education at the University of Pittsburgh and earned a master’s degree in religious studies and a certificate in Jewish studies. She has taught at all age levels and was the administrator/principal of a Sunday school for 10 years, taught Jewish history at the School of Advanced Jewish Studies, taught in the public schools, and taught various adult education groups. When there was an influx of immigrants from the former USSR in 1989, she organized a community-wide mentoring and language-tutoring program. She mentored families, tutored, and taught ESL classes. She has written about Jewish identity in the Soviet Union and Soviet Jews’ acculturation in the US.

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

Study Leader: Edward Hale

- 5 Classes: Nov. 1 – Nov. 29
- Tuesday, 9:30 AM - 11:00 AM
- 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 surrounding 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.
Sailing on the US Brig Niagara: 1813 and Today

*Study Leader:* Edward Hale

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

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

Bio: See Edd Hale, previous page

China in the 20th Century

*Study Leader:* Robert S. Netzer

- 6 Classes: Oct. 31 – Dec. 5  
- Class ID: 1559  
- Monday, 9:30 AM - 11:00 AM  
- Wean Hall, 4708

"China is a sleeping giant," Napoleon once warned "let her sleep, for when she wakes, she will shake the world." The events of the 20th century have proven him to be correct.

Robert Netzer has B.A. and M.Ed. degrees in education from the University of Pittsburgh and additional graduate credits from Pitt and Carnegie Mellon University. He taught in the Pittsburgh Public Schools from 1956-1993 and was an instructional chairperson in the History Department at Peabody High School from 1981-1993. He has volunteered at the Senator John Heinz Pittsburgh Regional History Center, conducting outreach programs on Pittsburgh history.

The Great Castle Shannon Bank Robbery of 1917

*Study Leader:* Edward Hale

- 1 Class: Dec. 20  
- Class ID: 1527  
- Tuesday, 11:15 AM - 12:45 PM  
- Wean Hall, 4708

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

Bio: See Edd Hale, previous page
Steel City Sisters: The Women’s Movement
In Pittsburgh, 1967-1986

Study Leader: Patricia M. Ulbrich

- 5 Classes: Nov. 4 – Dec. 16*
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

*Note: Class will not meet on 11/25/2016, 12/9/2016

Pittsburgh was a dynamic center of the contemporary women’s movement. This course will identify key players and pioneering feminist organizations in the Pittsburgh women’s movement and the multiple tactics they used to achieve goals that were strategic and issue driven. The course will examine two precedent-setting legal cases that energized the movement, feminist organizations that were created in the 1970s to address specific issues, and how women in unions built bridges across the labor and women’s movements to promote equality for women in our region. One session will be held at a local gallery to view and discuss the multimedia exhibit “Steel City Sisters.”

Patricia Ulbrich, Ph.D., is director of the In Sisterhood Project, an oral history of the women’s movement in Pittsburgh. Previously, she taught sociology and women’s studies at the University of Miami in Florida.

The Great War, World War I, 1914-1918

Study Leader: Sheila Werner

- 6 Classes: Sep. 7 – Oct. 19*
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

*Note: Class will not meet on Oct. 12

"The Great War," World War I, was the first man-made catastrophe of the 20th century which did so much to shape the course of that century. Specifically, in a lecture-discussion formation, this course will cover the underlying causes and immediate events leading up to the outbreak of the war, the military events of the war, and perhaps most important, the impact of the war on the world that fought it.

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

Germany Between the Wars, 1919-1939

Study Leader: Sheila Werner

- 6 Classes: Oct. 31 – Dec. 5
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

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

Bio: See Sheila Werner, previous listing
America From the Beginning
To the Second Revolution

Study Leader: Arthur Goldberg

- 6 Classes: Sep. 6 – Oct. 11  Class ID: 1518
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

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

Arthur Goldberg is a dedicated amateur historian focusing on
the American scene from its earliest roots. His academic history
is a bachelor’s degree from the City College of New York, J.D. and
master of law degrees from New York University, and an M.B.A.
degree from the University of Chicago. During his career in cor-
porate 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 the Early
Twentieth Century to Today

Study Leader: Arthur Goldberg

- 6 Classes: Nov. 1 – Dec. 6  Class ID: 1517
- Tuesday, 3:15 PM - 4:15 PM
- Wean Hall, 4707

The aftermath of World War I put America on a course of
world leadership, violence, fragile peace, and back to vio-
lence. How did we get there, and where might it lead?

Bio: See Arthur Goldberg, previous listing

The Presidential Campaign of 1960

Study Leader: Steve Russell

- 6 Classes: Sep. 12 – Oct. 24  Class ID: 1582
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

*Note: Class will not meet on Oct. 3

The making of the president in 1960 is a testament to how
campaigns have been run since. The use of the state pri-
mary system, television’s role, the debate format, and the
influence of money all take their cue from the 1960 expe-
rience. Recently, new monographs on this election have
been written with new information and perspective as
follow-ups to journalist Theodore H. White’s The Making
of the President 1960, a Pulitzer Prize winner for non-fic-
tion. The class will review and discuss documentary films
including White’s work in the similarly titled document-
ary by David Wolper. The question lingers, why was Ken-
nedy’s margin of victory so slender?

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

**Tales from The History of Mathematics**

*Study Leader: Stuart Hastings*

- 5 Classes: Nov. 2 – Dec. 7*
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

Famous mathematicians of the past and mathematical tales—what did they do and why is it important? More time will be spent on the mathematical tales, so to enjoy the class you should not be afraid to see equations, and follow algebra up to the level of the quadratic equation (which you do NOT have to remember). No calculus will be required or taught. How did Archimedes find the area under a parabola? Did Kepler really steal the data of Tycho Brahe, and how did he use this data? What made Emmy Noether a great mathematician? What is “modern algebra”? Other characters may include G. H. Hardy and Srinivasa Ramanujan, Newton and Leibnitz, Euclid and Eudoxus. This is not a mathematics course, but it is a course about mathematics and its greatest practitioners, whose ideas helped create the modern world.

**Stuart Hastings** is professor emeritus at the University of Pittsburgh, having taught there and elsewhere for 46 years before retiring in 2010. Since then he taught a few regular Pitt undergrad math courses and courses in the Pitt Osher program. His research is in differential equations and he has collaborated in this area with a distinguished faculty member in the CMU math department. He wrote a paper in geometry on a problem he came across while making toys for his grandchildren. His interest in the history of mathematics began when he followed the example of a CMU statistician and ventured to give a lecture to a local community group. He advertised the prerequisite for that lecture as “being able to count up to seven”, and even his first Pitt Osher class had only this requirement, but with more experience he thinks it goes better if students don’t cringe when equations appear on the screen.

**The Holocaust: A War Without Rules**

*Study Leader: Ellaine Rosen*

- 4 Classes: Sep. 8 – Sep. 29
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Hitler killed approximately 12 million people. People sometimes ask why special attention should be given to only half of the victims, the Jews. The answer is that the "Final Solution" was designed to exterminate every single Jewish man, woman, and child. The extermination of the Jews had no political or economic justification. It was not a means to an end; it was an end in itself. But, there was no place for them to go! The world had put out a "Do Not Enter" sign. Later, Jews were being gassed and cremated at death camps. How did ordinary citizens become extraordinary murderers? Who played key roles in facilitating the round-up, transportation, and slave labor of Jews? Who were the heroes and the heroines who saved individual Jews? Explore the Holocaust from Auschwitz to Zyklon B.

**Ellaine Rosen** has degrees from the Jewish Theological Seminary of America, Columbia University, and Harvard University and is a well-known Jewish art historian and lecturer. She is a docent at the Carnegie Museum of Art. She is a lecturer at the Holocaust Museum of Southwest Florida.
Nationality Rooms:
Ethnic History and Cultures

*Study Leader: Mirsada Begovic*

- 4 Classes: Nov. 19 – Dec. 17*  
  *Class ID: 1489*
- Saturday, 10:00 AM - 12:00 PM  
  *University of Pittsburgh, Cathedral of Learning*
  *Note: Class will not meet on Nov. 26*

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.

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Whiskey and Rebellion
At Pittsburgh’s Only Whiskey Distillery

*Study Leader: Mark C. Meyer*

- 1 Class: Sep. 21  
  *Class ID: 1551*
- Wednesday, 1:00 PM - 2:30 PM  
  *Wigle Whiskey, 2401 Smallman St., Strip District*

- 1 Class: Nov. 16  
  *Class ID: 1633*
- Wednesday, 1:00 PM - 2:30 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.
The Development of the National Football League and the Formation of the Pittsburgh Steelers

*Study Leader:* John R. McGinley, Jr.

- 3 Classes: Nov. 1 – Nov. 15  
- Tuesday, 11:15 AM - 12:45 PM  
- Wean Hall, 4707

The course will review the origin of the National Football League and its development. The role of the Pittsburgh Steelers as a member of the league will be discussed, with emphasis on the teams of the 70s. The course will review current issues that face the member teams. Art Rooney, Jr., will participate in the discussion of the development of the teams of the 70s. Art was in charge of scouting and instrumental in the selection of many great players.

*John McGinley, Jr.,* is an attorney with Eckert Seamans Cherin & Mellott. His family has, for many years, owned stock in the Pittsburgh Steelers Football Club, and he served for many years as a director.

NFL and Steelers Football

*Study Leader:* Joe Gordon

- 1 Class: Dec. 19  
- Monday, 1:00 PM - 2:00 PM  
- Wean Hall, 4707

Join us to share a behind-the-scenes look at the NFL in general, and the Pittsburgh Steelers in particular, from a member of the Steelers organization during the exciting 1970s, 80s, and 90s. Learn about the structure and history of the Steelers organization. Obtain some insights into the better-known players of that era, many of whom later became members of the Pro Football Hall of Fame. Here’s the inside story for those of you who enjoy Steelers football and all of the hoopla that surrounds it.

*Joe Gordon* was the publicity and marketing director for the Pittsburgh Steelers from 1969 through 1998. As such, he witnessed the emergence of the team from relative obscurity to one of America’s most loved and admired football teams. Before joining the Steelers, he was the public relations director for the Pittsburgh Hornets (1964-67) and the Pittsburgh Penguins (1967-69). Joe is a board member of the Ronald McDonald House, Blind & Vision Rehabilitation Services, and the Cancer Caring Center. He is a graduate of the University of Pittsburgh (1958).
Development of Squirrel Hill - A Journey Through Time and Art

Study Leader: Helen Wilson

• 5 Classes: Sep. 12 – Oct. 17*  
• Monday, 9:30 AM - 11:00 AM  
• Wean Hall, 4708
  
  *Note: Class will not meet on Oct. 3

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

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

Understanding Public Opinion: Who Believes What and Why

Study Leader: Susan Hansen

• 5 Classes: Nov. 1 – Nov. 29  
• Tuesday, 11:15 AM - 12:45 PM  
• Wean Hall, 4708

This course will consider various definitions of public opinion and the role it should (or does) play in American politics, elections, and public policy. How is public opinion measured? How accurate are various polls and surveys? What are the sources of people’s beliefs and attitudes? How do opinions change over time? What do Americans think about current issues: the economy, taxation, gay rights, climate change, abortion, women’s rights, gun control, foreign policy, health care, the role of government, the political role of religion? How responsive are elected officials to public preferences? The final class will consider how well the general public’s views are reflected in voting behavior and the results of the 2016 election.

Susan B. Hansen is professor emerita of political science at the University of Pittsburgh, where she taught a course on women in politics every year since 1980. She received her Ph.D. degree in political science from Stanford University in 1972 and has also taught courses in American politics at the universities of Washington State, Illinois, and Michigan. She has taught a class, “A Woman for President?” for Osher at the University of Pittsburgh, and at CMU and has taught “The Politics of Sex” and “The Politics of Reproduction.” She recently completed a book, The Politics of Sex: Public Opinion, Parties, and Presidential Elections (Routledge, 2014).

SAVE THE DATE
Osher Members’ Picnic
Tuesday, August 30th
Details to follow
The Civil War as Seen Through the Eyes of Two Soldiers

**Study Leader:** Carleton Young

- 6 Classes: Nov. 2 – Dec. 14*
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

*Note: Class will not meet on Nov. 23

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

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

### URA Continues to Lead Pittsburgh’s Revitalization

**Study Leader:** Robert Rubinstein

- 1 Class: Oct. 26
- Wednesday, 3:00 PM - 4:30 PM
- Wean Hall, 4708

Your neighborhood bistro, bike trail, go-to shopping spot, the roof over your head, and where your grandchildren will work are all a part of the big picture of the Urban Redevelopment Authority. The URA of Pittsburgh is many things to many people. But most of all, it is a resource for getting things done. With an ethos of innovation and of strategic vision for Pittsburgh grounded in stability and sustainability, the URA’s influence can be felt everywhere there are excitement, energy, growth, jobs, and people. The URA is Pittsburgh’s economic development agency, committed to creating jobs, expanding the city’s tax base, and improving the vitality of businesses and neighborhoods. It achieves this mission by assembling, preparing, and conveying sites for major mixed-use developments; and by providing a portfolio of programs that include financing for business locations, relocation and expansion, housing construction and rehabilitation, and home purchases and improvements. The class will hear about past, current, and future development strategies in Pittsburgh.

**Robert Rubinstein** has been revitalizing communities, supporting housing and economic development, and helping to generate public tax revenue since 1988. He currently leads the Urban Redevelopment Authority of Pittsburgh (URA) which is the implementation arm for all housing and economic development activities. Previously, he was director of the Economic Development department. He was responsible for large scale projects, including the Brownfield redevelopment and the implementation of tax increment financing districts. Nearly $15 billion of investment has taken place. He serves on the governing board of the Pittsburgh Urban Initiatives which has leveraged millions in private investment and created nearly 1,000 jobs in low-income communities. He was named public executive of the year at the 6th annual Novogradac Journal of Tax Credits community development awards. He has degrees from the University of Michigan (B.S. engineering) and Carnegie Mellon University’s Tepper School (M.B.A.) He has been a speaker at benchmarking tours, was an invited member of the 2013 Remaking Cities Congress, and participated in the German Marshall Fund of the U.S. Cities in Transition 2010-2013 transatlantic exchange program.
Psychology | Religion/Philosophy | SOCIAL SCIENCES

**PSYCHOLOGY**

**Perception, Memory, and the Mind**  
*Study Leader:* Bruce Goldstein  

- 7 Classes: Sep. 6 – Oct. 18  
- Class ID: 1519  
- Tuesday, 9:00 AM - 11:00 AM  
- Wean Hall, 4708  

How does the mind, through processes largely hidden from our awareness, determine how we perceive, remember, and think? In this 7-week study group, we will explore what the mind does and how it has been studied, through lectures, demonstrations, and short videos. We will consider the mind, visual and auditory perception, attention, and memory in the first six classes, and memory and aging in the final class. This course, which was offered in fall 2014 and 2015, has been updated, but about 80 percent is the same as before. No previous background in psychology or physiology is needed for this class.  

**Bruce Goldstein** received his Ph.D. in experimental psychology from Brown University and was a postdoctoral fellow in the Biology Department at Harvard before joining the Psychology Department at the University of Pittsburgh, where he received the Chancellor’s Distinguished Teaching Award. He is the author of two undergraduate textbooks: *Sensation and Perception*, 10th edition (2016) and *Cognitive Psychology*, 4th edition (2015), and edited the *Blackwell Handbook of Perception* (2001) and the *Sage Encyclopedia of Perception* (2010). He has also led this Osher study group at the University of Arizona.

**RELIGION/PHILOSOPHY**

**Saul, David, and Solomon: Three Flawed Kings**  
*Study Leader:* Bruce Antonoff  

- 5 Classes: Nov. 2 – Dec. 7*  
- Class ID: 1630  
- Wednesday, 1:30 PM - 3:00 PM  
- Hunt, Osher Classroom  

*S Note: Class will not meet on Nov. 23  

Saul is not generally well known, but we all know David for his psalms and Solomon for his wisdom. They were the only kings recognized by all the people of Israel, and reigned with God’s approval. While the Bible presents them as deeply flawed, and it’s hard to reconcile their troubling misdeeds with their exalted status. In this class, we will read what the Bible tells us about them, and discuss the apparent contradictions.  

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

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**Your input is welcomed and valued.**  
Osher at CMU depends on member assistance and involvement. Your suggestions for instructors, courses, events, and lectures are necessary to help us serve your interests. We also depend on member involvement on committees and as volunteer study leader assistants. Please email the office at osher@cmu.edu to volunteer!
An Experiential Approach To the Person of Jesus

Study Leader: Eugene Lauer

- 5 Classes: Nov. 2 – Dec. 7*  
  Class ID: 1540
- Wednesday, 3:30 PM - 5:00 PM
- Wean Hall, 4708
  *Note: Class will not meet on Nov. 23

In the last century, theologians and Scripture scholars began to emphasize experience more than philosophy in forming their explanations and interpretations of the Bible. Many of them were probably influenced by that often-quoted observation by John Henry Newman in his book, *The Idea of a University*: "The heart is commonly reached, not through reason, but . . . by direct impressions . . . Persons influence us, voices melt us, looks subdue us, deeds inflame us . . . no man will be a martyr for a philosophical conclusion." Following his wisdom, this course will focus on how the experiences of Jesus manifest his striking personal qualities. His counter-culture relationships with women, his surprising suggestions about children as models for us, his challenges to the scribes and Pharisees, his dramatic concern for the sick and the poor, and many other such experiences give us great insights about his inner self. We will discuss in detail many of the specific events in the Scriptures that lead us to know more deeply the one who is for Christians the Son of God, but also an extraordinary human being.

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

Why God Hates Women: The Peculiarly Strong Connection Between Sex and Religion

Study Leader: William Lassek

- 7 Classes: Nov. 1 – Dec. 13  
  Class ID: 1539
- Tuesday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

In many countries today, religion is used to justify severe limits on women’s rights, and data suggests that women are worse off in countries and states with more religious adherents. Through natural selection driven by successful reproduction, evolved biological and psychological differences between the sexes 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 herding, this gave way to increasing gender disparities in parallel with increasing efforts to replace the domain of goddesses with patriarchal gods and to promote male reproduction interest by exerting tight control over female sexuality, as reflected in the development over time of Mesopotamian religion, 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.
**Being Good**

*Study Leader: Rabbi Ron Symons*

- 5 Classes: Sep. 9 – Oct. 7  
  *Class ID: 1599*
- Friday, 10:30 AM - 12:00 PM
- Jewish Community Center,  
  5739 Darlington Rd, Squirrel Hill

Looking around our world from local news to national political conversations, you might wonder: "What happened to goodness, for Goodness sake?" Our conversations will be rooted in the spiritual values of goodness deep inside of each of us. This is a multimedia experience in partnership with the American Jewish Museum of the JCC of Greater Pittsburgh, led by Director Melisa Hiller. 

As we study goodness, we will experience the photographic exhibit, "Being Good" that will be hanging at the JCC. In particular, we will view the photos of, discuss and meet with, Vanessa Garman (poet, performance artist, sculptor, Homewood), Bill Strickland, (ceramicist, educator and entrepreneur, Manchester), Randy Gilson (visual artist and gardener, Northside). 

We will also invite local community leaders to help us better understand how the goodness of these three people impacts our neighborhoods. We might organize field trips as well. People of all and no faith are invited to the conversation; it’s all good!

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

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**TRAVEL**

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

*Study Leader: Douglas Webster*

- 1 Class: Oct. 24  
  *Class ID: 1604*
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

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

**Bio:** [See Douglass Webster, pg 17](#)
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### PARKING

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<tbody>
<tr>
<td>1</td>
<td>East Campus Parking Garage</td>
</tr>
<tr>
<td>2</td>
<td>Gates Garage</td>
</tr>
<tr>
<td>3</td>
<td>RMCIC Garage (close to Wean Hall)</td>
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</tbody>
</table>

### LANDMARKS

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<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>1</td>
<td>Carnegie Museum of Art</td>
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<td>2</td>
<td>The Fence</td>
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<td>3</td>
<td>Gesling Stadium</td>
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<td>4</td>
<td>Heinz Memorial Chapel (map below)</td>
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<tr>
<td>5</td>
<td>The Mall</td>
</tr>
<tr>
<td>6</td>
<td>Rand Corporation (map below)</td>
</tr>
<tr>
<td>7</td>
<td>Walking to the Sky Statue</td>
</tr>
</tbody>
</table>
GENERAL INFORMATION & POLICIES

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

OFF-CAMPUS

<table>
<thead>
<tr>
<th>Address</th>
<th>Map #</th>
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<tbody>
<tr>
<td>Beth Shalom</td>
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<tr>
<td>Carnegie Museum of Art</td>
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<tr>
<td>Cathedral of Learning</td>
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<tr>
<td>Dance Alloy Studio</td>
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<tr>
<td>Episcopal Church Of the Redeemer</td>
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<tr>
<td>Friends Meeting House</td>
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<tr>
<td>Jewish Community Center</td>
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<tr>
<td>Magee-Womens Research Institute</td>
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<tr>
<td>The Mattress Factory</td>
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<tr>
<td>McGowan Institute For Regenerative Medicine</td>
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<tr>
<td>National Aviary</td>
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<tr>
<td>O’Reilly Theater</td>
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<tr>
<td>Pittsburgh Ballet Theatre</td>
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<tr>
<td>Pittsburgh Opera</td>
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<tr>
<td>RAND Corporation</td>
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<tr>
<td>Regent Square Theatre</td>
<td></td>
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<tr>
<td>Rodef Shalom</td>
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<tr>
<td>Wigle Whiskey</td>
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<tr>
<td>Wilkins Community Ctr.</td>
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</tbody>
</table>

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

Parking

<table>
<thead>
<tr>
<th>Address</th>
<th>Map #</th>
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</thead>
<tbody>
<tr>
<td>East Campus Parking Garage*</td>
<td>1</td>
</tr>
<tr>
<td>(Free after 5 pm and on weekends)</td>
<td></td>
</tr>
<tr>
<td>RMCIC Parking Garage</td>
<td>2</td>
</tr>
<tr>
<td>Gates Bldg Parking Garage*</td>
<td>3</td>
</tr>
</tbody>
</table>

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

Transportation

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

Bad Weather Days

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

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

Photos and Videos

• Photographs and videos are taken at many Osher events.
• The photos may be used in course catalogs, the website, the newletters, 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

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

Course Changes

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

Controversial Speakers

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

Non-Discrimination

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

Scholarships

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

OUR GOLDEN RULES

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

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

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

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

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

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

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

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

9 Turn off your cell phone before your class begins.

10 No food or beverages in classrooms, except water.

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

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

READY TO REGISTER?

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

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

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

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

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

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.

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

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

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

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

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

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

- New Year’s Day: Jan. 1, 2016
- Martin Luther King Jr. Day: Jan. 18, 2016
- Good Friday: Mar. 25, 2016
- The day before Passover: Apr. 22, 2016
- Memorial Day: May 30, 2016
- Independence Day: July 4, 2016
- First full day of:
- Thanksgiving Wednesday: Nov. 23, 2016
- Thanksgiving Day: Nov. 24, 2016
- Friday after Thanksgiving: Nov. 25, 2016
- Christmas Eve (Friday): Dec. 23, 2016
- New Year’s Eve (Friday): Dec. 30, 2016

Questions? Please call the office at 412-268-7489 or email us at osher@cmu.edu.
<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>
</tr>
</thead>
<tbody>
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Please make sure Course ID and Titles are correct so that your registration is not delayed.

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 ________

Card Number ______________________________________________________________

Total Payment

Total Materials fee(s)
- Member Registration Fee: $50.00
- 2017 Membership Dues: $60.00
- Donation to the Osher

When online registration opens, the paper registration forms will be processed as they come into the office in the order received.
VOLUNTEER FORM

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

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

Reception Desk:

- □ Mornings 9:30am – 12:30pm
- □ Afternoons 12:30pm – 3:30pm

- □ Archivist
- □ Curriculum
- □ Data Entry
- □ Diversity
- □ Finance

- □ Lectures
- □ Luncheons
- □ Mailings
- □ New Member Social
- □ Newsletter

- □ Proof-Reading
- □ Membership
- □ Special Events
- □ Study Leader Assistant

Consider becoming a Study Leader!

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

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

**Members can register now for Fall 2016 courses!** The exciting part of the online registration system is that you will know immediately in which courses you are enrolled and will see your place in the queue for courses in which you are waitlisted. Registering online will be as easy as any other online shopping experience and it is to your advantage.

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

**Sign In:**

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

**Registering:**

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

**Checkout and pay with a credit card:**

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

**View your schedule and other info!**

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

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