Dear Osher Member:

Now is the time to plan for your winter/spring activities, and what better activity is there than to spend time learning about topics you have always wondered about? This winter/spring 2014 catalog is chock-full of interesting and fascinating courses that are sure to help make the winter months melt into spring.

For this term, the office staff will process all winter/spring registrations. Because we are going to a first-come, first-enrolled system, it is important that you return your registration as soon as possible. All registrations received by December 3 will be treated as if they arrived on the same date. If you have email, as your registration and payment(s) are processed, you will receive a transaction receipt from Osher at CMU (osher-general@andrew.cmu.edu) which will indicate the courses in which you are enrolled. If one of your selections is not listed, it means that you have been placed on the waiting list. Also, you will receive a confirmation of class registrations from Osher at CMU (osher-email-to-students@andrew.cmu.edu), which will give you the instructor's name, email address, and class location. If you do not have email, a confirmation letter with critical course information will be mailed to you in early January.

Your registration fee covers as many courses as you wish to take. Please note that you must pay a registration fee whether you are taking one class or many. Our evening lectures are free, but you must register for all courses and attend only the classes for which you are registered. Please do not just come to a class—an empty chair doesn't indicate that a seat is available. If your registration form arrives in the Osher office by December 31, the discounted registration fee is $50.00. If your form arrives after December 31, the registration fee is $65.00. Be sure to enclose all fees for course materials with your registration. Your enrollment in the course requires prepayment of the material fees. If you do not get into a course for which you paid the materials fee, the money will be repaid to you after the course has started.

With our new registration system, study leaders now can check their class lists and communicate with their classes at any time. They can now email their handouts so students can come to class prepared to discuss the material. Given this useful feature, it is important to check your email regularly. For those members who do not have email, handouts will still be available and phone call notices will be made when appropriate.

Finally, our Osher program is a member-driven organization. We have such an expansive slate of wonderful courses because of our Curriculum Committee volunteers and study leader volunteers. If you are not already volunteering for us, please think about making a New Year's resolution to do so and offer to be a study leader assistant. It is a great way to meet your fellow classmates and to feel more connected to Osher. It is because of our generous volunteers that this organization is as successful as it is!

Lyn Decker, Osher Registrar/Manager

OSHER at Carnegie Mellon | Winter/Spring 2014

What interests you? Find your courses by topic.

ARTS & HUMANITIES

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Are you an active 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.

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General Info

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412 268 7489
OSHER at Carnegie Mellon

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

ON THE COVER

Augustus was the founder of the Roman Empire and served as its first Emperor. This statue is located in the main hall of the College of Fine Arts. Interested in Ancient Rome? Enroll in Ancient Rome: Republic to Empire on page 58.

Photography credit: Front cover and all CMU and Osher-related images provided courtesy of Joseph Shirk. Additional images courtesy of Wikimedia Commons.

OSHER LIFELONG LEARNING INSTITUTE

OSHER at Carnegie Mellon
CONSIDER A GIFT TO OSER
Should you wish, you may make a contribution to the Osher Annual fund drive when you register for classes. Thank you in advance for your generosity.

Demystifying the Line I
Study Leader: Gary L. Bates
• 6 Classes: Jan. 16 – Feb. 20
• Thursday, 11:15 am - 12:45 pm
• Hunt Library, Osher Classroom

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

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

Demystifying the Line II
Study Leader: Gary L. Bates
• 6 Classes: Mar. 13 – Apr. 17
• Thursday, 11:15 am - 12:45 pm
• Hunt Library, Osher Classroom

Using the foundation created in Demystifying the Line I, students will further their skills and knowledge in this session. Students will focus on drawing from reality while developing their own styles. Using a hands-on approach, students will be exposed to various techniques and materials.

Gary L. Bates - See bio for previous course.
American Art at Mid-Twentieth Century: Abstract Expressionism

Study Leader: Andrea Hinds

• 6 Classes: Jan. 14 – Feb. 18  
  Class ID: 251
• Tuesday, 3:15 pm - 4:45 pm  
  • Wean Hall, 4707

Have you been to museums or galleries showing very abstract art, and wondered, “Why?” “What is this, and what does it mean?” Adults are often too self-conscious to ask these questions, but working to understand the artist’s point of view can be an enjoyable and exciting course of discovery. With an interactive approach, this course will help you understand how and why abstract art evolved. You will learn how to decipher very contemporary art by understanding the pivotal time when New York City became the center of the art world (not Paris!), and artists began to explore the medium of painting as more than a means of description. Artists Jackson Pollock, Mark Rothko, Willem de Kooning, Barnett Newman, Franz Kline, Robert Motherwell, Clyfford Still, Mark di Suvero, and others will be discussed.

Andrea Hinds received her master of arts degree in art history from the George Washington University in 1980. While in school in Washington, D.C., she worked part time at the Phillips Collection, the Smithsonian Museum, and the Corcoran Gallery of Art. Several of her professors were curators at the National Gallery of Art. After graduating she worked at Bucknell University as the Gallery Director for several years and then later worked at the Carnegie Museum of Art and at the Pittsburgh Center for the Arts. At that point she worked at Pittsburgh area hospitals in administrative positions, but she continued to teach in the evening. The material presented in this course will challenge you to examine all situations more carefully in order to actually “see” them fully. The works of various artists who have created master which intentionally presents ambiguous figures and other forms of illusions will be presented. The work of M.C. Escher, Salvador Dalí, Rene Magritte, Sandro del Prete, Scott Kim and others will be examined. In addition to a presentation of some impossible objects, a thorough examination of various optical illusions including the Ames room will be included.

Alan Brainard graduated from Penn College (now Cleveland State University) with a B.S. in chemical engineering. He earned M.S. and Ph.D. degrees in chemical engineering at the University of Michigan. He began his professional career as an engineer at the Esso Research Laboratories in Baton Rouge, Louisiana. He joined the faculty of the department of Chemical and Petroleum Engineering at the University of Pittsburgh in January 1967. He was the winner of the Western Electric Award for Excellence in Teaching given by the American Society for Engineering Education in 1976. He is a registered professional engineer in the Commonwealth of Pennsylvania. He retired from active teaching and research in August 1996. He has taught courses in the Osher Lifelong Learning Institute at the University of Pittsburgh and Carnegie Mellon University.

Oh Say Can You See?

Study Leader: Alan J. Brainard

• 6 Classes: Mar. 11 – Apr. 15  
  Class ID: 205
• Tuesday, 3:15 pm - 5:15 pm  
  • Wean Hall, 4707

Approximately 80% of our understanding of the world comes via sight. Thus, most people accept this understanding as real, as a result of their having seen something. Our sight can be tricked at times, however. The material presented in this course will challenge you to examine all situations more carefully in order to actually “see” them fully. The works of various artists who have created master which intentionally presents ambiguous figures and other forms of illusions will be presented. The work of M.C. Escher, Salvador Dalí, Rene Magritte, Sandro del Prete, Scott Kim and others will be examined. In addition to a presentation of some impossible objects, a thorough examination of various optical illusions including the Ames room will be included.

Visual Arts - Contemporary Issues - Part XVI

Study Leader: Edgar Landerman

• 4 Classes: Mar. 13 – Apr. 3  
  Class ID: 265
• Thursday, 3:15 pm - 4:45 pm  
  • Wean Hall, 4707

Artists who show outstanding potential in visual arts participate in a three-year graduate program at Carnegie Mellon. Their creativity is tested by a mixture of structured course work and independent projects.

Four different artists who are candidates for master of fine arts degrees will be presenters. Each artist is unique in his/her approach and will bring creativity to the art work. The artists will review their backgrounds, their aspirations, their research, and their art work in the typical Osher interactive approach. This study group presents an opportunity to see where the art world is now and where it will be in the future. Attendees of former courses have been impressed with the different approaches of each of the four artist presenters.

Edgar Landerman is a retired Westinghouse engineer. He has a B.S. from Carnegie Mellon and an M.S. from the University of Pittsburgh. He has taught at the University of Pittsburgh, and Penn State University and has been a board member of Allegheny East Mental Health/Mental Retardation 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.

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!
Collage Workshop

Study Leader: Diane Curtain

• 5 Classes: Jan. 30 – Feb. 27  
  Class ID: 220

• Thursday, 9:00 am - 11:00 am
• Hunt Library, Osher Classroom

• 5 Classes: Mar. 12 – Apr. 9  
  Class ID: 221

• Wednesday, 9:00 am - 11:00 am
• Hunt Library, Osher Classroom

Collage comes from the French “coller”, meaning “glue”. Braque and Picasso coined the term in the beginning of the 20th century, when collage became a distinctive part of modern art. There is an increasing interest in collage in contemporary art today.

Collage Workshop will be a meeting of people engaged in discussion and activity centered around collage. The objective of the course is to bring together multitalented people interested in exploring and exchanging creative ideas within the expanding artistic community of CMU’s Osher Program. Gather a few magazines, scissors, glue, poster board and meet for a few hours of creative play. Explore the power of a single image, the beautiful balance of color, texture and line. Delight in gathering pieces and molding them into a single design, composing a visual symphony on the page. Or create a collage from the throwaway parts, “the odd and ends” of life that trace an internal journey. Collage gives you an opportunity to be creative with a variety of talents. Collage is a shortcut to creative expression. Give it a try!

Bring these supplies: magazines, newspapers, scissors and poster board. I will bring the glue. We’ll use PVA glues, acrylic medium, and glue sticks in the first class and you can decide what works best for you.

Diane Curtain graduated from Mt Mercy College (Carlow Univ.) with a B.A. as an art major, with education minor. She studied art therapy at Carlow University. She is a lifelong resident of Pittsburgh. Art has always 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 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.

Drawing: A Lifelong Journey

Study Leader: Judy Spahr

• 6 Classes: Mar. 14 – Apr. 25*  
  Class ID: 312

• Friday, 9:30 am - 12:00 pm
• College of Fine Arts, TBD

*Note: Class will not meet on Apr. 18

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. There is a $5.00 modeling fee due at each class.

Judy Krause Spahr is a lifelong resident of Pittsburgh. Art has always 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

• 6 Classes: Mar. 21 – May 2*  
  Class ID: 338

• Friday, 11:15 am - 12:45 pm
• Wean Hall, 4708

*Note: Class will not meet on Apr. 18

This course will address these 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?

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 exhibitions are listed on its website, michaelbergergallery.com.

Women Filmmakers in the Muslim World

Study Leader: Kalpana Biswas

• 6 Classes: Jan. 14 – Feb. 18  
  Class ID: 200

• Tuesday, 9:00 am - 11:00 am
• Wean Hall, 4708

The course will look at the different challenges faced by women filmmakers in the Muslim world, in countries such as Afghanistan, Iran, Egypt, and the Arab nations. This will be explored through her own filmmaking experience in Afghanistan, interviews with filmmakers and social activists, and excerpts from their short films and documentaries. The transformation brought about by technological advancement in film production and the role of non-governmental organizations and private foundations in getting the films produced and viewed, when mainstream channels of production and distribution are blocked, will also be examined.

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

Study Leader: Charles Glassmire

• 5 Classes: Mar. 13 – Apr. 10

This course will exhibit some of the classic documentary films made by creative filmmakers who stimulated the evolution of the cinema as an art form. The format will be a one- to two-hour film screening, followed by a class dis-
cussion of the film. The course will suggest that the docu-
mentary form, while representing to show us the truth, is
changing the way we view the world, and thus, the way we
interact with our world. The films shown will be a mix-
ture of classic documentary 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 IV session will not repeat any films
shown in the earlier session.

Charles Glassmire, artist and scientist, has taught digital art,
photography, digital film-making, and computer graphics on the
faculty of five colleges and universities, including the University
of Pittsburgh, Indiana State University, Robert Morris Univer-
sity, and the Community College of Allegheny County. His films
and photographs have been exhibited at the Three Rivers Arts
Festival and nationally. He worked as a nuclear engineer for nine
years at the Westinghouse Astronuclear Laboratory and is inter-
rested in similarities of creativity between the artist and scientist.
He is president of the Digital Imagers Group. He has a B.S.
degree in physics and an M.F.A. degree in film from Columbia
University.

Have You Ever Wanted To Act on Stage?

Study Leader: C. R. Thomas, Nancy Santangelo

• 6 Classes: Mar. 12 – Apr. 16

This actors’ workshop will have six day classes plus one
6-9 PM evening play presentation on April 16. You can
make your first stage performance - or return to acting.
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 cos-
tume. 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 class 1. Arrive
15 minutes early only for the first class before auditions
for informal interaction.

Please note: Evening performance on April 16, 2014
at 6:00 - 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 previ-
ously taught drama, poetry, and various literature and writing
courses. Midway in his career, the Commonwealth of Pennsylva-
nia presented Dr. Thomas a Distinguished Faculty Award for
Excellence in Teaching. Dr. Thomas holds an B.A. degree in
American literature, an M.A. degree in English literature, an
Ed.D. degree in higher education administration from West Vir-
ginia University, and a B.S. in finance and an M.Ed. in special
education (social and emotional maladjustment) from Califor-
nia University of Pennsylvania.

An Introduction Into The Creative Process of Plays

Study Leader: Richard Block

• 1 Class: Feb. 20

• 1 Class: Apr. 17

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. from Northwestern Univer-
sity 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 Theatre Festival and has been awarded the
Kennedy Medallion for Distinguished Service.

The Art of the City

Study Leader: Kristen Link

• 1 Class: Feb. 3

• 1 Class: Mar. 24

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

Kristen Link is director of education and accessibility at the City
Theatre Company. She oversees the City Theatre’s accessibility
programming, which has created inclusive theatre experiences
for patrons through audio description, open captioning, and
other access offerings. Prior to her work at City Theatre, she
served as the education and outreach coordinator for the Pitts-
burgh Public Theatre. She is a two-time past presenter on the
topic of accessibility in theatre arts at the American Alliance for
Theatre and Educations (AATE) national conference.
The Amazing Pittsburgh Theatre Scene

Study Leader: Edgar Landerman

- 4 Classes: Mar. 12 – Apr. 2
- 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. from Carnegie Mellon and an M.S. from the University of Pittsburgh. He has taught at the University of Pittsburgh and Penn State University and has been a board member of Allegheny East Mental Health/Mental Retardation 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.

Spanish for People With Basic Knowledge

Study Leaders: Mariana Miranda

- Materials Fee: $5*
- 6 Classes: Mar. 12 – Apr. 16
- 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. $5.00 material fee 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.

*Materials fees are not refundable.

French for Travelers

Study Leader: Betsy Binder

- 6 Classes: Mar. 13 – Apr. 17
- Thursday, 9:30 am - 11:00 am
- Hunt Library, Osher Classroom

No prior knowledge of the language required. Beginners are welcome. The course will be entirely conversational. No tests! No quizzes! The students will learn how to navigate in a French-speaking environment: how to order in a restaurant, how to reserve a hotel room, how to ask directions. We will use a phrase book as a text. A pocket dictionary is a good idea.

Betsy Binder is a graduate of Seton Hill University. She attained her French teaching certification from Millersville University. She has taught French on the elementary level at St. Bede Elementary School and on the secondary level at St. Francis Prep School. She tutors privately as well. She is also a published children’s writer and a flutist.

Macbeth as An Aristotelian Tragic Hero

Study Leader: Patricia S. Rose

- 6 Classes: Mar. 12 – Apr. 16
- Wednesday, 11:30 am - 1:00 pm
- Wean Hall, 4707

What makes a good person do a bad thing? What causes a person who has everything to bring about his own self-destruction? What is the price paid for a mistake in judgment? Aristotle reflected on these questions of human tragedy; so did Shakespeare. In 350 B.C.E. Aristotle recorded his ideas in his book of literary theory entitled Poetics. It was his belief that tragedy required a tragic hero. According to Aristotle, a tragic hero embodies nobility and virtue but because of a flaw in his character, makes a fatal mistake in judgment and brings about his own ruin. In the late 1500s William Shakespeare began to utilize Aristotle’s observations in the production of his many tragic plays. Macbeth is a classic example of a Shakespearean tragic hero and, at the same time, exemplifies all the attributes of the tragic hero as first conceived by Aristotle.

In this class, we will read passages from The Tragedy of Macbeth and consider what parallels there are between the classic tragic hero and today’s historical, political, and celebrity figures. If you read Macbeth in high school and didn’t like it, this course will reintroduce it to you now that you are a seasoned student of the human condition.


Note: This course has been previously taught.

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

French for Travelers

Study Leader: Betsy Binder

- 6 Classes: Mar. 13 – Apr. 17
- Thursday, 9:30 am - 11:00 am
- Hunt Library, Osher Classroom

No prior knowledge of the language required. Beginners are welcome. The course will be entirely conversational. No tests! No quizzes! The students will learn how to navigate in a French-speaking environment: how to order in a restaurant, how to reserve a hotel room, how to ask directions. We will use a phrase book as a text. A pocket dictionary is a good idea.

Betsy Binder is a graduate of Seton Hill University. She attained her French teaching certification from Millersville University. She has taught French on the elementary level at St. Bede Elementary School and on the secondary level at St. Francis Prep School. She tutors privately as well. She is also a published children’s writer and a flutist.

Macbeth as An Aristotelian Tragic Hero

Study Leader: Patricia S. Rose

- 6 Classes: Mar. 12 – Apr. 16
- Wednesday, 11:30 am - 1:00 pm
- Wean Hall, 4707

What makes a good person do a bad thing? What causes a person who has everything to bring about his own self-destruction? What is the price paid for a mistake in judgment? Aristotle reflected on these questions of human tragedy; so did Shakespeare. In 350 B.C.E. Aristotle recorded his ideas in his book of literary theory entitled Poetics. It was his belief that tragedy required a tragic hero. According to Aristotle, a tragic hero embodies nobility and virtue but because of a flaw in his character, makes a fatal mistake in judgment and brings about his own ruin. In the late 1500s William Shakespeare began to utilize Aristotle’s observations in the production of his many tragic plays. Macbeth is a classic example of a Shakespearean tragic hero and, at the same time, exemplifies all the attributes of the tragic hero as first conceived by Aristotle.

In this class, we will read passages from The Tragedy of Macbeth and consider what parallels there are between the classic tragic hero and today’s historical, political, and celebrity figures. If you read Macbeth in high school and didn’t like it, this course will reintroduce it to you now that you are a seasoned student of the human condition.


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Mary Schinhofen

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

Round Rings: The Legend of the Volsungs

Study Leader: Gloriana St. Clair

• 6 Classes: Jan. 16 – Mar. 27* Class ID: 315
• Thursday, 1:00 pm - 3:00 pm
• Hunt Library, Osher Classroom

In response to a comment about the similarities between the One Ring in The Lord of the Rings and the ring in Wagner's cycle, J.R.R. Tolkien quipped, “Both rings were round, and there the resemblance ceases.” This course will study the origins of the legendary matter behind Tolkien and Wagner’s work. We will enjoy recommended English translations of selected poems from the Eddas (1220), the Middle High German poem Nibelungenlied (12th century), the Old Norse saga Volsungasaga (13th century), J.R.R.’s poem The Legend of Sigurd and Gudrun (2009,) and Wagner’s Ring Cycle in some format. Students will read, participate in discussion, and create a brief project for the final class meeting. The learning outcomes will be a better understanding of literary borrowing and an informed opinion on this troublesome northern ring.

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 Tolkien and Wagner’s work. We will enjoy recommended English translations of selected poems from the Eddas (1220), the Middle High German poem Nibelungenlied (12th century), the Old Norse saga Volsungasaga (13th century), J.R.R.’s poem The Legend of Sigurd and Gudrun (2009,) and Wagner’s Ring Cycle in some format. Students will read, participate in discussion, and create a brief project for the final class meeting. The learning outcomes will be a better understanding of literary borrowing and an informed opinion on this troublesome northern ring.

Faulkner’s The Sound and the Fury

Study Leader: Mary Schinhofen

• 6 Classes: Jan. 15 – Feb. 19 Class ID: 305
• Wednesday, 1:30 pm - 3:00 pm
• Wean Hall, 4707

Considered by many critics to be William Faulkner’s masterpiece, The Sound and the Fury continues to amaze, delight, and frustrate its readers. The novel focuses upon the Compson family household staff that sustains them; each section of the story is told by a different character and thereby is told from a different point of view. In this class, we will discuss the interwoven and complicated personal relationships presented in the book, as well as the connection to the social and economic structure of Yoknapatawpha County as a whole.

Although this is the last segment of a three-part examination of Faulkner’s works, this course may be taken independently of the previous courses given. We will read and discuss two “Yoknapatawpha County” short stories (titles to be announced) before beginning The Sound and the Fury, which will be explained, analyzed, and argued during the last three weeks of class. Each student must have a personal copy of the novel in order that we may more easily navigate the plot, the time sequence, and the intricacies of the work as we journey into this gritty, brilliant, and challenging world Faulkner created.

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

Short Stories: Our Reflections in Other Eyes

Study Leader: Helen-Faye Rosenblum

• 6 Classes: Jan. 13 – Feb. 17 Class ID: 340
• Monday, 1:00 pm - 3:00 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).

In response to a comment about the similarities between the One Ring in The Lord of the Rings and the ring in Wagner's cycle, J.R.R. Tolkien quipped, “Both rings were round, and there the resemblance ceases.” This course will study the origins of the legendary matter behind Tolkien and Wagner’s work. We will enjoy recommended English translations of selected poems from the Eddas (1220), the Middle High German poem Nibelungenlied (12th century), the Old Norse saga Volsungasaga (13th century), J.R.R.’s poem The Legend of Sigurd and Gudrun (2009,) and Wagner’s Ring Cycle in some format. Students will read, participate in discussion, and create a brief project for the final class meeting. The learning outcomes will be a better understanding of literary borrowing and an informed opinion on this troublesome northern ring.

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 Tolkien and Wagner’s work. We will enjoy recommended English translations of selected poems from the Eddas (1220), the Middle High German poem Nibelungenlied (12th century), the Old Norse saga Volsungasaga (13th century), J.R.R.’s poem The Legend of Sigurd and Gudrun (2009,) and Wagner’s Ring Cycle in some format. Students will read, participate in discussion, and create a brief project for the final class meeting. The learning outcomes will be a better understanding of literary borrowing and an informed opinion on this troublesome northern ring.

Full story: Faulkner's "The Sound and the Fury" continues to amaze, delight, and frustrate its readers. The novel focuses upon the Compson family household staff that sustains them; each section of the story is told by a different character and thereby is told from a different point of view. In this class, we will discuss the interwoven and complicated personal relationships presented in the book, as well as the connection to the social and economic structure of Yoknapatawpha County as a whole.

Although this is the last segment of a three-part examination of Faulkner's works, this course may be taken independently of the previous courses given. We will read and discuss two “Yoknapatawpha County” short stories (titles to be announced) before beginning The Sound and the Fury, which will be explained, analyzed, and argued during the last three weeks of class. Each student must have a personal copy of the novel in order that we may more easily navigate the plot, the time sequence, and the intricacies of the work as we journey into this gritty, brilliant, and challenging world Faulkner created.

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

Dr. Mark S. Kamlet

Join us for the Osher Evening Lecture Series featuring CMU Provost and Executive Vice President Mark Kamlet. Mark Kamlet is one of the foremost thinkers on the future of education. He believes that the impact of technology on education is and will continue to be profound. Come hear his predictions “of what is past, or passing, or to come” and the significant impact of technology in education.

Tuesday, January 21, 2014
7:30 pm, McConomy Auditorium

"Technology and Education: At Carnegie Mellon and Beyond"
Great and Notable Novels Read and Revisited

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

This class meets on: 1/23, 2/6, 2/20, 3/16, 3/20, 4/3. 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 Schinofhen earned a B.A. degree in literature and philosophy and went on to raise a family and teach English literature at the University School in Shadyside. She has since retired in order to devote more time to reading, writing, and watercolor painting. An Osher member, she is deeply and passionately committed to the continuing education of everyone, especially those who have purportedly reached the age of wisdom. Teaching this class fulfills a lifelong dream of hers.

Jane Purifoy graduated with a B.A. from the College of St. Catharine. 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 Short Stories: Our Reflections in Literature.

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.

Why Is Beethoven Perpetually Awesome?

Study Leader: Owen Cantor

• 3 Classes: Jan. 14 – Jan. 28 Class ID: 209
• Tuesday, 1:00 pm - 3:00 pm
• Wean Hall, 4708

Nearly two centuries have passed since Ludwig van Beethoven last walked this earth. His revolutionary ideas changed the music world forever. Year after year, he wins the title “Greatest Composer - ever.” Might this change someday? Find out for yourself in a revealing journey through his incredible works. Think you’ve heard it all? Well, come re-discover Beethoven and open your ears to this unique genius for all time. You may be surprised.

This class will consist of three music-filled classes: 1) Symphony, 2) Chamber Music, and 3) the Piano. Beethoven’s own instrument and personal expressive choice.

Dr. Owen Cantor, D.M.D., was founder and music director of the Summerfest Chamber Music Festival, which presented fourteen 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.

The Life of Lenny Revisited

Study Leader: Owen Cantor

• 6 Classes: Mar. 12 – Apr. 16 Class ID: 211
• Wednesday, 1:00 pm - 3:00 pm
• Mellon Institute at CMU, TBD

Who was Leonard Bernstein? How will he be remembered? What does the future hold for this icon of classical music? Was he: America’s top serious composer? Concert pianist? Authoritative conductor? Teacher? King of Musical Theater? In the two decades since his death, much re-evaluation has occurred. We will examine the timeline of Bernstein’s life from Wunderkind “Lenny” to the world’s most revered “Maestro” in three lively lectures. Together, we will make our own discoveries and come to understand this seminal and most complex American musical genius. Be prepared for a West Side Story sing-along as well as a fascinating analysis of his major classical works.

Dr. Owen Cantor, D.M.D., was founder and music director of the Summerfest Chamber Music Festival, which presented fourteen 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.

30 Great Orchestral Works

Study Leader: John Raevens

• 6 Classes: Mar. 14 – Apr. 25* Class ID: 296
• Friday, 3:00 pm - 4:30 pm
• College of Fine Arts, 160

*Note: Class will not meet on Apr. 18

This course will travel all the way from Purcell, Bach, Handel, and Vivaldi to Mozart, Beethoven, Brahms and the 20th century. We’ll liken 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 performances, the trios, quartets, and small orchestra pieces 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.

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This unique genius for all time. You may be surprised.

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The Life and Music of Tchaikovsky
Study Leader: Cleon Cornes
• 6 Classes: Mar. 11 – Apr. 15
• Tuesday, 1:00 pm - 3:00 pm
• Wean Hall, 4708

Tchaikovsky may be the world’s most popular classical composer. His music has always held a special appeal for its passion, lyricism, extravagant emotionalism, and glowing orchestral color. The class will discuss his life, with its extremes of temperament, and listen to many examples of his music.

Cleon Cornes is a retired psychiatrist and psycholanalyst who enjoys teaching courses (mostly about eccentric geniuses) for Osher at CMU, at Providence Point, and at the Mt. Lebanon Library. He has been involved in musical organizations throughout most of his life and has listened for many years to Tchaikovsky’s music.

Note: This course has been previously taught.

What Do We Do With 16 Guys Who Can’t Sing, Dance or Act?
Study Leader: Richard Cohen
• 4 Classes: Apr. 3 – Apr. 24
• Thursday, 1:30 pm - 3:00 pm
• Wean Hall, 4708

Since the swing era predated the age of TV and videotape, there remains only a sketchy visual record of the bands themselves. We are left with a random collection of (1) clips from (mostly “B” movies; (2) “selected short subjects” used to supplement the feature attraction in movie theaters; and (3) several so-called “soundies” (short films played on “panoramas”, the visual counterpart of juke-boxes) from the 1940s. This course will review much of what has been saved from these three sources. We will also discuss the role of film studios in creating these footprints on the musical sands of time. For those who grew up in locations where the bands rarely performed live, this is an opportunity to examine closeups of their best work. Portions of this course have been presented previously.

Richard L. Cohen is a retired physician and professor emeritus of psychiatry at the University of Pittsburgh School of Medicine. For several decades he has had extensive experience as a lecturer and mentor. He is a fan and student of the swing era and has amassed a large record collection. He is a member of Osher.

Debussy’s Piano Music: A Contemporary View
Study Leader: Henry Spinelli
• 3 Classes: Mar. 13 – Mar. 27
• Thursday, 1:00 pm - 2:30 pm
• Wean Hall, 4707

The French composer Claude Debussy (1862-1918) was active in fin-de-siècle Paris, one of the most exciting periods in French cultural history. It was a time of radical new ideas in all of the arts, notably painting and poetry as well as music, and Debussy was a leader in creating the New Music. While composers are typically affected by many factors in their cultural milieu, French composers have had a predilection toward extra-musical association. Thus, in this course we will consider how other arts or extra-musical factors might be reflected in Debussy’s music for piano. By examining information provided in the musical scores themselves, Debussy’s own writings, and a variety of recordings by recognized performers of Debussy’s music, some conclusions may be drawn. In discussion, the class will be encouraged to share their impressions of this music, as well as examples of painting and poetry of the period.

Pianist Henry Spinelli is professor emeritus of music at Chatham University in Pittsburgh. He is also an alumnus of the Department of Music at Carnegie Institute of Technology and has recently given courses in the School of Music at Carnegie Mellon. He has given innumerable concerts throughout the United States, in Canada, and the Caribbean, and he has performed repeatedly in New York City: in Carnegie Recital Hall, Town Hall, and Alice Tully Hall at Lincoln Center. In Washington D.C., he has appeared under the auspices of the Washington Performing Arts Society in recital at the Kennedy Center. In addition to the traditional repertoire for the piano, Spinelli’s programs have focused on 20th-century music, specifically that of France. He has given many lecture recitals on composers of the Belle Epoque and the music of Olivier Messiaen.

Debussy’s Piano Music: A Contemporary View
Study Leader: Monique Mead
• 4 Classes: Apr. 8 – Apr. 29
• Tuesday, 12:00 pm - 1:20 pm
• College of Fine Arts, Kresge Recital Hall

In this course, Monique Mead offers Osher members a unique opportunity to participate as listeners and critics in her Art of Audience Engagement course for undergraduate 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.

Inspired and mentored by Leonard Bernstein, violinist Monique Mead has garnered international acclaim as a performer and ambassador of classical music. Collaborating with artists such as Manfred Honeck, Sarah Chang, and Yan Pascal Tortelier, she educates and inspires new concertgoers to attend concerts of the Pittsburgh Symphony, San Diego Symphony, Bavarian Radio Orchestra, Cologne Philharmonic, Berlin Radio Choir and Dusseldorf Symphony. 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.

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412.268.7489
19
OSHER at Carnegie Mellon
Glenn Miller - Second Chorus
Study Leader: Mike Plaskett

- 5 Classes: Mar. 12 – Apr. 9  
  Class ID: 292
- Wednesday, 5:30 pm - 7:00 pm
- Wean Hall, 4708

Glenn Miller and his orchestra became the most popular attraction of the big band era - and not merely because Miller’s sax section had a distinctive sound.

In wartime, assembling the cream of the country’s musicians, Miller took a sensational orchestra to England to play for troops bound for the battlefields of Europe. Intending to arrange a Christmas performance in liberated Paris, he boarded a small plane headed across the Channel, but the plane never arrived.

Now meet the real Glenn Miller: a complex, driven personality beloved by his fans, and a genius as a band-builder. Find out how the building blocks of his stunning success. Survey his recordings from unheralded jazz to hauntingly beautiful music. Get insight into his strong personality, some star musicians who have enrolled repeatedly have been most enthusiastic about the talents of the faculty and students who participate.

Edgar Landerman is a retired Westinghouse engineer. He has a B.S. from Carnegie Mellon and an M.S. from the University of Pittsburgh. He has taught at the University of Pittsburgh and Penn State University and has been a board member of Allegheny East Mental Health/Mental Retardation 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.

Concert Series: An Inside View of The CMU School of Music
Study Leader: Edgar Landerman

- 6 Classes: TBD  
  Class ID: 347
- Saturday, 4:00 pm - 5:00 pm
- TBD

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 Auditorium or the Alumni Concert Hall, both of which are in the Carnegie Mellon Fine Arts Building, or at the Carnegie Music Hall, located at Forbes and Bellefield in Oakland.

Specific information concerning the lectures will be sent to those who register for this series. Members of the faculty of the Carnegie Mellon School of Music will discuss selection of the repertoire, some history of the composers and the compositions, and the musical structure of the concerts.

Osher members may also attend performances by soloists and by other Carnegie Mellon music groups, including the Wind and the Jazz Ensemble. The schedule and location of all concerts of the Carnegie Mellon School of Music will be provided to the participants of this study group.

Note: The opportunity to attend these presentations is a truly a staggering one. It would be virtually impossible to duplicate this opportunity elsewhere at any cost. Members who have enrolled repeatedly have been most enthusiastic about the talents of the faculty and students who participate.

No Place Like Home - A Writing Workshop
Study Leader: Laurie Arnold-McMillen

- 4 Classes: Jan. 14 – Feb. 4  
  Class ID: 190
- Tuesday, 3:15 pm - 5:15 pm
- Friends Meeting House

Hold on dear house/ against the long hours of emptiness, against/ the wind’s tearing force/ You are my mind/ made particular/ my heart in its place. — Robert Creeley, This Aged Box

A home is more than shelter; it is also a reflection of the self. The experience and imagining of home provide boundless inspiration and resources for writers of any genre. Explore this vast territory of emotion and memory through writing exercises to stimulate the inner and outer eye. How has the meaning of home changed and influenced your life and writing? How does a house weather the force of time in our memory? When do you feel the absence of home or a sense of homelessness? We will investigate metaphors which sustain hope during transitions, whether physical moves or internal shifts. We will explore poet Richard Hugo’s notion of the triggering town. Poems and literary samples will guide us to explore feelings and images of home. There will be plenty of time for sharing work in class and opportunities for guided writing at home. All genres welcome in our supportive circle!

Laurie Arnold-McMillan is a writer and nurse who found passion as a certified therapeutic writing facilitator. She facilitates creative and therapeutic writing workshops in settings such as: long-term care, art galleries, libraries, hospitals, nature centers, schools, yoga centers, shelters, and churches. She believes that the transformative nature of writing in groups gives people an uncommon opportunity to build a sense of community while sharing the creative process and creates a nurturing environment for exploration of craft and self. Arnold-McMillan has published in Healing Music, Loyolanas Review, RN Magazine, Voices in the Attic and Donors Story, and is a founding member of the Squirrel Hill Pittsburgh Writers Studio and a member of Madwomen in the Attics writing workshops.

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. 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 urge to create a written legacy of our life is taking the world by storm. People of all ages are turning to memoir and lifestyle writing as a means of recording insights and details of their lives for future generations, and as a means of developing greater insight into their own lives.

This course is intended to assist writers in finding a personal approach to writing that suits their lifestyle and personality and to develop momentum that will keep them writing long after the class is over. Students will retrieve, organize, and store memories of bygone days, then go on to develop selected ones into coherent, complete, and compelling stories. There will be writing assignments each week, creating the opportunity to learn from each other as volunteers read from their work.

Supplementary details about writing lifestyles are covered in The Heart and Craft of Lifestory Writing, by Sharon Lippincott. Sharon Lippincott is a life writing instructor and coach and the author of The Heart and Craft of Lifestory Writing, a handbook on transforming memories into meaningful stories, and numerous other stories and instructional material. Her blog, "The Heart and Craft of Life Writing," includes over 500 essays and tips on life writing. She serves on the board of the National Association of Memoir Writers and coordinates We Write! Creative Writing events at area libraries. Her latest book, The Heart and Craft of Writing Compelling Description, was published in April 2013.

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

This writing workshop is designed for people who love to write. Participants will provide the structure of suggested weekly assignments and the support of fellow writers. Since the "text" for the course will be the participants' writings, members will be encouraged to bring samples of their writing to share with the class. The study leaders will set guidelines for constructive criticism and encourage exploration of personal experiences for either fiction or memoir.

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Introduction to Excel
Study Leader: Byron Gottfried

- 6 Classes: Mar. 13 – Apr. 17  
  Class ID: 243
- Thursday, 10:00 am - 12:00 pm
- Cyert Hall, 100D

Excel, a component of Microsoft Office, is a very useful tool for maintaining records, for creating and managing simple data bases, and for planning scenarios by determining the consequences of changing one or more numbers in an overall study. Though Excel was originally intended for financial analysis, it can be used by ordinary (“non-expert”) people in many everyday situations.

This course will present the fundamentals of Excel, including the use of formulas, graphs, and database features. Participants will be shown how to create simple examples involving common everyday applications, such as maintaining a list of names and addresses, sorting a list (for example alphabetizing a list of names, or sorting by zip code), filtering (for example, selecting from a list of Osher students those who live in a particular zip code), and graphing data in several different ways. We will also create some “what-if” scenarios (for example, if you take a loan for a fixed period of time and at a specific interest rate, what are the consequences of changing the time period, the interest rate, or monthly payment?). The course will be taught in a computer-equipped classroom, providing each participant with hands-on experience under the guidance of the instructor.

Note: Participants must attend the first class. If you cannot do this, please don’t sign up.

Byron Gottfried is a retired University of Pittsburgh engineer and computer systems administrator. He spent much time working with end users to help them make the most efficient use of their computers and computer programs. He currently does computer consulting for home and small business systems.

Mastering Apple iMovie
Study Leader: Douglas Webster

- 5 Classes: Mar. 10 – Apr. 7  
  Class ID: 324
- Monday, 9:30 am - 11:00 am
- Wean Hall, 407

Apple’s iMovie software provides both amateur and professional videographers an array of tools to assemble and edit quality video productions. This course will teach you how to use this easy-to-learn software to import videos and photos and combine them with titles, music, maps, and other resources to create movies you will be proud to show to family and friends.

Note: Because of the large file sizes, class members must bring their own Apple laptop computers (no iPads) equipped with the latest iMovie, iPhoto, and iTunes software. This will enable you to keep your working files from one class to the next and practice at home between classes. Files used for the course will be supplied by the instructor at the first class. Students should participate in this course only if they will be able to attend all the classes.

Douglas 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.

Getting Started With Computers
Study Leader: Jewell Jackson

- 5 Classes: Mar. 21 – Apr. 25*  
  Class ID: 255
- Friday, 1:00 pm - 3:00 pm
- Wean Hall, 407

*Note: Class will not meet on Apr. 18

This course will provide a broad, general introduction to the computer, addressing some of the mysteries and fears that might intimidate beginners. Much of the course will consist of lectures with examples. The first considerations will be the major features of the computer, including operating and file systems, followed by examinations of the Internet and email. The single hands-on session will focus on using a library computer. The course will conclude with considerations for purchasing a computer, including how to decipher PC advertisements. The fourth class, April 4th, will be held in the computer lab.

Jewell Jackson has worked in various computer-related fields. For the last 15 years, she has been an IT consultant helping customers to automate manually intensive tasks by using computer software. Jewell received her master's degree in electronic commerce from CMU's Tepper School of Business in 2000.

Introduction to Microsoft Windows 8
Study Leader: Richard Raiff

- 5 Classes: Jan. 17 – Feb. 14*  
  Class ID: 336
- Friday, 11:15 am - 12:45 pm
- Wean Hall, 407

*Note: Class will not meet on Jan. 24

The purpose of this course is to introduce users to the latest version of Microsoft Windows. Each session will include lecture and answers to students’ questions. In addition to the planned course content, students can submit questions by email the week before class, and the study leader will come to class with solutions to these questions. If there is time after the pre-submitted questions are answered, the study leader will entertain other questions.

Richard Raiff, engineer and computer systems administrator, spent the 25 years before retiring as a computer network and systems administrator. He spent much time working with end users to help them make the most efficient use of their computers and computer programs. He currently does computer consulting for home and small business systems.

Seasoned Investors
Study Leader: Brett Pechersky

- 5 Classes: Mar. 12 – Apr. 9  
  Class ID: 289
- Wednesday, 1:30 pm - 3:00 pm
- Wean Hall, 407

*Note: Class will not meet on Apr. 18

This course will provide a broad, general introduction to the computer, addressing some of the mysteries and fears that might intimidate beginners. Much of the course will consist of lectures with examples. The first considerations will be the major features of the computer, including operating and file systems, followed by examinations of the Internet and email. The single hands-on session will focus on using a library computer. The course will conclude with considerations for purchasing a computer, including how to decipher PC advertisements. The fourth class, April 4th, will be held in the computer lab.

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Understanding and Managing Your Personal Finances

Study Leader: Marcia Semper

• 4 Classes: Mar. 11 – Apr. 1
• Tuesday, 1:00 pm - 3:00 pm
• Wean Hall, 4707

This course will help those who feel stress because they don’t have an adequate understanding of their personal finances and/or would like to improve the management of these finances. It will provide an overview of the stock market (including corporate performance, government influence, and market indices); portfolio management (including stocks, bonds, mutual funds, asset allocation, and understanding portfolio statements); individual taxes (including various forms of income and deductions); and personal finance decisions (including IRAs, and document retention).

Note: This course has been previously taught.

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

Fundamentals of Investing

Study Leader: David Hammerstein

• 6 Classes: Jan. 14 – Feb. 18
• Tuesday, 9:30 am - 11:00 am
• Hunt Library, Osher Classroom

Individual investors have generally performed poorly compared to their institutional counterparts. Institutions include pension funds, endowments, foundations, and other large funds. The course will explain how individuals can avoid common mistakes and achieve some of the benefits that institutions enjoy. Academic research has documented individuals’ counterproductive investment practices: lack of discipline (buying and selling low), poor diversification (concentrated portfolios), paying high fees and expenses, and inadequate understanding of the markets’ risks and potential returns. Well-managed institutions benefit from a sound understanding of markets’ risks and potential returns, significant investment expertise, sound decision-making processes, and moderate fees and expenses. This course will provide a framework for individuals to improve their investment prospects through market innovations and education.

David Hammerstein has served as an advisor to institutional funds for 37 years. He has helped institutions develop investment strategies, implement the strategies, and monitor their portfolios. His work experience includes Gallagher Fiduciary Advisors, Carnegie Mellon University, Boeing (formerly McDonnell Douglas), and United Technologies (formerly Goodrich). He earned a B.A. from Colgate University and an M.B.A. from the University of Chicago.

A Visit to China

Study Leader: Ezra P. Lippincott

• 6 Classes: Mar. 11 – Apr. 15
• Tuesday, 9:00 am - 11:00 am
• Wean Hall, 4708

This course will give an overview of China and its recent emergence as the second-largest economy in the world. The development of the economy has resulted in mass movement from farms to cities and increases in pollution. We will look at some of China’s most important cities, such as Beijing and Shanghai. Special attention will be given to the Three Gorges Dam Project and its impact. We will visit a number of World Heritage sites in China and relate them to their place in history. Class members are invited to share their own impressions of China.

Note: This course has been previously taught.

Ezra Parvin Lippincott has had a long career in research and engineering after earning a Ph.D. degree in nuclear physics. He has taught various courses at the undergraduate and graduate level, as well as classes for Boy Scout merit badges. He and his wife, Sharon, love to travel and took a trip to China just before the 2008 Olympics. He has given presentations on various trips at area libraries and senior centers.

The Intersection of Race and Criminal Justice

Study Leader: Barbara Wolvovitz

• 6 Classes: Jan. 15 – Feb. 19
• Wednesday, 3:15 pm - 4:45 pm
• Hunt Library, Osher Classroom

This workshop is designed to familiarize students with some current issues relevant to race and the criminal justice system. We will look at the effects of the “war on drugs,” “stop and frisk,” and “zero tolerance” policies relating to the incarceration rate of African-American males. Some scholars have referred to the effects of these policies resulting in the mass incarceration of black men as “the new Jim Crow.” We will critically analyze this concept and discuss whether it provides a useful framework for understanding what is taking place today. Concepts such as driving while black and walking while black will also be explored. Finally, we will consider whether “race neutral” statutes such as “Stand Your Ground” have racial dimensions.

Barbara Wolvovitz is a former civil rights attorney and former executive director of the Greater Pittsburgh Chapter of the American Civil Liberties Union.

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Introduction

Society has many systems for detaining individuals; they differ depending on the motives for imposing detention-detention, deterrence, isolation, rehabilitation, or punishment. This course will compare the various systems, including the adult criminal, juvenile, and civil commitment of the mentally ill. To clarify the public policy issues, questions having to do with actions leading to detention, procedures preceding detention, the length of detention, where detainees are held, and what can be done to or for detainees will be discussed. The public policy issues that arise include the death penalty; minimum/maximum and discretionary sentences; juveniles tried as adults; treatment of addicted or mentally ill detainees; community service sentences; procedural changes necessitated by technological innovations such as DNA testing; and finally, how the best features of the various systems could be used more effectively to achieve society’s goals.

Note: This course has been previously taught.

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 annual review for over 25 years. He is a board member of Osher.

Overview of Fraud and Forensics

Study Leader: Mary Anne Basilone

- 1 Class: Apr. 29
- Tuesday, 1:00 pm - 2:30 pm
- Wean Hall, 4707

This one-class course introduces participants to the field of fraud and forensics from a financial perspective. The study leader will present information on the following topics:

- Statistics on the prevalence of fraud in many industries
- “Red flags” that may trigger the need for a fraud investigation
- Procedures required to carry out an investigation
- The qualifications of fraud investigators

Examples of fraud schemes currently being carried out by fraudsters

Following the presentation, there will be time for questions and discussion.

Note: This course has been previously taught.

Mary Anne Basilone is an associate professor at Carlow University. She is the chair of the accounting and forensic accounting programs and teaches accounting, finance, and ethics courses at the graduate and/or undergraduate levels. Before moving into academia, Ms. Basilone was a controller of a finance company as well as an auditor at a “Big 4” accounting firm. She is a Certified Public Accountant (CPA) in the State of Pennsylvania, a Certified Fraud Examiner (CFE), a member of the Pennsylvania Institute of Certified Public Accountants (PICPA), and a member of the Association of Certified Fraud Examiners (ACFE). Ms. Basilone has been in academia for over 25 years, teaching at various colleges and universities in the Pittsburgh area. Her current focus is on Carlow University’s master of science in Fraud and Forensics Program, for which she is developing and teaching a course.

Knock Knock...Who’s There? HIPAA HIPAA Who?

Study Leader: Carmen Osborne

- 4 Classes: Jan. 16 – Feb. 6
- Thursday, 11:15 am - 12:45 pm
- Wean Hall, 4707

The Health Insurance Accountability and Portability Act is a federal law designed in part to protect the privacy and security of our health information. This course will introduce you to the law and its impact on your privacy. In a fun and entertaining way, come learn what your rights are under this act, how to protect yourself from fraud and abuse, and the effects of social media in a fun and entertaining way.

Carmen F. Osborne is a registered health information technician and privacy officer with degrees in business administration and marketing. She has worked as a health information manager in acute care hospital settings, HMOs, physician’s offices, and behavioral health centers for 30 years. She enjoys teaching and helping students exceed their expectations.

Death Investigations

Study Leader: Ronald B. Freeman

- 6 Classes: Mar. 11 – Apr. 15
- Tuesday, 11:15 am - 12:45 pm
- Wean Hall, 4708

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

Note: This course has been previously taught.

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.

Juvenile Lifers, Who Are They And Why Life Without Parole?

Study Leader: Dorothy Gold

- 3 Classes: Mar. 28 – Apr. 11
- Friday, 3:15 pm - 5:15 pm
- Hunt Library, Osher Classroom

If you have been curious about the changes in the law for juveniles charged with murder, and the effect they have on families and communities, here is your chance to talk and ask questions of people who have been involved.

Juvenile lifers are inmates who were charged for murder as adults when they were under the age of 18, and were given mandatory life sentences without parole as required by Pennsylvania law. Recent Supreme Court rulings require that this ruling be revisited. Currently there are approximately 500 inmates in Pennsylvania prisons who are juvenile lifers. This is the largest number of lifers in the country. There are a number of organizations, such as the Juvenile Law Center and the Pennsylvania Coalition for Fair Sentencing of Youth, which have been banded together especially since there is a growing body of evidence that human brain development and judgment is not completed before the age of 18.

This course will arrange time for lectures, information, and discussions by several people who are working toward the abolition of juvenile life without parole sentences in this state. The course coordinator, Dr. Dorothy Gold, has been a psychologist for 30 years. She is in private practice. She has taught at a number of colleges and universities in Western Pennsylvania. She was chief psychologist at a maximum security men’s prison for 7 years and has remained active with the Prison Society and, more recently, with the Fight for Lifers West.
**CULINARY**

**Wine Appreciation - Italy's Sangiovese Wines**

*Study Leader: Chris Forbes  
Materials Fee: $25*

- 1 Class: Feb. 26  
  **Class ID:** 232
- Wednesday, 6:30 pm - 8:30 pm  
  • Rodef Shalom

The Sangiovese grape is the major red wine grape in Italy's Tuscany region, and is the basic grape in Chianti, which is Italy's and Tuscany's signature wine. It can make wines from light and fruity to dark and complex, and is found in a great variety of other wines like Brunellos and Super Tuscan. We will review Sangiovese's use in various wine appellations and wine types, and will sample 6-8 wines that can be found in the Pittsburgh area. Italian cheeses, nuts and breads will also be provided.

*Materials fees are not refundable.*

**Wine Appreciation - Merlots**

*Study Leader: Chris Forbes  
Materials Fee: $25*

- 1 Class: Apr. 23  
  **Class ID:** 233
- Wednesday, 6:30 pm - 8:30 pm  
  • Rodef Shalom

Merlots became very popular in the 1990s, but cheap mass production gave the grape a bad name. After the 2002 movie *Sideways* panned Merlots, consumption soon touched. However, if anything, wineries have tried to regain the rightful place of Merlot in the panoply of wines. It’s also one of the most important red wine grapes, is far more widely planted than Cabernet Sauvignon, and is an important component in Bordeaux and many other red blends. We’ll taste a selection of interesting wines from many regions, and will sample 6-8 wines that can be found in the Pittsburgh area. Cheese, nuts and breads will also be provided.

*Materials fees are not refundable.*

**Foods of New England And the Mid-Atlantic States**

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

- 6 Classes: Jan. 13 – Feb. 17  
  **Class ID:** 244
- Monday, 1:00 pm - 3:00 pm  
  • Wilkins Community Center, Kitchen

With this course we will begin a culinary exploration of the varied regional cuisines of the United States. Starting with foods of New England and the mid-Atlantic states, we will take a look at our colonial roots, how our European traditions mingled with indigenous ingredients, and how new waves of immigrants changed the way we eat. In each session we will prepare and sample traditional recipes as well as some new healthier alternatives.

*Materials fees are not refundable.*

**More Low Calorie, Fat & Cholesterol Food**

*Study Leader: Al Kosmal  
Materials Fee: $45*

- 6 Classes: Mar. 11 – Apr. 15  
  **Class ID:** 259
- Tuesday, 1:00 pm - 2:30 pm  
  • Rodef Shalom, Kitchen

Because of the popularity of a previous course on low-fat foods, Al Kosmal will offer another course on the subject. Since healthy eating leads to a healthier lifestyle, this class will not do hamburgers. A $45 non-refundable fee will be charged for the course and checks should be payable directly to Osher.

*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.*

*Materials fees are not refundable.*

**Shopping for Wine**

*Study Leader: Elizabeth Downer  
Materials Fee: $25*

- 4 Classes: Jan. 14 – Feb. 4  
  **Class ID:** 224
- Tuesday, 1:30 pm - 3:00 pm  
  • Wean Hall, 4707

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

*Materials fees are not refundable.*

**Cooking For A Cure**

*Study Leader: Al Kosmal  
Materials Fee: $45*

- 6 Classes: Mar. 11 – Apr. 15  
  **Class ID:** 260
- Tuesday, 3:30 pm - 5:00 pm  
  • Rodef Shalom, Kitchen

Because of the popularity of a previous course on low-fat foods, Al Kosmal will offer another course on the subject. Since healthy eating leads to a healthier lifestyle, this class will not do hamburgers. A $45 non-refundable fee will be charged for the course and checks should be payable directly to Osher.

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*Materials fees are not refundable.*

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**Culinary | LIFESTYLE & FUN**

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**DANCE**

**Tamburitzan Kolo Dancing**  
**Study Leader: George Schexnayder**  
- 6 Classes: Jan. 15 – Feb. 19  
  - Wednesday, 10:45 am - 12:15 pm  
  - Friends Meeting House, Ballroom  
  - Class ID: 303  

- 6 Classes: Mar. 12 – Apr. 16  
  - Wednesday, 10:45 pm - 12:15 pm  
  - Friends Meeting House, Ballroom  
  - Class ID: 304  

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

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

**Dance Fitness Gold**  
**Study Leader: Maureen Gemeinhart**  
- 6 Classes: Mar. 13 – April 17  
  - Thursday, 11:15 am - 12:15 pm  
  - Friends Meeting House, Ballroom  
  - Class ID: 239  

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. Maureen found that these classes give her more energy, and 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.

**Latin Social Dances: Salsa, Merengue, Cha-Cha, Bachata**  
**Study Leader: Cecilia Wenisch**  
- 6 Classes: Jan. 13 – Feb. 17  
  - Monday, 1:00 pm - 2:30 pm  
  - Friends Meeting House, Ballroom  
  - Class ID: 327

- 6 Classes: Mar. 10 – Apr. 21*  
  - Monday, 1:00 pm - 2:30 pm  
  - Friends Meeting House, Ballroom  
  - *Note: Class will not meet on Apr. 14

Learn the basics of these four popular Latin Dances (Salsa, Merengue, Cha Cha and Bachata) done in Pittsburgh (and around the world) at Latin Socials and Latin Night Clubs. No partner is needed!  

Cecilia Wenisch has been Latin dancing since 1999 and has instructed for several years at CCAC and at the Latin Social at the Edgewood Club.  

**Move It or Lose It**  
**Study Leader: Elsa Limbach**  
- 6 Classes: Jan. 14 – Feb. 18  
  - Tuesday, 10:00 am - 11:30 am  
  - Dance Alloy, studio  
  - Class ID: 267

- 8 Classes: Mar. 4 – Apr. 22*  
  - Tuesday, 10:00 am - 11:30 am  
  - Dance Alloy, studio  
  - *Note: Class will not meet on March 13 or March 18

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.) The course is offered during the first and second session.

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.
Exercise

Get Fit - A Fun Latin Cardio Workout
Study Leader: Connie Pollack

• 5 Classes: Jan. 15 – Feb. 26*
• Wednesday, 1:15 pm - 2:30 pm
• Beth Shalom, Sammie & Minnie Hyman Ballroom - 2nd FL

*Note: Class will not meet on Feb. 24

Are you looking for a new way to jazz up your exercise routine? Then this is a class for you! Come groove to an energetic mix of hip-hop, international, and Latin-inspired music and dance movements like the cha-cha, salsa, samba, and more. Bring out the dancer in you in this fun class! The class is designed to embrace all levels of ability with modified moves, step-by-step instruction, and demonstration. No prior experience is necessary.

Get Fit is bound to energize you and put a smile on your face. This class is like no other because it gives you a full-body workout that incorporates easy-to-follow, low-impact dance movements, muscle toning, stretching, and relaxation exercises. It is perfect for older adults who are looking to improve muscle tone and coordination and build cardio fitness while having fun. Each session consists of warm-up exercises, aerobic/Latin cardio dance segments, light weights, muscle toning, stretching, and cool-down. Please wear tennis shoes and bring a water bottle, thick towel or mat for floor exercises, and light hand weights (1-, 2-, or 3-lb. weights recommended). Try it —you’ll like it!

Connie Pollack has been teaching aerobic dance to adults for the past nine years at Congregation Beth Shalom. She loves singing and dancing to music and enjoys choreographing energetic and fun routines. With a degree in health and physical education, she taught physical education to students of all ages for 15 years before obtaining her master’s degree in library science and education. She has taught at various grade levels from kindergarten through graduate school and has led a Falun Dafa session for adults at the Kearns Spirituality Center in Allison Park since June 2008. In addition to reading, writing, and wide-ranging travel, she enjoys practicing aerobics and yoga, enhancing holistic growth through the development of mind-body spirit connections, and facilitating multicultural understanding.

Falun Dafa: Movement and Meditation
Study Leader: Eleanor Howe

• 6 Classes: Jan. 17 – Feb. 21
• Friday, 10:30 am - 12:00 pm
• Wilkins Community Center

Falun Dafa is an ancient Chinese practice for different stretching, relaxing, and cultivating the mind, body, and spirit. Its five exercises involve slow, gentle movements and meditation while standing and sitting. They are easy to learn and appropriate for all ages, genders, nationalities, and faiths. Falun Dafa relieves stress, improves energy, and promotes spiritualism and character development through the universal principles of compassion, truthfulness, and forbearance. Classes will begin with review, demonstration, and guided practice of positions and movements. With vocal instruction for movements, each of us will do our own uninterrupted meditation, beginning and ending all five exercises together. There are no outside assignments or required readings. The class can be taken repeatedly for continued group practice and individual improvement. Group practice is open to both beginners and experienced practitioners.

Eleanor Howe is a recently retired librarian who graduated from Vassar College and earned master’s degrees in library science and education. She has taught at various grade levels from kindergarten through graduate school and has led a Falun Dafa session for adults at the Kearns Spirituality Center in Allison Park since June 2008. In addition to reading, writing, and wide-ranging travel, she enjoys practicing aerobics and yoga, enhancing holistic growth through the development of mind-body spirit connections, and facilitating multicultural understanding.

LIFESTYLE & FUN

T’ai Chi Ch’uan - Long Form, Section Two
Study Leader: Judith Crow

• 12 Classes: Jan. 13 – Apr. 7*
• Monday, 10:00 am - 11:30 am
• Friends Meeting House

*T’ai Chi Ch’uan is an ancient Chinese martial art, an exercise to raise and balance the energies in the body, and a moving meditation. T’ai Chi is usually first approached as a gentle exercise to increase flexibility, promote better balance and generally enhance physical, mental and spiritual well being. While there are many forms and styles of T’ai Chi, the Yang style is one of the most popular. The “long” forms of T’ai Chi generally consist of 50 or more postures divided into three sections.

This course will concentrate on Section Two in its entirety. This includes the kicks and turns of the Second Section and the angles to the left or “west”. While portions of Section Two have been taught previously, these 12 sessions afford the opportunity to learn postures not repeated elsewhere and to experience this part of the T’ai Chi form as a whole continuous sequence.

Note: This course meets for 12 sessions. February 24th will be reserved for a “snow day”.

Judith Crow is a graduate of Mt. Holyoke College with a degree in philosophy. She began her studies of T’ai Chi Ch’uan under Yung Ko Chou in Pittsburgh in 1974. In 1980 she was chosen as one of five to receive training as a teacher in both the exercise and the martial arts aspects of T’ai 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.

Feeling Better - Therapeutic Exercise and Stretching Class
Study Leader: Tasso Spanos

• 6 Classes: Mar. 13 – Apr. 17
• Thursday, 3:15 pm - 4:45 pm
• Friends Meeting House, Ballroom

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 at www.YouTube.com/user/officialpainfree. 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 frequently appeared on KDKA-TV concerning pain problems. He was a pupil of Dr. Janet Travell, the White House physician under Presidents Kennedy and Johnson.

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.
Bridge for Tournament Club Players

Study Leader: James R. Klein

• 6 Classes: Jan. 15 – Feb. 19  Class ID: 257
• Wednesday, 7:00 pm - 9:00 pm
• Wilkins Community Center

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 4 or 5 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.

How to Make Hairpin Lace Scarves

Study Leader: Judy Grumet

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. A hairpin lace loom, which she will provide, is $7-$15; she will also have yarn and crochet hooks available at cost, but you may choose to bring your own.

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.

Napkin Folds

Study Leader: Sue Neff  Materials Fee: $12*

• 6 Classes: Mar. 14 – Apr. 25*  Class ID: 284
• Friday, 1:00 pm - 3:00 pm
• Wilkins Community Center

Beginners are welcome! At a fancy dinner or on a cruise ship you’ve seen imaginative napkin/towel decorations/animals . . . and so forth. We will begin with soft paper napkins and work up to large square napkins (or bandanas). We will try holiday/party designs as well as formal, elegant models. Bring one-to-two cloth napkins with you. The instructor will supply paper napkins. This course is a good introduction to origami (paper folding).

Sue Neff has studied paper folding seriously for 40+ years. She founded the Origami Club of Pittsburgh (OCoP) in 1988. Her love of origami has taken her to Japan twice. With a friend (Emmeline Silk) she regularly visits schools, libraries, festivals, Phipps, etc. Her collection of origami books includes examples from more than six countries. She and Emmeline travel and teach at regional and national origami conferences.

*Materials fees are not refundable.

Lifestyle & Fun

Gardening the Right Way

Study Leaders: Joan Kimmel, Lynne Weber

• 4 Classes: Jan. 29 – Feb. 19  Class ID: 256
• Wednesday, 1:30 pm - 3:00 pm
• Hunt Library, Osher Classroom

This course will cover some of the areas that the study leaders have found to be most difficult, interesting, or compelling for home gardeners to confront, including:

From the Ground Up – if the soil isn’t good, the garden won’t be good.

Planning a Sustainable, 4-Season Garden – and why use native plants when doing so.

Lop Away! – Why, when, and how to prune small shrubs and trees, and to deadhead perennials.

How Gardens Can Save Our City – We’ll discuss some green solutions that homeowners can attempt to reuse and recycle, and reduce their impact on that problem.

Lynne Weber and Joan Kimmel have co-owned The Urban Gardener for the past 17 years. They are both Penn State Master Gardeners and are certified in the Phipps Sustainable Landscape Program and members of the Rain Garden Alliance. In keeping with their commitment to community service, they regularly partner with and participate in community projects and organizations such as TreeVitalize Pittsburgh, Conservation Consultants, Pennsylvania Resources Council, and others. In 2011, the owners were invited to prepare an installation for the internationally acclaimed Mattress Factory Art Museum. As a comment on the unsustainable nature of many suburban mono-culture lawns, they installed a lawn, consisting of a mixture of ornamental grass varieties and bamboo. Lynne Weber, M.S., atomic physics; University of Pittsburgh Joan Kimmel, M.Ed., counselor education, M.S., physical anthropology; University of Pittsburgh.

Knitting 101

Study Leader: Stacey Wettstein  Class ID: 330

• 1 Class: Mar. 7
• Friday, 1:00 pm - 4:00 pm
• Knit One, Store

This workshop is designed for those who have never picked up knitting needles before or for those who have picked them up but put them down before finishing a project because they forgot how “to do it.” In this class, you will learn how to “cast on,” knit, and “bind off.” You will have the choice of knitting either a scarf or a hat. Additional guidance is required after this class, complimentary help is provided through Knit One until your project is completed.

You will need worsted weight yarn and needles (bring your own or purchase at shop for a discount).

Note: This course has been previously taught.

Stacey Wettstein owns Knit One, a yarn shop, in Squirrel Hill. The shop offers classes, workshops; yarn; and knitting and crochet supplies, accessories, and books. In addition to owning this store for the past six and a half years, Stacey is a licensed psychologist in private practice in Shadyside, and teaches in the School of Social Work at the University of Pittsburgh.

Knitting 101

Study Leader: Stacey Wettstein  Class ID: 331

• 1 Class: May 2
• Friday, 1:00 pm - 4:00 pm
• Knit One, Store

This workshop is designed for those who have never picked up knitting needles before or for those who have picked them up but put them down before finishing a project because they forgot how “to do it.” In this class, you will learn how to “cast on,” knit, and “bind off.” You will have the choice of knitting either a scarf or a hat. Additional guidance is required after this class, complimentary help is provided through Knit One until your project is completed.

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Introduction to Furniture Design and Interiors

Study Leader: Kate Joyce

• 5 Classes: Jan. 16 – Feb. 13 
• Thursday, 1:30 pm - 3:00 pm 
• Kate Joyce Co, Suite 228, 201 N Braddock Ave 
• 15208

This class will introduce the materials, processes, and techniques of furniture making; the concepts of wood joinery; woodworking tools and machines. Participants will learn about repairing and restoring furniture and finishes. The class will visit woodworking shops and fabrication facilities and explore furniture design and interior design projects.

Kate Joyce is a furniture maker and interior designer with more than 20 years professional design and consulting experience. She did her furniture-making apprenticeship in Switzerland and has maintained a design career in Seattle and Pittsburgh. She does designer and furniture fabrication at her East End studio.

Singing for Fun

Study Leader: Constance Rapp

• 6 Classes: Mar. 13 – Apr. 17 
• Thursday, 1:00 pm - 2:30 pm 
• Friends Meeting House

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 Juilliard School. Although, 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 board member of Osher.

Make a Memory Wire Bracelet

Study Leader: Gerry Florida 

Materials Fee: $12*

• 1 Class: Mar. 7 
• Friday, 9:00 am - 11:00 am 
• Hunt Library, Osher Classroom

During this one-class, hands-on workshop, participants will make a bracelet using memory wire, a unique material that looks and acts like a spring. It’s often made of stainless steel so that it does not rust. Not much time, material, or tools are required to make beautiful pieces very quickly and just in time for special occasions and holidays. Memory wire is a “one size fits all” material. These bracelets are great gifts for all ages, and a wonderful gift idea to lift the spirits of anyone who loves wearing jewelry but finds it hard to fasten—it’s that easy to put on and take off.

Please note: There is a $12 materials fee for this course.

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

*Materials fees are not refundable.

Explore Your Life Story Through Numerology

Study Leader: LaVerne Hotep

• 6 Classes: Mar. 13 – Apr. 17 
• Thursday, 5:30 pm - 7:00 pm 
• Wean Hall, 4707

The basic cycle of the digits 1 through 9 is used in numerology to symbolize the human life cycle. Within the range of these nine numbers lies the potential for the total life experience, including all things physical, mental, emotional, and spiritual. Numerology is an easy-to-use system that shows your life from a different perspective, analyzes your experiences, and helps you to do something about your life.

By the end of this class, participants will have a basic knowledge of the numbers and their meaning and be able to calculate and analyze their personal numbers, based on their names and dates of birth. They will find this adventure with numerology to be exciting and uplifting. It will reveal aspects of character and personality in a way that is fresh and inspiring, and the beauty and excitement of life will increase.

Note: This course has been previously taught.

LaVerne Baker Hotep has been a student of numerology since 1975 when an old and rather worn-out book on the ancient spiritual science literally fell at her feet in a metaphysical book shop in Michigan. For many years she experimented with the tools of numerology, reading and studying everything she could find on the subject. In 1985 LaVerne began practicing numerology professionally and has provided guidance to many through her insightful readings. Founder of “Well Woman Media” and producer and host of “Well Woman Radio Retreat” on WEDO 810 AM and “Well With My Soul: Nourishing Conversations for Mind, Body and Spirit” on WCBO 1550 AM, she approaches life as a student, is guided by an inescapable search for knowledge, and is inspired by the ancient African proverb, “She who learns, teaches.”

Location/Parking Info — page 80
Organizing for Seniors
Study Leader: Leslie McKee
Class ID: 276
• 1 Class: May 1

Have you accumulated a lifetime of possessions and memories, and now you are feeling overwhelmed? Are you trying to get your affairs in order? Are you downsizing and don’t know where to begin? This course addresses all those issues with practical tips to help you get organized for this life stage. Discussion will cover general organizing and de-cluttering principles. Class content will reframe the way you think about the “stuff” in your life. It will also connect you to Pittsburgh resources to get rid of items you no longer need. It will cover the kind of information that should be gathered to put your affairs in order in an organized way. Change is overwhelming at any age; we will help you put it into perspective and take action. Special guest and former instructor of the course “Aging with Wit and Wisdom,” Lois Perelman, will add her personal perspective on making the journey from her home of 50 years to a new downsized space. She will share tips, insights, and inspiration on asking for help and getting through the process.

Note: This course has been previously taught.

Leslie McKee is a certified professional organizer and family manager coach. She has been organizing professionally since 2000 and is a recognized expert locally and nationally in the field of organizing. She specializes in residential and office organizing, is a regular guest on KDKA-TV’s Pittsburgh Today Live, and has been featured in the Wall Street Journal, New York Times, and numerous articles in the Pittsburgh area. She is a member of NAPO, the National Association of Professional Organizers and has attended nine national conferences. Leslie specializes in residential and office organizing.

Fun Making Music With A Uke Level II
Study Leader: Joan Dickerson
Class ID: 223
• 6 Classes: Jan. 14 – Feb. 18
• Tuesday, 6:00 pm – 8:00 pm
• Friends Meeting House

Prerequisites: Having participated in the beginning course Fun Making Music with the Uke, or the ability to play the uke. In this course, students will learn more about the uke:
• Strums
• The fret board
• A way to memorize chords

We will focus on just seven tunes and use those tunes to learn more about playing the uke skillfully. By viewing the fret board from a different point of view, we can make great strides towards mastery. At any age, our primary goal is to have fun making music.

Joan Dickerson, Ph.D., designs training materials. Her first instrument is the banjo, but the uke is such a pleasant instrument that she has as much fun making music with it. She plays classic banjo with “just Banjos” and spectrum banjo with “Banjo Buster Orchestra of Chicago.”

How to Look Younger Without Plastic Surgery
Study Leader: Janis Ramey
Class ID: 298
• 1 Class: Mar. 5
• Wednesday, 11:15 am - 12:45 pm

Most of us are comfortable in our skin but sometimes feel we’re perceived as being out of touch, over the hill, past our prime, getting on in years. This class will give you some suggestions for pushing back that perception. We’ll talk about things like posture, facial expressions, paying attention, and confidence. We’ll also talk about both men’s and women’s clothing, hairstyles, and accessories that help keep us looking vigorous. This should be fun as well as informative as we skewer some of the “old fogey” looks, such as the hiked-up, too-short pants favored by some older men or the 40-year-old hairstyles favored by some older women.

Janis Ramey is an independent technical writer who helps scientists and engineers write about their work. She also teaches technical writing to technical people in their workplaces and has taught at Pitt and Chatham. She has both master’s and bachelor’s degrees from Carnegie Mellon. She developed this seminar while working with older unemployed people who need to project youth and vigor during job interviews.

Decluttering Your Stuff For An Uncluttered Home
Study Leader: Rosa Barnett Averbach
Class ID: 191
• 4 Classes: Jan. 14 – Feb. 4
• Tuesday, 11:15 am - 12:45 pm

As we age, we often notice that the simple activities that we do—walking, tying shoe laces, cooking dinner — become more difficult. “It’s just aging,” we say. But what if we can alter that “just aging” just a little bit? In this class, we will use the Alexander Technique to notice what we do and to make changes to habits that no longer serve us. We will explore Alexander’s process through simple movements, activities that interest class participants, and hands-on direction from the teacher. Students of the Alexander Technique often report feeling that their movements are easier, more graceful, and better coordinated.

This class will be experimental; please dress comfortably.

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.

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Whiskey and Rebellion at Pittsburgh’s Only Distillery

Study Leader: Mark C. Meyer

- 1 Class: Jan. 29  
  Class ID: 279
- Wednesday, 1:00 pm - 3:00 pm
- Wigle Whiskey, store

- 1 Class: Apr. 2  
  Class ID: 280
- Wednesday, 1:00 pm - 3:00 pm
- Wigle Whiskey, store

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

Note: This course has been previously taught.

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.

Come and Tour the Gates and Hillman Buildings on the Carnegie Mellon Campus

Study Leader: Catherine Copetas

- 1 Class: Feb. 12  
  Class ID: 212
- Wednesday, 3:30 pm - 5:00 pm
- Gates, 5th Floor Reception

- 1 Class: Feb. 26  
  Class ID: 213
- Wednesday, 3:30 pm - 5:00 pm
- Gates, 5th Floor Reception

Carnegie Mellon staff will lead small groups of up to twenty Osher members through the Gates and Hillman buildings. All tours will be on Wednesdays from 3:30 PM to 5:00 PM. If you are able to participate on more than one date, please list in order of preference on your registration form. Also, please note that this is the SAME tour that has been offered in previous sessions.

To this end, you will be motivated to make positive changes in your life as you begin to feel better about yourself and strive to become a healthier you!

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

What Are You Weighting For?

Study Leader: Rosa Barnett Averbach

- 4 Classes: Mar. 11 – Apr. 1  
  Class ID: 192
- Tuesday, 11:15 am - 12:45 pm
- Hunt Library, Osher Classroom

When you look in the mirror, do you still recognize yourself? If not, there are many reasons why things have changed. The goal of this course is to help you bring your weight to where it should be through healthier eating and a more active lifestyle. It’s time to forget about dieting and to learn the importance of healthy eating and exercising.

At the end of this course, you will be motivated to make positive changes in your life as you begin to feel better about yourself and strive to become a healthier you!

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Age Well, Age Wisely

Study Leader: Linda Bloom

- 1 Class: Mar. 5  
  Class ID: 204
- Wednesday, 9:30 am - 11:00 am
- Hunt Library, Osher Classroom

This will be an interactive discussion course. The study leader will present material from some of today’s top health practitioners: Dean Ornish, M.D., Joel Fuhrman, M.D., Neal Barnard, M.D., and more. These are physicians whose message is to encourage personal responsibility for one’s own health and well-being.

Note: This course has been previously taught.

Linda Bloom’s educational background at the University of South Florida focused on business and marketing, which led to a career path in marketing and sales. Her personal passion for the past 20 years has been health and wellness, focusing on lifestyle, exercise, and diet and their effect on aging.
Managing Stress for Better Mental and Physical Health

Study Leader: Bruce S. Rabin

- 5 Classes: Mar. 11 – Apr. 8
- Tuesday, 1:00 pm - 2:30 pm
- Mellon Institute at CMU, TBD

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

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

Understanding Your Memory

Study Leader: LaDonna Bates

- 4 Classes: Jan. 13 – Feb. 3
- Monday, 9:00 am - 11:00 am
- Hunt Library, Osher Classroom

Concerned about forgetting names? Can’t remember where you put things? Do words stick on the tip of your tongue? Differentiate these normal memory lapses from symptoms of dementia. Learn the relationship between attention and memory, and explore your particular style. Review new research showing how physical exercise bolsters brain structures and neurochemicals to enhance memory. Discover the healthfulness of forgetting. Practice using what you learn each week.

Note: This course has been previously taught.

LaDonna Bates is a lecturer and writer specializing in everyday life application of brain research for individuals, families, schools and businesses. The co-author of Ten Roads to the Top, she has earned national writing awards and appeared on national television. She has a B.A. from Southern Illinois University, an M.S.W. from Washington University, has done additional study in law, urban planning, and neuroscience. She is a member of the Society for Neuroscience, and an annual meeting speaker.

Important
You must be registered through the office to attend any Osher class. We appreciate your cooperation.

ANTHROPOLOGY / ARCHEOLOGY

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

Study Leader: Gerst Gibbon

- 6 Classes: Mar. 11 – Apr. 15
- Tuesday, 11:15 am - 12:45 pm
- Wean Hall, 4707

Modern archaeology 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.

Note: This course has been previously taught.

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 seven years as assistant professor of chemistry at Chatham College and twelve years as a short-course instructor for the American Chemical Society. Gerst is a member of Osher with several years of study leader experience.

New Topics in Archaeology Of Ancient Israel

Study Leader: Ram Kossowsky

- 6 Classes: Mar. 10 – Apr. 21*
- Monday, 1:30 pm - 3:00 pm
- Wean Hall, 4707

*Note: Class will not meet on Apr. 14

Mostly using materials that have not been previously presented in previous Osher classes, this course will study the historicity of the Bible through archaeological discoveries of ancient Israel. We will review works conducted for the past 50 years, using up-to-date published information. As an introduction, we will begin with a topic discussed previously, the ethnogenesis of Israel, and examine the events in relation to the collapse of the Late Bronze Age. We will continue with discussion of the interrelations among ancient Near East legends, myths, and reality, and then study the history of the Philistines, mostly unfriendly neighbors of ancient Israel for over 600 years. Then we will examine Israel/Judah relations with other powers—Assyria, Babylonia, and Persia. The archeological finding will be related to relevant local and global power politics of the ancient Near East, concluding with a review of daily life in rural and urban ancient Israel.

Ram Kossowsky, a native of Israel, has lived in Pittsburgh since 1966. He earned advanced degrees in material science from the University of Pennsylvania. He spent 20 years at the Westinghouse Research Center and six years at Penn State University. He has worked as an independent consultant since 1990. He has traveled extensively to near and faraway lands, usually with a group that included an active archeologist. He spent 18 weeks in India, 10 weeks in Pakistan, 6 weeks in Central Asia, and 8 weeks in Central America and takes annual trips to Israel. His passion for hobbies include the study of the history of ancient societies with emphasis on the Near East and shooting and editing movies of his travels. (He presented the course “India, Then and Now” and “Ancient Societies’ Expressions in Stone” during past Osher-CMU and Pitt-OLLI semesters, and monthly installments of a study of “Archaeology of Ancient Israel” at Temple Sinai and Osher CMU.) He has been invited to present a lecture, “Ancient Codes of Law,” at the winter meeting of the Biblical Archaeology Society of Pittsburgh. Ram Kossowsky is the President of the Biblical Archeological Society of Pittsburgh.
Gender Roles in Societies
Study Leader: Esther Skirboll
• 5 Classes: Mar. 14 – Apr. 25* Class ID: 309
• Friday, 11:15 am - 12:45 pm
• Wean Hall, 4707
*Note: Class will not meet on Apr. 18

We will discuss a variety of attitudes toward gender in various social systems and through time. Understanding the historical background and current experience of women and men in centuries different from our own is one way to live effectively in a shrinking world. Anthropology is especially well-suited for this discussion because we compare behaviors in different societies. If roles differ across social systems, we assume they are culturally reinforced.

Esther Skirboll received her Ph.D. degree in anthropology with a specialization in archaeology from the University of Pittsburgh in 1981. She was a faculty member at Slippery Rock University until her retirement in January 2007. Both during her graduate work and while teaching, she participated in numerous archaeological excavations and directed many at Slippery Rock. She has traveled widely in Mexico, Guatemala, and Costa Rica, visiting archaeological sites of many time periods.

Astronomy

Backyard Astronomy - Participating In Science
Study Leader: Robert Marshall
• 5 Classes: Mar. 10 – Apr. 7 Class ID: 274
• Monday, 6:30 pm - 8:30 pm
• Carnegie Science Center

Naming the brightest stars and pointing out planets in the night sky is not just a talent for astronomers. And you do not need to spend a fortune on optics to see Saturn's rings or the moons of Jupiter. Join us as we learn the skills and access the tools which will allow you to navigate and observe our universe overhead. Whether you are looking to purchase your own telescope, learn about what you might observe at a star party, or gain the confidence in identifying celestial objects simply by looking up, this is your one-stop course for beginning your next career: amateur astronomy!

Each week this class will meet at Carnegie Science Center, where students will have the opportunity to participate in discussion, become immersed in Buhl Planetarium's sky visualization, and observe objects in the night sky such as planets, moons, and galaxies. This course is designed for students of all ages and skill levels. No prior knowledge of astronomy is required for this qualitative and hands-on course.

Robert Marshall is a graduate of the University of Pittsburgh who earned a B.S. degree in the field of astronomy, math, and the natural sciences. As program development coordinator and educator for Buhl Planetarium and Observatory, he is employed at the Carnegie Science Center, where he presents regular astronomy and educational programs. Marshall has taught and conducted research throughout the United States and internationally, with a focus on the teaching of astronomy to children and adults.

Real Astronomy Versus Myth and Science Fiction
Study Leader: Michael K. Gainer
• 6 Classes: Mar. 11 – Apr. 15 Class ID: 238
• Tuesday, 3:45 pm - 5:15 pm
• Wean Hall, 4707

This course will present a brief introduction to current knowledge of the solar system and known universe. This will serve as a basis for evaluating popular beliefs based on myth and science fiction. These will include astrology, interstellar travel, alien spacecraft, and the colonization of planets, among others. No previous knowledge of astronomy or mathematics is needed.

Michael K. Gainer is professor emeritus of physics at St. Vincent College. He received B.S. and M.S. degrees from West Virginia University and completed graduate studies in astrophysics at Oklahoma University. He chaired St. Vincent's Department of Physics for 13 years, and taught general and advanced undergraduate courses in physics and astronomy there for 35 years. Professor Gainer has served as a scientific consultant for the U.S. Army and the aerospace industry, and has been a director and instructor in physics and astronomy programs for gifted children. Professor Gainer's book, Real Astronomy with Small Telescopes: Step by Step Activities for Discovery, was published by Springer in their Patrick Moore Practical Astronomy series.

Environment

Energy, Alternative Energies, Pollution of Environment and Global Warming
Study Leader: Norman Chigier
• 6 Classes: Mar. 13 – Apr. 17 Class ID: 214
• Thursday, 9:00 am - 11:00 am
• Wean Hall, 4708

Led by an instructor with over 50 years’ experience in the field, this course will cover the technical, economic, and political aspects of current and future energy and environmental issues. Dr. Chigier will lead discussions on these subjects.

Norman Chigier was awarded the M.A. (1960), Ph.D. (1961) and Sc.D. (1977) degrees from the University of Cambridge. He has held teaching appointments at Sheffield University and Technion-Israel Institute of Technology. He was appointed William J. Brown Professor of Mechanical Engineering at Carnegie Mellon University, Pittsburgh, Pennsylvania, in 1982. Dr. Chigier was a recipient of numerous awards for distinguished achievement in his field. His textbook, Energy, Combustion and Environment, was published by McGraw-Hill (1981). He is the author or co-author of over 200 papers. In 1992, Professor Chigier was named a Fellow of the American Society of Mechanical Engineers. In 1996 he was named Director of the Spray Systems Technology Center. In 2006 he received the Arthur Lefever Award in recognition of a lifetime contribution in the field of atomization and sprays.

Biodiversity: The New Landscape Aesthetic?
Study Leader: Kathy McGregor
• 6 Classes: Jan. 16 – Feb. 20 Class ID: 275
• Thursday, 1:30 pm - 3:00 pm
• Wean Hall, 4707

We need biodiversity because it literally sustains us. Yet biodiversity is seriously declining. What can we do — locally and personally? Most of us have never thought of making our yards, parks, and everyday public places sustainable. Through discussion, video, slides, and speakers we will sample innovative “green growing” in the Pittsburgh area and consider how each of us can ratchet up our personal land legacy through sustainable, habitat landscaping. This course is for non-gardeners just as much as for gardeners.

Kathy McGregor began her encore career 13 years ago when she began SYLVANIA NATIVES Plant Nursery. SYLVANIA NATIVES is an urban social enterprise nursery whose mission is to locally grow plants native to Western Pennsylvania, and to educate and advocate for the use of native plants in sustainable, ecological landscapes that boost biodiversity. Previously, she taught high school English, was a union organizer, headed several nonprofit organizations, and operated a management-consulting business serving nonprofits and community-based organizations. She is an Osher member.
Alternative Energy Sources: What’s Real and What’s Not?

Study Leader: Gerst Gibbon

- 6 Classes: Jan. 14 – Feb. 18  
  - Tuesday, 11:15 am - 12:45 pm  
  - Wean Hall, 4707

The world’s economies are largely committed to petroleum and natural gas as their primary fuel sources. The world reserves of these fuels are being used at a rapid enough rate to suggest the reserves could be exhausted during the twenty first century. At the same time, global demand is increasing rapidly enough to cause economic disruptions in most developed countries. Recent political frictions have made the marketplace even more nervous.

A number of alternative energy sources have been proposed. These alternatives include increased use of coal and natural gas (Marcellus shale, for example), nuclear fusion and nuclear fission, the hydrogen based economy, biomass-derived fuels, and wind and solar energy. Each of these alternative energy sources has vocal advocates and detractors. This course will develop a rational framework for comparing the various alternative energy sources, so that the real pros and cons can be discussed in a reasoned manner.

Contemporary videos will be shown so that class members have a solid foundation for the discussions.

Note: This is a highly modified version of a course taught previously.

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 seven years as assistant professor of chemistry at Chatham College and twelve years as a short-course instructor for the American Chemical Society. Gerst is a member of Osher with several years of study leader experience.

Helping to Save an Ailing Planet

Study Leader: Alberto Guzman

- 3 Classes: Mar. 27 – Apr. 10  
  - Thursday, 9:30 am - 11:00 am  
  - Wean Hall, 4707

As the global population grows from 7.2 billion people in 2013 to an estimated 9.6 billion in 2050, the world will be facing major challenges from food and potable water supplies to a large energy demand. The study leader will present an analysis of the energy demand by sectors, e.g., residential, industrial, transportation and then look at various sources of energy that will have to expand rapidly to meet global needs. No source is exempt from troubles, like carbon dioxide emissions, nuclear plant accidents (Chernobyl and Fukushima), so we will explore what is being done to mitigate these problems. We’ll evaluate whether nuclear energy is still a viable option by looking at a technology developed at the Oak Ridge National Laboratory in the 1960s.

Recently, the large global demand for rare elements from China resulted in a huge environmental hazard and a large stockpile of thorium, the basic element for future nuclear reactors. Are China and the USA going to compete head to head for capturing the world leadership in this new breed of reactors? Can our planet potentially benefit by adopting a new technology that is safer, offers zero emissions and reduced nuclear waste? Let us find out. By using colorful graphics, pictures and videos the study leader will encourage the class group to engage in an open and constructive discussion.

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 was team composed of senior engineers and scientists who worked under research and developments contracts from the Federal Government (DOE, DOE, DOE, 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.

Geology of the National Parks

Study Leader: Barbara M. Manner

- 6 Classes: Jan. 16 – Feb. 20  
  - Thursday, 11:15 am - 12:45 pm  
  - Wean Hall, 4708

The national parks provide accessible and protected examples of important geologic processes. Volcanism, mountain building, tectonic activity, glaciation, groundwater activity, and erosion are represented. In this course, geologic history and features of selected national parks will be presented using photos, supplementary reading material, and, if possible, geologic and topographic maps. This course presumes little or no geologic or scientific background.

Note: This course has been previously taught.

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.

Hot Topics in Studies of the Mind and Brain
Study Leader: Marlene Behrmann

- 6 Classes: Mar. 18 – Apr. 22  
  • Tuesday, 1:00 pm - 2:30 pm  
  • Wean Hall, Conference Room 4625

This course will cover a diverse sampling of current topics in human psychology, including issues related to how we see and interpret visual images, memory, language, cognition and development in children, and issues relating to social support and relationships. In this course, faculty from the Psychology Department at CMU will present the latest in the controversies, conflicts, and conundrums associated with studying the human brain and behavior. The lectures offered in this course have not been offered previously.

Dr. Behrmann is a professor in the department of Psychology, Carnegie Mellon University, and the Center for the Neural Basis of Cognition. Her research is concerned with the psychological and neural bases of visual processing, with particular focus on the way in which the signals from the eye are transformed into meaningful and coherent perceptions by the brain. Dr. Behrmann has received many awards for her numerous scientific contributions. She is a Fellow of the American Psychological Society.

Sleep Disorders
Study Leader: Patricia Tragesser, Rebecca Rohosky

- 4 Classes: Mar. 12 – Apr. 2  
  • Wednesday, 1:30 pm - 3:00 pm  
  • Wean Hall, 4708

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

Note: This course has been previously taught.

Patricia A. Tragesser has worked in the area of sleep medicine for 18 years. She is responsible for setting up and running the sleep lab at Mercy Hospital and is co-founder of Greater Pittsburgh Sleep Professionals. She still works as needed in the field of sleep for several labs. She has conducted workshops on sleep and mask-fitting for sleep technicians. Rebecca Rohosky is a registered polysomnography technician. She has an M.A. degree. She has 21 years experience in sleep medicine. She is co-founder of Greater Pittsburgh Sleep Professionals as well as manager of several sleep labs in the area. She has taught a course in medicine to sleep technicians in the respiratory therapy program at CCAC.

Understanding Autism Spectrum Disorder
Study Leader: Carla Weidman

- 5 Classes: Jan. 16 – Feb. 13  
  • Thursday, 9:30 am - 11:00 am  
  • Wean Hall, 4707

There has been a significant upsurge in the number of children who are diagnosed with autism spectrum disorder. The most recent information puts the number at 1 in 50, with a higher prevalence of the disorder in boys. This course will focus on understanding the behavioral considerations used in the diagnosis and treatment. For young children, these behaviors and skills will be discussed in light of typical developmental milestones. In addition, we will examine the various explanations of causes for this somewhat dramatic increase in the rates of autism. Well-respected interventions and treatments that support the child's strength and address areas of concern will be explored. Throughout the course, there will be a focus on the impact of autism on the child and family. While the information will be presented through lectures, videos, and readings, discussion will be welcomed.

Carla Weidman retired as a psychologist from the Child Development Unit at Children's Hospital of Pittsburgh, where she specialized in developmental evaluations of young children, including those with autism spectrum disorder. Prior to her time at Children's, she worked as a psychologist in the Departments of Psychiatry at both WPIC and Allegheny General Hospital. In addition to her ongoing psychology intern, she taught developmental and educational psychology courses at local universities. Following a baccalaureate degree in English, she earned a master's degree in social work from the University of Chicago and a Ph.D. in educational psychology from the University of Minnesota.

Biology of Sex and Gender
Study Leader: Betsy Peitz

- 5 Classes: Jan. 14 – Feb. 11  
  • Tuesday, 9:00 am - 11:00 am  
  • Wean Hall, 4707

While much of what we hear about sex and gender is old wives' tales, there have been many serious scientific studies on sex and gender. This course will attempt to explain some of the newer ideas in this field, including a discussion of chromosomal and non-chromosomal sex determination; the consequences of embryonic/fetal development, including developmental anomalies; and the role and function of sex hormones, including their proposed effects on the brain. Aspects of the molecular biology and mapping of the X and Y chromosomes will also be presented. Some behavioral issues will be discussed, including some recent surveys on homosexuality. Come with an open mind and prepare to be surprised.

Betsy Peitz received a Ph.D. degree in biology from Case Western Reserve University. During her graduate work, she focused on the area of reproductive physiology. She was a faculty member in the biology department at Cal State-Los Angeles for 28 years. Her teaching assignments there included human anatomy and physiology and the biology of aging. She also developed and taught a course on the biology of gender differences and she is still interested in the topics covered in that course. She has taught this course in the Pitt Osher Program.

Origin of Life
Study Leader: Alan Waggoner

- 6 Classes: Mar. 12 – Apr. 16  
  • Wednesday, 4:45 pm - 6:15 pm  
  • Mellon Institute

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

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

Brain Science and Brain Disease
Study Leader: Nathan Urban

- 5 Classes: Mar. 13 – Apr. 10  
  • Thursday, 3:15 pm - 4:45 pm  
  • Wean Hall, 4707

In this course, students will learn about the basic principles of brain function as they have been discovered over the last 60 years, and be exposed to some of the most recent research that seeks to understand the mechanisms that lead to brain disorders. In some cases, the class will examine the science behind newspaper accounts of “breakthroughs” to understand what is really so new about these discoveries. No specific science background will be assumed.

Note: This course has been previously taught.

Nathan Urban has a Ph.D. degree in neuroscience from the University of Pittsburgh and since 2002 has been in Carnegie Mellon's Biological Sciences department, where he has been department head since 2010. Using experimental and computational approaches, his lab studies how individual neurons (brain cells) function and communicate.

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CONTEMPORARY TOPICS

Enjoying the New Yorker
Study Leaders: Julian Eligator, Sylvia Sachs

• 6 Classes: Mar. 11 – Apr. 15  Class ID: 227
• Tuesday, 1:00 pm - 2:30 pm
• Friends Meeting House

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, retiring 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.

Family 101
Study Leader: Jim Smith

• 4 Classes: Jan. 14 – Feb. 4  Class ID: 311
• Tuesday, 1:00 pm - 2:30 pm
• Hunt Library, Osher Classroom

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 1965. 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, Mary, is the younger sister of two brothers and the older sister of two sisters and a brother. He is the father of two and grandfather of four.

Beyond Adversity (Part 2)
Study Leader: Patricia Pugh Mitchell

• 6 Classes: Mar. 11 – Apr. 15  Class ID: 283
• Tuesday, 5:30 pm - 7:00 pm
• Wean Hall, 4708

This course will continue to examine the progress of African Americans in the Smoky City in their quest for equality and respectability, including the issues of the dissolution of slavery, the “Double V” campaign launched by The Pittsburgh Courier during World War II, and the role that some of the region’s finest and fiercest advocates played in these efforts. Documentaries will be presented to augment the class material.

Patricia Pugh Mitchell is an avid writer, researcher, and curator of local African American history. A graduate of Hiram College with a B.A. in English, she holds master’s of arts degrees in teaching and history from the University of Pittsburgh. In addition, she is a graduate of Leadership Pittsburgh XII, and an active member of Delta Sigma Theta Sorority, Inc. Professionally, Patricia Pugh Mitchell is the former executive director of Kuumba Trust, an African American arts service and advocacy organization, past program director for African American and Adult Programs at the Heinz History Center, and former adjunct professor of English, African American Studies, and education at Chatham College, and at the Community College of Allegheny County, Allegheny Campus. A dedicated writer and researcher, Ms. Mitchell has served as author and co-author of several publications documenting the history of African Americans in Pittsburgh. Currently, Patricia is an educator at Squirrel Hill Classical Academy (Pittsburgh Public Schools) and a frequent consultant in the cultural community.

Understanding Seniors’ Insurance And Care Choices
Study Leader: Barbara Veazey

• 5 Classes: Mar. 10 – Apr. 7  Class ID: 322
• Monday, 3:15 pm - 5:15 pm
• Wean Hall, 4707

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

Note: This course has been previously taught.

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.

The Forgotten History of Allegheny County
Study Leader: Gary Rogers

• 6 Classes: Jan. 14 – Feb. 18  Class ID: 300
• Wednesday, 6:30 pm - 8:00 pm
• Wean Hall, 4707

The course will focus on the role that Pittsburgh/Allegheny County played in the history of our country. The class will examine many events of the area that have been lost or forgotten by the history books. The class will uncover history from the 18th, 19th, and 20th centuries that most people are not aware of. Topics include Allegheny County prior to 1800 and its role in world events and the formation of our country, Pittsburgh during the Civil War, the coal industry and the treatment of its workers, and the glass industry.

Note: This course has been previously taught.

Gary Rogers is an author/historian who focuses on the history of the Allegheny Valley. He is a graduate of Edinboro University and serves as president of the Oakmont Historical Society. He has written five books on the history of the area: Tales from Our Towns—People, Places, and Events Forgotten by the History Books, The Story of Edgarapped Hill, Images of Oakmont, The Chumping Bell—A History of Penn Hills and his latest book, All Around, A Historical Tour of Verona, PA.
This course will focus on famous people who were also physicians, medical doctors who were known for their works as writers such as Doyle, and composers such as Borodin. Our discussion will look at their lives, and how medicine played a role in them or not. We will examine the era from the 1700s to the present day. We will identify politicians who were also physicians as well as military leaders who decided not to practice medicine but to follow other pursuits. We will discuss their reasoning as far as possible. Students will be surprised at the number of people who fall in these categories. In many cases, medicine may not have been their first choice. We will look at the reasons why.

Dr. John Delaney is a former chairman of the Department of Psychiatry at the Western Pennsylvania Hospital. A practicing physician at West Penn Hospital, St. Margaret Hospital and Psychiatry at the Western Pennsylvania Hospital. A practicing physician at West Penn Hospital, St. Margaret Hospital and St. Margaret Hospital, he is also an associate professor of psychiatry and behavioral sciences at Temple University. He has been a member of the Allegheny County Medical Society since 1969, serving on the board of directors since 2001. He was board chair for 2011. Dr. Delaney was chief of staff and chief of neuropsychiatry at Pitt and CMU since 2005. He lived in Israel for 11 years. He has taught in the Osher program since 1980 and an M.A. in history (1974). He has written six books, of which four are related to Zionism and the Jewish Diaspora.

The class will also reexamine the Zionist dream. Participants, as early as the first day, will define what Zionism means to them and develop, by the last day, their own interpretation of what happened to the original dream: What is the reality? The course will also delve into the current political situation that has been affected by modern Zionist history. The required text for the course will be Dr. Frank’s newest book, The Origins of Democratic Socialism in Israel: Foundations and Leaders. The reduced cost is $13.00. The instructor will have the book available on the first day of class, along with numerous relevant handouts.

Please note: Fee: $13 for required textbook payable to the instructor.

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

1892 Homestead Strike: Historical Basis for Its Onset

Study Leader: Ken Kosta

• 2 Classes: Jan. 16 and Jan. 23
• Thursday, 3:15 pm - 4:45 pm
• Wean Hall, 4707

The Homestead steel strike of 1892 was not just an arbitrary event. Many seemingly incongruous circumstances in Pittsburgh’s industrial and labor history seemed to coalesce into a perfect storm that led to this tragic strike. This course will explore many of the seemingly unconnected issues that came together during the summer of 1892 at the mill in Homestead.

Ken Kosta is a retired 3rd generation steelworker with a B.S. degree in Mechanical Engineering from the University of Pittsburgh. He has co-authored several books about the Pennsylvania Railroad and steel industry in Pittsburgh as well as written a number of articles. Ken has a serious interest in the development of steelmaking in Pittsburgh and has donated numerous artifacts to the Steel Industry Heritage Corporation in Homestead.

Nazi Plunderers From Berlin And Restitution(?) for Holocaust Survivors

Study Leader: Harvey B. Meieran

• 6 Classes: Jan. 16 – Feb. 20
• Thursday, 9:30 am - 11:00 am
• Wean Hall, 4708

The Nazi plunderers from Berlin were the greatest pillagers in the history of the world. They started their pillaging in 1933 soon after they became masters of Germany. This activity continued for the next 12 years and ended only days before the end of World War II in Europe. The largest group of victims was the Jews of the 14 countries occupied by the Germans. These presentations will describe the procedures developed to steal art, property, finances, and personal treasures and transfer them to German banks and associated phony financial institutions. Some of the Nazi loot was returned to Holocaust survivors, but much of it has been lost or is still in the hands of third parties. These presentations will also discuss how some of the survivors received financial restitution from the German government and from the governments of countries that were occupied by the Germans, and the roles played by the so-called neutral governments during World War II.

Harvey Meieran is a retired engineer. His interest in the Holocaust and allied subjects stems from his knowledge of Holocaust history and the demise of its victims and the plight of its survivors. Many of his Norwegian relatives, including grandparents, perished in the death camps. Harvey has been a study leader at Osher for the past three years and is a member of its Curriculum Committee.
Voices and Choices of Pittsburgh Jewry, 1850s - Today

Study Leader: Arlene P. Shapiro

- 6 Classes: Mar. 10 – Apr. 21*  
  Class ID: 308  
  Monday, 1:00 pm - 3:00 pm  
  Wean Hall, 4708

*A note: Class will not meet on Apr. 14

This course will examine the Pittsburgh/american Jewish immigrant experience and the Jewish responses and accommodations to Pittsburgh and America over the past 150 years. We will discuss the history of the period and will listen to choice excerpts from the NCJW-Pittsburgh section oral history of Pittsburgh Jewish history. The information will inform and/or reinforce knowledge of Jewish history. Also, the course will help to explain the immigrant experience of Pittsburgh Jewry, of Jews in other American cities, and of other ethnic groups.

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

The Life of the Civil War Soldier

Study Leader: David Albert

- 5 Classes: Jan. 15 – Feb. 12  
  Class ID: 188  
  Wednesday, 9:00 am - 11:00 am  
  Wean Hall, 4707

This course focuses on the Civil War soldier - who he and, in some cases, she was, why he fought, and what he wore, ate, fought with, and experienced on a day-to-day basis, including drill, entertainment, medical care, and discipline. It is presented through lectures, slides and music.

David Albert is a retired Air Force officer. His interest in the Civil War began in 18 and is ongoing. He was a Civil War docent at the Alabama Department of Archives and History for 12 years. He has taught this course for Elderhostel, the UNC Asheville Lifetime Learning Program, and the University of Pittsburgh Osher program.

Do Revolutions Need Passports? The History of Nonviolence Without Borders

Study Leader: Nico Slate

- 1 Class: Feb. 26  
  Class ID: 310  
  Wednesday, 5:30 pm - 7:00 pm  
  Mellon Institute at CMU, Auditorium

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 cannons helpless before one human body. The historical analogy was obvious: Zuccotti Park is to democracy in 2011 as Tianannmen Square was to democracy in 1989. From Tianannmen 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.

Note: This course has been previously taught.

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 Greatest in Sports

Study Leader: Gerald Frankovich

- 6 Classes: Jan. 15 – Feb. 19  
  Class ID: 236  
  Wednesday, 11:15 am - 12:45 pm  
  Wean Hall, 4708

In the real world of religion, war, and politics, a person of considerable achievement might be awarded the sobriquet “The Great,” as were Alexander of Macedon and Catherine of Russia. However, in the artificial world of competitive sports, nickname-besowers sometimes get one better by naming a particular athlete or team as being “The Greatest.” Even some like Cassius Clay (later Muhammad Ali) self-proclaimed to the world “I am the Greatest”.

This course about sports “Greatest” doesn’t get bogged down with batting averages, race times or points per game. Though these are meaningful, this course follows a different tack. The session on “Debuts” explores Jackie Robinson’s monumental breaking of the 60-year race-barrier in Major League Baseball. “Streaks” cites the University of Oklahoma’s football team winning 47 consecutive games, and offers video of Notre Dame breaking it by scoring the game’s only TD. “Perfection” highlights gymnast Nadia Comaneci’s first ever Olympic perfect score, and you can witness that 1976 performance. During “That’s Entertainment,” you might chuckle at perhaps the greatest stand-up comedy skit of all time, Abbott and Costello’s “Who’s on First?” This course is unique. Come and join in on the above and much more.

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

The Great War - WWI - 1914-1918

Study Leader: Sheila Werner  

- 6 Classes: Mar. 10 – Apr. 21  
  Class ID: 329  
  Monday, 11:15 am - 12:45 pm  
  Wean Hall, 4708

*Note: Class will not meet on Apr. 14

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

Note: This course has been previously taught.

Sheila Werner graduated as a European history major from the Universities of Michigan and Pittsburgh. She earned a master’s degree and completed her doctoral studies in French and German histories, 1789-1945, from Pitt. She has lectured on European history at Pitt and at the Pittsburgh Holocaust Center on the German background to the Holocaust.
Cruise Ship Mishaps
Study Leader: Benjamin Wechsler

- 5 Classes: Jan. 14 – Feb. 11  Class ID: 325
- Tuesday, 11:15 am - 12:45 pm
- Wean Hall, 4708

Taking a cruise today is very safe. Over 15 million people do it each year. But in 1912 the R.M.S. Titanic ensured that its name would never be forgotten by sinking on its maiden voyage. Thus began a major change in safety requirements that goes on to this day. The Andrea Doria, one of the most beautiful liners of the 1950s, is remembered not for her beauty, but rather for her dramatic sinking after she collided with the Stockholm in fog off Cape Cod. How could this have happened? In 2012, the Costa Concordia ran aground and ended up lying on its side next to Giglio Island, Italy. More recently, the Carnival Triumph was adrift and then towed into port, having lost all power. This class will explore these and other famous and infamous cruise ship mishaps (sinking, collisions, and groundings) and focus on what caused those events. Additionally, students will explore what to look for when taking a boat excursion on vacation, and what to look for and think about on a cruise ship.

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

Professional Baseball in Pittsburgh: Pirates, Alleghenies, Grays, and Crawfords
Study Leader: David Fortun

- 6 Classes: Mar. 14 – Apr. 25*  Class ID: 234
- Friday, 9:30 am - 11:00 am
- Wean Hall, 4708

*Note: Class will not meet on Apr. 18

Pittsburgh has a rich tradition in professional baseball that originated in 1887 with the arrival of the Pittsburgh Alleghenies to the North Shore. The 20th century was highlighted by championships won not only by the Pirates but also by the Negro League teams representing Pittsburgh: the Homestead Grays and the Pittsburgh Crawfords.

Jim O’Brien is a renowned story teller, to the Pirates, Penguins, Steelers, and local college and high school teams. Jim O’Brien is a columnist for the "Pittsburgh Post-Gazette" and is a longtime member of the "Street & Smith's Basketball Yearbook". He has authored 25 books, 23 in his Pittsburgh Proud series. His latest book is "Chuck Noll: A Winning Way.

Ancient Rome: Republic to Empire
Study Leader: David H. Wollman

- 6 Classes: Jan. 13 – Feb. 17  Class ID: 333
- Monday, 11:15 am - 12:45 pm
- Wean Hall, 4707

This course will survey the history and culture of Ancient Rome: its origins; its becoming a republic; its expansion throughout the Mediterranean world; its political and social crisis; its subsequent transformation into an empire, first as the Principate and later as the Dominate; and finally its decline and fall.

David Wollman has a Ph.D. degree from the University of Wisconsin. He was also a Fulbright Scholar at the University of London while working on his dissertation. He lived in London for nearly 2 years and has taken students there 15 times for 2-4 weeks at a time. For over 35 years, he taught about every type of history, except American history, mostly at Geneva College. He has served as a department chair for 28 years and as an academic dean for over 3 years at an affiliate program of Geneva College in Philadelphia, the Center for Urban Theological Studies. Dr. Wollman has also taught at the Lutheran Christian College (now LCC International University) in Klaipeda, Lithuania.

Votes for Women: The Long Struggle for Women’s Suffrage
Study Leader: Joan Gundersen

- 5 Classes: Jan. 13 – Feb. 10  Class ID: 246
- Monday, 9:30 am - 11:00 am
- Wean Hall, 4708

The struggle for women to vote and have a voice in government in America has stretched over three centuries. We will meet some of the individual women who tried to claim political rights and look at the organizations and movements women formed in pursuit of their rights. Despite internal conflicts, differing visions about which women should vote, and deep divisions on how to achieve that end, these women and their male allies eventually created a revolution in American politics which is still working itself out. In five sessions, the class will look at early voices, the impact of the civil war, partial and state suffrage, the struggle for ratification of the Woman’s Suffrage Amendment, and the ways this is still an unfinished revolution. There will be some attention to the role of Pittsburgh in the struggle for women’s votes.

Joan Gundersen is professor emeritus of history at California State University San Marcos. Author of 7 history books, and numerous scholarly articles, she taught women’s history for more than 30 years at a variety of institutions, including Vanderbilt University, St. Olaf College, CSU San Marcos, and Elon University. She came to Pittsburgh in 2000 as a senior administrator for Chatham University. She currently works for the Episcopal Diocese of Pittsburgh as an archivist and has been a visiting scholar in Women’s Studies at the University of Pittsburgh. recipient of several awards for teaching and writing, she enjoys sharing the fascinating world of women’s history with others.

Pittsburgh’s Rich Sports History
Study Leader: Jim O’Brien

- 5 Classes: Mar. 13 – Apr. 10  Class ID: 285
- Thursday, 11:15 am - 12:45 pm
- Wean Hall, 4707

Anyone who cares about Pittsburgh sports will learn more about local teams, ballfields, stadiums, and stories relating to the Pirates, Penguins, Steeler, and local college and high school teams. Jim O’Brien has been a renowned story teller, and he will share stories based on personal experience that will provoke constant responses of “I didn’t know that.” Students will be asked to share unique sports tales of their own, based on games they saw or athletes they met. Many behind-the-scenes stories and insights will be shared. Readings in newspapers, magazines, and books will be suggested, but no reading or writing will be required.

The late Myron Cope called Jim O’Brien Pittsburgh’s premier sports author and historian. O’Brien is a columnist for the Pittsburgh Post-Gazette and is a founding editor of Street & Smith’s Basketball Yearbook in 1970. He has authored 25 books, 23 in his Pittsburgh Proud series. His latest book is Chuck Noll: A Winning Way. He has taught at Robert Morris University, the University of Pittsburgh, and Point Park University. He is a frequent guest on Pittsburgh radio and TV.

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The Future of Nuclear Weapons and Nuclear Power

Study Leader: Lincoln Woldenstein

- 6 Classes: Mar. 12 – Apr. 16  
- Wednesday, 1:30 pm - 3:00 pm  
- Wean Hall, 407

This course will review the history of nuclear weapons and nuclear power. We will discuss the possibility for serious reductions in nuclear weapons as well as the issue of nuclear proliferation. Arguments for and against nuclear power as a major energy source will be analyzed.

Lincoln Woldenstein was educated at the University of Chicago, receiving his Ph.D. degree in physics in 1949. He joined the Carnegie Tech faculty in 1948 and is now University Professor of Physics at Carnegie Mellon. His research in the area of theoretical elementary particles was recognized by election to the National Academy of Sciences in 1978 and the award of the J.J. Sakurai Prize by the American Physical Society in 1992. He has worked with a number of organizations, including the Federation of American Scientists, on issues concerning nuclear weapons. For many years, he gave a course to undergraduate students on the Nuclear Era.

Power and Politics In Organizations

Study Leader: Jack Yoedt

- 6 Classes: Mar. 12 – Apr. 16  
- Wednesday, 9:30 am - 11:00 am  
- Wean Hall, 407

The objectives of this course are to understand the concepts and processes of power, politics, and persuasion within organizations, which are essential to accomplishing their goals. These concepts and processes get things done, but they can also be abused, and personal or political goals can overshadow organizational ones. This course will provide a framework for intelligently analyzing the sources of power in organizations and its attainment and effective use. Participants will increase their ability to think through and apply concepts of power and influence as well as to understand the consequences of their use. They will develop confidence and increased skills in diagnosing power situations, managing conflict, and using political strategies to get things done in the workplace and other organizations.

Jack Yoedt holds a B.A. degree in economics from Washington and Jefferson College. He received a Juris Doctor degree from Duquesne University School of Law in 1974 and has been a member of the Pennsylvania Bar since 1974. In 1984 he passed the Uniform Certified Public Accounting examination in Pennsylvania. He has been a commissioner with the Federal Mediation and Conciliation Service since 1988. He has been an adjunct professor at Duquesne University School of Law since 1999. He has worked with a number of organizations, including the Pennsylvania Bar Institute, and a master of business administration degree from Rensselaer Polytechnic Institute, and a master of science degree in engineering science from Rensselaer Polytechnic Institute, and a master of business administration degree from University of Pittsburgh. Of course, none of these has a direct relationship to the class he proposes to lead. He has engaged in test study of the Bible for over 35 years, studying with a number of well-respected scholars. Although his past studies have been in a Jewish context, he is certain that the moral lessons of the early parts of the Bible can and should be understood and appreciated by people of all faith communities.

Global Language Hotspots

Study Leader: Paul Hopper

- 6 Classes: Jan. 15 – Feb. 19  
- Wednesday, 11:15 am - 12:45 pm  
- Wean Hall, 407

For many people, language is a life-or-death issue, one that may have real significance in daily life. Many of the brushfire and regional wars that flare up from time to time have a language quarrel lurking among the causes (Afghanistan is an example). Yet the nature and role of the languages themselves is often poorly understood by policymakers and commentators. In this course, we will survey a number of cases around the world in which language is a major cause, or at least a significant and overlooked factor, in a local conflict. Some of the factors that influence the severity of these linguistic tensions are: official vs. unofficial status; different writing systems; languages coming from different families; differences in grammatical and phonetic complexity; prestige vs. non-prestige forms of the same language; resentment toward new settlers and colonial governments; the political revival of a receding language; politically managed recognition of dialects as separate languages; breakaway nationalist movements; and consciousness of a special historical tradition. The course will consist of illustrated lectures and class discussion. There are no required readings, although purely voluntary, optional literature will be indicated from time to time. Participants are encouraged to bring personal histories or observations of linguistic conflicts, predicaments, etc. for discussion.

Paul J. Hopper is the Paul Mellon Distinguished Professor Emeritus of Humanities at CMU. He taught courses on language and culture, language history, and linguistics in the English Department for 20 years. His previous Osher courses have been on The Words of English and Languages of the World.

Save The Date

Holiday Luncheon

Friday, December 13, 2013  
PAA - Pennsylvania Room

Great food and lively performances by Connie Rapp’s Singing for Fun class and Errol Miller!  
Call 412-268-7489 to make a reservation

The Moral Lessons of Genesis: Bible Stories for Adults

Study Leader: Bruce Antoff

- 6 Classes: Jan. 15 – Feb. 19  
- Wednesday, 9:30 am - 11:00 am  
- Wean Hall, 407

The Bible is not a children's book, but the only exposure most of us have had to the Book of Genesis was as children's Bible stories. And yet these stories are crucial to understanding the developing relationship between God and people, and that is one of the basic themes of the Bible. Whether you approach it as divine revelation or human creation, or any combination of the two, the Bible has valuable lessons for those who take it seriously. This class will help you discover (or rediscover) some of those lessons.

This is a continuation of the course begun in the fall 2012 semester. The class will begin where we left off then, reading the actual text, and stopping to discuss what lessons it is trying to teach and how those lessons are relevant to us. Students who were not in the previous class are welcome. The study leader will summarize what the class did last semester. The intent is to pick up the story in subsequent semesters until we cover the entire book.

Note: This is a repeat of the series given previously.

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

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Fifty years ago, there was little mention of these great world religious in U.S newspapers, magazines, radio, TV, or even in general conversation. Today there are constant references to them in their influence on international events and their impact on Western culture. The primary goal of this course is to present a basic and accurate understanding of the most important and most frequently mentioned teachings of these religions which have often been misrepresented in our various avenues of communication. One of the fundamental results of this course will be to help its participants read the newspapers, magazines, and the Internet; to watch and listen to radio and TV about these religions with greater confidence; and to be able to critique the many misleading comments about them.

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

Jesus as Seen With Different Eyes

Study Leader: Donald Dutton

- 6 Classes: Jan. 17 – Feb. 21
- Class ID: 226
- Friday, 9:30 am - 11:00 am
- Wean Hall, 4707

This course is about Jesus - object of faith and object of critical understanding. Through the centuries, many have believed in him as the Son of God. But at least since Reformation in the 16th century, many have sought to see him as a figure of history. In our own time Jewish and Muslim scholars [e.g., Reza Aslan’s best-selling book Zealot: The Life and Times of Jesus of Nazareth] have also joined the conversation. In lecture and discussion, we will look at both the history of faith in Jesus and the modern skepticism about him.

Donald Dutton is a retired Presbyterian minister, and has served as co-pastor of Providence Presbyterian Church on the North Side for over 20 years. Rev. Dutton is keenly interested in the social and theological writings of Karl Barth, and has a special interest in ecumenical relationships bridging different faith traditions.

Toward a Meaningful Life

Study Leaders: Moish Tombosky, Rochel Tombosky

- 6 Classes: Jan. 15 – Feb. 19
- Class ID: 319
- Wednesday, 1:30 pm - 3:00 pm
- Hunt Library, Osher Classroom

Study Leaders Moish and Rochel will creatively delve into different chapters from the highly recommended book, Toward a Meaningful Life, by Rabbi Simon Jacobson. This course will give Jews and non-Jews alike a fresh perspective on love, productivity, education, health and fitness in a relaxed, non-threatening, and creative atmosphere. Participants will delve into the deeper meaning of their modern lives based on Chassidic wisdom. The recommended book can be purchased through Amazon, Barnes & Noble, Pinuker’s (2028 Murray Avenue), and can also be found in the Carnegie Library and CMU library.

Rabbi Moish & Rochel Tombosky are a husband and wife team. Together they own a non-medical caregiving agency. Among the accomplishments of the two of them are graduate of the Pittsburgh Beauty Academy, graduate of the Pittsburgh Art Institute, volunteer firefighter, cosmetic line/makeup artist entrepreneur, synagogue cantor, patient advocate and parents of seven children. They are sought out as inspirational speakers in the Pittsburgh area. With their diverse and interesting backgrounds they make the perfect couple to lead this class.

I wish I knew the answer to this question! Prompted by the last scene in Fiddler on the Roof and inspired by millennia of religious thought and action, in this course we will aim to uncover the core concepts around how Judaism, Christianity, and Islam view the Messiah. We will begin with an exploration of the history of the idea and the core concepts that serve as the foundations for later beliefs. We will look throughout history at those who have claimed to be the Messiah, but, alas, failed in delivery. We will explore divergent opinions among Jews (Reform, Zionists, Chabad) and respectfully compare Jewish, Christian and Moslem beliefs. Most important, we will create a safe space to talk about the ways that these concepts might impact our lives today and how we might be a part of the Messianic solution no matter our faith or lack thereof. The world will be better for our children and their children because of your participation in this conversation. People of all faiths or no faith are welcome for these interactive and provocative conversations.

Rabbi Ronald B.B. Symons came to Temple Sinai in 2008 as director of lifelong learning. His work in the Midrash Center for Jewish Lifelong Learning enables him to supervise and mentor educators and provide direct learning opportunities for congregants across the generations. Rabbi Symons also serves as the director of Tikvah Olam Center for Jewish Social Justice. In this role, he works cooperatively to serve those in need within the Greater Pittsburgh community. Rabbi Symons is committed to text-based learning that leads to intellectual, spiritual, and socially responsible Jewish living. He is the vice president of the Gamaliel Foundations National Clergy Caucus which strives to bring clergy of all faiths from around the country into strategic conversations about congregation based community organizing.
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<td>David Albert</td>
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<tr>
<td>9:30 am - 11:00 am</td>
<td>The Moral Lessons of Genesis: Bible Stories for Adults</td>
<td>189</td>
<td>Bruce Antonoff</td>
<td>61</td>
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<tr>
<td>10:00 am - 12:00 pm</td>
<td>Age Well, Age Wisely</td>
<td>204</td>
<td>Linda Bloom</td>
<td>43</td>
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<tr>
<td>10:00 am - 12:00 pm</td>
<td>Writers’ Workshop</td>
<td>291</td>
<td>Joan Peterson</td>
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<tr>
<td>10:45 am - 12:15 pm</td>
<td>National Aviary Lecture and Tour</td>
<td>229</td>
<td>Pilar Fish</td>
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<tr>
<td>11:15 am - 12:45 pm</td>
<td>The Greatest in Sports</td>
<td>236</td>
<td>Gerald Frankovich</td>
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<tr>
<td>11:15 am - 12:45 pm</td>
<td>Global Language Hotspots</td>
<td>252</td>
<td>Paul Hopper</td>
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<td>1:00 pm - 3:00 pm</td>
<td>How to Look Younger Without Plastic Surgery</td>
<td>298</td>
<td>Janis Ramey</td>
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<tr>
<td>1:00 pm - 3:00 pm</td>
<td>Three Great World Religions: Hinduism, Buddhism, Islam</td>
<td>266</td>
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<tr>
<td>1:30 pm - 3:00 pm</td>
<td>Faulkner’s The Sound and the Fury</td>
<td>305</td>
<td>Mary Schuhofen</td>
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<td>1:30 pm - 3:00 pm</td>
<td>Toward a Meaningful Life</td>
<td>319</td>
<td>Mosih Tomshody,</td>
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<td>1:30 pm - 3:00 pm</td>
<td>Gardening the Right Way</td>
<td>256</td>
<td>Joan Kimmel, Lynne Weber</td>
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<tr>
<td>3:15 pm - 4:45 pm</td>
<td>The Intersection of Race and Criminal Justice</td>
<td>334</td>
<td>Barbara Wolowitz</td>
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<tr>
<td>3:15 pm - 5:15 pm</td>
<td>Seasoned Investors</td>
<td>288</td>
<td>Brett Pechersky</td>
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<td>3:30 pm - 5:00 pm</td>
<td>Come and Tour the Gates and Hillman Buildings on the Carnegie Mellon Campus</td>
<td>212/213</td>
<td>Catherine Copetas</td>
<td>43</td>
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<tr>
<td>5:30 pm - 7:00 pm</td>
<td>Do Revolutions Need Passports? The History of Nonviolence Without Borders</td>
<td>310</td>
<td>Nico Slate</td>
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<td>6:30 pm - 8:00 pm</td>
<td>Wine Appreciation - Italy’s Sangiovese Wines</td>
<td>232</td>
<td>Chris Forbes</td>
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<td>7:00 pm - 9:00 pm</td>
<td>Bridge for Tournament Club Players</td>
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<td>James R. Klein</td>
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<td>Make a Memory Wire Bracelet</td>
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<td>Jesus as Seen With Different Eyes</td>
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<td>Falun Dafa: Movement and Meditation</td>
<td>254</td>
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<td>11:15 am - 12:45 pm</td>
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<td>1:00 pm - 4:00 pm</td>
<td>Knitting 101</td>
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<td>4:00 pm - 5:00 pm</td>
<td>Concert Series: An Inside View of the CMU School of Music</td>
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<td>Mastering Apple iMovie</td>
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<td>10:00 am - 12:00 pm</td>
<td>Doing the Same Things in an Easier Way: An Introduction to the Alexander Technique</td>
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<td>11:15 am - 12:45 pm</td>
<td>&quot;The Great War&quot; - WWI - 1914-1918</td>
<td>329</td>
<td>Sheila Werner</td>
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<td>1:00 pm - 2:30 pm</td>
<td>Latin Social Dances: Salsa, Merengue, Cha-Cha, Bachata</td>
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<td>1:30 pm - 3:00 pm</td>
<td>New Topics in Archaeology of Ancient Israel</td>
<td>261</td>
<td>Ram Kossowsky</td>
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<td>3:15 pm - 5:15 pm</td>
<td>Understanding Seniors’ Insurance and Care Choices</td>
<td>322</td>
<td>Barbara Veazey</td>
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<td>4:00 pm - 5:00 pm</td>
<td>The Art of the City</td>
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<td>Kristen Link</td>
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<td>6:30 pm - 8:30 pm</td>
<td>Backyard Astronomy-Participating in Science</td>
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<td>Collage Workshop</td>
<td>221</td>
<td>Diane Curtin</td>
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<tr>
<td>9:30 am - 11:00 am</td>
<td>Questioning the Criminal Justice System</td>
<td>281</td>
<td>Errol S. Miller</td>
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<td>10:45 am - 12:15 pm</td>
<td>Power and Politics in Organizations</td>
<td>335</td>
<td>Jack Yoedt</td>
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<td>11:00 am - 12:15 pm</td>
<td>Tamburitzan Kolo Dancing</td>
<td>304</td>
<td>George Schexnayder</td>
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<td>11:30 am - 1:00 pm</td>
<td>Get Fit - A Fun Latin Cardio Workout</td>
<td>294</td>
<td>Connie Pollock</td>
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<tr>
<td>11:30 am - 1:00 pm</td>
<td>Zionist Profiles and History</td>
<td>235</td>
<td>Ivan C. Frank</td>
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<td>1:00 pm - 3:00 pm</td>
<td>Macbeth as an Aristotelian Tragic Hero</td>
<td>301</td>
<td>Patricia S. Rose</td>
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<tr>
<td>1:30 pm - 3:00 pm</td>
<td>Whiskey and Rebellion at Pittsburgh’s Only Distillery</td>
<td>280</td>
<td>Mark C. Meyer</td>
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<td>1:30 pm - 3:00 pm</td>
<td>Spanish for People With Basic Knowledge</td>
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<td>Mariana Miranda</td>
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<td>1:00 pm - 2:30 pm</td>
<td>Art of Audience Engagement</td>
<td>277</td>
<td>Monique Mead</td>
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<tr>
<td>1:00 pm - 2:30 pm</td>
<td>More Low Calorie, Fat &amp; Cholesterol Food</td>
<td>259</td>
<td>Al Kosmal</td>
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<tr>
<td>2:30 pm - 4:30 pm</td>
<td>Managing Stress for Better Mental and Physical Health</td>
<td>295</td>
<td>Bruce S. Rabin</td>
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<td>12:00 pm - 1:20 pm</td>
<td>Enjoying the New Yorker</td>
<td>227</td>
<td>Julian Eligator, Sylvia Sachs</td>
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<td>1:00 pm - 3:00 pm</td>
<td>overview of fraud and forensics</td>
<td>194</td>
<td>Mary Anne Basilone</td>
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<td>1:00 pm - 3:00 pm</td>
<td>The Life and Music of Tchaikovsky</td>
<td>218</td>
<td>Cleon Cornes</td>
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<tr>
<td>3:15 pm - 5:15 pm</td>
<td>Understanding and Managing Your Personal Finances</td>
<td>307</td>
<td>Marcia Semper</td>
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<tr>
<td>3:30 pm - 5:00 pm</td>
<td>More Low Calorie, Fat &amp; Cholesterol Food</td>
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<td>Al Kosmal</td>
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<td>3:45 pm - 5:15 pm</td>
<td>Real Astronomy Versus Myth and Science Fiction</td>
<td>238</td>
<td>Michael K. Gainer</td>
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<td>5:00 pm - 7:00 pm</td>
<td>Beyond Adversity (Part 2)</td>
<td>283</td>
<td>Patricia Pugh-Mitchell</td>
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<td>Beyond Adversity (Part 3)</td>
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<td>6:30 pm - 8:00 pm</td>
<td>Beyond Adversity (Part 6)</td>
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# THURSDAY  
## Session TWO / March 10 - May 2

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<tr>
<td>9:00 am - 11:00 am</td>
<td>Energy, Alternative Energies, Pollution of Environment and Global Warming</td>
<td>214</td>
<td>Norman Chigier</td>
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<tr>
<td>9:30 am - 11:00 am</td>
<td>French for Travelers</td>
<td>339</td>
<td>Betsy Binder</td>
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<tr>
<td>10:00 am - 12:00 pm</td>
<td>Helping to Save an Ailing Planet</td>
<td>248</td>
<td>Alberto Guzman</td>
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<tr>
<td>11:15 am - 12:15 pm</td>
<td>Introduction to Excel</td>
<td>243</td>
<td>Byron Gottfried</td>
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<tr>
<td>11:15 am - 12:45 pm</td>
<td>Demystifying the Line II</td>
<td>196</td>
<td>Gary L. Bates</td>
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<tr>
<td>1:00 pm - 2:30 pm</td>
<td>Debussy’s Piano Music: A Contemporary View</td>
<td>314</td>
<td>Henry Spinelli</td>
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<tr>
<td>1:00 pm - 3:00 pm</td>
<td>Singing for Fun</td>
<td>299</td>
<td>Constance Rapp</td>
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<tr>
<td>1:30 pm - 3:00 pm</td>
<td>Organizing for Seniors</td>
<td>276</td>
<td>Leslie McKee</td>
<td>40</td>
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<tr>
<td>1:30 pm - 3:00 pm</td>
<td>Cinema Arts: The Documentary - IV</td>
<td>247</td>
<td>Charles Giassmire</td>
<td>10</td>
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<tr>
<td>1:30 pm - 3:00 pm</td>
<td>Writing for Fun and Exercising Your Brain</td>
<td>225</td>
<td>Ruth Drescher</td>
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<tr>
<td>3:15 pm - 4:45 pm</td>
<td>Feeling Better - Therapeutic Exercise and Stretching Class</td>
<td>313</td>
<td>Tasso Spanos</td>
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<td>5:30 pm - 6:30 pm</td>
<td>Brain Science and Brain Disease</td>
<td>320</td>
<td>Nathan Urban</td>
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<td>5:30 pm - 7:00 pm</td>
<td>An Introduction Into the Creative Process of Plays</td>
<td>203</td>
<td>Richard Block</td>
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<td>5:30 pm - 7:00 pm</td>
<td>Explore Your Life Story through Numerology</td>
<td>253</td>
<td>LaVerne Hotep</td>
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<tr>
<td>6:15 pm - 8:00 pm</td>
<td>What Do We Do With 16 Guys Who Can’t Sing, Dance or Act</td>
<td>217</td>
<td>Richard Cohen</td>
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<td>3:15 pm - 4:45 pm</td>
<td>Feeling Better - Therapeutic Exercise and Stretching Class</td>
<td>265</td>
<td>Edgar Landerman</td>
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<tr>
<td>5:30 pm - 6:30 pm</td>
<td>An Introduction Into the Creative Process of Plays</td>
<td>203</td>
<td>Richard Block</td>
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<tr>
<td>5:30 pm - 7:00 pm</td>
<td>Explore Your Life Story through Numerology</td>
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<td>Professional Baseball in Pittsburgh: Pirates, Alleghenies, Grays, and Crawfords</td>
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<td>Gender Roles in Societies</td>
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<td>1:00 pm - 3:00 pm</td>
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<td>Mastering Katie Lee’s Fundamental Graphite Techniques</td>
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<td>1:00 pm - 3:00 pm</td>
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<td>Writing for Fun and Exercising Your Brain</td>
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<td>Feeling Better - Therapeutic Exercise and Stretching Class</td>
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<td>An Introduction Into the Creative Process of Plays</td>
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GENERAL INFORMATION & POLICIES

Classroom Locations
Most Osher courses this term will be held in the following campus-off-campus 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. 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
Map #

Baker Hall
3A

College of Fine Arts (CFA)
5

Cytel Hall
6

Gates Center
9A

Hillman Center
9B

Hunt Library — lower level
12

Mellon Institute
13

Porter Hall
3B

Purnell Center — Chosky Theater
20

University Center — McConomy Hall
30

Wean Hall — Rooms 4625, 4707, 4708, and 5201
32

OFF-CAMPUS

Address

Beth Shalom
5915 Beacon St., Squirrel Hill

Carnegie Museum of Art
4400 Forbes Avenue, Oakland

Carnegie Museum of Natural History
4400 Forbes Avenue, Oakland

Carnegie Science Center
1 Allegheny Ave, North Side

City Theatre
1300 Bingham St., South Side

Dance Alley
5530 Penn Ave. at Stratford East Liberty

Friends Meeting House
4836 Ellsworth Ave., Oakland

Kate Joyce Co.
201 N. Braddock Ave., Point Breeze

Knit One
2721 Murray Ave., Squirrel Hill

Mattress Factory
500 Sampsonia Way, North Side

National Aviary
700 Arch Street, North Side

Regent Square Theatre
1035 S. Braddock Ave., Point Breeze

Rodef Shalom Temple
4905 Fifth Ave., Oakland

Temple Sinai
5505 Forbes Ave., Squirrel Hill

Wigle Whiskey
2401 Smallman St., Strip District

Wilkins Community Ctr.
7604 Charleston Ave., Regent Sq.

Parking
Garage/Lot
Address
Map #

East Campus Parking Garage*
Forbes Ave.
P6

RMCIS Parking Garage*
S. Neville St.
P16

Gates Bldg Parking Garage*
Hamerschlag Dr.
P9

Morewood Avenue Lot
FREE, beginning at 4:30pm
South Craig St.
P13

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

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 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.

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.
  - Let us know if you cannot receive emails. If time permits, we will send you notices by snail mail or will call you. Be sure to check your messages.

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.

Photos and Videos
- Photographs and videos are taken at many Osher events. We encourage our members to share their photos and videos with the Institute, 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.

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 attend at least half the 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 the attendance sheet, and/or notify the office.
5. Controversy is a great stimulus to learning but 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 only with the approval of the Osher office and the instructor.
7. Please be sure to complete a course evaluation form for each last class. This provides valuable information for the Curricular Committee.
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.

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OSHER at Carnegie Mellon
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REGISTRATION INFORMATION

Registration Fee and Discount
The registration fee per term is $65.00 for an unlimited number of courses. If your registration form is received by the office by January 1, 2014, a $15.00 discount will apply and only $50.00 will be due.

Registration Forms
• To register for your winter/spring term courses, please use the registration form(s) supplied on pages 75 and 77. 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. To register for a course, your 2014 membership must be paid along with your registration fee and all material fees.
• If you have email, as you are registered, a “confirmation of registration” form will be automatically emailed to you for your completed registration(s).
• If you do not have email, a “current registrations” form will be returned to you.
• To register (a course) after sending in your registration form, please call the office at 412-268-7489. If you want to drop a course, please also notify the office so another member can attend.

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 materials fees, materials fees are non-refundable.
• If you cancel all your courses before the courses begin, you may request a refund minus a $10 administrative fee and any materials fees(s). Material fees will be refunded if they have not already been paid to the instructor and/or at the discretion of the Registrar.

Confirmation Letters
If you wish to add or drop any classes, email the office at: osher-registrar@andrew.cmu.edu or call 412-268-7489.

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 a full refund of your registration and materials fee(s).

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:

- New Year’s Day: Jan. 1, 2014
- The day before Passover: April 14, 2014
- Good Friday: April 18, 2014
- Memorial Day: May 26, 2014
- Independence Day: July 4, 2014
- Labor Day: Sept. 1, 2014
- First full day of:
  - Rosh Hashanah: Sept. 25, 2014
  - Yom Kippur: Oct. 4, 2014
  - Thanksgiving Day: Nov. 27, 2014
  - Friday after Thanksgiving: Nov. 28, 2014
  - Christmas Eve: Dec. 24, 2014
  - Christmas Day: Dec. 25, 2014
  - New Year’s Eve: Dec. 31, 2014

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.

Questions? Please call the Registrar at 412-268-7489 or email us at osher-registrar@andrew.cmu.edu.
Osher is a member-driven organization and we rely upon and encourage active participation. While service is voluntary, it is a great way to meet new people and is very much appreciated.

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

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

Consider becoming a Study Leader!

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

________________________________________________________________________________________________________________________

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 your convenience, you can add a donation in any amount, to the registration form.

Register 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.
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.

**Consider a gift to Osher at CMU through your estate or retirement plan.**

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.

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

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**VOLUNTEERING FORM**

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