Greetings Osher Member,

Recently one of our new Winter/Spring term instructors told me he was unexpectedly and extremely impressed by the caliber of Osher students that attended his course. This statement comes from a man who taught at the university level and authored numerous books and papers in his field. I responded that of course, our students are not only extremely intelligent and at the top of their game, but they are the most interesting, interested, and engaged group of people you’d ever meet anywhere. It is because of our students that we as an organization are envied by so many! Am I boasting? Yes, and rightfully so!

Recently one of our newer members told me that she was unexpectedly and extremely impressed by her Osher teachers and the subject matter of her courses. And yes, sometimes the material was a little over her head, but she hung in there and learned a lot! Of course, because the caliber of our instructors is up there! Am I boasting? Yes, and rightfully so! This is Osher at Carnegie Mellon University.

So, the long-awaited fall catalog is now in your hands. Sit back and take your time to peruse all of the offerings as you plan your fall. The Curriculum Committee has gathered the largest number of course choices yet! Included are over 50 new courses to explore and almost 100 previously offered courses that you might have missed before! Registration starts at noon on Tuesday, August 5th. If you are not registering by using the online system, the registration forms will be entered by the office in order of date received. Registration forms are being accepted immediately. Note that it is to your advantage to get into your classes of choice if you register online because online registrations can be done 24/7. Instructions are in the back of the catalog; call the office if you need help. Before noon on August 25 the registration fee for members is $50.00, after the fee is $65.00. You will get separate confirmation notices for every course to which you are admitted. Please do not go to any class for which you have not received a course confirmation.

A recent article called "The 7 Secrets to Living a Long & Happy Life" offered the following tips: Eat simply, get active, find purpose, reduce stress, have a social network, accept life as it comes, and stop smoking if you do. Attending classes at Osher helps fulfill four of the seven!

Looking forward to seeing you at the Back-to-School Picnic on August 25th.

Lyn Decker, Registrar

ON THE COVER
Cyert Hall is named for Richard Cyert, the sixth president of Carnegie Mellon University, and is the computing administration building. Many Osher computer classes are held in Cyert Hall.

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OSHER at Carnegie Mellon | Fall 2014

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

412.268.7489 3 Osher at Carnegie Mellon
CONSIDER A GIFT TO Osher

Should you wish, you may make a contribution to the Osher Annual Fund when you register for classes. Thank you in advance for your generosity.

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Website: www.cmu.edu/lisher
**Art and Craft of Stained Glass**

*Study Leader:* Kirk Weaver

- 6 Classes: Sep. 10 – Oct. 15  
  *Class ID:* 644  
- Wednesday, 11:15 AM - 12:45 PM  
- Wean Hall 4707

The Art and Craft of Stained Glass will provide a unique perspective into the art, craft, history, and conservation of stained glass windows. The journey will begin with a brief history of the glass-making process and continue through a photo-historical tour of the major periods of stained glass, from the earlier known stained glass windows to the windows of today. One class period will be held at the historic Pittsburgh Stained Glass Studios and Glassworks studios location, a virtual working museum of American stained glass. Attendees will see exotic glasses, some of which are no longer produced, antique sample panels, and techniques used to create new stained glass windows and restore existing ones. Our goal is to leave participants with a greater appreciation for the art and craft of stained glass, and a basic understanding of how stained glass windows are created.

**Kirk Weaver,** a graduate of the University of Pittsburgh, is the third generation of his family to be involved in the art and craft of stained glass. He completed his apprenticeship under the tutelage of his grandfather, father, and a host of master craftsmen who provided a unique perspective into the art, craft, and business of stained glass. In over 35 years working with stained glass, Mr. Weaver has been president of the Stained Glass Association of America; controller of *Stained Glass,* the oldest continually published magazine dedicated to stained glass; and in the position to oversee the restoration of countless numbers of historic stained glass windows. Included in his résumé of restoration work are windows by Tiffany, LaFarge, Heaton Butler and Bayne, Wm. Morris & Co., Cox and Son, Willet, Connick, Mayer & Co. of Munich, Rudy Brothers, and Lamb. Mr. Weaver is also involved with the design and creation of new stained glass windows as well as consulting and appraising stained glass windows.

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**Traditional Oriental Painting: “The Four Gentlemen”**

*Study Leader:* Elaine Bergstrom

- 6 Classes: Sep. 8 – Oct. 13  
  *Class ID:* 526  
- Monday, 1:30 PM - 3:30 PM  
- Wilkins Community Center, 7604 Charleston Ave., Swissvale

Learn traditional oriental painting by using a Sumi brush and step-by-step strokes to paint the “Four Gentlemen”: Wild Orchids, Chrysanthemum, Bamboo, and Plum Blossom.

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

Study Leader: Felice Cleveland  
Materials Fee: $10*

- 2 Classes: Oct. 24 and Oct. 31  
- Friday, 9:30 AM - 11:00 AM  
- The Mattress Factory, 500 Sampsonia Way

Explore the Mattress Factory, a world-renowned museum dedicated to contemporary installation art, that serves as an experimental lab for artists in the community. Artists are invited to the Mattress Factory to create new, site-specific works in the galleries. In this class, students will receive an in-depth tour of current and permanent exhibitions, learn more about the history of this unique space, and glimpse behind the scenes how a museum works.

Felice Cleveland is the director of education at the Mattress Factory. Prior to her time in Pittsburgh, Felice spent five years as the education coordinator of the American Visionary Art Museum in Baltimore, MD. She has a master’s degree in art and design education with a focus in community arts from the Rhode Island School of Design. She also spent two years as a Peace Corps volunteer in Cameroon. She is passionate about making art accessible to students and their community and about creating programming that encourages creative confidence.

*Materials fees are not refundable; information on page 90.

Visual Arts — Contemporary Issues - Part XVII

Study Leaders: Edgar Landerman, John Carson

- 4 Classes: Nov. 6 – Dec. 4*  
- Thursday, 3:15 PM - 4:45 PM  
- Wean Hall 4708

Artists who show outstanding potential in visual arts are in a three-year graduate program at Carnegie Mellon. Their creativity is tested by a mixture of structured course work and independent work. Four different artists who are candidates for master of fine arts degrees will be presenters. Each artist is unique in his/her approach. 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.

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 MH/MR 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 of NEED.

John Carson is the Regina Gouger Miller Department Head of the School of Art. He was principal lecturer in the fine arts and course director for the bachelor of fine arts program at Central St. Martins College of Art and Design in London. He was a visiting artist and lecturer at various schools and colleges in Britain, Ireland, Europe, Australia, New Zealand, and the United States. He has written in the field of multimedia art and has practiced multimedia art. He received his bachelor of fine arts degree from the University of Ulster at Belfast and his master’s degree from the California Institute of the Arts in 1983.
Advanced Collage Workshop: 
Chance, Accident and Serendipity

Study Leader: Diane Curtin  
Materials Fee: $2*

• 5 Classes: Sep. 11 – Oct. 16*  
  Class ID: 502
• Thursday, 9:00 AM - 11:00 AM
• Hunt Library Osher Classroom
  *Note: Class will not meet on Sep. 25

We will be using ink, paint, and simple printing techniques to create new, one-of-a-kind material to work into our collages, embracing the serendipitous processes and accepting their unforeseen results, and then using intuition to explore, expand, and develop the work in an artistic manner. This is new territory that will free the creative spirit! It will be interesting to watch the works and the artists in you unfold. If you are looking for a place to express your creative talent and explore new methods and material, this is the collage workshop for you. It will give you an opportunity to work together with like-minded people, share creative ideas and discoveries, and help one another to solve the problems that come up in the creative process. This experience will be rewarding on many levels. Prerequisite: one previous collage workshop or the equivalent in collage experience

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

*Materials fees are not refundable; information on page 90.

Collage Workshop: 
Playing with Color

Study Leader: Diane Curtin  
Materials Fee: $2*

• 5 Classes: Nov. 6 – Dec. 11*  
  Class ID: 503
• Thursday, 9:00 AM - 11:00 AM
• Hunt Library Osher Classroom
  *Note: Class will not meet on Nov. 27

We will explore the magic and mystery of color as we choose collage material, create interesting compositions, and develop mood and atmosphere in collage. If you are looking for a place to express your creative talent, this collage workshop will give you an opportunity to work with like-minded friends. There’s no need for drawing or painting skills; collage is inviting to anyone with creative interests, be it writing, cooking, or carpentry! Come join this growing creative community! Basic collage techniques will be explained for the newcomers, and new projects and materials will be introduced for everyone to enjoy. We’ll work together, sharing creative ideas, discoveries, and accomplishments, and helping one another to solve problems that come up in the creative process.

Diane Curtin: See bio in the previous listing.

*Materials fees are not refundable; information on page 90.
Present Day Pittsburgh Architects

*Study Leader: Betsy Martin*

- 6 Classes: Nov. 5 – Dec. 10  
  - Wednesday, 3:30 PM - 5:00 PM  
  - Wean Hall 4708

Betsy Bell Martin is coordinating the presentations by six prominent Pittsburgh architects who will discuss and illustrate their work. They are Karen Loysen, AIA; Dutch MacDonald, AIA; John Martine, AIA; Rob Pfaffmann, AIA; Martin Powell, AIA; and Jim Pashek, ASLA. (AIA signifies membership in the American Institute of Architects and ASLA, the American Society of Landscape Architects.) Come and discover who is doing what, where, and why in Pittsburgh’s built environment.

Betsy Martin is a graduate of Wellesley College and the Department of Architecture at Carnegie Tech, class of ’53. She has worked in the field of architecture since graduation for her architect husband, Derek, now deceased, and others, and was an active associate member of the AIA. She is a long-time member of Osher and past president. As a volunteer, she redesigned the Osher office and conference room.

Drawing: A Lifelong Journey

*Study Leader: Judy Spahr*

- 6 Classes: Sep. 12 – Oct. 17  
  - Friday, 9:30 AM - 12:00 AM  
  - College of Fine Arts, 313

- 6 Classes: Nov. 7 – Dec. 19*  
  - Friday, 9:30 AM - 12:00 PM  
  - College of Fine Arts, 313

*Note: Class will not meet on Nov. 28

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

Please note: There is a $5 modeling fee due at each class.

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

*Study Leader:* Michael Berger

- 5 Classes: Sep. 12 – Oct. 10  Class ID: 494
- Friday, 11:15 AM - 12:45 PM
- Various Locations

This course will address the following questions: Is Fine Art democratic or elitist? Can you select a work of art, or does it require expertise? How would you describe what you see? What criteria would lead you to buy a work of art?

Please note: *This class will take place at various venues.*

**Michael Berger** became interested in fine arts accidentally, when he took notes in a fine arts class for a Harvard University roommate. He studied art history as an undergraduate and earned a master’s degree in art history at night at the University of Pittsburgh. Five years later, he began a gallery in his home, open to the public only on weekends. A nonprofit enterprise, the gallery’s primary purpose was education, to encourage spiritual and aesthetic values through art. Solo exhibitions in the gallery displayed the works of many prominent contemporary artists. After 40+ years, Mr. Berger has decided to retire from this activity, and the gallery is open to the public only by appointment. Many of the gallery’s exhibits are listed on his website.

19th-Century Sculptors in Pittsburgh

*Study Leader:* Gary Grimes

- 2 Classes: Sep. 20 and Sep. 27  Class ID: 551
- Saturday, 1:00 PM - 3:00 PM
- Wean Hall 4708

Virtually unknown is the fact that Pittsburgh was home to a number of fine sculptors in the 19th century, who left an impressive body of work in Pittsburgh and Western Pennsylvania. In many cases, the work has only recently been identified. They include a number of noteworthy but unsigned pieces at Allegheny Cemetery. Learn about six of them from William Wall, the father of artist William Coventry Wall, to William Spiestersbach, in one classroom session and one daytime class meeting at Allegheny Cemetery.

Please note: *second class will be a tour of Allegheny Cemetery.*

**Gary Grimes**, art historian and creator of the Grimes File, and Frank Kurtik, Western Pennsylvania historian and former Heinz family archivist, will coordinate this course. The Grimes File consists of more than 12,000 pages of news articles gleaned almost entirely from 19th century Pittsburgh newspapers.

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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. Use the check box on the registration form to volunteer!
Literary Film Review

Study Leader: Ann Canning

- 6 Classes: Nov. 4 – Dec. 9  
  Tuesday, 9:00 AM - 11:00 AM  
  Wean Hall 4708

This course will examine three films that are adaptations from literature. Our primary objective is to expand our understanding of how words from text to script give meaning to a story. You will become conversant with many literary terms, formal features, and genres (theme, metaphor, simile, symbolism, irony, archetype, protagonist, nemesis, and quest), always examining the ways that form shapes meaning. To study literature is to study life. As we immerse ourselves in these works and the historical periods in which they were written, we will also analyze human thought (perception, motivation, relation), philosophy (free will, determinism, good, evil), and social issues (racism, feminism, economics). The three films, Shawshank Redemption, Life of Pi, and Hugo will be viewed in class. Reading the novels will enrich your experience but is not required. Recommended textbook: Foster, Thomas C., How To Read Literature Like a Professor, Harper Collins, 2003.

Ann B. Canning is a retired professor of education at Waynesburg College. She earned a B.A. degree in history from the University of Richmond and an Ed.D. degree in education at the University of Pittsburgh. Areas of research include right brain/ left brain learning styles, Myers Briggs personality type, and education technology. She currently teaches professional development classes online for the Library of Congress Teaching with Primary Sources Program. She also teaches a literature course online for undergraduates in the Waynesburg University RN to BSN program. She lives in Pittsburgh’s historic North Side with her husband, John, a retired history teacher and local historian for Allegheny City. They enjoy bicycling and camping in the Laurel Highlands and fishing with their 13-year-old grandson at Kooser Park.

Cinema Arts: The Documentary Part V

Study Leader: Charles Glassmire

- 5 Classes: Nov. 6 – Dec. 11*  
  Class ID: 544  
  Thursday, 1:30 PM - 4:30 PM  
  Regent Square Theater, 1035 S Braddock Ave., Regent Square  
  *Note: Class will not meet on Nov. 27

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. Classes will view a one-or-two hour film followed by discussion of the film. This course will suggest that the documentary form, while representing to show us truth, is changing the way we view the world, and thus, the way we interact with our world. The films shown will be a mixture of classic documentaries and some seldom-seen but fascinating, contemporary documentary works. (Projection will be via DVD onto a large screen. Some films may be subtitled. This Part V session will not repeat any films shown in earlier sessions.)

Charles Glassmire, digital artist, filmmaker, and former nuclear engineer, has taught filmmaking and cinema arts at four colleges and universities. His 16mm films have been screened nationally and purchased by major museums. He wrote the original proposal for Pittsburgh Filmmakers, now an internationally recognized media arts center, and taught filmmaking, film history, and film editing there. He established the Digital Arts Program at the University of Pittsburgh in the Studio Arts Department, trained faculty in use of digital 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 the B.S. degree in physics and a M.F.A degree in film from Columbia University in New York City.
DRAMA / THEATRE

The Art of the City

Study Leader: Kristen Link

- 1 Class: Nov. 24  
  Class ID: 581
- Monday, 4:00 PM - 5:30 PM
- City Theatre, 1300 Bingham St., South Side

In this course, City Theatre staff such as the dramaturg, managing director, set designers, costume designer, and lighting director, will present significant people connected with the current production. Actors, playwrights, theatre management, and others may interact with City Theatre staff and bring to light behind-the-scenes material that will enhance everyone’s theatre experience. This class will meet at City Theatre at the corner of Bingham and 13th Streets on the South Side.

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

An Introduction Into The Creative Process of Plays

Study Leader: Richard Block

- 1 Class: Oct. 2  
  Class ID: 527
- Thursday, 5:30 PM - 6:30 PM
- Purnell Center, Chosky Theatre

- 1 Class: Nov. 13  
  Class ID: 668
- 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.

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.

Left to Right: Rita Zecher, Sue Gibbon, and Anna Estop
The Amazing Pittsburgh Theatre Scene

Study Leader: Edgar Landerman

- 4 Classes: Nov. 5 – Nov. 26  
  Class ID: 576
- Wednesday, 4:30 PM - 6:00 PM
- Wean Hall 4707

This course will give members a unique opportunity to become familiar with some plays that are being performed before the plays open. Course participants will hear about the plays from key members of the theatre groups including the artistic director, members of the cast, and others who are directly involved with the plays. Four of the following theatre groups will make presentations to the class: Attack Theatre, Pitt Repertory Theatre, Pittsburgh Irish and Classical Theatre, Pittsburgh Musical Theater, Pittsburgh Public Theater, Point Park University Theater, Prime Stage Theatre, Unseam’d Shakespeare Company, and the Warhol Museum Theater.

Note: The dates for this course are based on the theatres’ performance schedules. Please mark your calendars.

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 MH/MR 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. A founding member of A.L.L. (Osher), he has been a member of the Curriculum Committee since its beginning. He is also a founding member of NEED.

Readers’ Theater

Study Leader: Leslie B. Evans

- 6 Classes: Nov. 11 – Dec. 9  
  Class ID: 511
- Tuesday, 10:45 AM - 12:45 AM
- Hunt Library Osher Classroom

Class members will explore a style of theater in which the actors may or may not memorize their lines. Using scripts and choral stands, the class will emphasize using vocal expression to help the audience understand the story rather than using visual storytelling such as sets and intricate blocking. Limited costuming is used. Readers interpret scenes cold initially, and then later review readings of favorite scripts, allowing class members to perfect their characters. Together we will plan a public performance of our best readings.

Leslie Evans has previously taught writing courses for the Osher program and attends as many Osher writing workshops as possible. She is a member of the Readers’ Theater group from the Mt. Lebanon Library and would like to share that experience with other Osher members.

Fun With French Theater

Study Leader: Barbara Gerhard Jones

- 5 Classes: Sep. 8 – Oct. 6  
  Class ID: 564
- Monday, 1:00 PM - 2:30 PM
- Friends Meeting House, 4836 Ellsworth Ave., Oakland

This class continues our adventure in French reading. This time, we turn to 20th-century theater. We will be reading scenes from contemporary plays and will work on these scenes in pairs or in groups. You and your partners will have plenty of time to practice reading, pronunciation, and dramatization of your scenes. The class is interactive, with the study leader serving as a language coach. A reading knowledge of French is required.

Barbara Gerhard Jones taught French and German at Seton Hill University for 20 years. She received her M.A. and completed future grad work at Indiana University, Bloomington. She has lived in France, Germany, and Morocco. She looks forward to meeting fellow Francophiles.
Have You Ever Wanted To Act on Stage?

Study Leaders: C. R. Thomas, Nancy Santangelo

- 6 Classes: Sep. 10 – Oct. 22* Class ID: 641
- Wednesday, 1:00 PM - 3:00 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

*Note: Class will not meet on Sep. 24

This actors’ workshop will have six day classes plus one 6-9 PM evening play presentation on October 24th. Classes will mostly involve practical, hands-on rehearsals. The playwright’s original one-act plays are written to give everyone a significant speaking part, but you will not have to memorize any lines. Instead, you will act in a staged-reading play performance, holding your script in your hand, following stage blocking, and wearing a full costume. Either with or without previous acting experience, you are encouraged to enroll in this class. Selected copies of original one-act plays by Dr. Thomas — comedies and dramas — will be distributed in the first class. Arrive 15 minutes early only for the first class before auditions for informal interaction.

Please note: Evening performance on Wednesday, October 22, 2014 at 6:00 PM - 9:00 PM.

Charles R. Thomas, emeritus professor of English at California University of Pennsylvania, has written 54 original plays. Since 2006, he has presented 44 plays in the Pittsburgh area. He previously taught drama, poetry, and various literature and writing courses. Midway in his career, Dr. Thomas received a Distinguished Faculty Award for Excellence in Teaching from the Commonwealth of Pennsylvania. Dr. Thomas holds a B.A degree in American literature, an M.A. degree in English literature, an Ed.D. degree in higher education administration from West Virginia University, and a B.S. degree in finance and an M.Ed. in special education (social and emotional maladjustment) from California University of Pennsylvania.

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

Study Leader: Alyssa Herzog Melby

- 2 Classes: Oct. 6 and Oct. 13  
  Class ID: 659
- Monday, 2:30 PM - 4:30 PM
- Pittsburgh Ballet Theatre, 2900 Liberty Ave.

- 2 Classes: Oct. 8 and Oct. 15  
  Class ID: 588
- Wednesday, 2:30 PM - 4:30 PM
- Pittsburgh Ballet Theatre, 2900 Liberty Ave.

Many of the classical ballets in today’s repertoire are attributed to the Russian choreographic giant Marius Petipa, and many of these were done in collaboration with the famous composer Pytor Ilyich Tchaikovsky. Students will explore this collaborative relationship and process, examine how these two famous figures shaped the aesthetic and technical elements of “classical ballet,” and investigate how these ballets have survived in the repertoire when so many others have been lost to time. The class will include a mixture of lecture, discussion, and an opportunity to watch PBT Company dancers in rehearsal for The Sleeping Beauty. Students will be asked to complete short readings in between the first and second class. Requests for access services (i.e., large print materials) can be made to the course instructor.

Alyssa Herzog Melby is the director of education and community engagement at Pittsburgh Ballet Theatre. She holds an M.S. degree in theatre arts from the University of Pittsburgh. Prior to PBT, she was director of education at Prime Stage Theatre and a teaching artist with the City Theatre’s Young Playwrights program, the Pittsburgh Public theater’s Shakespeare Scene and Monologue Contest, Gateway to the Arts; pre K-12 programs, and the MGR Foundations Murals: Violence Prevention Through the Arts program. She has a varied background in the performing arts, including dance, acting, and playing the tuba.

INTERMEDIATE GERMAN III

Study Leader: Ruth L. M. Kuschmierz

- 6 Classes: Sep. 11 – Oct. 23*  
  Class ID: 572
- Thursday, 1:15 PM - 2:45 PM
- Wean Hall 4707
  *Note: Class will not meet on Sep. 25

In Intermediate German III, students should continue to enlarge their vocabularies, paying attention to synonyms and nuances of meanings. To facilitate speaking, they will practice dialogues and analyze short stories orally. This short fiction will come from famous German authors such as Boll, Hesse, and Kafka. Students are encouraged to make use of the Internet as their private language laboratory.

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

*Study Leader:* Mariana Miranda

- 5 Classes: Sep. 10 – Oct. 8  
- Wednesday, 1:30 PM - 3:00 PM  
- Hunt Library Osher Classroom

This is a continuation of the course “Spanish for People with Basic Knowledge” held in the Fall of 2013. The focus of this course is to practice Spanish conversational skills as well as to become acquainted with Spanish customs and culture. Vocabulary, grammar, and pronunciation will be equally stressed. A lot of grammar will be involved. Everyone who registers for this class is encouraged to be very active. If new to the course, a $5.00 materials fee will be paid to the instructor for handouts.

*Mariana Miranda* is an Argentinian-born high-school teacher who lived and taught Spanish in Montreal, Canada, for 20 years before moving to Pittsburgh in 2008 with her husband.

Spanish for Beginners

*Study Leader:* Yahel Schwarz

- 6 Classes: Nov. 4 – Dec. 9  
- Tuesday, 5:30 PM - 7:00 PM  
- Wean Hall 4708

This "Spanish for Beginners" class will be for those people who have not taken Spanish before. We will start out with the basics of the alphabet, greetings, introductions, clothing, some essential grammar, simple songs, conversation, and most of all, we will have fun while learning a new language. Make plans and book your next trip to Spain or Latin America!

*Yahel Schwarz* is from Mexico. She was raised in Mexico but has lived for many years in the U.S. She has a master’s degree in teaching English as a second language, and has taught Español at the college-level for many years now. She loves to teach, and also enjoys learning other languages.
Learn To Read Hebrew

Study Leader: Rae-Gayle Pakler

- 7 Classes: Sep. 8 – Oct. 20
- Monday, 1:00 PM - 2:30 PM
- Wean Hall 4708

Class ID: 602

Learning to read a new language can be both fun and exciting. This course is for the person who has little or no background in Hebrew. We will concentrate on learning the Hebrew alphabet, working on reading skills, and building a small vocabulary of Hebrew words. Imagine being able to read Hebrew on your own or to follow along in synagogue without having to use the English translations.

Rae-Gayle Pakler was born in Pittsburgh and grew up in Squirrel Hill and Highland Park. She is the former Director of Senior Adult Services at the Jewish Community Center of Greater Pittsburgh. She is also the former director of AgeWell Pittsburgh.

Everyday Etymologies

Study Leader: David Fortun

- 6 Classes: Nov. 3 – Dec. 8
- Monday, 11:15 AM - 12:45 PM
- Wean Hall 4708

Class ID: 522

There are approximately a half million words in the English language, more than any other language in the world. Each has a definition, an etymology, and more significantly, a story. "Everyday Etymologies" is a course added to the series “World Power,” “Stuff,” and “Etymological Jeopardy.” In “Word Power,” the first course in the series, participants discovered that a bonfire (definition - large fire) was originally a “bone fire” (etymology) and that a male body weighs six pounds (female, four) when cremated (story). “Stuff,” the second course, taught that to ad-lib (definition - improvise) comes from the Latin “ad libitum” - at the discretion of the performer (etymology) and that ad-libbing originated in the 1920s jazz scene (story). In “Etymological Jeopardy”, the class learned that a caldera (definition - volcano crater) originates in Latin “caldarea” cooking pot, cauldron (etymology) and that the world’s largest volcano is Mauna Loa (story). In “Everyday Etymologies,” each week the class will explore the etymologies and stories of 50 everyday words. We’ve only explored 1,000 (or so) so far. Join us as we begin our study of the remaining 499,000. You need not have taken any/all of the first three classes in the series.

David Fortun recently retired after 36 years of teaching English at Shaler Area High School in Pittsburgh. There, he designed and implemented the Word Power elective 20 years ago. This became the most popular elective course at the school, with over 200 students electing to take the course each year. He is a graduate of Indiana University of Pennsylvania and was a National Endowment for the Humanities Milton seminarian under Dr. Al Labriola at Duquesne University in the summer of 1997. He has a passion for words and their etymologies and enjoys sharing that passion with others. He has taught three etymologies classes as well as a literature class focusing on Our Town, in the Osher program.

2015 Membership

2015 Membership can be purchased at the time of registration. Doing so at this time will ensure you are mailed the 2015 Winter/Spring catalog.

Please check the membership box on the registration forms and include $60 with your registration payment. If you are registering online, select "My Profile" from the menu on the left once you have signed in. Click on "Purchase New Membership", select "Osher 2015 CMU Membership", and complete the shopping cart process.
Current Literature

Study Leader: Marilyn Meltzer

• 4 Classes: Sep. 24 – Oct. 29*  
• Wednesday, 11:15 AM - 12:45 PM  
• Hunt Library Osher Classroom  

*Note: Class will not meet on Oct. 1, Oct. 15

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!

Shakespeare: From Page to Stage

Study Leader: Alan Z. Lefkowitz

• 6 Classes: Nov. 5 – Dec. 10  
• Wednesday, 11:15 AM - 12:45 PM  
• Wean Hall 4707

This class will discuss the historical plays of Shakespeare. While we have discussed many of the plays individually, in this class we will approach these plays as a genre. We will still examine two of the plays completely but cover the entire group of plays as History. The two plays we will cover completely will be Richard II and Richard III. These kings did not reign in order. The Kings Henry IV and V reigned in between them. Three of the histories, Edward III, King John, and King Henry VIII are rarely performed, so we will only mention them in passing. Richard II was a legitimate royal who was deposed, imprisoned, and eventually killed by his successor, Henry IV. The play is brilliant, poetic, and dealt with the difference between the kings anointed by God and the kings who usurped the crown. Richard III is a magnificent character study of an evil man who will do anything to have his way. One of my favorite scenes is one where Richard interrupts a woman following the casket of her husband whom Richard has killed. Richard then proceeds to woo the woman for himself.

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

- 6 Classes: Sep. 9 – Nov. 18*  
- Tuesday, 11:15 AM - 12:45 PM  
- Wean Hall 4708

*Note: Class meets every other week starting on Sep. 9

This course is a follow up to one offered in the fall of 2012. It will use literature and film to explore the way people have thought about and experience love, courtship, and marriage. It will show that ideas about love and the cultural practices associated with it have changed significantly in modern times. We will discuss novels and films that illustrate and reveal these changes. This will be a 12 week course and will require, in addition to reading assignments for most classes, the viewing of films at home in time for class discussions.


Poetry  
*Study Leader: Judith Robinson*

- 5 Classes: Nov. 3 – Dec. 1  
- Monday, 1:00 PM - 3:00 PM  
- Wean Hall 4707

We all wish to live more fully. Poetry engages the mind, body, and spirit. Poetry enhances and enlarges life. This workshop affords the opportunity to read the great poets of the world: Auden, Frost, Ginsberg, Kinnell, Millay, Neruda, Plath, Shakespeare, Whitman, Zymborska, to name just a few, and to meet and enjoy fine local guest poets as well. Writing is an option, not a requirement. Required is 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*, *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 Publisher’s Benjamin Franklin Award for poetry or literary criticism. A poetry collection, *Dinner Date and Other Poems*, is available from Finishing Line Press (http://finishinglinepress.com). In 2010 Ms. Robinson edited *Wayfarer*, poetry of Margaret Menamin, Main Street Rag Publishing. Ms. Robinson’s newest poetry collections are *Orange Fire*, Mainstreet Rag Publishing, 2012 and *The Blue Heart*, Finishing Line Press, 2103.

"This was a fabulous class made more enjoyable by John’s [Mumper] knowledge and love of Pittsburgh!"

- "Backstage View of the Cultural District" class participant
Short Stories: The Manageable Masterpiece

Study Leader: Helen-Faye Rosenblum

- 6 Classes: Sep. 8 – Oct. 13  
  Class ID: 617
- Monday, 1:00 PM - 3:00 PM
- Hunt Library Osher Classroom

- 6 Classes: Sep. 8 – Oct. 13  
  Class ID: 618
- Monday, 3:15 PM - 5:15 PM
- Hunt Library Osher Classroom

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

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

Great and Notable Novels Read and Revisited

Study Leaders: Mary Schinhofen, Thomas Lazaroff, Jane Purifoy, Martha Browne, Helen-Faye Rosenblum

- 6 Classes: Sep. 11 – Nov. 20*  
  Class ID: 623
- Thursday, 1:00 PM - 3:00 PM
- Hunt Library Osher Classroom

*Note: Class meets every other week starting on Sep. 11

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.

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. An Osher member, she is deeply and passionately committed to the continuing education of everyone, especially those who have purportedly reached the age of wisdom. Teaching this class fulfills a lifelong dream of hers.

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

Helen-Faye Rosenblum: See bio in previous listing.

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

Martha Browne has been an artist, teacher, and social worker. Literature classes have deepened her reading and inspired her to develop courses on Faulkner and other writers. She is a member of Osher.
The World of Mystery
Study Leaders: Mary Alice Gorman, Richard A. Goldman

- 3 Classes: Nov. 5 – Nov. 19
- Wednesday, 10:00 AM - 11:30 AM
- Carnegie Library of Pittsburgh, Main Branch

Sometimes folks say, “Oh, I don’t read mysteries.” Frankly, we have trouble understanding this when the mystery genre encompasses such a rich variety of styles, settings, and purposes. In this class we’ll open you up to the immense variety of mystery and crime fiction from cozy to hardboiled, American to English, humorous to terrifying, and everything in between. We will examine the history of mystery as well as many new trends in publishing and their influence on the world of mystery. The Study Leaders will be available after the class to assist in your reading selection from the library. Classes will be held at the Carnegie Library of Pittsburgh main branch in Oakland. A mailing before the first class will indicate the exact location in the library. Please allow time to select and check out a book after the first class. Some reading experience with mystery books is needed. Gadget Lab help will be available by appointment for downloading ebooks from the library.

Mary Alice Gorman has B.S. and M.S. degrees from Duquesne University, and nearly 45 years of teaching from high school English to crisis intervention at the Pittsburgh Police Academy. Richard Goldman brings a lifetime of mystery reading to the class. He founded the Mystery Lover’s Bookshop with Mary Alice. Both leaders were recognized by Pittsburgh Magazine with a Harry Schwab Excellence in the Arts Honorable Mention Award in the Spoken Arts category for the outstanding programming they provide to this region. In 2008 they were named a Best of Pittsburgh. They have been nominated for Bookseller of the year from Publishers Weekly magazine twice and received that award from Berkley Books. In 2010 they received a Raven award from the Mystery Writers of America for their distinguished service to mystery—the Edgar award for non-writers. They have taught many courses for A.L.L. and Osher at CMU.

Greek Mythology: Myth and Meaning
Study Leader: Patricia S. Rose

- 5 Classes: Sep. 9 – Oct. 7
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall 4707

The ancient Greeks wondered about the origin of their world, the causes of natural phenomena, the nature of man, and the meaning of life. In searching for answers, they created a pantheon of anthropomorphic deities who could be held responsible for everything in the world, and they told a variety of stories about the deities and their legendary heroes. These stories form the body of literature known as Greek mythology. Two thousand years later, interest in classical mythology is growing, and students of Greek mythology might find that the truths about human nature explored by ancient Greeks are valid today. In this course, the class will read and look for meaning in the stories of the gods and heroes that have inspired human creativity from antiquity to the present and will recognize reference points for countless works of art, literature, and cultural inquiry.

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

Study Leader: Gloriana St. Clair

- 6 Classes: Sep. 18 – Dec. 4*  
- Thursday, 1:00 PM - 3:00 PM  
- Hunt Library Osher Classroom

*Note: Class will meet every other week starting on Sep. 18

I invite you to join me in my personal homage to Nobel Prize-winning author Doris Lessing (1919-2013). This course will explore five of her novels in which a woman of a certain age falls in love. We will begin with one or two of her essays/conversations/interviews about writing and then read five of her works: Summer Before the Dark (1973), If the Old Could (1984), Love, Again (1996), The Sweetest Dream (2001), and The Grandmothers (2003). On your own, you may wish to watch the 2013 movie Adore which tells the stories in The Grandmothers. Men are welcome to this love fest with love. I admit that the more endearing characters are likely to be women.

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

Poetry Interpretation:

Shakespeare to Swift

Study Leader: Richard Yount

- 6 Classes: Sep. 9 – Oct. 14  
- Tuesday, 11:15 AM - 12:45 PM  
- Hunt Library Osher Classroom

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

Richard Yount recently retired from the teaching profession after having taught English for over 30 years (grades 7 through college), most recently with seniors on the high school level. He 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 Student and Youth Travel Association magazine.
Igor Stravinsky and His Century

Study Leader: Owen Cantor

- 3 Classes: Nov. 6 – Nov. 20  
- Class ID: 533
- Thursday, 1:00 PM - 3:00 PM
- Mellon Institute at CMU, Auditorium

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

Curious? Are you Igor to learn more? Join me for one individual’s creative journey from Moscow to Hollywood.

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

Art of Audience Engagement

Study Leader: Monique Mead

- 3 Classes: Nov. 18 – Dec. 2  
- Class ID: 587
- Tuesday, 12:00 PM - 1:20 PM
- College of Fine Arts, Kresge Theatre

In this course, Monique Mead offers a unique opportunity to participate as listeners and critics in her Art of Audience Engagement course for undergrad and graduate students at the School of Music. Osher members are invited to attend the final four weeks of this course to hear ensembles present engaging programs geared to diverse audiences. Listen to a brass quintet perform a school assembly, a flutist demonstrate world flutes, or a string quartet deconstruct a piece and put it back together with new meaning. Then assist Monique and other CMU faculty in offering constructive feedback and putting on the final polish before they take their show “on the road” into the community.

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

Study Leader: Marilyn Egan

- 6 Classes: Sep. 10 – Oct. 15  
- Wednesday, 1:15 PM - 2:45 PM
- Pittsburgh Opera Headquarters, 2425 Liberty Ave.

Class ID: 508

When patrons attend an opera such as Otello or Carmen, they experience music, scenery, costumes, lighting, and a host of other elements that have been carefully planned, chosen, budgeted, and rehearsed. For an opera company like The Pittsburgh Opera, the performance itself is but the tip of the iceberg as far as the time and effort it takes to produce an opera. What is the difference between presenting and producing opera? In this course, participants will peek behind the curtain and the office desks to learn about the building blocks of opera. The class will meet at the Pittsburgh Opera headquarters (the historic George Westinghouse Air Brake Factory), and participants will experience first-hand the working of the “opera factory.” Marilyn Egan will be joined by other Pittsburgh Opera staff who will share their experience. Students who took this course before are welcome to repeat it because different repertoire will be explored.

Marilyn Michalka Egan, Ph.D., Pittsburgh Opera Director of Education, has taught students from preschool through graduate school. For her work at Pittsburgh Opera, where she explores ways to integrate the arts through a wide array of opera programs, she has received two Greater Pittsburgh Arts Council Work of Art Awards. Marilyn has degrees from Duquesne, Carnegie Mellon, and Kent State Universities.
Concert Series: An Inside View Of The CMU School of Music — Wind Ensemble

Study Leaders: Edgar Landerman, Dana A. Casto

- 1 Class: Sep. 27  
- Class ID: 676
- Saturday, 3:00 PM - 4:00 PM
- College of Fine Arts, Kresge Theatre

Because of the wonderful cooperation and generosity of the Carnegie Mellon School of Music, Osher is again able to offer this series, which will provide a detailed look at the behind-the-scenes preparation and presentation of a diverse range of musical offerings. Concerts are usually held at the Kresge Theatre or the Alumni Concert Hall, both of which are in the College of Fine Arts Building, or at the Carnegie Music Hall, located at Forbes and Bellefield in Oakland. The first performance will feature the Carnegie Mellon Wind Ensemble performing the works of Janácek, Milhaud, Françaix, Grainger, and Prokofiev. Featured on the concert will be pianist Rodrigo Ojeda on Igor Stravinsky’s Concerto for Piano and Wind Instruments. Prior to the concert, the directors of the Carnegie Mellon Wind Ensemble will discuss selection of the repertoire, some history of the composers and the compositions, and the musical structure of the concerts. Additional concerts will be added in the future. Specific information concerning these performances will be sent to those who register for this series.

Edgar Landerman is a retired Westinghouse engineer. He has a B.S. 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 MH/MR 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. A founding member of A.L.L. (Osher), he has been a member of the Curriculum Committee since its beginning. He is also a founding member of NEED.

Dana Casto is currently the director of marketing and communications for Carnegie Mellon’s School of Music. He is primarily responsible for the development, implementation, and maintenance of a comprehensive program in public relations for the School of Music, which presents more than 300 concerts, recitals, special events, and programs annually with numerous collaborations and partnerships in the Pittsburgh arts community.
The Joys of Klezmer

*Study Leader:* Tito Braunstein

- 6 Classes: Sep. 10 – Oct. 15  
  *Class ID:* 529
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall 4708

People who have been exposed to klezmer music over the years have all been in love with it. Those who have not yet heard klezmer will certainly fall in love once they do. If you have a joy and spirit in your heart that only music can bring, you are a perfect candidate for this course. This study leader was bitten by the klezmer bug when he was very young and over the years became more and more excited and elated by it. Historically, beginning with the age of enlightenment, except for the Holocaust period, singer and dancers of this musical form impacted the music world in a lively and profound manner. This course will trace and display the evolution of how that happened by presenting a history of klezmer and the people who brought it to life by nurturing it to the point of its present popularity. The development of the melodic, harmonies, and rhythms form of klezmer will be presented in various ways, by CD, DVD, and possible personal appearances by klezmer artists. Bring your dancing shoes . . . the excitement and spirit of Klezmer music may motivate you to dance or you can just listen and learn.

Tito Braunstein retired as an attorney in 2001, when he founded the Jewish Theatre of Pittsburgh. He was the artistic director and producer until 2007 when the theatre was closed. He has presented this class before and enjoyed it.

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30 Great Orchestral Works II

*Study Leader:* John Raevens

- 6 Classes: Sep. 12 – Oct. 17  
  *Class ID:* 610
- Friday, 3:00 PM - 4:30 PM
- College of Fine Arts

This course will travel all the way from Purcell, Bach, Handel, and Vivaldi to Mozart, Beethoven, Brahms and the 20th century. We’ll listen and analyze the piano compositions, the trios, quartets, and small orchestra pieces that these greats wrote for their friends and family. Pure enjoyment.

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.

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Are you an Osher volunteer?

*If not, we really need you!*

You are invited to work in the office, help with mailings or data entry, serve on a committee, and help with countless other activities necessary to keep Osher functioning efficiently. Become a study leader assistant and help by taking attendance, making announcements when needed, and communicating with study leaders and students.

Please join us! Fill out the Volunteer Form when you register for classes, or call the office at 412-268-7489. Thank you.
Jazz for The Curious and Uninitiated

Study Leader: Joe Lagnese

- 5 Classes: Sep. 9 – Oct. 7
- Tuesday, 3:30 PM - 5:00 PM
- Mellon Institute at CMU, Auditorium

This course will provide a historical perspective on jazz and include consideration of the distinguishing musical ingredients that differentiate jazz from other music genres, utilizing recorded and live demonstrations by Joe Lagnese’s jazz trio for the fourth class and his swing octet for the fifth class.

Joe Lagnese’s vocation has been environmental engineering. He served as an adjunct faculty member at CMU previously while in a consulting practice. Now his main interest and passion is music, particularly swing and jazz.

Classical Piano in Performance

Study Leader: Nathan Carterette

- 4 Classes: Sep. 5 – Dec. 5*
- Friday, 11:30 AM - 1:00 PM
- Episcopal Church of the Redeemer, 5700 Forbes Ave., 15217
  *Note: Class meets monthly

This class consists of a lecture followed by a recital on works for the classical piano, both familiar and unfamiliar. Lectures for Osher students begin at 11:30, and a recital open to the public follows at 12:10, lasting until 1 pm. The class is held the first Friday of every month, September to December, at the Episcopal Church of the Redeemer at 5700 Forbes Ave. in Squirrel Hill.

Please note: Class meets on 9/5/14, 10/3/14, 11/7/14, and 12/5/14.

Nathan Carterette is a pianist of some acclaim who moved to Pittsburgh in 2010. He studied at Yale University and privately in Munich with Welsh composer pianist Dafydd Llywelyn. He has performed in many venues, including New York’s Weill Recital Hall, the Hamburg Museum fur Kunst und Gewerbe, Iowa City’s Englert Theatre, and many universities such as Berklee School of Music, Cleveland Institute of Music, Carnegie Mellon, and many others. His repertoire stretches from Elizabethan keyboard music to modern pieces.
Unlocking the Classics

Study Leader: Jim Cunningham

- 6 Classes: Nov. 3 – Dec. 8  
  Class ID: 597
- Monday, 5:30 PM - 7:30 PM  
- Mellon Institute at CMU, Auditorium

This series will focus on works featured during the Pittsburgh Symphony Orchestra’s 2014-2015 season. Jim Cunningham will discuss the background of these compositions. The lectures will feature audio and video excerpts. Jim will be joined by Pittsburgh Symphony musicians and staff members who offer insiders’ perspective 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 Sundays at 8 p.m. 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 Krystof 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, the Pittsburgh Chamber Music Society.

Writing From Experience

Study Leaders: Bruce Krane, Gloriana St. Clair

- 6 Classes: Sep. 8 – Oct. 13  
  Class ID: 571
- Monday, 9:00 AM - 11:00 AM  
- Hunt Library Osher Classroom

This course will allow participants to work on writing projects related to their lives. Sharon Lippincott’s Heart and Craft of Lifestory Writing will be a resource for the class. Class participants will write 500 to 1000 words a week. These works will be shared with class members who will offer encouragement and suggestions.

Bruce Krane holds a B.S. degree from Washington and Jefferson College. He is retired after 30 years as an owner/operator of a Pittsburgh staffing company. Krane is also a former activist and political office holder. He has recently been a substitute teacher in the Pittsburgh Public School System. Bruce currently produces and hosts “Persons of Interest” on PCTV 21.

Gloriana St. Clair is the retired dean of the Carnegie Mellon University Libraries. She has a Ph.D. degree in literature, a master’s degree in library science, and a master’s degree in business administration. Professionally, she has pioneered the digitizing of books and other publications, supporting universal access to information. Her doctoral work revolved around J.R.R. Tolkien. Her book, Tolkien’s Cauldron, about the northern influence on his work is available free to read on the web. A longtime A.L.L./Osher member, she has taken and taught courses, serves on the board, and continues to be the university liaison with our Osher Lifelong Learning Institute.
Inspiring Others — The Chicken Soup Way

*Study Leader: Hana Haatainen-Caye*

- 4 Classes: Nov. 7 – Dec. 5*
- Friday, 1:00 PM - 3:00 PM
- Hunt Library Osher Classroom

*Note: Class will not meet on Nov. 28

Have you ever wondered 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 crucial elements. Submission guidelines for CSS will be covered, as well as current story callouts.

**Hana Haatainen-Caye** is an award-winning writer and voice-over talent. She is the author of the non-fiction book, *Green Grandmas Vinegar Fridays*, as well as over 40 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.

Writing for Fun And Exercising Your Brain

*Study Leader: Ruth Drescher*

- 5 Classes: Sep. 9 – Oct. 7
- Tuesday, 1:00 PM - 2:30 PM
- Hunt Library Osher Classroom

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

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

Study Leader: Mimi Botkin

• 6 Classes: Nov. 3 – Dec. 8  
• Class ID: 528  
• Monday, 1:00 PM - 3:00 PM  
• Hunt Library 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 author 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. 10 – Oct. 15  
• Class ID: 608  
• Wednesday, 9:00 AM - 11:00 AM  
• Hunt Library Osher Classroom

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

Jean Peterson is a graduate of Drew University and has a master’s 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.
The Writing Process: Inspiration From Great Writers Interviewed by the Paris Review

Study Leader: Molly Youngling

- 6 Classes: Nov. 3 – Dec. 8  
- Monday, 11:15 AM - 12:45 PM  
- Hunt Library Osher Classroom

Each week we will read one or two selections from The Paris Review interviews with successful authors (edited by George Plimpton) to help inform and inspire us about our own writing process. These interviews will include writers who are adept at fiction, non-fiction, poetry, and plays. We will identify and set forth our own goals for new writing projects. Each week will include discussion about process, some in-class writing exercises, and some time for group feedback about individual projects. During the term, each participant will be asked to work on one main project, bringing in two new pages per week. Please come equipped with notebook, pens/pencils, and an open mind.

Molly Youngling is a poet, novelist, non-fiction and screenplay writer, as well as a lifelong journal writer. She won the Frances Steloff Poetry Prize while majoring in English at Skidmore College. She was in the MFA in the writing program at Goddard College. Throughout her varied 40-year career, mostly in television production, she has been a newspaper reporter, a script writer, and an advertising copy writer for print and radio as well as for television. She has written, produced, and directed many nationally broadcast documentaries and entertainment programs for ABC, NBC, and PBS. She produced many specials for Mister Rogers Neighborhood. Her television work has won her numerous awards, including a Mid-Atlantic Emmy and the Intercom Award from the Chicago Film Festival for Kings on the Hill: Baseballs Forgotten Men. She wrote and produced many musical tributes, including the Kennedy Center Tonight series and Previn and The Pittsburgh Symphony series for WQED. She received a Fiction Writing Fellowship from the Pennsylvania Council on the Arts for her first novel. She has taught screenwriting at Chatham University and has led several writing workshops at Osher. She still has daily writing practice...plugging away on novels, screenplays, poetry, short stories, and journals.

From Oral History to Memoir

Study Leader: Larry Evans

- 6 Classes: Nov. 7 – Dec. 19*  
- Class ID: 509  
- Friday, 9:00 AM - 11:00 AM  
- Wean Hall 4707

*Note: Class will not meet on Nov. 28

From your oral history to your memoir and maybe a movie deal. If I can do it, so can you. When I retired, PCN (PA Cable Network) recorded my oral history for their Keystone State Steel series. Impressed with my story-telling, the producer suggested that I write a book. So I did. I just finished writing an autobiographical creative non-fiction ebook and now my publisher wants me to write a movie script. So I am. I do what I’m told...and so must you. Over these six two-hour classes, I will arrange for you to record your personal history, mercilessly drive you to write your book, and then hopefully squeeze out a movie script — all by next Christmas or there ain’t no Santa Claus!

Larry Evans is a lifelong trouble-maker, writer, and left wing jock living in Mount Lebanon. He has video-recorded over 100 oral history interviews in Pittsburgh, New Jersey, and in Donetsk, Ukraine. He founded the Mill Hunk Herald magazine and the Northside Chronicle newspaper. He produced an award-winning anthology Overtime: Punchin Out with the Mill Hunk Herald, video documentary Perestroika from Below and short features A Taste of Mill Hunk Culture and Ducky Discovers Donetsk. Larry has served on the Board of Mount Lebanon Village which is one of the nicer things he has done.
Fictional Characters Anonymous

Study Leader: Hana Haatainen-Caye

• 4 Classes: Sep. 12 – Oct. 3  
• Friday, 3:15 PM - 5:15 PM  
• Hunt Library Osher Classroom

“Hi. My name is Doris and I’m a fictional character.” During this workshop, all participants will introduce themselves as one of their characters and remain in character throughout the session. Consider this a supportive group meeting for characters to work out some of their issues. The results of the meeting are often surprising, as you discover character nuances, vulnerability, and trigger points. In order to write enticing fiction, you have to know your characters intimately. FCA can help you do just that! All participants will be expected to take part in the discussions, but in character only. Participants may change characters with each session, or attend all three, two-hour sessions as the same character. During the fourth session, we will drop the characters and engage in a discussion about where each writer wants to take their characters in their work in progress.

Hana Haatainen-Caye is an award-winning writer and voice-over talent. She is the author of the non-fiction book, Green Grandmas Vinegar Fridays, as well as over 40 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.

Writing Fiction: Imagining the World Around You

Study Leader: Maryann West

• 6 Classes: Sep. 9 – Oct. 14  
• Tuesday, 3:15 PM - 5:15 PM  
• Hunt Library Osher Classroom

Every day we witness events and wonder what happened. Stretch your imagination by adding fictional details to the events and creating written pieces which add insight while developing your writing skills. Write in multi-genres and experience the satisfaction of improving a piece through revision. Learn to “read your world” through imaginative writing. Take what you see and extend it with what you think you know!

Maryann West is a retired writing teacher. She taught the writing process and creative expression to middle school students and was co-instructor at the Ohio Writing Process, facilitating personal, professional, and publishable writing with graduate students. She has been writing since she could hold a crayon and finds putting worlds to paper enlightening, interesting, and most of all, delightful. She enjoys exploring life with other writers.

Gift Certificates

Osher at CMU Gift Certificates are available in any amount and can be used for membership, courses and trips. To purchase an Osher gift certificate, call 412-268-7489.
Mastering Apple iPhoto

*Study Leader: Douglas Webster*

- 5 Classes: Nov. 4 – Dec. 2
- Tuesday, 1:30 PM - 3:00 PM
- Cyert Hall, 100- A Mac Cluster

While iPhoto software comes bundled with most Apple computers, too often it is unused or used only sparingly because the user doesn't have a full understanding of its capabilities. This introductory course shows how to import photos from other sources, including a camera, and organize them into an iPhoto library by folders and by albums. Students will also learn how to manipulate images and export them in various formats and sizes, as well as how to create custom slideshows with music drawn from their iTunes library and prepare photo albums, greeting cards, and calendars with their photos, ready for professional printing. The class is hands-on and will use CMU-supplied Apple computers equipped with needed software. The class will start with a set of instructor-supplied photos, but individuals can bring their own shots for inclusion, critique, and practice during the course.

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. Mr. Webster is an accomplished photographer and videographer. His work has taken him to Latin America, Europe, and Asia for photo and video projects for clients in the fields of international trade and transportation. He retired in 2010 as communications director for the California Maritime Academy.

ECONOMICS/FINANCE

Financial Success in Retirement

*Study Leaders: Seth Dresbold, Marc Tannenbaum*

- 5 Classes: Sep. 10 – Oct. 8
- Wednesday, 3:15 PM - 5:15 PM
- Wean Hall 4707

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

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

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

*Study Leader:* Francis Milton  
- 6 Classes: Sep. 9 – Oct. 14  
- Tuesday, 9:00 AM - 11:00 AM  
- Hunt Library Osher Classroom

The course will start with an overview of investment basics. The remaining classes will include discussion of mutual funds, modern investment theory, variable annuities, and variable universal life insurance, and diversification (asset allocation, growth vs. value). The last class will discuss IRAs, 401(k)s, pension plans, college 529 plans, and also Colville Plans.

**Francis Milton** studied mechanical engineering at the University of Pittsburgh and earned a B.S. degree in mathematics and computer science. He was employed by U.S. Steel as a cost analyst at Homestead Slab and Plate and later transferred to the advanced systems and development computer division at Muriel Street. He became owner of Custom Car Wash and Equipment Co., working with corporate and individual business startups, equipping new and existing car washes, and erecting large vehicle wash systems (train, bus, truck, and unique equipment systems). He sold off these companies and became an independent financial adviser with series 6, series 7, series 63, and series 65 licenses and with CDFA certification.

**Economists Who Made a Difference**

*Study Leader:* James Burnham  
- 6 Classes: Sep. 10 – Oct. 15  
- Wednesday, 1:30 PM - 3:00 PM  
- Wean Hall 4707

As an eminent historian reminds us, “Economic change in all periods depends, more than most economists think, on what people believe.” This course will discuss six economists who have arguably helped determine economic growth—or its absence—throughout the world from the 18th into the 21st century. We will discuss the ideas and historical contexts of six such economists from the 18th-21st centuries: Adam Smith, Karl Marx, John Maynard Keynes, Friedrich Hayek, Milton Friedman, and Douglas North (a recent Nobel laureate). An accessible reading list, including Martin Heilbroner’s *World Philosophers* (which you may have read a long time ago!), will be provided.

**James Burnham** is a Distinguished Service Professor of Finance at Duquesne University and 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 County 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 has received Fulbright grants for study in Brazil (1961) and Turkey (2005).

**The Great Divide**

*Study Leader:* Jack Ochs  
- 4 Classes: Nov. 3 – Nov. 24  
- Monday, 9:30 AM - 11:00 AM  
- Wean Hall 4707

Over the past 50 years there has been significant growth in per-capita income and wealth in the United States. But not all segments of society have shared in that growth. A significant portion of our population has experienced little or no growth in their real income, while a small percentage of the population has experienced extraordinary gains in income and wealth. This has created what Joseph Stiglitz calls “The Great Divide.” In these lectures, we will discuss what factors are responsible for the increasing concentration of income and wealth in our country.

**Jack Ochs**, Ph.D., a Pittsburgh native, retired as professor of economics at the University of Pittsburgh. His research and teaching focused on experimental economics and public policy. Since retiring, he has enjoyed developing courses for lifelong learning programs.
**Elder Law — Being Prepared As One Grows Older**

*Study Leader: Carol Sikov Gross*

- 5 Classes: Sep. 10 – Oct. 8  
  *Class ID: 552*
- Wednesday, 9:00 AM - 10:30 AM  
  *Wean Hall 4708*

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.

**Carol Sikov Gross** is the managing partner of the Pittsburgh law firm of Sikov and Love, P.A. She received her B.S., her M.B.A., and her J.D. degrees from the University of Pittsburgh. Ms. Sikov Gross 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 and is a member of the National Academy of Elder Law Attorneys. She is the vice chair of the Probate and Trust Law Section of the Allegheny County Bar Association. She is a fellow in the American College of Trust and Estate Counsel (ACTEC). Ms. Sikov Gross 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.

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**Estate Planning and Estate Administration Elder Law**

*Study Leader: Errol S. Miller*

- 5 Classes: Nov. 5 – Dec. 3  
  *Class ID: 592*
- Wednesday, 9:30 AM - 11:00 AM  
  *Wean Hall 4707*

By use of practical information and useful anecdotes from the study leader and the group, this course will assist people who expect to have to administer a loved one's estate or who would like to make it easier for their families to administer their own estates. The focus will be on steps which can be taken to ameliorate common problems that arise over disagreements among heirs on how assets of an estate are distributed, and to minimize inheritance taxes and expenses. The goal is to avoid future fractious events and/or unnecessary expenses. In other words, the emphasis will be on preserving families and their assets.

**Errol S. Miller** is a graduate of Dartmouth College and Harvard Law School. He has practiced law for over 35 years and for the last 20 years has been involved in the legal problems of estate planning and estate administration. He frequently gives seminars to lawyers on these subjects and has been on the AARP referral panel for over 15 years. Recently, his experience in working on a post-conviction appeal has caused him to pursue another interest, criminal justice reform. In a lighter vein, he has been the principal writer of the annual Allegheny County Bar Association topical satirical review for over 25 years. He is a board member of Osher.

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**Important**

If you’ll miss two or more classes, please call the office to see if there is a waiting list. If so, we ask that you drop that course. We appreciate your cooperation.
Death Investigations

*Study Leader*: Ronald B. Freeman

- 6 Classes: Sep. 10 – Oct. 22
- Wednesday, 5:30 PM - 7:00 PM
- Wean Hall 4708
  *Note: Class will not meet on Sep. 24*

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.

Steelworkers And Important Legal Issues

*Study Leader*: Carl Frankel

- 5 Classes: Nov. 4 – Dec. 2
- Tuesday, 5:30 PM - 7:00 PM
- Wean Hall 4707

Through the lens of actual steelworker cases, this course will examine issues of general interest which have the following in common: 1) the issues implicate sharply conflicting social values on which lay persons as well as judges will differ; 2) that applicable and statutory or Constitutional text is not complex; and 3) there is no obvious “correct” result. The cases range across areas from international trade (NAFTA ratification), to civil rights (voluntary minority job quotas), to union governance (outsider contributions in union elections), and attorney fee awards in successful pension litigation (how much is too much?).

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

Wine Appreciation — Spain's Garnacha-based Wines

Study Leader: Chris Forbes  Materials Fee: $25*

• 1 Class: Oct. 29  Class ID: 520
• Wednesday, 6:30 PM - 8:00 PM
• Rodef Shalom, 4905 5th Ave.

Garnacha, more generally known elsewhere as Grenache, is a red grape grown widely in Spain's warm eastern half, and produces a wide variety of wines from rosés to wonderfully deep reds. Perhaps more often it's also blended with an array of other grapes to produce wines that can be delicious and represent great bargains. We will sample about eight Spanish wines based on Garnacha that can be found in the Pittsburgh area. Cheeses, nuts, and breads will also be provided.

Chris Forbes has an engineering degree from Trinity College, Dublin, and an M.B.A. 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 for Wilkins School Community Center in Regent Square since 2000, and with Osher since 2009.

*Materials fees are not refundable; information on page 90.

Wine Appreciation — Zinfandels

Study Leader: Chris Forbes  Materials Fee: $25*

• 1 Class: Dec. 17  Class ID: 521
• Wednesday, 6:30 PM - 8:00 PM
• Rodef Shalom, 4905 5th Ave.

Once thought to be uniquely Californian, Zinfandel is now known to be identical to Southern Italy's Primitivo and Croatia's Crylenic Kasteljanski. But Zins have become such a California specialty that some other regions are forsaking their traditional name for the wine. Regardless, Zinfandels can run the gamut from quaffable stuff to remarkable quality and value, especially for those who like big fruity wines. We'll taste several, some that should perhaps be sold with a breathalyzer! Cheeses, nuts, and breads will also be provided.

Chris Forbes: See bio in the previous listing.

*Materials fees are not refundable; information on page 90.
Phytastic Cooking — Maximize the Healthfulness of Your Meals and Snacks

Study Leader: Donna Hansen  Materials Fee: $20*

• 5 Classes: Sep. 11 – Oct. 16*  Class ID: 561
• Thursday, 1:00 PM - 2:30 PM
• Wilkins Community Center, Kitchen, 7604 Charleston Ave., Swissvale
  *Note: Class will not meet on Sep. 25

Phytonutrients are natural disease fighters found in many foods we are being encouraged to eat. In this cooking class, participants will learn easy ways to incorporate foods high in phytonutrients into meals and snacks. In addition, the class will learn why phytonutrients are important and how to improve healthfulness of your overall food choices. Students will have the opportunity to participate in the production of dishes. No prior cooking experience is necessary.

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

*Materials fees are not refundable; information on page 90.

Delicious Vegetarian

Study Leader: Al Kosmal  Materials Fee: $45*

• 6 Classes: Nov. 4 – Dec. 9  Class ID: 661
• Tuesday, 1:00 PM - 2:30 PM
• Rodef Shalom, Kitchen

• 6 Classes: Nov. 4 – Dec. 9  Class ID: 662
• Tuesday, 3:30 PM - 5:00 PM
• Rodef Shalom, Kitchen

Tired of chicken, beef, pork, and game? The answer is delicious vegetarian. As the instructor grows older, he finds himself leaning more towards really healthy eating. By eliminating meat, etc., from our diets, we can achieve healthy, interesting menus. Participants will discover some wonderful dishes like zucchini quiche, spiced couscous with mushrooms, veggie stir-fry, sautéed peas, and other tasty dishes.

Note: If you have any food allergies, a dislike of certain herbs or spices, or dietary restriction, it is recommended that you not take this course.

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

*Materials fees are not refundable; information on page 90.
From Bean to Bar: The Exploration of Chocolate

*Study Leader: John Canter*

- 1 Class: Oct. 23
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall 4708

The production of chocolate is a complex melding of art and science with a heritage that stretches back nearly 4,000 years to the lands and the early people of South and Meso America. This class explores the mythology, history, chemistry, biology, and manufacture of chocolate, tracing its development through the centuries and its physical transformation from flowering tropical cacao tree to consumable candy bar. Each session includes a sampling of several exotic and unfamiliar chocolates of varying genomes, locales, content, and intensity, covering the spectrum from light milk chocolate to the darkest and most intense pure chocolate.

*John Canter* is a magna cum laude and Phi Beta Kappa graduate of the University of Pittsburgh. A retired Fortune 100 information technology executive and author of seven novels, he has consulted for industrial, educational, and governmental enterprises in the United States, Europe, and the Far East. With a lifelong interest in and study of chocolate and its multiple complexities, Mr. Canter has assisted domestic and foreign chocolate manufacturers in resolving product quality and inconsistency issues. He has conducted both public and private chocolate educational awareness seminars and evaluation tasting sessions in the United States, Italy, and France.

**Foods of the American Southwest**

*Study Leader: David Green  
Materials Fee: $25*

- 4 Classes: Sep. 8 – Sep. 29  
Class ID: 550
- Monday, 3:15 PM - 5:15 PM
- Wilkins Community Center, Kitchen, 7604 Charleston Ave., Swissvale

As we continue our exploration of regional American cooking, we will be exploring the foods of the Southwest. Rooted in the culture of Native Americans and influenced by Anglo and Spanish settlers, Mexicans, and cowboys, this cuisine highlights the native staples of chiles, tomatoes, corn, beans, and turkey with newly introduced staples such as wheat, dairy, melons, bell peppers, and zucchini. The resulting flavors are as deep, bold, and earthy as the land they come from.

*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. He is a graduate of the Culinary Institute of Pennsylvania.

*Materials fees are not refundable; information on page 90.
Culinary  |  LIFESTYLE & FUN

One Pot - One Bowl: Simple Cooking for One or Two

Study Leader: Marla Perlman  Materials Fee: $15*

• 5 Classes: Nov. 6 – Dec. 11*  Class ID: 607
• Thursday, 10:00 AM - 12:00 PM
• Friends Meeting House, Kitchen, 4836 Ellsworth Ave., Oakland
*Note: Class will not meet on Nov. 27

This is a small, hands-on cooking class geared to people who live alone, empty-nesters, and busy people who have little patience for cooking, shopping, or cleaning up. Included in this course will be easy recipes that are simple to prepare and use ingredients that are ordinary shelf staples that most people have in their homes. Just throw everything into a pot or bowl and it always comes out delicious.

Marla Perlman considers cooking messy, expensive, and time consuming. Her mother and grandmother also disliked cooking. Widowed at a young age, she worked full time and raised three children alone. During this period, she began to collect recipes that were nutritious, satisfying, and quick to prepare without creating a big mess in the kitchen. Marla Perlman has a bachelor’s degree from the University of Wisconsin and a master’s degree from the University of Pittsburgh. Her essays have been published in a variety of senior citizens magazines and the Pittsburgh Post-Gazette. A collection of her recipes are in publications.

*Materials fees are not refundable; information on page 90.

Healthy Foods, Deliciously!

Study Leader: Lynne Goewey  Materials Fee: $40*

• 6 Classes: Nov. 5 – Dec. 10  Class ID: 669
• Wednesday, 10:00 AM - 12:00 PM
• Wilkins Community Center, Kitchen, 7604 Charleston Ave., Swissvale

Health food has gone gourmet! Here’s the perfect opportunity to discover that healthy foods can be delicious and easy to add to the menu. Urged to eat healthier by adding more grains, beans, and other such healthy food to our diets, most of us have little or no exposure to such foods, let alone how to prepare them, or even if we will like how the food tastes! It is no longer the “health food” of the 60s! Each class will focus on one food type: grains, beans, soy, sea vegetables, seeds, roots, etc., and include discussions, demonstrations, and tasting each ingredient plain and used in one or two recipes. Informational handouts and recipes will be provided.

Lynne Goewey, a vegetarian/vegan since 1984, has been a personal chef for 25+ years and taught healthy cooking classes for 20 years in New York City, Rochester, Buffalo, and Pittsburgh. In addition to a weekly newspaper column, "The Green Gourmet", she owned a catering company by the same name during the 1990s in Key West. While in Key West, she also produced "Island Evenings", a weekly cooking demonstration/gourmet dinner party/wine tasting at different historic inns throughout the island and "A Taste of Tropics", a weekly demonstration/tasting of tropical fruits and vegetables in the Heritage House/Robert Frost Cottage Gardens. Returning north in 2000, Ms. Goewey took over the operation of her mother’s candy business, Candy Caboose, and in 2002 she opened Jadore Chocolate, an artisanal chocolate company, which closed when she moved to Pittsburgh in 2012.

*Materials fees are not refundable; information on page 90.
DANCE

Contra Dancing

Study Leader: Cecilia Wenisch

- 6 Classes: Nov. 3 – Dec. 8
- Monday, 1:00 PM - 2:30 PM
- Wilkins Community Center, 7604 Charleston Ave., Swissvale

In this class you will learn many contra dance figures. (Some, not all, are like square dance moves: do-si-do, allemande, ladies chain.) However, contra dance formation is done in longway sets. The figures you learn will then be combined to form a particular dance. The instructor will teach, and then “call” the pattern, and it will repeat as you and your partner interact with each other and with the other dancers in the set. (You do not need to register with a partner.) Contra dancing combines exercise and social interaction in an atmosphere of fun and great music. Contra dance evenings and weekends are popular, not only in Pittsburgh, but worldwide. For a musical/dance demonstration, go to the Internet and search for “contra dance defined.” (Check the site that says “what is contra dance? - California dance coop.”)

Cecilia Wenisch has been contra dancing since 1986. She has taught contra dance classes for CCAC and presently teaches the lesson before the Pittsburgh weekly Friday evening contra dance.

Dance Fitness Gold

Study Leader: Maureen Gemeinhart

- 6 Classes: Sep. 11 – Oct. 23*
- Thursday, 11:15 AM - 12:15 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland
  *Note: Class will not meet on Sep. 25

- 6 Classes: Nov. 6 – Dec. 18*
- Thursday, 11:15 AM - 12:15 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland
  *Note: Class will not meet on Nov. 27

Bored by your regular exercise routine and like to dance? Why not try Dance Fitness Gold? Geared for active older adults, Dance Fitness Gold combines international music, familiar dance steps, and easy-to-follow combinations. No experience is required; beginners get fit through guided, low-impact movements. Join in the fun and camaraderie. Work all muscle groups while dancing the merengue, cumbia, cha-cha, Charleston, and Lindy, among others. Engage your mind by learning a new exercise formula specially geared to your needs. Wear comfortable clothing and tennis shoes that allow for easy movement. Bring plenty of water and come to the party! Maureen Gemeinhart is a retired business and computer teacher who was tiring of her regular exercise routine. She took her first Zumba class in 2009 and loved that form of group exercise! She soon added Zumba Toning and Zumba Gold to her weekly schedule. She found that these classes give her more energy, an outlet for her love of dancing, and the ability to raise her fitness level while having fun. She is now a certified instructor in both Zumba Basic and Zumba Gold.

"Excellent presentation. Informative, enjoyable, and tasty!"
- Whiskey and Rebellion class participant
**Tamburitan Kolo Dancing**

*Study Leader: George Schexnayder*

- 6 Classes: Sep. 10 – Oct. 15  
  *Class ID: 620*
- Wednesday, 10:45 AM - 12:15 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

- 6 Classes: Nov. 5 – Dec. 10  
  *Class ID: 621*
- Wednesday, 10:45 AM - 12:15 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

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

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

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**EXERCISE**

**Get Fit — A Fun Latin Cardio Workout**

*Study Leader: Connie Pollack*

- 7 Classes: Sep. 10 – Oct. 29*  
  *Class ID: 609*
- Wednesday, 1:00 PM - 2:15 PM
- Beth Shalom, 5915 Beacon St, Squirrel Hill
  *Note: Class will not meet on Sep. 24*

- 5 Classes: Nov. 5 – Dec. 17*  
  *Class ID: 664*
- Wednesday, 1:00 PM - 2:15 PM
- Beth Shalom, 5915 Beacon St, Squirrel Hill
  *Note: Class will not meet on Nov. 26, Dec. 3*

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 with this totally fun class! This class is designed to embrace all levels of ability with modified moves, step-by-step instruction, and demonstration. No prior experience is necessary. 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. This class is perfect for older adults who are looking to improve muscle tone and coordination and to 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).

*Connie Pollack* has been teaching aerobic dance to adults for the past 10 years at Congregation Beth Shalom. She loves singing and dancing to music and enjoys choreographing energetic and fun routines that are sure to put a smile on your face. With a degree in health and physical education, Connie 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. She has always been passionate about teaching, encouraging fitness and exercise, and volunteering in her community.
LIFESTYLE & FUN | Exercise

Move It or Lose It

Study Leader: Elsa Limbach

- 6 Classes: Sep. 9 – Oct. 14  
  Class ID: 580
- Tuesday, 9:30 AM - 11:00 AM
- Dance Alloy Studio, 5530 Penn Ave., East Liberty

- 6 Classes: Nov. 4 – Dec. 9  
  Class ID: 672
- Tuesday, 9:30 AM - 11:00 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 movement, 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.

Hatha Yoga

Study Leader: Loretta Barone

- 10 Classes: Sep. 11 – Nov. 20*  
  Class ID: 491
- Thursday, 10:00 AM - 12:00 PM
- Dance Alloy Studio, 5530 Penn Ave., East Liberty

*Note: Class will not meet on Sep. 25

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

Note: It is important that any student who has not previously taken this course attend the first class. It is an orientation session which will not be repeated. New students who cannot attend the first meeting should not register for this course. Returning students may begin at any time during the semester.

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.
Feeling Better — Therapeutic Exercise and Stretching Class

Study Leader: Tasso Spanos

- 6 Classes: Sep. 11 – Oct. 16  
- Thursday, 3:15 PM - 4:45 PM  
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

Feeling Better exercises were developed by Tasso Spanos. After trigger-point therapy is used on a person, trigger points are released, and the muscle suddenly relaxes. At that time, Mr. Spanos gently stretches the offended muscle to restore it to a normal range of motion. This special stretch exercise is then given to the person to be done at home. Mr. Spanos will show the class many of these special stretch exercises. He will point out an individual’s particular pain or weakness problem and give specific gentle stretch exercises to fix walking and some floor exercises. A relaxation session will end each class. To learn more about Mr. Spanos’s exercises, people can watch one of his videos on YouTube. Participants should wear comfortable clothes and bring a floor mat.

Tasso Spanos is a certified myofascial trigger-point and exercise therapist with a practice on the South Side of Pittsburgh and in Chautauqua, N.Y. He is the founder of the Center for Pain Treatment and the Pittsburgh School of Pain Management. He is a member of the Academy of Pain Management and was frequently on KDKA-TV concerning pain problems. He was a pupil of Dr. Janet Travell, the White House physician under Presidents Kennedy and Johnson.

Tai Chi Chuan — Long Form, First Section

Study Leader: Judith Crow

- 6 Classes: Sep. 8 – Oct. 13  
- Monday, 10:00 AM - 11:30 AM  
- Wilkins Community Center, 7604 Charleston Ave., Swissvale

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 Chuan 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.
**GAMES**

**Bridge For Tournament Club Players**

*Study Leader: James R. Klein*

- 6 Classes: Nov. 5 – Dec. 10  
- Wednesday, 7:00 PM - 9:00 PM  
- Wilkins Community Center, 
  7604 Charleston Ave., Swissvale

Improving bridge skills on defense, play, and bidding is for experienced tournament bridge players. The classes will consist of instruction in general table strategies such as partnership agreements, conventions, and defense, as well as card play. Participants will also play about four or five boards which will be selected to help players. Handouts will be supplied to explain these boards as well as the lesson.

*James Klein* is an American Contract Bridge League Platinum Life Master with over 12,000 masterpoints. He has been a bridge teacher and tournament player for 60 years. He has been a winner in sectional, regional, and national events. He is a writer on the Pittsburgh Bridge website, pittsburghbridge.org, on the button titled Jimmy Sez.

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**HOBBIES**

**How to Make Hairpin Lace Scarves**

*Study Leader: Judy Grumet*

- 2 Classes: Sep. 10 and Sep. 17  
- Wednesday, 11:15 AM - 12:45 PM  
- Hunt Library Osher Classroom

Learn how to make hairpin lace scarves in one to two sessions. Learn an old-fashioned crochet technique that produces lovely, loopy scarves — from lacy and delicate, to furry, to outdoor warm, depending on the yarn used. You can learn in one session, but the study leader will be available for a second session for those who want additional support. Hairpin lace looms will be available in class for $7-$15. Yarn and crochet hooks will be available at cost, but you may choose to bring your own. Worsted yarn is a good yarn to learn on. You can see examples online.

*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.
Singing for Fun

Study Leader: Constance Rapp

- 6 Classes: Sept. 11 - Oct. 23  Class ID: 611
- Thursday, 1:00 PM - 2:30 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

- 6 Classes: Nov. 6 – Dec. 18*  Class ID: 612
- Thursday, 1:00 PM - 2:30 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

*Note: Class will not meet on Nov. 27

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.

Etrennes: French Holiday Dolls and Playthings

Study Leader: Lana Andrews

- 1 Class: Oct. 27  Class ID: 488
- Monday, 1:00 PM - 2:30 PM
- Hunt Library Osher Classroom

The French word etrennes means gifts, particularly holiday gifts traditionally given on New Year’s Day to a lucky boy or girl. This celebration peaked during the late 19th and early 20th centuries, a time considered to be the Golden Age of French dolls. This presentation features the study leader’s personal collection of playthings and incorporates the competitive and lavish Parisian holiday catalogues and posters produced by leading stores. Historical and technological events can be traced by the toys produced and marketed.

Lana Andrews, a graduate of the business studies program at Margaret Morrison College, has collected antique dolls for more than 40 years. She was a regular guest on KDKA’s “What’s It Worth” segment for several years, a lecturer for DMG Antique Shows held on the East Coast, and as one of the original docents at Clayton, researched and catalogued the dolls/toys of the Fricks. Items from her collection are featured in reference books and price guides and have been used in television commercials and promotional videos/DVDs. She is a member of the United Federation of Doll Clubs, the Pittsburgh Doll Club, and Antique Toy Collectors of America.

The Art of Jewelry Making

Study Leader: Gerry Florida  Materials Fee: $38*

- 3 Classes: Nov. 7 – Nov. 21  Class ID: 514
- Friday, 9:30 AM - 11:00 AM
- Hunt Library Osher Classroom

This fun, creative, and informative workshop will introduce students to design basics of jewelry creation. Students will learn simple design formulas and tricks of the trade to keep them inspired as they design and create their personalized jewelry. This is a great way to freshen up a favorite outfit or to simply take the guessing out of gift giving! Each of the three classes will focus on a specific piece of jewelry — memory wire bracelets, earrings, and elegant single strand bracelets. Use colorful stones, beads, and memory wire (a unique material that looks and acts like a spring) to create special one-of-a-kind accessories. 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 Craftsmens 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 90.
Beginning Harmonica
Study Leader: Caroline Mitchell

- 6 Classes: Sep. 9 – Oct. 14
- Tuesday, 9:30 AM - 11:00 AM
- Wilkins Community Center, 7604 Charleston Ave., Swissvale

This course will teach the motivated student to play simple tunes on the “ten note” or diatonic harmonica. No prior knowledge of music or music theory is necessary. We’ll start with a little basic music theory and progress to playing some easy-to-learn traditional tunes. You’ll need to purchase your own good-quality diatonic harmonica, in the key of C, for the class. A Hohner Marine Band or Lee Oskar key of C is highly recommended. The harmonica is a wonderful little instrument that can provide you with years of enjoyment.

Please note: Each student needs to own a diatonic harmonica in the key of C and a blank notebook.

Caroline Mitchell is a retired engineer/lawyer who has been playing music since she was a child. She learned many old American tunes from her harmonica-playing father, a WWII veteran who claimed that playing the harmonica got him through the wait on the beach for the Normandy invasion. She studied classical piano for 20 years, classical guitar for 5 years, and mandolin for 3 years. She taught bluegrass harmony singing at the Armstrong League of Arts Summer Music Camps. She now plays mandolin in a bluegrass band, tenor banjo with Pittsburgh Banjo Club, and harmonicas wherever she can.

Ikebana For Your Space
Study Leader: Karen Fung Yee

- 5 Classes: Sep. 12 – Oct. 10
- Friday, 11:15 AM - 12:45 PM
- Hunt Library Osher Classroom

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.
SELF-HELP

Improving Observation Skills Through Observing Art

Study Leader: Louise Lippincott

• 5 Classes: Nov. 3 – Dec. 1
• Monday, 1:15 PM - 2:45 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.

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.

Please note: There will be a museum admission fee for each class.

Louise Lippincott earned her B.A. degree 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.

Closure: Writing the Last Chapter

Study Leader: Jonathan Weinkle

• 5 Classes: Nov. 3 – Dec. 1
• Class ID: 647
• Monday, 5:30 PM - 7:00 PM
• Wean Hall 4708

No one wants to die. But the truth is that everyone's life will someday come to an end. It's important to think about what you want and what you want to avoid so that the final chapter of your story can be about meaning and dignity instead of chaos and confusion. This course will empower you with easy-to-access and simple-to-understand information and resources to make educated decisions about your end-of-life plans. This course is not going to make talking about death any easier, but these resources will make the process of determining what you want at end-of-life less confusing for you and for your family. Most important, it will help you figure out how to live the last portion of your life according to the values that have guided the rest of your life.

Dr. Jonathon Weinkle is a medical advisor for the Jewish Healthcare Foundation’s Closure initiative. He is a general internist and general pediatrician at the Squirrel Hill Health Center where he is sometimes called on to facilitate difficult decision making about the end of life among patients and their family members. He has been instrumental in designing the education components for the Closure initiative and has taught this course in several other locations and formats.

Important
You must have received a course confirmation through the office to attend any Osher class.
We appreciate your cooperation.
Managing Pain Before it Manages You

Study Leader: Gail Ditkoff

- 5 Classes: Sep. 8 – Oct. 6
- Monday, 3:15 PM - 4:45 PM
- Wean Hall 4708

Class ID: 504

This course is intended only for people experiencing some type of chronic pain condition, such as fibromyalgia, chronic neck and/or low back pain, headaches, neuropathy, etc. The study leader will serve primarily as a facilitator as we discuss Margaret A. Caudill’s book Managing Pain Before It Manages You (The Guilford Press, 2009, 3rd edition only). The goal of this workbook is to enable chronic pain sufferers to acquire skills and techniques for coping with pain in order to improve the quality of their lives. Topics will include acceptance of pain, setting goals, the mind-body connection, cognitive techniques for dealing with pain, stress reduction, and effective communication. Members of this class should purchase Caudill’s book on their own (used copies are available online from amazon.com), and be willing to spend out-of-class time each week reading one or two chapters and engaging in the exercises presented. This course is not meant to replace any medical technique.

Gail Ditkoff retired as professor emerita of psychology from California University of Pennsylvania. For almost 40 years, she taught psychology at both the undergraduate and graduate levels. She holds a Ph.D. degree and M.S. degrees in educational psychology and an Ed.S. in school psychology. She is also a licensed psychologist and a certified school psychologist. She has previously taught courses for Osher at CMU.

Therapeutic Massage For Health and Happiness

Study Leader: Mary Duquin

- 5 Classes: Nov. 5 – Dec. 3
- Wednesday, 3:15 PM - 5:15 PM
- Hunt Library Osher Classroom

Class ID: 507

This massage workshop is designed for people who would like to learn more about the physical and psychological benefits of therapeutic massage. The instructor will guide students in hands-on skill development in a variety of massage techniques that help to alleviate pain and tension in head, neck, shoulders, back, hips, hands, arms, legs, and feet. Techniques intended for self-care will be taught in addition to massage skills that will benefit family members of all ages. The course will also include the history and scientific basis of massage as a therapeutic tool; massage for special populations; the stresses of aging; and the relationship of massage to joint mobilization, exercise, and relaxation. This is a beginner’s class — no prior experience in massage is necessary.

Mary Duquin received her Ph.D. degree at Stanford University in education and taught at the University of Pittsburgh from 1974 to 2013 in the Department of Health and Physical Activity. She became a certified massage therapist in 1991 and taught massage therapy as a graduate course at the University of Pittsburgh from 1991 to 2008. She has taught massage therapy to various age groups, including grandparents raising grandchildren. She has also taught the psychology, sociology, and philosophy of sport, health, and physical activity. She maintains a private massage practice in Swissvale.

"...[we] would probably have missed the movie “Jerusalem” had it not been an Osher function. And we would have missed a great movie! . . . We made some new friends and learned more about Osher activities, too."

- Lucille & Bill Kenworthy
American Cemetery History: A Walking Tour

Study Leader: Jennie Benford

- 1 Class: Oct. 27  
  Class ID: 493
- Monday, 11:15 AM - 12:45 PM
- The Homewood Cemetery, 1599 S. Dallas Ave.

Within the city of Pittsburgh are several other cities, otherwise known as cemeteries. Learn about the history of American cemeteries with the Homewood Cemetery’s Director of Programming, Jennie Benford, as she leads a walking tour of the Homewood Cemetery. Founded in 1878, The Homewood Cemetery retains much of the landscape design that put it at the forefront of modern landscape design. The tour will highlight landscape design, monuments, history of American cemeteries, and biography of select cemetery residents. Due to the nature of the cemetery terrain, this tour is not handicap accessible and does require significant walking and standing. The tour is designed to take visitors along the paved road system of the cemetery, but the lay of the land is not level.

Jennie Benford has been working in, around, or for The Homewood Cemetery for over 20 years. She received her M.L.A. degree from Pitt and her previous positions include being the archivist for Rodef Shalom Congregation of Pittsburgh and the Carnegie Mellon University archivist, a position she held for 10 years. Ms. Benford is a founding member of the women’s history action collective LUPEC (Ladies United for the Preservation of Endangered Cocktails).

Whiskey and Rebellion At Pittsburgh’s Only Distillery

Study Leader: Mark C. Meyer

- 1 Class: Oct. 7  
  Class ID: 590
- Tuesday, 1:00 PM - 3:00 PM
- Wigle Whiskey, 2401 Smallman St.

- 1 Class: Nov. 5  
  Class ID: 591
- Wednesday, 1:00 PM - 3:00 PM
- Wigle Whiskey, 2401 Smallman St.

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 District, 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.
WELLNESS

Doing the Same Things in An Easier Way: An Introduction to The Alexander Technique

Study Leader: Janet Seltman

• 6 Classes: Nov. 3 – Dec. 8
• Monday, 9:30 AM - 11:00 AM
• Wilkins Community Center, 7604 Charleston Ave., Swissvale

We behave according to our ideas about ourselves. As we age, we often notice that simple activities — walking, tying shoelaces, and cooking dinner — become more difficult. “It’s just aging,” we say. But what if we can alter that a little? In this class we address the question of how we can change our ideas of how we move and our ways of moving, especially when they no longer serve us. We will use the Alexander Technique as a process for changing our patterns of coordination. We will explore Alexander’s principles through simple movements and activities that interest class participants as well as through hands-on direction from the teacher. Students of this technique often report that their movements are easier, more graceful, and better controlled. The class will be experimental; please dress comfortably. No previous experience or physical prowess is necessary.

Janet Seltman is a Registered Somatic Movement Therapist. She is trained as an Alexander Technique teacher, Unity in Motion teacher, coreSomatics practitioner, and Flower Essence practitioner. She has been in private practice in Pittsburgh for over 29 years.

*Materials fees are not refundable; information on page 90.
Practicing Mindfulness for Health, Well Being and Behavioral Change

Study Leader: Richard King

- 6 Classes: Nov. 6 – Dec. 18*
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall 4708

*Note: Class will not meet on Nov. 27

Mindfulness is a simple and challenging exercise that produces a focused state of calmness. Both the method and goal of mindfulness is to be aware of our sensations in present moment. Mindful breathing is a way to activate the “relaxation response” as a calming antidote for stressful events. Although mindfulness happens spontaneously with everyone, it is a skill that can be expertly developed with practice. Routine mindfulness practice changes the structure and function of mind and body. Some health benefits of mindful breathing include stress reduction, chronic pain reduction, cardiovascular health, lower blood pressure, improved sleep, and neuroplasticity. The mental health benefits include an improved sense of well-being, enhanced emotional regulation, impulse control, increased self-awareness, and reduced reactivity to stressors. Our lecture/workshop format will explore a variety of mindfulness practices.

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

The Elements Of Personality Conflicts

Study Leader: Kerry O’Donnell

- 6 Classes: Nov. 3 – Dec. 8
- Monday, 3:15 PM - 5:15 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 oneself and others, particularly in conflict situations, and to begin learning how to manage reactivity in stressful situations. The book, The Essential Enneagram by Dr. David Daniels, is the required text.

Kerry ODonnell 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 a program specialist managing post-doctoral Fulbright awards at the Council for International Exchange Scholars in Washington, D.C. She 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.
How to Survive a Stroke From The Viewpoint of a Therapist/Survivor

Study Leader: Tasso Spanos

• 4 Classes: Sep. 11 – Oct. 9*
• Thursday, 1:00 PM - 2:30 PM
• Wean Hall 4708

*Tasso Spanos is a certified exercise therapist who himself had a stroke, from which he successfully recovered. His recovery is documented in The Chautauqua Daily article of August 24, 2012. This course describes how to restore movement to limbs and hands, help a dropped foot, and improve speech and facial paralysis. Hands-on therapy will be demonstrated and available and specific exercises will be shown on how to maintain improvements. Students will be given an overview of diet, vitamins, drugs, and hyperbaric therapy. Instructional literature will be provided.

Lifestyle and the Brain: Toward Healthy Aging

Study Leader: Michael Zigmond

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

This series of classes will focus on how our lifestyle affects our health, with a focus on the brain and on aging. We will explore some of the functional impairments that commonly occur as we age and the extent to which these impairments are exacerbated by the way we live. The five sessions will cover (1) some of the behavioral consequences of aging: moving, thinking, and feeling; (2) how our lifestyle has changed since our forebears were hunter-gatherers and the possible implications of those changes, both positive and negative; (3) a brief introduction to the brain; (4) how diet, exercise, and the environment impact the brain and what implications those impacts have for brain health; and (5) the implications for what we will have been discussing for a variety of social issues, including parenting, grandparenting, and care of the elderly. Participants will be strongly encouraged to participate actively, raising questions and sharing ideas.

Michael J. Zigmond is a graduate of Carnegie Institute of Technology (B.S., ChemE 63), and the University of Chicago (Ph.D., Biopsychology, 68). After postdoctoral work at MIT, he joined the University of Pittsburgh in 1970, where he now holds appointments as a professor of neurology, neurobiology, and psychiatry. His research has been primarily on the neurobiology of Parkinson’s disease. For the last 15 years he has been particularly interested in the influence of physical exercise on the progression of that disease. He also has an active interest in aging, the primary risk factor for Parkinson’s disease. Some years ago, while preparing a lecture for a conference in Kenya, he began to think about how changes in our lifestyle since we emerged from the African Rift Valley may influence our health, an issue that has also been raised by several others. This led him to consider how these changes might be playing a role in the increasing prevalence of non-communicable diseases of the brain, such as stroke and Alzheimer’s. He is in the early stages of preparing a book on this topic and looks forward to exploring his ideas and those of the participants during this course.
ANTHROPOLOGY/ARCHEOLOGY

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

*Study Leader: Gerst Gibbon*

- 6 Classes: Nov. 4 – Dec. 9
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall 4707

Modern archeology relies on quantitative scientific analysis. This course will explore current trends in the rigorous application of science to ancient monument sites. A field team recently erected stones of the size and weight found in Stonehenge and revised assumptions concerning the site. Field tests at the site of the Great Pyramid at Giza have changed our thinking about the building of pyramids. The class will move on to Rome and visit recent discoveries regarding the construction of the Coliseum and of the Pantheon, the largest unreinforced concrete dome in the world.

Dr. Gerst A. Gibbon retired from the National Energy Technology Laboratory (NETL) of the U. S. Department of Energy in September 2003. He holds a B.A. degree from Albion College and M.S. and Ph.D. degrees in chemistry from Carnegie Mellon University. Previous teaching experience includes 7 years as assistant professor of chemistry at Chatham College and 12 years as a short course instructor for the American Chemical Society. He is a member of Osher with several years of study leader experience.

ENVIRONMENT

Energy, Population Growth and The Environment. Could they Be Reconciled?

*Study Leader: Alberto Guzman*

- 4 Classes: Nov. 5 – Dec. 3*
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall 4708

*Note: Class will not meet on Nov. 26

A recent report of the United Nations on climate change points out the seriousness of global warming and the need to control emissions of greenhouse gases. The Study Leader will present an analysis of the growing world energy demanded as the earth population grows from 7.2 billion in 2013 to an estimated nine billion people by 2040. We will examine various sources of energy existing today and others that are under development to meet future energy demands. The impact of burning fossil fuels on the environment and the role of green renewable technologies and of nuclear power plants on energy generation will be discussed. Energy policies, government regulations, cost of energy for producing electricity, and private initiatives will be reviewed. By using colorful graphics, pictures, and videos, the Study Leader will encourage the class to engage in open and constructive discussions.

Alberto Guzman spent almost 35 years at CMU, from 1967, as a postdoctoral fellow at Carnegie Institute of Technology, to 2002, the year of his retirement as the associate director of CMRI (Carnegie Mellon Research Institute, formerly Mellon Institute). His research team was composed of senior engineers and scientists who worked under research and development contracts from the federal government (DOD, DOE, DOT, EPA) and major domestic and international corporations. At CMRI, he established several energy programs involving fossil fuels and solar cells. Before joining CMU, he was a professor of general and solid state physics, and physical metallurgy in Argentina. His post-grad education was in the field of the metallurgy of nuclear reactors.
**Biology of Aging**

*Study Leader: Betsy Peitz*

- 5 Classes: Sep. 12 – Oct. 10  
- Friday, 1:00 PM - 3:00 PM  
- Wean Hall 4708

The increase in life expectancy and the number of elderly people has led to an increased interest in the biology of aging. Much of the research is being undertaken in the hopes of finding cures for the common causes of death. Some of the research also aims to find ways to promote healthy aging. In this class we will discuss some theories of aging and demographic data on numbers of elderly and causes of death. We will also explore some of the biological background to the research on age-related changes and age-related diseases of the cardiovascular, nervous, and musculoskeletal systems. The material will be presented for the lay person; no previous biology background is needed. Some resources for finding more information on aging will be presented.

*Betsy Peitz* is professor emerita of biology at California State University, Los Angeles. She received her Ph.D. degree from Case Western Reserve University. During her tenure at California State University, she taught courses on human anatomy and physiology and the biology of aging for non-biology majors. She is still interested in the biology of aging and enjoys explaining it to non-biologists.

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**Brains, Bodies, Beliefs, and Behavior**

*Study Leader: William Carl, III*

- 1 Class: Oct. 29  
- Wednesday, 1:30 PM - 3:30 PM  
- Wean Hall 4708

This course explores the many facets of the brain that help create who we are as human beings. It offers a philosophical and ethical perspective on the mind-body equation contrasting a more Hellenistic/Cartesian dualism that separates mind and body with a more holistic, Hebraic view that unites them, and discuss how the two influence how healthcare providers look at us as patients. The course will examine the impact of our brains on how we make moral decisions, develop our beliefs, and keep our minds active throughout our lives, thus helping delay dementia and Alzheimer’s. It will look at the terrible twos, the teenage brain, how men and women process information, as well as at the fascinating field of neuroplasticity.

Dr. William J. Carl, III, in addition to serving as the Pittsburgh Theological Seminary’s president since 2005, is a professor of homiletics. Before coming to the seminary, he served as senior pastor of the 1,700-member First Presbyterian Church in Dallas, Texas, a position he held for 22 years. He graduated from the University of Tulsa, the Louisville Presbyterian Theological Seminary (where he was a Patterson Fellow in Greek), and earned his Ph.D. degree at the University of Pittsburgh (where he also taught as an instructor). He was ordained in the Presbyterian Church (USA) in 1973. His previous teaching experience includes Union Theological Seminary (VA), Pittsburgh Theological Seminary, and Austin Theological Seminary (Texas). He has lectured at Oxford University, Princeton, Cornell, and Boston University, the Moscow Theological Academy, St. Tikhon’s Orthodox University, the Kerala United Theological Seminary in India, the Presbyterian College and Theological Seminary in Seoul, South Korea, and dozens of other divinity schools and conferences both here and abroad. He has published eight books (two of which have been translated into Korean) and more than 75 scholarly articles and reviews. For the past 15 years, he has lectured on the brain at medical schools and conferences and served as an ethics consultant to corporations, including Duke University Medical Center.
Autism Part 3 - Conforming or Celebrating?

Study Leader: Rebecca Klaw

- 5 Classes: Nov. 7 – Dec. 12*  
- Friday, 1:00 PM - 3:00 PM  
- Wean Hall 4707  
*Note: Class will not meet on Nov. 28

This five-part class will use a variety of experiences (film, video, and guest speakers) to explore the question of whether autism, in all its many faces, should be seen as a problem, a disease, a disorder, and/or a disability rather than a difference that leads to new insights, creative problem solving, attention to details, and honesty. Just because one is atypical, does it mean they are less or deficient? This is a growing question among those on the autism spectrum. This class is open to everyone, but participation in prior classes, especially last year’s class “Autism in Film, Part 2,” might be helpful.

Rebecca Klaw currently works independently as a consultant, trainer, and advocate for children and adults with Autism Spectrum Disorders (ASD) and their families. Prior to this, she was the program director for the Center for Autism at Pressley Ridge, where she ran a program serving over 100 families. For over 25 years, she has trained consultants, direct care staff, and teachers on methods and techniques used to drive developmental growth in children with ASD. She has run social skills groups for children of all ages, a discussion group for adults on the autism spectrum, and parent support groups. She currently runs a supervision group for mental health therapists who are treating individuals on the autism spectrum and a group for spouses of those on the spectrum.

Invisible Killers: Unravelling The Mystery of Fever and Inflammation

Study Leader: William Lassek

- 6 Classes: Sep. 11 – Oct. 23*  
- Thursday, 3:15 PM - 5:15 PM  
- Wean Hall 4707  
*Note: Class will not meet on Sep. 25

It’s difficult for us now to comprehend how devastating infectious diseases have been until quite recently, AIDS notwithstanding. Today, the average age at death is 73 in the U.S., and only 5% die from infection (mostly elderly), but in 1850 the average was just 23 years, and four-fifths of all deaths were infection related. Starting with the ancient Greeks, 100 generations of physicians have struggled with trying to understand the nature and treatment of these diseases even as they sought each day to do their best for their patients. Solving this exceedingly difficult puzzle has arguably been our greatest intellectual achievement. This course traces how we came to our modern understanding by looking at the complex interaction between opposing metaphysical views, personalities, and concepts of nature and disease, observations of the body in health and illness, and the perceived effectiveness of treatments.

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.

"I loved this class... It was great fun & excellent information. I would reccomend this class to anyone!"

- Participant in Al Kosmal's cooking class
Skin Cancer And Other Common Skin Disorders

Study Leader: Alan Solter

- 4 Classes: Nov. 4 – Dec. 2*  
- Tuesday, 3:30 PM - 5:00 PM  
- Wean Hall 4708  
*Note: Class will not meet on Nov. 25

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, an 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.

Plate Tectonics: A Moving Experience

Study Leader: Barbara M. Manner

- 6 Classes: Nov. 6 – Dec. 18*  
- Thursday, 11:15 AM - 12:45 PM  
- Wean Hall 4708  
*Note: Class will not meet on Nov. 27

The lithosphere of the earth is divided into a number of plates which float on and travel independently over the asthenosphere. Plates interact with each other at their boundaries, causing seismic and volcanic activity. The class will look at the development of this theory from the early mapmakers to the 1970s and also what happens as the plates move.

Barbara Manner received her B.S. degree in biology from the College of Wooster and her M.S. degree in earth science and Ph.D. degree in geology and secondary education from the University of Akron. She taught science in the Akron public schools and geology classes at the University of Akron before moving to Pittsburgh and joining the faculty of Duquesne University. Before her retirement in 2008, Dr. Manner taught geology classes at both the undergraduate and graduate levels in the Bayer School of Natural and Environmental Sciences and science methods in classes in the School of Education. She has traveled extensively and has spent time in the 40 national parks.

New Refund Policy

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

For more information, please see page 90.
Minerals of the Museum

Study Leader: Harlan Clare

• 5 Classes: Sep. 11 – Oct. 16*  
  Class ID: 500
• Thursday, 1:00 PM - 3:00 PM
• Carnegie Museum of Natural History,  
  Ford Mateer Room

*Note: Class will not meet on Sep. 25

Minerals and gems can be beautiful, but did you know that many of the products you use today come from common minerals? Come join us at the Carnegie Museum of Natural History in learning about minerals. You will tour the world-renowned Hillman Hall of Minerals and Gems and the Wertz Gallery: Gems and Jewelry and learn about how they are set up. You will participate in hands-on activities and demonstrations to learn how and why minerals are different and their uses. Find out 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. Currently, 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 he taught about minerals for the Carnegie Mellon University Osher program.

Chemistry for Non-Chemists: A Tour of the Periodic Table

Study Leader: John Olmsted

• 6 Classes: Nov. 6 – Dec. 18*  
  Class ID: 601
• Thursday, 3:15 PM - 4:45 PM
• Wean Hall 4707
*Note: Class will not meet on Nov. 27

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

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

Enjoying the “New Yorker”

Study Leaders: Julian Eligator, Sylvia Sachs

• 6 Classes: Sep. 9 – Oct. 14  
• Tuesday, 1:00 PM - 2:30 PM  
• Friends Meeting House,  
  4836 Ellsworth Ave., Oakland

This will be an interactive discussion course with a limited enrollment. 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.

Sylvia Sachs, a founding member of our lifelong learning group, is a Pitt graduate and former Pittsburgh Press reporter. She has led many A.L.L. and Osher classes over the years, and has been chair of the Curriculum Committee.

The ABCs of Literacy

Study Leader: Rebecca Carpenter

• 5 Classes: Sep. 9 – Oct. 7  
• Tuesday, 9:30 AM - 11:00 AM  
• Wean Hall 4707

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

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

Donate to the Annual Fund

Your generosity helps our program to grow! Contribute to our Annual Fund today. For your convenience, you can add a donation in any amount to the registration form or click on “Donate” on the Osher at CMU website.
Nobel Science Prizes: The Good, the Bad, & the Human

Study Leaders: Enid Miller, Gerst Gibbon, Alice Chen, Anna Estop

• 4 Classes: Nov. 6 – Dec. 4*  
  Class ID: 593
• Thursday, 11:15 AM - 12:45 PM
• Wean Hall 4707

*Note: Class will not meet on Nov. 27

When the Nobel Science prices are awarded each fall, do you wonder what that scientist's achievement will mean to you and your loved ones? Have you ever wondered why there are Nobel prizes, how they are awarded, or why there are so few non-Westerners who receive them? This class will attempt to address some of these questions. Taught collectively by the four instructors, we will cover the background and general information, the categories of medicine, chemistry & physics, and women Noble prize winners.

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

Alice Chen is a professor emerita of clinical chemistry from the University of Pittsburgh. Born in China, she moved with her family to Taiwan in 1949. She came to the U.S. on a fellowship and earned a doctoral degree from the University of Illinois in Champaign-Urbana. Since 1975 she has made many visits to China, including a sabbatical semester at the Beijing Medical University.

Gerst A. Gibbon retired from the National Energy Technology Laboratory (N.E.T.L.) of the U.S. Department of Energy in September 2003. He holds a B.A degree from Albion College and M.S. and Ph.D. degrees in chemistry from Carnegie Mellon University. Previous teaching experience includes 7 years as assistant professor of chemistry at Chatham College and 12 years as a short-course instructor for the American Chemical Society. He is a member of Osher with several years of study leader experience.

Enid Miller is a retired banker with a M.A. degree in Economics and no professional experience with the hard sciences. She is an active member of Osher.

Urban Planning Choices

Study Leader: Ruth Cooper Reidbord

• 6 Classes: Nov. 6 – Dec. 18*  
  Class ID: 613
• Thursday, 1:30 PM - 3:00 PM
• Wean Hall 4708

*Note: Class will not meet on Nov. 27

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 in 2014 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 a 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 is a member of the Osher board of directors.
Family 101
Study Leader: James Smith

- 4 Classes: Sep. 9 – Sep. 30  
- Tuesday, 1:15 PM - 2:45 PM  
- Wean Hall 4707

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

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

Understanding Senior’s Insurance
Study Leader: Barbara Veazey

- 5 Classes: Sep. 9 – Oct. 7  
- Tuesday, 3:15 PM - 5:15 PM  
- Wean Hall 4708

This course will start by looking at Medicare and end five sessions later by discussing how to select a care facility. Along the way, participants will discuss advantages, disadvantages, and benefits of health and drug insurance plans, veterans’ benefits, low-income programs, health care reform, legal documents, home-care services, adult day care, retirement communities, nursing homes, and long-term care insurance.

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

RAND Corporation — Tracking Global Challenges Right Here in Pittsburgh
Study Leader: Susan Everingham

- 1 Class: Oct. 21  
- Tuesday, 10:00 AM - 12:00 PM  
- RAND Corporation, 4570 5th Ave., Suite 600

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. Susan S. Everingham, a quantitative policy analyst at RAND since 1988, has been involved in a diverse array of policy studies, concentrating on the mathematical modeling of complex systems as well as cost-benefit and cost-effectiveness analyses of policy alternatives. Her early work focused on ballistic missile defense and military communication systems. She coauthored RAND’s 1994 study comparing the cost-effectiveness of various cocaine control strategies and developed the Markov-based model of the demand for cocaine that was used in that research.

Everingham also contributed to a number of studies of the criminal justice system and violence prevention. Additionally, she has served in a number of management positions, including a program of research on military personnel policies and a unit focused on international outreach. She has been the director of RAND’s Pittsburgh office since October 2008 and is a professor at the Pardee RAND Graduate School.
English Place Names

*Study Leader:* Peter Isaac

- 1 Class: Oct. 23
- Thursday, 3:15 PM - 5:15 PM
- Wean Hall 4708

What’s in a place name? Many seem to have obvious meanings, like Ironbridge, Blackpool, and Newcastle. Others are more obscure: did people do their laundry at Washington, or go to Reading for its library? Does Cheddar stand for cheese? Many seem incomprehensible: Penzance, Watendlath, Uley, Pauerspury, and many more. We will amble around England, touching on the history and languages of the many peoples who have invaded and settled there, exploring their legacy as expressed in its place names. We will also cover some general points about how places are named and how those names change, and discuss some rules of thumb that may be useful in deciphering their meaning.

**Peter Isaac** is a retired strategic planner, businessman, and entrepreneur who has long been fascinated by the origins of names. Born in Grimsby, Lincolnshire — a grim post-industrial rust-belt town on the banks of the Humber — he grew up in Coulsdon, Surrey in the Bourne valley and attended college in Cambridge (formerly Grantabridge) on the river Cam (or Granta). He has traveled extensively in England, Scotland, Wales, and Ireland.

Window to Ireland

*Study Leader:* John F. Webber

- 6 Classes: Nov. 5 – Dec. 10
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall 4707

Whether you are an Irish-American who would like to know more about your heritage, or simply curious about the culture of Ireland, this course is designed for you! We’ll cover a wide spectrum of topics, including geography, language, surnames, poetry, emigration, beliefs, handicrafts, food, and dance. There will be a travel video, a hands-on drawing class, plus the topic “Today.” Guest speakers are possible. An extra-curricular field trip will be a tour and program at the University of Pittsburgh’s priceless Irish Nationality Room on the Cathedral’s first floor.

**John F. Webber**, the Study Leader, educated locally, in Europe, and additionally, is semi-retired from meaningful occupations and brings a new dimension to the university. For many years he has presented his experience and knowledge of Ireland and of the Celtic nation. Very active in the local Irish community, he has produced various Irish-themed programs as well as participated in a wide diversity of other ethnic cultural events.
HISTORY

Flares of Memory: Survivors Remember the Holocaust

Study Leader: Linda Hurwitz

• 5 Classes: Sep. 12 – Oct. 17*  
• Friday, 9:30 AM - 11:00 AM  
• Wean Hall 4708  
*Note: Class will not meet on Oct. 10

Read, discuss, and be inspired by the stories of 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 this course several times over many years.

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

Study Leader: Edward Hale

• 5 Classes: Nov. 4 – Dec. 2  
• Tuesday, 1:00 PM - 2:30 PM  
• Wean Hall 4707

In 1812, America had not yet celebrated its 30th birthday and yet it embarked on a course of war with one of the most powerful European nations, Britain. Not only did Britain field an immense army, but it totally controlled the world’s oceans with its massive navy. What events and circumstances would propel this fledgling American nation to declare war on such a powerful enemy? Why were the western and southern populations so bent on fighting, while the New Englanders actually contemplated secession? How could a navy totaling 19 vessels hope to compete with England’s nearly 800 ships of war? What were the economic, political, and social situations that contributed to this seemingly rash decision to stake our very independence on an all-out war with our former mother country? These questions and more will be discussed in this four-week course as we celebrate the 202nd anniversary of the War of 1812.

Edd Hale is a retired middle-school teacher from the Keystone Oaks School District. During his 35 years, he taught mostly U.S history, covering the period from discovery to 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.
Do Revolutions Need Passports?  
The History of Nonviolence Without Borders

Study Leader: Nico Slate

- 1 Class: Oct. 28  
- Tuesday, 3:15 PM - 5:15 PM
- Wean Hall 4708

On Thursday, November 17, 2011, a few days after Occupy Wall Street protesters were evicted from Zuccotti Park, a poster emerged declaring “mass non-violent direct action.” An image that accompanied the text presented a lone figure confronting three tanks, their uplifted canons helpless before one human body. The historical analogy was obvious: Zuccotti Park is to democracy in 2011 as Tiananmen Square was to democracy in 1989. From Tiananmen to Tahrir to Zuccotti and beyond, images of revolution have gone global. Do revolutions spread as easily as their images? This class will examine the history of nonviolent civil disobedience from Gandhi to Martin Luther King to the Arab Spring and the Occupy Movement.

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

The Middle East Cauldron:  
A Palestinian Perspective

Study Leader: Tina Whitehead

- 5 Classes: Sep. 10 – Oct. 8  
- Class ID: 652
- Wednesday, 9:00 AM - 11:00 AM
- Wean Hall 4707

This course will look at the history and present day situation in Israel/Palestine from the perspective of the Palestinian people. For example, 1948, the year of the establishment of the State of Israel, will be discussed from the Palestinian perspective of the “Nakba,” the Arabic word meaning “catastrophe.” Occupation, settlement expansion, checkpoints, refugees, and the “separation wall” will be some of the issues addressed. Non-violent resistance, Christian Zionism, peace talks, and any current news from the area will also be discussed. The five classes will focus on 1. The Nakba, 2. Facts on the Ground, 3. Non-violent Resistance, 4. Current Issues/films, 5. Jerusalem.

Tina Whitehead is a graduate of Duquesne University with a M.A. degree in spiritual formation. She has been traveling to Israel/Palestine yearly since 1997 and has been volunteering in East Jerusalem and Bethlehem since 2006 with the Palestinian Christian Liberation Theology movement, Sabeel, and the Bethlehem Bible College. Her most-recent work has been in helping coordinate Sabeel’s ninth International Conference, The Bible and the Israel-Palestine Conflict, held in Jerusalem in November 2013. She also helped coordinate the 2010 and 2012 Christ at the Checkpoint conferences in Bethlehem. In addition, she has served as a liaison for tour groups who travel to the Holy Land, connecting them with the Palestinian Christian community. She has taught this course with the CMU Osher program since 2009.
### Some Topics In Pittsburgh Jewish History

**Study Leader:** Barbara Burstin

- 5 Classes: Sep. 8 – Oct. 6
- Monday, 3:15 AM - 4:45 PM
- Wean Hall 4707

Pittsburgh Jewish history is fascinating to explore. This class will look at the Pittsburgh experience against the backdrop of American Jewish history. Here are some topics that the class will consider: the Pittsburgh Platform and its critics; German Jews, Russian Jews, and Social Justice in the Progressive Era; from Hill to Shining Hill — (the Squirrel Hill Story); the 1920s and 30s - The Good, The Bad, and The Ugly; FDR and Pittsburgh's Response to Hitler; From the Holocaust to Israel.

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

### The Great Castle Shannon Bank Robbery of 1917

**Study Leader:** Edward Hale

- 1 Class: Dec. 16
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall 4707

On May 14, 1917, the sleepy mining hamlet of Castle Shannon erupted in violence as four desperadoes 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.

**Edd Hale** is a retired middle-school teacher from the Keystone Oaks School District. During his 35 years, he taught mostly U.S. history, covering the period from discovery to 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.

"Joan's [Downing] manner, approach, and voice really enhanced the thoughtfulness and organization of the information!"

- Meditation Basics class participant
The First World War: The 100th Anniversary of the Beginning

Study Leader: Alex J. Kramer

- 6 Classes: Sep. 11 – Oct. 23*  
  - Thursday, 11:15 AM - 12:45 PM  
  - Wean Hall 4708  
  *Note: Class will not meet on Sep. 25

The course will review the pertinent human experiences on the home and fighting fronts of the major belligerents. The significant myths of the war will be discussed and analyzed. How have those attitudes been created by literature, movies, television, et al? The course will be concluded with a discussion on how the war was the pivotal event of the 20th century. Films and original First World War music will complement the course.

Alex J. Kramer received an M.A. degree in European history from the University of Pittsburgh in 1961. Following service in the United States Air Force, he was a history teacher and department chairman at Moon Area High School. He is a member of the American Historical Association, the Organization of American Historians, and the Abraham Lincoln Association. He is a long-time member of the International Churchill Society and the Society for Military History and the Western Front Association. He is a member of Osher.

A History of Africa

Study Leader: Nicholas Lane

- 5 Classes: Nov. 5 – Dec. 3  
  - Class ID: 577  
  - Wednesday, 1:30 PM - 3:00 PM  
  - Wean Hall 4708

This course will cover African history through to the present and speculate on the continent’s future. For many years, Africa was thought of as the Dark Continent. Little was known of its history before the age of European exploration. More recently, it was scarred by the slave trade, dominated by outsiders, and generally treated as a sideshow in world politics. As our world gets smaller, and events in distant countries have impact on our own societies, we need to understand present-day Africa, and the strains and stresses derived from its history, particularly from the legacy of colonialism.

Nicholas Lane has a master’s degree in modern history from Oxford University. His principal interest is in geopolitics, the intersection between history, geography, and politics. He developed a special interest in the French colonial empire in Africa (before and after it collapsed). In Eastern Europe, he has served as a member of historical commissions covering the period of the Second World War in both Estonia and Lithuania and is currently involved in the Estonian Institute for Historical Memory.
Development of Squirrel Hill - A Journey through Time and Art

*Study Leader:* Helen Wilson

- 2 Classes: Oct. 20 and Oct. 27  
- Monday, 1:00 PM - 3:00 PM  
- Wean Hall 4707

Squirrel Hill, like most Pittsburgh neighborhoods, has a unique history dependent on its topography and settlement patterns. This course will trace the development of Squirrel Hill from its ancient past to its current state, using works of art, artifacts, maps, charts, books, and photos to illustrate its history.

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.

A Gallop through The 20th Century Continued: Britain and Germany

*Study Leader:* Robert S. Netzer

- 6 Classes: Nov. 3 – Dec. 8  
- Monday, 9:30 AM - 11:00 AM  
- Wean Hall 4708

In 1900, the British and German empires, the most dominant in the world, were engaged in rivalry that would lead to the destruction of one empire and the weakening of the other. In the years that followed, Britain and Germany chose different paths. One wanted peace at any price, the other revenge and war. Britain survived, but soon its empire was a distant memory. Germany, divided by the victorious allies, began again as a democracy in the West, a totalitarian state in the East. By 2000, united Germany was an economic powerhouse. Britain was stronger but not Germany’s rival of yesteryears.

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.
100 Years of Women’s Fashion: 1880s to 1980s

Study Leader: Patricia Peer

- 5 Classes: Sep. 11 – Oct. 16*  
- Thursday, 3:15 PM - 4:45 PM  
- Wean Hall 4708  
*Note: Class will not meet on Sep. 25

From Edwardian dresses of the early 1900s, to flapper dresses of the 20s, big shoulder pads of the 30s and 40s, housedresses, aprons, and poodle skirts of the 50s, mini dresses, bell bottoms, and pants suits of the 60s and 70s, and fancy cruise wear of the 80s and 90s, each decade had a very distinct and interesting style. This educational and historic course will discuss — including construction, detail, and design — every decade of style from the 19th century to the end of the 20th century. Authentic examples of clothing and accessories will be shown.

Patti Peer has been collecting vintage clothing for about 50 years, but only started presenting vintage clothes in 2005. Her position as a sales representative/account executive was eliminated when she was 60. She decided to reinvent herself, have some fun, and explore other avenues. She has since presented over 600 shows for libraries, museums, tea shops, country club events, garden clubs, corporate events, fund raisers, personal care homes, ladies’ church teas, bridal and baby showers. She has a basement filled with vintage clothing, wedding gowns, furs, hats, gloves, purses, shawls, etc., from ten decades (including a whole collection of WWII Women’s Wave Uniforms). All of the clothes are authentic, with no reproductions. She is very passionate about her collections and wishes they could talk. She loves the idea that they were once very special and loved by someone else in another space and time and loves sharing them with kindred spirits. She and her husband have been married for 50 years and live in their home of 40 years.

A Revolutionary Moment: The Women’s Movement In Pittsburgh 1967-1973

Study Leader: Patricia M. Ulbrich

- 4 Classes: Nov. 3 – Nov. 24  
- Monday, 1:00 PM - 3:00 PM  
- Wean Hall 4708

Pittsburgh was a dynamic center of the early women’s movement. This course will identify key players in the Pittsburgh women’s movement and the multiple tactics they used to achieve goals that were strategic and issue driven. The course will begin by examining two precedent-setting legal cases that energized the movement, then explore the groundswell of organizations that emerged and the issues they addressed to bring down barriers to equality for women in our region.

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.

Germany Between The Wars, 1919-1939

Study Leader: Sheila Werner

- 6 Classes: Sep. 9 – Oct. 14  
- Tuesday, 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.

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.
Reading Alexis de Tocqueville’s
Democracy In America

Study Leader: James Schleifer

- 6 Classes: Nov. 4 – Dec. 9
- Tuesday, 3:15 PM - 5:15 PM
- Hunt Library Osher Classroom

During this course we will read and discuss Democracy in America, the most important book written by Alexis de Tocqueville, one of the most significant social and political theorists of the 19th century. His book, published in two parts in 1835 and 1840, is often praised as the best analysis ever written not only of American society, politics, and culture, but also of modern democratic society. By reading key segments of Democracy in America, we will encounter many of Tocqueville’s essential ideas and themes. We will also discuss Tocqueville’s portrait of America, his originality as a political theorist, and the different ways in which his book has been read in the United States during the past 150 years.

James Schleifer, an internationally recognized Tocqueville scholar, has authored or edited several major works on Alexis de Tocqueville’s Democracy in America, including his first book, The Making of Tocqueville’s Democracy in America, which won the Merle Curti Award in American Intellectual History in 1981, and his most recent work, The Chicago Companion to Tocqueville’s Democracy, which appeared in 2012. He also translated a new critical edition, published in 2010, of Tocqueville’s masterpiece. He has lectured on Tocqueville in many countries and been a visiting professor at universities in the United States, France, China, and Japan. For nearly 40 years he taught American history at the College of New Rochelle, where he also served for two decades as dean of the library. He retired 6 years ago and moved to Pittsburgh in the summer of 2013, after living in New Haven, CT, for 49 years.

2014 Midterm Election Overview

Study Leader: Morton Coleman

- 3 Classes: Oct. 24 – Nov. 7
- Friday, 3:30 PM - 5:00 PM
- Mellon Institute at CMU, Auditorium

This course will review the major national House and Senate races and the implications for the next two years of President Obama’s presidency. It will also review the Pennsylvania Governor, House, and Senate races. Finally, we will review some of the major issues that will be key in the state and federal legislature in relation to the 2016 presidential election. Each session will have guest experts, to be announced.

Morton Coleman is director emeritus of the Institute of Politics at the University of Pittsburgh. He founded the Institute in 1990 as a forum for bringing together public and private decision-makers to examine economic, social, and political issues in local, state, and national contexts. Until his retirement, he also was a professor in the School of Social Work and the Graduate School of Public and International Affairs at the University of Pittsburgh. Coleman has always been active in civic affairs. He was the president and CEO of Greater Hartford Process, Inc., a non-profit corporation serving as a catalyst for urban development by linking government, business leaders, and neighborhood residents. Before that, he was dean and professor in the School of Social Work at the University of Connecticut; acting dean of the University of Pittsburgh School of Social Work; personal advisor to Henry Ford II on urban issues; secretary to the mayor of the City of Pittsburgh for human resources; manpower training and poverty programs; senior social planner for the Community Renewal Program in the Pittsburgh Department of City Planning; a member of the Pittsburgh Board of Education; and chair of the Pittsburgh Housing Authority. He was a consultant to the Ford Foundation, MacArthur Foundation, Heinz Foundation, and Aetna Insurance.
PSYCHOLOGY

Perception, Memory, and the Mind

Study Leader: Bruce Goldstein

- 6 Classes: Sep. 9 – Oct. 14
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall 4708

The human mind creates capacities such as perception, attention, memory, and thinking, which are essential for our survival, and capacities such as consciousness, language, and creativity, which further enrich our lives. But perhaps most amazing is the mind’s ability to study itself. In this course, we will explore what the mind does and how it has been studied, through lectures, demonstrations, and short videos. We will see that even things we accomplish easily, such as opening our eyes and seeing what is out there, are the result of complex processes that are largely hidden from our awareness. We will consider the mind, perception, attention, and memory in the first five classes, and memory and aging in the final class. No previous background in psychology or physiology is needed for this class.

Bruce Goldstein is associate professor emeritus of psychology at the University of Pittsburgh and adjunct professor of psychology at the University of Arizona. He received the Chancellor’s Distinguished Teaching Award from the University of Pittsburgh for his classroom teaching and textbook writing. He received his Ph.D. degree in experimental psychology from Brown University and was a postdoctoral fellow in the Biology Department at Harvard before joining the Psychology Department at Pitt. He is the author of two undergraduate textbooks: Sensation and Perception, 9th edition (Cengage, 2014) and Cognitive Psychology, 4th edition (Cengage, 2015). He created, as editor, the Blackwell Handbook of Perception (Blackwell, 2001) and the two-volume Sage Encyclopedia of Perception (Sage, 2010). He has taught this Osher course four times in the last five years, at the University of Pittsburgh, and at the University of Arizona.

Art and Poetry Within The Historical Foundations Of Neurology

Study Leaders: Gary Bates, Thomas Scott

- 4 Classes: Nov. 7 – Dec. 5*
- Friday, 7:00 PM - 8:30 PM
- Wean Hall 4708

*Note: Class will not meet on Nov. 28

The understanding of much of modern psychology and neurology has a foundation in early Greek philosophers and in philosophers during and following the European period of enlightenment. Neuroanatomy eventually filled many gaps within these early theories of human consciousness. This course will begin with the structure of the human psyche as described by Plato in the Socratic dialogues and trace these early influences through Freudian psychology and further into modern neurology. Many key figures such as Nietzsche, Charcot, Penfield, and Wittgenstein will be discussed. Some of the most modern neuroimaging techniques will be discussed as the culmination of scientific experimentation and thought in the field of neurology. The poetry of philosophers such as Plato and Nietzsche and the visual art inspired by them as well as the border zone between art and science will be discussed.

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

Thomas F. Scott, MD, a graduate of Dartmouth College, attended medical school at West Virginia University and received his specialty training in neurology at the Medical University of South Carolina. He has been an academic neurologist, focusing on teaching and research at Allegheny General Hospital for 24 years, and achieved the rank of full professor in 2003 (Drexel University College of Medicine, Allegheny General Campus). He has written extensively on the subjects of depression and multiple sclerosis and the definition of disease behavior, and his lectures have included courses in medical ethics. Bringing together his experience in both psychology and neurological sciences, Dr. Scott is uniquely qualified to lecture on the history of neurology.
 Chanukah: The Unabridged Post-Graduate Version

Study Leader: Ellaine Rosen

- 2 Classes: Sep. 8 and Sep. 15  
- Monday, 9:00 AM - 11:00 AM  
- Wean Hall 4707

Explore the unabridged explanation of Chanukah, the Festival of Lights. Its historical account includes a Jewish civil war, assassinations, bribery, conspiracies, sex, heroes, heroines, kings, and queens. View art by Titian, Rubens, Caravaggio, Klimt, and others. The Study Leader will dispel popular myths, mistakes, and misconceptions about the holiday by unwrapping and exposing the true origins of gelt, latkes, dreidles, the “miraculous” cruse of oil, the Chanukiah, and the real reason for the eight-day celebration. Come to this lecture and you will never again think about Chanukah in the same light.

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.

The Reformations Of the Sixteenth Century

Study Leader: David Wollman

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

Christendom was fairly (though not completely) unified during the medieval period, at least in Western Europe, until the 16th century when the Reformations of the Church resulted in fragmentation of the Universal or Catholic Church. After a summary of Christendom until about 1500, participants will look at the five Reformations of the 16th century: the Lutheran (or Protestant); the Reformed (or Calvinist); the Radical, the Anglican, and the Catholic (or Counter) Reformations.

Dave Wollman has a Ph.D. degree from the University of Wisconsin in British and European history. He was also a Fulbright Scholar at the University of London while working on his dissertation. He lived in London for two years and has taken students there 15 times for two-to-four weeks at a time. He taught for over 35 years, mostly at Geneva College in Philadelphia. He taught just about every type of history, except American. He is presently academic dean at an affiliate program of Geneva College, the Center for Urban Theological Studies. He has also taught at Lithuanian Christian College (now LCC International University) in Klaipeda, Lithuania. He taught “The Changing Roles of the British Monarchs” in the Osher program at CMU in winter of 2012.
Back to Jewish Basics

Study Leader: Rabbi Ron Symons

- 5 Classes: Sep. 12 – Oct. 17
- Friday, 11:15 AM - 12:45 PM
- TBA

*Note: Class will not meet on Sept. 26

Class ID: 637

Whether you sat in a Sunday School classroom (Jewish or other) or not. Whether you were the valedictorian of your Confirmation class or were the kid that hated going, we are going to have intriguing adult conversations that clarify the basics of Judaism and the foundations of other monotheistic religions. We will make use of primary sources and the best multi-media materials we can find to help us better understand the basics. We will explore, highlight, uncover, elevate, and discover the sacred books, actions, days, journeys, and thoughts. People of all or no faith are welcome for these interactive and provocative conversations. Your questions and comments will enrich our conversations.

Rabbi Ron Symons is an innovative Torah teacher committed to text-based, exciting, and meaningful learning that leads to intellectual, spiritual, and socially responsible Jewish living. He was ordained by the Hebrew Union College-Jewish Institute of Religion (HUC-JIR), New York, in 1994. He holds a B.A. degree in Judaic studies and Hebrew from the State University of New York, an M.A. degree in Hebrew literature from HUC-JIR, and an M.S. degree in educational administration and supervision from Pace University. His studies included one year of undergraduate work at the Hebrew University of Jerusalem and the first year of rabbinic school at the Jerusalem campus of HUC-JIR. He serves on the executive committee of PIIN, the Pittsburgh Interfaith Impact Network, and is vice-president of the Gamaliel National Clergy Caucus. Both organizations are committed to bringing people of faith to action.

SAVE THE DATE

Osher Members' Picnic
Plan to join us Monday, August 25, 2014 from 5-8 pm for the Osher Members' picnic.
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<tr>
<td>Mitchell</td>
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<td>Netzer</td>
<td>Robert S.</td>
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<td>A Gallop Through the 20th Century Continued...</td>
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<td>The Elements of Personality Conflicts</td>
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<td>John</td>
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<td>Chemistry for Non-Chemists: A Tour of the Periodic Table</td>
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<tr>
<td>Pakler</td>
<td>Rae-Gayle</td>
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<td>Learn To Read Hebrew</td>
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<tr>
<td>Peer</td>
<td>Patricia</td>
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<td>100 Years of Women's Fashion / 1880's to 1980's</td>
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<tr>
<td>Peitz</td>
<td>Betsy</td>
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<td>Biology of Aging</td>
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<td>Perlman</td>
<td>Marla</td>
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<td>One Pot — One Bowl: Simple Cooking for One or Two</td>
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<td>Purifoy</td>
<td>Jane</td>
<td>623</td>
<td>Great and Notable Novels Read and Revisited</td>
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<td>Raevens</td>
<td>John</td>
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<td>30 Great Orchestral Works II</td>
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<td>Spahr</td>
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<td>Feeling Better — Therapeutic Exercise and Stretching Class</td>
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<td>Symons</td>
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<td>Tannenbaum</td>
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<td>Michael</td>
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<td>Life Style and the Brain: Toward Healthy Aging</td>
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</table>
Classroom Locations
If you are not familiar with Carnegie Mellon, we strongly advise you to visit the campus, bring the campus map, and find your classroom locations before the first day of classes. The CMU Information Desk is in the University Center, 1st level (#16 on the map). You’ll find the campus map on the previous two pages.

ON-CAMPUS

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Map #</th>
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</thead>
<tbody>
<tr>
<td>College of Fine Arts (CFA) — Kresge Hall, Rm 313</td>
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<td>5</td>
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<tr>
<td>Cyert Hall</td>
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<tr>
<td>Hillman Center</td>
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<tr>
<td>Hunt Library — lower level</td>
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<td>12</td>
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<tr>
<td>Mellon Institute (S. Bellefield Entrance)</td>
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<tr>
<td>Porter Hall</td>
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<td>3B</td>
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<tr>
<td>Purnell Center — Chosky Theater</td>
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<tr>
<td>University Center — McConomy Hall &amp; Rangos</td>
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</tr>
<tr>
<td>Wean Hall — Rooms 4707 and 4708</td>
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OFF-CAMPUS

<table>
<thead>
<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Beth Shalom</td>
<td>5915 Beacon St., Squirrel Hill</td>
</tr>
<tr>
<td>City Theatre</td>
<td>1300 Bingham St., South Side</td>
</tr>
<tr>
<td>Carnegie Library Of Pittsburgh</td>
<td>4400 Forbes Ave., Oakland</td>
</tr>
<tr>
<td>Carnegie Museum Of Art &amp; Natural History</td>
<td>4400 Forbes Ave., Oakland</td>
</tr>
<tr>
<td>Dance Alloy</td>
<td>5530 Penn Ave. at Stratford</td>
</tr>
<tr>
<td>Episcapal Church Of The Redeemer</td>
<td>East Liberty</td>
</tr>
<tr>
<td>Friends Meeting House</td>
<td>4836 Ellsworth Ave., Oakland</td>
</tr>
<tr>
<td>Homewood Cemetery</td>
<td>1599 S. Dallas Ave., Point Breeze</td>
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<tr>
<td>Magee-Womens Research Institute</td>
<td>204 Craft Ave., Oakland</td>
</tr>
<tr>
<td>Mattress Factory</td>
<td>500 Sampsonia Way, North Side</td>
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<tr>
<td>National Aviary</td>
<td>700 Arch St., North Side</td>
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<tr>
<td>Pittsburgh Ballet Theatre</td>
<td>2900 Liberty Ave., Strip District</td>
</tr>
<tr>
<td>Pittsburgh Opera HQ</td>
<td>2425 Liberty Ave., Strip District</td>
</tr>
<tr>
<td>RAND Corporation</td>
<td>4570 5th Ave., Oakland</td>
</tr>
<tr>
<td>Regent Square Theatre</td>
<td>1035 S. Braddock Ave., Regent Square</td>
</tr>
<tr>
<td>Rodef Shalom Temple</td>
<td>4905 Fifth Ave., Oakland</td>
</tr>
<tr>
<td>Temple Sinai</td>
<td>5505 Forbes Ave., Squirrel Hill</td>
</tr>
<tr>
<td>Wigle Whiskey</td>
<td>2401 Smallman St., Strip District</td>
</tr>
<tr>
<td>Wilkins Community Ctr.</td>
<td>7604 Charleston Ave., Regent Sq.</td>
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Parking

<table>
<thead>
<tr>
<th>Garage/Lot</th>
<th>Address</th>
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</thead>
<tbody>
<tr>
<td>East Campus Parking Garage*</td>
<td>Forbes Ave.</td>
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<tr>
<td>(Free after 5 pm on weekdays)</td>
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<tr>
<td>RMCIC Parking Garage</td>
<td>S. Neville St.</td>
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<tr>
<td>Gates Bldg Parking Garage*</td>
<td>Hamerschlag Dr.</td>
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</tr>
<tr>
<td>Morewood Avenue Lot</td>
<td>South Craig St.</td>
<td>P13</td>
</tr>
</tbody>
</table>

Please note: Parking at the meters on Frew St. is limited and expensive. We recommend that you consider using public transportation. If you park at a metered spot, you must still pay for parking regardless of what time you park.

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

Transportation

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

Bad Weather Days

- Classes will not be held if the Pittsburgh Public Schools are closed for inclement weather. If the Pittsburgh City Schools have a 2 hour delay, we will hold our 9:00am classes unless the study leader does not want to hold the class. Please use common sense when venturing out.
- Check the TV or online at pghboe.net for school closings. Should the weather turn poor during the day and classes are canceled, the office will make every attempt to contact everyone by email and by the phone.

Photos and Videos

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

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

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

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

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

OUR GOLDEN RULES

1. Osher study leaders are volunteers and dedicate many hours preparing class lectures and materials. Their tireless efforts result in the exceptional classes that we are so proud to offer. By signing up for a class, you indicate that you will attend your class. 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-registrar@andrew.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, 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, note on the attendance sheet, and/or notify the office.

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 instructor.

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.
Registration Fee and Discount

The registration fee per term is $65.00 for an unlimited number of courses. If you are a member and your registration form is received by the office by August 25, 2014, a $15.00 discount will apply and only $50.00 will be due.

Registration Forms

- If you are registering online, please see pages 91 - 94.
- To register for your term courses by mail, please use the registration form(s) supplied on pages 81 and 83. An envelope has been provided for your convenience. Either send a check made payable to Osher at CMU or provide your credit card information for payment.

Adding and Dropping Classes

- If you wish to add or drop any classes, email the office at: osher-registrar@andrew.cmu.edu or call 412-268-7489. Only the office can drop you from a course.
- 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.

Materials Fees

- Materials for certain classes are purchased by the study leader well in advance of the start of class. Where indicated, materials fees are non-refundable.
- Unless the catalog indicates that the instructor is collecting the fee, all materials fees must be paid at time of registration.
- Should you not be admitted to a course, your prepaid fee will be returned to you or an electronic credit (voucher) will be given.

Confirmation Letters

- If you have email, as you are registered, a “confirmation of class registration” will be automatically emailed to you for each course you are enrolled in. Should a course not be listed, it means that you are on the waiting list for the course and will be notified via email if and when you are enrolled.
- If you do not have email, a “current registrations” form will be mailed to you. This form will show all of the courses for which you were registered in. Should a course not be listed, it means that you are on the waiting list and will be notified if and when you are enrolled.

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).

Effective immediately, the refund policy has been adjusted. Registration refunds, minus a $10 administrative fee, will be given to those who drop all their classes and notify the office at least three days prior to the first class. Material fees will be refunded if they have not already been paid to the instructor and/or at the discretion of the Registrar.

Official Osher Skip Days

Osher Lifelong Learning Institute is a nonsectarian organization. While all Study Leaders can independently decide which days to skip a class, the organization will officially recognize only the following skip days:

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<th>Event</th>
<th>Date</th>
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<td>New Year’s Day</td>
<td>Jan. 1, 2014</td>
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<td>Day before Passover</td>
<td>April 14, 2014</td>
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<tr>
<td>Good Friday</td>
<td>April 18, 2014</td>
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<td>Memorial Day</td>
<td>May 26, 2014</td>
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<tr>
<td>Independence Day</td>
<td>July 4, 2014</td>
</tr>
<tr>
<td>Labor Day</td>
<td>Sept. 1, 2014</td>
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<td>First full day of:</td>
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<td>Rosh Hashanah</td>
<td>Sept. 25, 2014</td>
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<td>Yom Kippur</td>
<td>Oct. 4, 2014</td>
</tr>
<tr>
<td>Thanksgiving Day</td>
<td>Nov. 27, 2014</td>
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<tr>
<td>Friday after Thanksgiving</td>
<td>Nov. 28, 2014</td>
</tr>
<tr>
<td>Christmas Eve</td>
<td>Dec. 24, 2014</td>
</tr>
<tr>
<td>Christmas Day</td>
<td>Dec. 25, 2014</td>
</tr>
<tr>
<td>New Year’s Eve</td>
<td>Dec. 31, 2014</td>
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</tbody>
</table>

Terms Per Year

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

Study Leader Assistants Are Vital

The responsibilities of the SLA are: To welcome new members to class, take attendance, distribute course evaluation forms and act as liaison between the classroom and the office. We need an assistant for every class. Please call the office at 412-268-7489 to volunteer.

Questions? Please call the Registrar at 412-268-7489 or email us at osher-registrar@andrew.cmu.edu.
HOW TO REGISTER ONLINE

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

Online registration is now available for members. Members can start to register for their Fall ’14 courses beginning on August 5th at noon. The exciting part of the registration system is that you will know immediately in which courses you are enrolled and will see your place in the queue for courses in which you are waitlisted. Registering online will be as easy as any other online shopping experience.

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

Members have received their username and password by email. If you need help, call the office.

While most browsers should work; we have found that the best results are obtained by using Google Chrome as the browser. If one browser doesn’t work for you, please try another browser.

Sign In:

Please follow these steps to sign in:
1. Go to the Osher at CMU homepage: www.cmu.edu/osher

2. Click on Either link

3. You will be redirected to the Augusoft “Welcome” page which is at oshercmu.augusoft.net.

4. Click on sign in
HOW TO REGISTER ONLINE

Enter your username & password

If you are not able to sign in, please call the office at 412-268-7489 to confirm your username.

Register for course:

There are several ways to find a course:

To look at The online catalogue

or

Search Criteria

or

Enter Course ID or part of name
HOW TO REGISTER ONLINE

Click on "Add to Cart" until all the courses you want are in the cart. If a course is full, you may go onto the waiting list by clicking on "Waiting List".

While this is the method you will use to add classes to your registration, you cannot drop classes. Notify the office by email or phone which class(es) you are dropping by course ID and course name.

6. The course in the cart

7. Click here to add a course to the cart.

Checkout and Pay:

8. Click here to be added to the wait list

9. When all of your courses are in the cart, click on "view cart"

10. Read the refund policy and check this box

11. If you have an outstanding electronic voucher (credit), the amount displays here and may be applied to the registration fee.

12. Click on "check out".
HOW TO REGISTER ONLINE

The credit card is processed by USA ePay (usaepay.com). A Transaction Receipt is sent to your email address. You may print the confirmation.

Feel free to explore the links in the left column.

Please be sure to click on “Sign Out” when leaving the system.
**REGISTRATION FORM**

**Fall 2014**

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

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Willing to be S.L.A.</th>
<th>Course Title: Please include at least the first three words</th>
<th>First Session Start Date</th>
<th>Second Session Start Date</th>
<th>Materials Fee</th>
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</thead>
<tbody>
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*Whose picnic reservation are you paying for (including yourself)?:

________________________________________

________________________________________

________________________________________

Payment Method: check or credit card

- Check Number: __________________________
  *Payable to "Osher at Carnegie Mellon"

- VISA  □ MasterCard  □ American Express  □ Discover

Card Number _____________________________ Expiration Date _________ / _________

Cardholder Name (PLEASE PRINT) ______________________________________________________

Signature __________________________________________________________________________

*Total Materials fee(s)

- Members Picnic Fee(s)* $20.00

- Guest Picnic Fee(s)* $25.00

- Registration fee prior to August 25, 2014: $50.00

- Registration fee on August 25, 2014 and forward: $65.00

- Optional Contribution to Annual Fund
  *Tax deductible to the full extent of the law

  2015 Membership Dues $60.00

Total Payment

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

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<th>Reception Desk:</th>
<th>Archivist</th>
<th>Lectures</th>
<th>Proof-Reading</th>
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<tr>
<td>☐ Mornings</td>
<td>☐ Curriculum</td>
<td>☐ Luncheons</td>
<td>☐ Membership</td>
</tr>
<tr>
<td>9:30am – 12:30pm</td>
<td>☐ Data Entry</td>
<td>☐ Mailings</td>
<td>☐ Special Events</td>
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<tr>
<td>☐ Afternoons</td>
<td>☐ Diversity</td>
<td>☐ New Member Social</td>
<td>☐ Study Leader Assistant</td>
</tr>
<tr>
<td>12:30pm – 3:30pm</td>
<td>☐ Finance</td>
<td>☐ Newsletter</td>
<td>☐ Volunteer Registrar Assistant</td>
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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):

______________________________

______________________________

Suggest a course you would like to see taught in the future:

______________________________

______________________________

Donate to the Annual Fund

Your generosity helps our program to grow! Contribute to our Annual Fund today. For you convenience, you can add a donation in any amount, to the registration form.
REGISTRATION FORM  
Fall 2014

Name ___________________________________________ Email ___________________________________________
Street Address ______________________________________ Home Phone _______________________________________
___________________________________________________ Cell Phone _________________________________________
City __________________________ State _______ Emergency Contact Name and Phone _______________________
Zip Code __________________________

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□ Total Materials fee(s)                                                                 |
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For more information about being a SLA, please see page 90.
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- Mornings
  - 9:30am – 12:30pm
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Consider a gift to Osher at CMU through your estate or retirement plan.

A charitable bequest for the benefit of the Osher Lifelong Learning Institute at CMU can be included in the body of your will or in an addition to your will (known as a codicil).

Osher at CMU also can be a beneficiary of your IRA or retirement account. Contact your account custodian to obtain a beneficiary designation form.

For more information, please call the Osher at CMU office, 412-268-7489.
Join us!

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

412.268.7489 | www.cmu.edu/osher