Dear Osher Member,

While it is true that there is no preordained march toward senescence, studies show that education may help delay age-related declines. “Education seems to be an elixir that can bring us a healthy body and mind throughout adulthood and even a longer life,” says Margie E. Lachman, a psychologist at Brandeis University who specializes in aging. For those in midlife and beyond, a college degree appears to slow the brain’s aging process by up to a decade, adding a new twist to the cost-benefit analysis of higher education. Cohn, P. (2012, January 19). A Sharper Mind, Middle Age and Beyond. The New York Times. Retrieved from www.nytimes.com.

While the Osher Lifelong Learning Institute does not offer college degrees, it does offer over 120 tremendous opportunities this summer to exercise one’s mind, as evidenced by the catalog you’re now holding. Osher gives you the opportunity to spend this summer immersed in as many courses as you can handle, from a course about fine art, page 5, to “A Journey up the Amazon River,” on page 59.

Registration for the summer term opens at noon on Tuesday, April 7. If you plan to have the office register you, you may turn in your registration form at any time. Paper registrations are entered by the staff in date order received starting at noon on April 7. Please note that if you can, it is to your advantage to self-register online. While there were a few glitches with the registration process last time, our software company has assured us that registration will go smoothly this summer.

Since seating is often limited, your courtesy and assistance is appreciated: Sign up for courses only when you plan to attend the majority of class meetings; If your plans change, contact the Osher Office (412-268-7489) promptly to drop the course. This allows the next person on the waiting list to attend; Registration is limited to only one course at the same time on the same day; Attend only the courses for which you have received a course confirmation.

Besides registering for courses, remember to register for the Osher Annual Meeting, held this year on the Gateway Clipper on Thursday, April 23, and for the Annual Picnic, scheduled for Monday, August 31 on the lawn next door to Baker Hall.

Finally, please check your emails daily for course adjustments and on Fridays for the Osher weekly electronic newsletter that is full of important information and additional activities.

See you in class!
Lyn Decker / Osher Registrar
# What interests you? Find your courses by topic.

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**Session Dates**

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

Should you wish, you may make a contribution to the Osher Annual Fund by calling the office at 412-268-7489. Thank you in advance for your generosity.

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CONTACT INFORMATION
Osher Lifelong Learning Institute
Carnegie Mellon University
Hunt Library
4909 Frew Street
Pittsburgh, PA 15213-3833

Please include your return address on all mail sent to the Osher office.
Phone: 412.268.7489
Fax: 412.268.5833
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Website: www.cmu.edu/osher
ART

The Eyes Have It

Study Leader: Michael Berger

• 6 Classes: May 22 – Jun. 26  
  Class ID: 859
• Friday, 11:15 AM - 12:45 PM
• Wean Hall, 4707

This course will address the following questions: Is fine art democratic or elitist? Can you select a work of art, or does it require expertise? How would you describe what you see? What criteria would lead you to buy a work of art? Class members will be expected to write a short essay discussing a particular work of art and stressing what they see.

Please note: This class will take place at various venues. Students should read the introduction, and first two chapters of Beauty: A Very Short Introduction, by Roger Scruton, available on Amazon.

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

The Andy Warhol Museum

Study Leader: Leah Morelli

Materials Fee: $50*

• 4 Classes: May 12 – Jun. 2  
  Class ID: 908
• Tuesday, 10:00 AM - 12:00 PM
• Warhol Museum, 117 Sandusky St., North Shore

Andy Warhol started painting portraits on commission in the early 1960s. These works developed into a significant aspect of his career and were a main source of income in the 1970s. Many of his subjects were well-known in international social circles, the art world, and the entertainment industry. Warhol used photographic silkscreen to create both his commissioned and celebrity portraits. This method of printing creates a very precise and defined image and allows the artist to mass-produce a large number of prints with relative ease. During this course you will learn the photographic silkscreen process from beginning to end and make your own portraits and pop-prints of yourself or someone else.

Leah Morelli is the school program coordinator at the Andy Warhol Museum. She received her MFA degree from California Institute of the Arts. Her background includes working as a museum educator at the Museum of Contemporary Art, The Los Angeles and Los Angeles County Museum of Art. Her art practice focuses on painting, silkscreen printing and installation. She has exhibited work in Pittsburgh, Los Angeles, and Chicago.

*Materials fees are not refundable; information on page 78.

Your input is welcomed and valued.

Osher at CMU depends on member assistance and involvement. Your suggestions for instructors, courses, events, and lectures are necessary to help us serve your interests.

We also depend on member involvement on committees and as volunteer study leader assistants. Use the check box on the registration form to volunteer!
Women Artists in The Age of Abstract Expressionism

Study Leader: Cynthia Weisfield

- 4 Classes: Jul. 7 – Jul. 28
- Class ID: 973
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Abstract Expressionism was the dominant style in mid-century American art, a movement that was most closely associated with male artists. But there were dozens of women developing their own styles within the idiom. In this course, we will rediscover some of these talented, resilient people, their work, and how it related to abstract expressionist concepts. Their stories will be told against the backdrop of the artistic communities in San Francisco and New York. We will also look at some experts who lived in Paris. The place of Abstract Expressionism within American cultural history will also be discussed.

Cynthia F. Weisfield is an art historian with a degree from the University of Chicago. She is a freelance writer whose articles about art and food appear regularly in multiple local and national publications. She has written a book (as yet unpublished) about the last living noted woman abstract expressionist painter: *Sonia Gechtoff: Remembrances of a Life in Art*.
A Backstage View Of the Cultural District

Study Leader: John Mumper

- 4 Classes: May 12 – Jun. 2  Class ID: 909
- Tuesday, 3:00 PM - 5:00 PM
- O’Reilly Theater, 621 Penn Ave.

This course will provide an opportunity for participants to see first-hand several of the Pittsburgh Cultural District’s performance venues and to hear details of the role the Cultural Trust has played in developing the city’s prime theater and entertainment quarter. An overview of the programs of the Cultural Trust will be presented, and there will be tours of the Benedum Center for the Performing Arts, the Byham Theater, the Harris Theater, the O’Reilly Theater, and the Space Gallery and Theater Square Cabaret.

Please note: All sessions will be held downtown at the Cultural Trust with courtesy parking for participants in the Theater Square parking garage. The first session will be held at the O’Reilly Theater.

John Mumper is facilities manager at the Pittsburgh Cultural Trust. He is the coordinator for the Osher course that offers a backstage view of the Cultural District and has participated in previous courses developed by the Trust for Osher.

Intermediate German IV

Study Leader: Ruth L. M. Kuschmierz

- 6 Classes: May 12 – Jun. 16  Class ID: 900
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall, 4707

Intermediate German IV provides the opportunity for reviewing and practicing conversation and refining competence. The interactive Internet book Audiokurs Deutsch-Warum Nicht will be used for listening, reading, speaking, and writing. This book was composed by Deutsche Welle-Goethe Institute, excelling in linguistic expertise. Projection and paper copies of texts will be provided. Seventy-five percent of the course will be devoted to pivotal scenes from German drama and opera, notably Goethe's Faust, Mozart's Zauberflote, Brecht's Dreigroschenoper, and Durrenmatt's Besuch der alten dame. Some visuals and music will enliven the interpretation.

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

Intermediate French Conversation

Study Leader: Veronique Schreurs

- 5 Classes: May 15 – Jun. 12  Class ID: 931
- Friday, 1:00 PM - 3:00 PM
- Hunt, Osher Classroom

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

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

Study Leader: Patricia S. Rose

- 5 Classes: Jul. 8 – Aug. 5
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

Patricia Rose has taught English for 38 years 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; Trinity College; and at Cambridge University, UK. Her poetry has been published in *Breath of Parted Lips, Voices from the Robert Frost Place, Cathedral Poets, Taproot*, and the *Pittsburgh Post-Gazette*. She is a member of Osher.

Great and Notable Novels Read and Revisited

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

- 6 Classes: May 14 – Jul. 23*
- Thursday, 1:00 PM - 3:00 PM
- Hunt, Osher Classroom

*Note: Class will not meet on 5/21/2015, 6/4/2015, 6/18/2015, 7/2/2015, 7/16/2015

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. With deep gratitude to Martha Browne for her many years of dedication.

Please note: Class meets every other week.

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

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

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

Helen-Faye Rosenblum, 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).
Poetry Interpretation: Shakespeare to Swift

Study Leader: Richard Yount

- 6 Classes: May 14 – Jun. 18
- Thursday, 11:15 AM - 12:45 PM
- Hunt, Osher Classroom

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

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

Issues in Children’s Literature

Study Leader: Amy Kellman

- 4 Classes: May 13 – Jun. 3
- Wednesday, 11:15 AM - 12:45 PM
- Hunt, Osher Classroom

In this course we’ll look at the major genres of books for children; censorship and challenges to children’s books; and awards and books for teens. The American Library Association’s Banned Book Week focuses attention on censorship issues. The Newbery and Caldecott are the two best-known awards, but there are other awards and “best books” lists. The interest in books for teens (or “YA” books) has been growing, with many adults reading them. Why is this? We will read three novels that highlight these topics.

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

Study Leader: Helen-Faye Rosenblum

- 6 Classes: May 11 – Jun. 22*
- Monday, 1:00 PM - 3:00 PM
- Hunt, Osher Classroom
  *Note: Class will not meet on May 25

- 6 Classes: May 11 – Jun. 22*
- Monday, 3:15 PM - 5:15 PM
- Hunt, Osher Classroom
  *Note: Class will not meet on May 25

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).

Return to Tolkien’s Lord of the Rings

Study Leader: Gloriana St Clair

- 6 Classes: May 12 – Jun. 16
- Tuesday, 9:30 AM - 11:00 AM
- Hunt, Osher Classroom

J.R.R. Tolkien’s 1000 page The Lord of the Rings is one of the most widely read books of the 20th century. When she first read it in the late 1960s, Gloriana St. Clair was inspired to write her doctoral dissertation on it. This summer, she invites you to come to Middle-earth with her by reading it again. Structurally, Tolkien divided it into six books, and the class will read one of these each week. We will reflect on its nature as a fantasy, its themes, its literary qualities, and its techniques. Some discussion of the Peter Jackson movie will doubtless occur.

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

23rd Annual Meeting
Your Guide on the Rivers of Life

Thursday, April 23, 2015
Gateway Clipper River Cruise
12:00 pm - 2:00 pm
$25 per member
$45 per guest/caretaker

To make a reservation, please call the Osher office at 412-268-7489 with your credit card information or see registration form on page 79/81.
Robert Frost, American Poet

*Study Leader: Clifford Johnson*

- 5 Classes: May 11 – Jun. 15*  
- Monday, 11:15 AM - 12:45 PM  
- Wean Hall, 4708  
  *Note: Class will not meet on May 25*

Robert Frost is part of our landscape. In a recent informal survey of ordinary Americans—Port Authority drivers, school crossing guards, clerks at Giant Eagle—none of whom had been English majors, everyone recognized Frost as being a poet. Most could even name one of his poems! The mention of other poets drew only blank looks. But how many understand these deceptively simple verses? His two most famous poems are regularly misinterpreted. He is not the cracker-barrel philosopher, but rather a “terrifying” writer. After his death in 1963, a “monster myth” emerged, fostered, it seems, by people who had not read Lawrence Thompson’s famous biography, but only jaundiced reviews of it. We will study Frost’s life briefly, including struggles with his family’s physical and mental illnesses, because of my conviction that poems are written by people and not by abstract symbol systems. Poems for reading will be chosen from each period in his life, not just anthologist’s classics from the volume *North of Boston*. We will maintain humility rather than zeal, since Frost said, “Never ‘study’ a poem. It is like explaining a joke. That kills the poem.” Required Textbook: *Robert Frost. Collected Poems, Prose & Plays*. New York: Library of America, 1995. There is a more economical but far less desirable alternative, *The Poetry of Robert Frost*, ed. Edward Connery Latham, NY:Holt, 1969.

Clifford Johnson, growing up in Virginia, discovered Frost in high school, where his beloved teacher fell right into the traps which the poet had slyly laid for her. While getting his doctorate at the University of Virginia, he was still too inexperienced to understand the pain and wisdom in those poems. He later landed a coveted teaching position in Pittsburgh, which he felt resembled the South, except with worse weather. From teaching American Studies in Germany, he learned to respect Teutonic thoroughness. If you are going to teach about an author, you simply must read all the works. When he retired from a 26-year career in financial services, he had experienced enough of the rude shocks of life to enable him to read Frost better. Being out of academic life from age 39 to 67 helped him to understand a poet whose only academic credentials consisted of dropping out of two famous universities.

Regime Change In Shakespeare’s History Plays

*Study Leader: Veronica Singer*

- 6 Classes: May 15 – Jun. 19  
- Friday, 1:00 PM - 3:00 PM  
- Wean Hall, 4708

Conflict among royalty is a family affair. This course will present four history plays of Shakespeare: *Richard II*, *Henry IV* Parts 1 and 2, and *Henry V*, and explore the schism between two wings of the Plantagenet family that schemed and battled for centuries. It will also review how the kingship changed from a divine right to a political position. One focus of class discussion will be Shakespeare’s definition of leadership. Students will need to buy the Folger Library pocket books (inexpensive) for those four plays. The study leader will send/email study questions for the first play. Questions will be given for each play and guide class discussions.

Veronica Singer earned B.S. and M.A. degrees at Carnegie Mellon University followed by all-but-dissertation courses from the University of Pittsburgh. From 1961 through 2009, when CMU’s esteemed Shakespeare professor John A. Hart died, She participated in his Shakespeare group that studied one act per session. In the meantime, she taught Shakespeare at C.C.A.C for twenty-some years. During that time, she created discussion questions that enabled her to engage students in lively and specific conversation about each Shakespeare play. Since her retirement in 2013, students come to her home for ongoing discussion.
ARTS & HUMANITIES | Music

MUSIC

Brahms

Study Leader: Owen Cantor

- 3 Classes: Jul. 8 – Jul. 22
- Wednesday, 1:00 PM - 2:45 PM
- Wean Hall, 4708

Brahms encapsulated the nineteenth century in Europe. It was a time of major economic expansion and explosive scientific advance, artistic and musical change, and total upheaval: a time of sunrise and sunset for old Europe.

“Hopelessly conservative, utterly romantic, hard-bitten and secretive, self-critical to a fault: these are among the many descriptions of the last of classical music’s titular "Three B’s": Johannes Brahms. A ‘man of masks’ who hid his personal tenderness and uncertainties behind the crusty exterior of a bearded, beer-guzzling, cigar-smoking bachelor.” As described by Jan Swafford, author of a recent biography of Brahms.

Was he “Brahms the Progressive” as Arnold Schoenberg wrote? Or, did his music look backward? Which creative direction did Brahms face? What composers influenced Brahms in his music and life? What was his lasting legacy? Let’s explore the phenomenal compositional output of a perfectionist. Brahms’ Symphonies, Serenades, Chamber Music, Choral Music, Piano. Brahms did it all — with greatness. Lucky us!

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.

Celebrating Composer Edvard Grieg

Study Leader: Mark Carver

- 1 Class: Jun. 4
- Thursday, 5:00 PM - 6:30 PM
- College of Fine Arts, Kresge Theatre

Mark Carver, associate teaching professor of collaborative piano, and friends will present a celebration of the music of Edvard Grieg (1843-1907). Included will be music for piano, violin, and tenor, sung in Norwegian.

Mark Carver is associate teaching professor and co-director of collaborative piano at Carnegie Mellon. In addition to teaching courses in song literature and classes in accompanying skills, he is a coach/accompanist and serves as pianist for choral studies. He is active in the community as both a collaborative pianist and soloist.
The Greatest Generation Of Pop Composers

Study Leader: Paul Roth

- 5 Classes: May 12 – Jun. 9
- Class ID: 927
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

In the 1920s and 1930s, American popular music was dominated by the creativity and sophistication of composers and lyricists such as Jerome Kern, Irving Berlin, Richard Rodgers, Larry Hart, Oscar Hammerstein II, Dorothy Fields, Jimmy Van Heusen, Hoagy Carmichael, and others. These talented pioneers composed a body of songs primarily for Broadway but also for film and the pop music audience. This music became the foundation of the so-called “American Songbook.” In this course, we will review and discuss these composers’ signature compositions (and a few others) using film clips and recordings.

Paul Roth is a musicologist who has presented courses on popular music at CMU-Osher for over ten years. A retired engineer and college professor, he has produced and hosted radio and TV shows dealing with pop music and the big bands. He has also given music courses for the Elderhostel program, and for the Chautauqua Institution. He resides seasonally in Pittsburgh and Sarasota, FL. His lifetime collection of pop music recording is now archived at the Stanford University Music Library.

Louis Armstrong And The Culture of New Orleans

Study Leader: Richard Cohen

- 6 Classes: Jul. 9 – Aug. 13
- Class ID: 867
- Thursday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

Satchmo was born in New Orleans around the turn of the last century. Suppose he had been born in some other town and at a different time? Would it have made any difference? Was his genetic endowment so rich that the outcome would have been the same, i.e., a world-renowned jazz trumpeter, singer, and entertainer; one of the inventors of the swing idiom; and originator of trumpet techniques that are still being copied? Or did the culture into which he was born also have a powerful impact on his development, one that molded the artist into who he became? Would Louis Armstrong have been “Satchmo”?

This course will examine the cultural climate into which he was thrust in 1900 and how he interacted with those roots over seven decades to become the artist we knew.

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.
BUSINESS

Entrepreneurship in Pittsburgh

**Study Leader:** Arthur A. Boni

- 4 Classes: Jul. 8 – Jul. 29
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

Entrepreneurship is now well-recognized as a key source of innovation and job creation nationally and globally. Pittsburgh has become a hotbed of technological entrepreneurship. The movement from a natural materials-advantaged economy (i.e., steel, coal, and rivers), to a knowledge-based economy, is slowly being recognized locally. We will begin with an overview and exposure to entrepreneurship in general (what is it, how does it work, etc.). We will talk about what is going on in Pittsburgh vs. other places in the U.S. - Silicon Valley, San Diego, Boston, N.Y.C., etc. This will be followed by discussions with Pittsburgh entrepreneurs who are being nurtured by organizations such as Innovation Works, the Pittsburgh Life Sciences Greenhouse, and the National Robotics Engineering Consortium. Get an up-close and personal look at those who are engaged in building and growing early stage/emerging companies in the fields of health care, robotics, social media, and other areas of innovation.

**Arthur A. Boni,** Ph.D. is the John R. Thorne Distinguished Career Professor of Entrepreneurship at the Tepper School of Business at CMU. He joined the Tepper School faculty in 2003 and directed the Donald H. Jones Center for Entrepreneurship from 2006 until July 2012. Prior to joining the faculty at the Tepper in 2003, he was in the private sector, where he engaged in building and leading entrepreneurial organizations in the technology and life science industries in San Diego and Boston. He was a senior level officer at Science Applications International Corporation (SAIC) for 10 years during its growth from several million in annual revenue to nearly $1B. He founded and led an organization focused on creating startups, and was involved in the creation and leadership of four startup organizations. He also founded and led the Office of Technology Management at the University of Pittsburgh and became a founding partner at Saturn Life Science Partners.

ECONOMICS

Stay Nimble, Think Big

**Study Leader:** David Hammerstein

- 6 Classes: May 14 – Jun. 18
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

Individuals with modest financial portfolios can benefit from using some techniques of large institutional funds, such as major university endowments. These funds enjoy reputations for sophisticated management and robust performance. This course will review investment practices of major endowments, explaining how individuals can not only emulate the best practices of these large funds but also achieve some of the benefits and advantages that institutions enjoy. The class will discuss how individuals can face challenges and solutions that large funds confront, noting similarities to issues and strategies that individuals use to manage their personal finances. Points of discussion will include: implementing best practices by developing reasonable expectations of the markets' risks and returns, seizing opportunities during perilous times, rebalancing the portfolio's growth potential, achieving global diversification, and reducing fees and expenses. The course will provide a framework for individuals to improve their investment prospects through market innovations and education.

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

Study Leader: Sandra Williamson

• 5 Classes: Jul. 7 – Aug. 4  
  Class ID: 947
• Tuesday, 3:15 PM - 4:45 PM
• Wean Hall, 4708

In this course, we will look at some current economic issues facing the U.S. We will begin with a discussion of the current state of the economy and its outlook over the next few years. Then we will focus on three hot-button issues: energy, inequality and immigration, and incomes. Lastly, we will look at how the growth in U.S. energy output is affecting the chronic U.S. trade deficit and the overall balance of payments. The class format will be lecture and discussion. Prior knowledge of economics is not necessary. Suggested reading assignments downloadable from the web will be provided in the syllabus.

Sandra D. Williamson is an international economist who spent more years than she admits to as a corporate economist at Chase Manhattan Bank, General Electric, and Mellon Bank, where she was a senior vice president. Her areas of specialization included country risk and industry analysis and portfolio management. In 1990 she joined the Graduate School of Public and International Affairs at the University of Pittsburgh as a senior lecturer. She taught the introductory economics course, international trade, and international financial policy. She retired from GSPIA as an associate professor in 2007. She also taught international monetary economics at the Katz Graduate School of Business at the University of Pittsburgh and at the Universidad Tecnica Federico Santa Maria in Guayaquil, Ecuador, and management and international business at Chatham College.

The U.S. Economy:
Where Do We Go from Here?

Study Leader: Norman Robertson

• 6 Classes: Jul. 13 – Aug. 17  
  Class ID: 921
• Monday, 1:00 PM - 2:30 PM
• Wean Hall, 4708

This course will present a review of U.S. economic performance since 2007, including discussion the Great Recession and subsequent recovery. It will attempt to determine how the current economic expansion differs from conditions during the post-WWII era and question whether the U.S. economy failed to meet expectations of post-recession growth. The class will think about the assessment of prospects for long-term growth and how fast the U.S. economy can grow over the next several years? There will be discussion of both the major determinants of economic growth and an evaluation of major economic and political challenges facing the U.S. over the coming years. In addition, the class will think about answers to the following questions: Does the U.S. economic outlook compare with other advanced economies? How can fiscal and monetary policies best be used to achieve goals of high employment and stable markets?

Norman Robertson is a consulting economist and adjunct professor of economics at Carnegie Mellon. In addition, he is economic advisor to the Smithfield Trust Company of Pittsburgh. For 20 years, he was chief economist at Mellon Bank and served as a director of PP&L Resources, Inc. His presentations and written commentaries on economic issues have been widely reported in the national, regional, and local news media. He studied at the London School of Economics and is a graduate of the University of London.

Thomas Piketty’s Capital In
The 21st Century

Study Leader: Russ Sheldon

• 5 Classes: Jul. 9 – Aug. 6  
  Class ID: 967
• Thursday, 3:15 PM - 4:45 PM
• Wean Hall, 4708

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

Russell Sheldon is a Cornell Ph.D. who taught money and banking as an adjunct at CMU during the 80s and 90s. He worked on econometric studies of fiscal policy for the government during the Carter years and enjoyed a stint at the Fed under Paul Volcker. Russell also worked for Mellon Bank, at MCM on Wall Street, and for Nesbitt Burns, an investment bank in Toronto.
Most of us know that many of the goods that make our life richer and more convenient come from overseas, but few understand the complex web of planning and logistics that governs their shipment and distribution. The plodding cargo transports and propeller aircraft of the 20th century have evolved to today’s container, bulk, project cargo, and heavy-lift shops and air cargo jets. Whether it is your new sneakers, part of your McDonald’s hamburger, or a massive transformer to improve your electrical distribution, you’ll be fascinated and intrigued to learn how they get from foreign factory, to regional warehouse, to the store near you. Instructor Doug Webster will illustrate his talk with numerous photos and videos he has produced as a communications consultant to the industry.

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

This new course uses media articles to cover topics which arise before trials begin. Emphasizing the general motives of the criminal law: deterrence, isolation rehabilitation, and retribution, the class will discuss to what extent these motives are present in the acts we make illegal and the practices we follow to enforce them. Topics of discussion will include: how the presence or absence of these general motives govern police procedures; what acts often lead to arrest and what consequences follow arrest; what controversies arise out of the “war on drugs” and other “wars against vices” like gambling, alcohol, and prostitution; the issues related to pretrial bail and the issues around detention of witnesses, and other steps to secure their cooperation. This will be the first of two independent courses dealing with goals and rules governing arrests and the use of force and powers of detention before trial. The second course will expand the rest of the criminal process and will be given during the Fall term 2015.

Errol S. Miller graduated from Dartmouth College and Harvard Law School and has practiced law for 45+ years. For over 7 years he has been teaching at Osher and now teaches three different courses. One course deals with estate planning and estate administration and is based on his more than 30 years experience as a member of a select AARP panel on which he assists clients to avoid potential problems within families and with federal and state governments. He frequently participates in Continuing Legal Education (CLE) seminars on elder law. The second course builds on his lifelong interest in the criminal justice system, his work as a law clerk to a State Supreme Court justice, his post-conviction appeals, his experience in the mental health area, and his views on how the criminal justice system should be reformed to coordinate criminal justice principles and mental health principles. The third course deals with torts and practical advice for non-lawyers on the principles behind civil litigation. He shows the same sense of humor in teaching all three courses as he showed as the principal writer of the annual Allegheny County Bar Associations topical satirical review for 25+ years. He also serves on Osher’s Board of Directors.
LIFE EVENT PLANNING

Financial Success in Retirement

Study Leaders: Seth Dresbold, Marc Tannenbaum

- 5 Classes: Jul. 8 – Aug. 5  
- Wednesday, 3:15 PM - 5:15 PM  
- Wean Hall, 4707

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

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

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

Understanding Seniors Insurance

Study Leader: Barbara Veazey

- 5 Classes: Jul. 9 – Aug. 6  
- Thursday, 11:15 AM - 12:45 PM  
- Hunt, Osher Classroom

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.

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.
ART

Drawing: A Lifelong Journey

Study Leader: Judy Spahr

- 6 Classes: May 15 – Jun. 19  
- Friday, 9:30 AM - 12:00 PM  
- College of Fine Arts, TBA

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

Please note: There is a $5 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.

Ikebana for Your Space

Study Leader: Karen Fung Yee

- 5 Classes: May 29 – Jun. 26  
- Friday, 11:15 AM - 12:45 PM  
- Hunt, Osher Classroom

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

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

*Study Leader: Diane Curtin*

- **Materials Fee:** $3*  
- 6 Classes: Jul. 9 – Aug. 13  
- Thursday, 9:00 AM - 11:00 AM  
- Hunt, Osher Classroom

This class is about drawing fundamentals. Each class will begin with basic, blind contour exercises. Other topics will include: training the eye, hand, and mind, negative space exercises; use of tone paper; erasing highlights; line and shading exercises with pencil, pen, and conté stick; and use of line shading in portraits. Please bring a brown or terra cotta conté stick to the first class. Participants will be notified of additional required supplies. There will be a $3 course fee.

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

*CRAFTS / HOBBIES*

**Introduction to Knitting**

*Study Leader: Laura Knoop Very*

- 1 Class: Jul. 24  
- Class ID: 939  
- Friday, 1:00 PM - 4:00 PM  
- Knit One, 2721 Murray Ave., Squirrel Hill

Do you want to make a beautiful work of art that has your unique imprint on it? Do you want a hobby that requires a little equipment, is transportable, tactile, and good for your health? Would you like an activity where you can relax with friends, offer support, and share your passion? Take a break from the technical world and learn to knit. This workshop is for those who have never picked up the knitting needles before or have forgotten a skill shared by a family member or school long ago. You will learn to “cast on” your project, “bind off,” and learn the knit stitch while creating a garter stitch scarf. Additional, follow-up support is provided for those who wish to complete their projects over the coming weeks. Materials required are 200-300 yards of worsted weight yarn and corresponding needles (bring your own or purchase your materials for a discount at the store).

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

*MATERIALS FEES ARE NOT REFUNDABLE; INFORMATION ON PAGE 78.*
LEARN BY DOING | Crafts / Hobbies

How to Make a Loopy Scarf

Study Leader: Judy Grumet

- 2 Classes: Jun. 24 and Jul. 1  
- Wednesday, 10:00 AM - 12:00 PM  
- Hunt, Osher Classroom

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

Please note: $10-$12 to be paid to instructor for loom and yarn.

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.

The Art of Jewelry Making

Study Leader: Gerry Florida  
Materials Fee: $36*

- 3 Classes: Jun. 12 – Jun. 26  
- Friday, 9:30 AM - 11:00 AM  
- Hunt, Osher Classroom

This fun, creative, and informative workshop will introduce students to design basics of jewelry creation. Students will learn simple design formulas and tricks of the trade to keep them inspired as they design and create their personalized jewelry. This is a great way to freshen up a favorite outfit or to simply take the guessing out of gift giving! Each of the three classes will focus on a specific piece of jewelry: memory wire bracelets, earrings, and elegant single strand bracelets. Use colorful stones, beads, and memory wire (a unique material that looks and acts like a spring) to create special one-of-a-kind accessories. No previous skill required.

Please note: Supply Fee: $38.00

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

*Materials fees are not refundable; information on page 78.
Collecting Memorabilia

Study Leader: Steve Russell

- 6 Classes: May 12 – Jun. 16
- Tuesday, 11:15 AM - 12:45 PM
- Hunt, Osher Classroom

Class ID: 928

The course will showcase the vast areas of collecting and preserving memorabilia from stamps and coins to Disneyana, Hollywood posters/stills, photography/iconic photos, postcards, political pin-backs, sports pin-backs and cards, World’s Fair and expositions, rare books/topical books, advertisements, vinyl records, comic books, and of course many more possibilities. The 50-year old collection of the study leader will kick off each class with a particular collection followed by participants sharing their memorabilia interests. The avenues for finding memorabilia, including auctions and publications, will be addressed. The techniques for exhibiting displays as well as desirable locations will be included in the course along with the development of brief histories of collectibles. The class will develop a bulleted summary of the course findings.

Stephen V. Russell has many diverse interests in addition to being a multi-faceted collector. As an educator, from teacher to principal to superintendent of schools; historian of political, Hollywood and sports culture; a consultant to ESPN SportsCentury, Turner Classic Movies, Peter Jones Productions for A&E network, and Hofstra University’s nationally known presidential conferences; along with acknowledgement in numerous publications. Mr. Russell has presented workshops on teacher effectiveness, ethics/citizenship, the work of philosopher Mortimer J. Adler, the art of presidential rhetoric, the Golden Age of Hollywood, and American generational groups. As a public speaker, he has given hundreds of presentations on varied subjects including the Kennedy assassination and eulogies to American icons such as baseball legend Stan Musial. Mr. Russell’s degrees and certifications are from California University of Pennsylvania, Duquesne University, and West Virginia University.

Be Creative: Greeting Cards - Easy and Fun

Study Leader: Emmeline Silk  Materials Fee: $12*

- 5 Classes: May 13 – Jun. 10
- Wednesday, 1:00 PM - 3:00 PM
- Friends Meeting House, 4836 Ellsworth Ave, Oakland

Class ID: 932

Greeting cards are a pleasure to send and to receive and there can be no better way of showing someone you care than to make a card yourself. The class will fold and decorate cards using various techniques such as origami, pop-up, etc. The goal of each session will be to have fun while making something useful. By the end of the term, participants will have a set of greeting cards and envelopes ready to send out. Participants should bring a craft toolbox (shoebox). Details will be sent in a welcome letter. Sue Neft will be assisting.

Please note: A $12 materials fee will be collected in the first class.

Emmeline Silk is a retired Pittsburgh Public Schools teacher. Since 1997, she has been a member of the Origami Club of Pittsburgh (OCoP) and Origami USA. She has taught/demonstrated origami models at several area libraries, assisted-living facilities, Phipps Conservatory, the National Aviary in Pittsburgh, and the Children’s Museum. She is a member of Osher.

*Materials fees are not refundable; information on page 78.
CULINARY

The Tastes of Europe

Study Leader: Al Kosmal

Materials Fee: $45*

- 6 Classes: May 12 – Jun. 23
- Tuesday, 1:00 AM - 2:30 PM
- Rodef Shalom, 4905 5th Ave., Oakland
  *Note: Class will not meet on May 19

- 6 Classes: May 12 – Jun. 23
- Tuesday, 3:30 AM - 5:00 PM
- Rodef Shalom, 4905 5th Ave., Oakland
  *Note: Class will not meet on May 19

- 6 Classes: Jul. 14 – Aug. 18
- Tuesday, 1:00 AM - 2:30 PM
- Rodef Shalom, 4905 5th Ave., Oakland

Join me as we taste the culinary treasures of Austria, France, Italy, Germany, Greece, and Alsace Lorraine. Each week will feature one of the specialty dishes of that country. Perhaps noodles a l’alsacienne, Kaffee krantz, or salzburger nockerl. Maybe Champignons a la crème, Spanakopita or Tagliatelle al limone. It promises to be six weeks of fun and good eating.

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

*Materials fees are not refundable; information on page 78.

International Vegetarian Cooking

Study Leader: Dona Albert

Materials Fee: $25*

- 5 Classes: Jul. 8 – Aug. 5
- Wednesday, 9:30 AM - 12:00 PM
- Wilkins Community Center, 7604 Charleston Ave., Swissvale

This will be a little different from the last vegetarian cooking course Dona Albert taught since it will be international food, and each class will have recipes and menu ideas for a complete meal. Each week you’ll enjoy at least three recipes from around the world: Italy, India, the Middle East, and more. This is not a hands-on class — you get to relax, watch the meal be prepared, and then enjoy.

Dona Albert has been cooking since she was a child, and a vegetarian cook for the past 24 years. She wanted to eat more compassionately and more healthfully, but it all still needed to taste great. She has a degree in food service management with lots of hours spent in commercial kitchens, but cooking is also her hobby and her creative outlet. She loves to cook because she loves to EAT!

*Materials fees are not refundable; information on page 78.
The Foods of Persia

Study Leader: David Green

Materials Fee: $25*

- 5 Classes: May 11 – Jun. 15*
- Monday, 1:00 PM - 3:00 PM
- Wilkins Community Center, 7604 Charleston Ave., Swissvale

*Note: Class will not meet on May 25

Fresh ingredients, exotic flavors, and balance are hallmarks of the food of ancient Persia (modern day Iran). In this class, we will explore the traditions, techniques, and ingredients that make this the queen of Middle Eastern cuisines.

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

*Materials fees are not refundable; information on page 78.

Tea, Coffee, Chocolate — Become an Expert

Study Leader: Margaret Harris

- 4 Classes: Jul. 7 – Jul. 28
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

This course is designed for those who would like to learn more about their favorite beverage and chocolate. Participants will learn about the history, growing regions, processing, varieties, and health benefits of tea, coffee, and chocolate. Several demonstrations will be presented to show proper steeping and brewing techniques incorporating a variety of gadgets. Each participant will receive a course outline, a brochure with several delicious recipes, and some enticing samples.

Margaret Harris is the owner of Margaret’s Fine Imports, a tea and gourmet food store in Squirrel Hill, Pittsburgh. As one of Pittsburgh's primary tea experts, she is a tea consultant and regularly conducts classes and workshops on tea at a variety of venues, including schools, clubs, associations, corporations, and at her store. As a native of Poland, where tea is the primary household beverage, her lifelong experience began quite early. She may have had her first “cup of tea” when she was only a day old. Margaret is a graduate of Warsaw Medical College. Her medical background comes in handy in her teaching experience, especially when it comes to the health aspects of tea and coffee. Margaret is a member of the Specialty Tea Institute and a founding member of the Western PA Tea Business Association.
**DANCE / EXERCISE**

**Hatha Yoga**

*Study Leader: Loretta Barone*

- 6 Classes: May 14 – Jun. 18  
  *Class ID: 951*
- Thursday, 10:00 AM - 12:00 PM  
- Dance Alloy Studio, 5530 Penn Ave, East Liberty

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

*Please note: Short semester for returning students only.*

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

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**Osher Dining Club**

Osher Dining Club will be held on a Wednesday each month starting in September at Schatz Dining Room, on the second floor of the Jared L. Cohon University Center.

Schatz is an “All You Care to Eat Buffet” and the price will be $10.50 per meal.

We will have tables reserved for us in the back room of Schatz. Watch for the first date in the Fall Osher catalog. Open to all Osher members, with a limited number of seats available for each dinner.

**Bon Appetit!**

*Watch the Weekly Essentials emails sent every Friday for detailed information.*
Get Fit:
A Fun Latin Cardio Workout

**Study Leader:** Connie Pollack

- 6 Classes: May 13 – Jun. 17  
- **Class ID:** 918
- **Wednesday,** 1:00 PM - 2:15 PM
- **Beth Shalom,** 5915 Beacon St., Squirrel Hill

Are you looking for a new way to jazz up your exercise routine? Then this is a class for you! Come groove to an energetic mix of hip-hop, international, and Latin-inspired music and dance movements like the cha-cha, salsa, samba, and more. 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 school counseling and transitioning to the field of independent educational consulting. Currently, she works as a private college counselor in Squirrel Hill and helps high school students with their college selection and application process. She has always been passionate about teaching, encouraging fitness and exercise, and volunteering in her community.

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Tai Chi Ch’uan — Long Form
Yang Style: Section Three

**Study Leader:** Judith Crow

- 6 Classes: May 11 – Jun. 22*  
- **Class ID:** 868
- **Monday,** 10:00 AM - 11:30 AM
- **Wilkins Community Center,** 7604 Charleston Ave, Swissvale

*TNote: Class will not meet on May 25

Tai Chi Ch’uan is an ancient Chinese martial art, exercise, and moving meditation. It is usually first approached as a gentle exercise to increase flexibility; promote better balance; and enhance physical, mental, and spiritual well-being. Movements are slow, gentle, circular, and continuous. While there are many forms and styles of Tai Chi, the Yang Style is one of the most popular. The “long” forms generally consist of 50 or more postures divided into three sections. The third motion represents “nature” in all its diversity and is the longest. It contains new postures but also repeats many of the forms and sequences previously learned. This class will focus on the third or final section of the Yang Style long form. This is a continuation of the Tai Chi previously taught at Osher at CMU.

Please note: Participants must have had sections one and/or two.

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

- 6 Classes: May 13 – Jun. 17  
- Wednesday, 9:30 AM - 10:45 AM  
- Dancespace 304,  
  5604 Solway St., Squirrel Hill

This strictly stretching class combines proper body alignment and flexibility through precise body stretches, Pilates, and strength training that helps to recharge and stretch the body. This class includes simple lifts with hand weights that help to strengthen the upper body. The class is for men and women of all ages.

Dena Holland has been founder and director of Dancespace 304, for 27 years, in the Wightman School Community Building. She has been teaching dance, movement, and body conditioning in the Pittsburgh area for over 35 years. She has studied, danced, and performed in Chicago, Paris, and Pittsburgh. She has attended dance workshops given by Merce Cunningham, Richard Arve, and Robert Joffrey, among other notable teachers.

**Latin Dances: Salsa, Bachata, Merengue**  
*Study Leader: Cecilia Wenisch*

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

*Note: Class will not meet on May 25*

- 6 Classes: Jul. 6 – Aug. 10  
- Monday, 1:00 PM - 3:00 PM  
- Wilkins Community Center,  
  7604 Charleston Ave, Swissvale

After reviewing the basic steps of these three popular Latin social dances, each class will offer a few added moves or combinations for these dances. The emphasis is on enjoyment and exercise. Wear shoes that will enable you to turn and pivot. (No previous experience is required and no partner is needed.)

Cecilia Wenisch has been Latin dancing since 1999, and she enjoys teaching these classes.

**Move It or Lose It**  
*Study Leader: Elsa Limbach*

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

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

Elsa Limbach was a founding member of the Dance Alloy Theater and artistic director of the company from 1984-1991. For a number of years she continued her dance career as a freelance artist in Europe, where she was awarded a Fulbright lectureship to teach at the National Academy of Theatre and Film Arts in Sofia, Bulgaria. In addition to training in contemporary dance and classical ballet, she is fond of Bulgarian folk dance.
From even before Sam Lloyd, to George Polya, to Martin Gardner and beyond, many have recognized the entertainment factor and educational value of puzzles in enhancing one's creative thinking and problem solving skills. Puzzle-based learning (PBL) is an emerging model of teaching critical thinking and problem solving. Today's marketplace needs skilled graduates capable of solving real problems of innovation in a changing environment. A learning goal of PBL is to distill domain-independent transferable heuristics for tackling problems. While solving puzzles is innately fun, companies such as Google and Yahoo also use puzzles to assess the creative problem-solving skills of potential employees. In this interactive discussion course we will examine a range of puzzles and games. What general problem-solving strategies can we learn from the way we solve these examples?

Dr. Raja Sooriamurthi is an associate teaching professor of information systems at Carnegie Mellon University, Pittsburgh. His research and teaching interests span the fields of artificial intelligence and software development. Since the spring of 2009, he has taught semester-long courses, conference workshops, and industry workshops on puzzle-based learning in the U.S., Australia, the Middle East (Qatar, the United Arab Emirates), and India.
**LEARN BY DOING | Games | Gardening**

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### Improve Your Party Bridge Skills

**Study Leader:** John Olmsted

- 6 Classes: May 11 – Jun. 22*
- Monday, 11:15 AM - 12:45 PM
- Hunt, Osher Classroom
  *Note: Class will not meet on May 25

This course is for contract bridge players who enjoy a good quality social game but are not motivated to pursue the competitiveness of duplicate bridge. It assumes a basic knowledge of the game and will build on that. We will cover some bidding conventions, competitive bidding, planning play of the hand, and defenders’ play. Example hands will be used to illustrate various skills. The course content will be partly determined by the desire of the participants.

**John Olmsted** has enjoyed playing bridge since he learned the game from his parents at age 10. He was a member of the Carnegie Tech intercollegiate champion bridge team as an undergraduate, and he and his favorite partner finished fifth in the American Contract Bridge League national open pairs competition in Pittsburgh in 1958. Although he has played duplicate bridge on and off over the years, he prefers the relaxed social atmosphere of a friendly "party" bridge game.

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### My Potted Plants Runneth Over

**Study Leader:** Sandi Welch

- 1 Class: May 22
- Friday, 9:00 AM - 11:00 AM
- Home Depot - Parking Lot, 400 N Highland Ave., East Liberty

This is a one-class course. Participants will learn how to put together containers for sun and shade, using a combination of annuals, herbs, and perennials. They will be able to put to rest the myths that flowers in containers need room to grow. This class will be held in the Garden Department of the East Liberty Home Depot, rain or shine. Participants can purchase potting soil and plants at the Home Depot. Planting will be done during class time. Class members should bring containers (as many as can be carried home). Containers should have a minimum diameter of 14”. Larger pots can be used, but people have to be able to carry them home after they are planted. Class members should wear gardening clothes and bring waterproof gardening gloves. Sandi will talk for about 15 minutes, then have a Q & A, then everyone plants! New this year, at the end of each session we’ll add to the fun and have a contest where you judge each other’s containers. Winner receives everyone’s admiration, so plan to stay for the entire class please.

Please note: There is NO specific charge for the class this year. Participants can purchase everything, soil and planting material (containers, too, if they choose), at Home Depot, which is at 400 N Highland Ave. As you face the store, the Garden Department is at the far right. Park at that end of the store.

**Sandi Welch** is a lifelong gardener and master gardener. She does not follow rules, loves color, and particularly enjoys mixing annuals, perennials, and herbs.

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### Beginning and Intermediate Bridge

**Study Leader:** Barbara Horowitz  **Materials Fee:** $5*

- 6 Classes: Jul. 7 – Aug. 11
- Tuesday, 9:30 AM - 11:30 AM
- Wilkins Community Center, 7604 Charleston Ave, Swissvale

This course is intended for people who have not played bridge for many years or for people who want to sharpen their skills. The course will focus on strengthening playing skills.

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

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*Materials fees are not refundable; information on page 78.
Composing Music as a Hobby

**Study Leader:** Danny English

- 5 Classes: May 15 – Jun. 12
- Friday, 3:15 PM - 4:45 PM
- College of Fine Arts, TBA

I believe that anyone with an opinion, a basic knowledge of music, and an urge to create is capable of composing his/her own original music. This course will explore the principles behind music composition, and I will teach students my five essential tools to composition. Through in-class examples, students will explore the many possibilities awaiting them and will create their own original composition through a multi-step process. With this knowledge and experience, students will leave the course prepared to forge a new hobby in writing their own music. Students should be fairly comfortable reading music. Also, they may feel free to bring an instrument if they have one. Please bring music staff paper, a notebook, and pencils.

**Danny English**, a Pittsburgh native, is a versatile composer comfortable in any medium. A graduate of the Baldwin Wallace University Conservatory of Music in Cleveland Danny has studied with composers Mandy Fang, James Hirt, and Clint Needham. A featured composer at the 2013 Charlotte New Music Festival, Danny has written music for productions at Cleveland Public Theatre and for Cleveland’s Verb Ballets. Recently, Danny contributed music to the Solo Drum Solo project that debuted at the 2014 Rochester Fringe Festival. He has also composed for the dance departments of Baldwin Wallace University and Slippery Rock University (PA). He is an avid jazz musician and composer, and has performed his music in venues such as the Cleveland Museum of Art and the historic Brothers Longue. In years past, Danny has served as a mentor for Music on the Verge, a program aspired composers, as well as interned with Pittsburgh’s WQED multimedia working in audio post-production with acclaimed sound engineers and radio personalities. Danny is currently the music and choir director at Cross Roads Presbyterian Church in Gibsonia, PA and is pursuing his master’s degree in music composition at Carnegie Mellon University as a student of composer Nancy Galbraith.

Have You Ever Wanted To Act on Stage?

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

- 6 Classes: May 14 – Jun. 18
- Thursday, 1:00 PM - 3:00 PM
- Friends Meeting House, 4836 Ellsworth Ave, Oakland

This actors’ workshop will have six day classes plus one 6-9 PM evening play presentation on June 18. Classes will mostly involve practical, hands-on rehearsals and acting suggestions by Santangelo and Thomas. The playwright’s original one-act plays are written to give you a significant acting part, but you will not have to memorize any lines. Instead, you will act in a staged-reading play performance, holding your script in your hand, following stage blocking, and wearing a full costume. Either with or without previous acting experience, you are encouraged to enroll in this class. Selected copies of original one-act plays by Dr. Thomas — comedies and dramas — will be distributed in the first class. Arrive 15 minutes early only for the first class before auditions for informal interaction. Bring your completed PR form with you. It will sent by email.

Please note: Evening performance on June 18th, 2015 at 6:00 PM - 9:00 PM at the Friends Meeting House.

**Charles R. Thomas**, emeritus professor of English at California University of Pennsylvania, has written 63 original plays. Since 2006, he has presented 55 plays in the Pittsburgh area. He previously taught drama, poetry, and various literature and writing courses. Midway in his career, Dr. Thomas received a Distinguished Faculty Award for Excellence in Teaching from the Commonwealth of Pennsylvania. Dr. Thomas holds a B.A. degree in American literature, an M.A. degree in English literature, and Ed.D. degree in higher education administration from West Virginia University, and a B.S. degree in finance and an M.Ed. in special education (social and emotional maladjustment) from California University of Pennsylvania.

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

Reader’s Theater

Study Leader: Ellen Rodwick

- 5 Classes: Jul. 7 – Aug. 4
- Tuesday, 1:00 PM - 3:00 PM
- Hunt, Osher Classroom

Class members will rehearse scripts with the goal of a public performance. No memorization of lines will be required. The class will emphasize using vocal and facial expression to help the audience understand the story. Readers will interpret scenes cold initially and will then be cast in roles most-suited to each individual. Members will be encouraged to perfect their characters through vocal exercises, examining their motivation, and bringing out their individual dramatic flair. We're looking for participants who love to perform or who have always wanted to try.

Ellen Rodwick has a master’s degree in dramatic arts in education and was a classroom teacher for 27 years. She has held workshops for teachers on the use of drama in education and came to Pittsburgh as a creative drama intern, working in the North Hills school district. She has performed as an actor in a variety of local venues including The Pittsburgh CLO, Pittsburgh Jewish Theatre, and the Red Barn Theatre. She was an educational consultant for Prime Stage Theatre and clowns around in her spare time.

SELF IMPROVEMENT

Less Equals More: Maximizing Your Life Through Minimalism

Study Leader: Rosa Barnett Averbach

- 3 Classes: Jul. 29 – Aug. 12
- Wednesday, 11:15 AM - 12:45 PM
- Hunt, Osher Classroom

When you clean out your clutter and live with only what you need, you will likely find that your mind becomes free to enjoy life more. Many people find that disorganization makes them feel flustered and unhappy. In this interactive and motivational course, you will learn how to embrace useful permanent lifestyle changes and modify your behavior as it relates to what you have and what you think you need. After this course, you will have a new appreciation for the phrase “Less equals more.”

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

Gift Certificates

Osher at CMU gift certificates are available in any amount and can be used for membership, courses and trips. To purchase an Osher gift certificate, call 412-268-7489.
Digital Communication And Information on the Web

Study Leader: Estee Gelman

- 6 Classes: May 11 – Jun. 22*  
  Class ID: 877
- Monday, 10:30 AM - 12:00 PM
- Baker Hall, Rm 140C - Computer Cluster
  *Note: Class will not meet on May 25

Participants in this course will learn current trends in online communication and information. They should have basic knowledge of computers and email. Course content will include expanding email skills and email etiquette; using email as a tool for sharing photos, attachments, online cards; and learning instant messaging. They will also discover online information using Google and determining reliable sources; exploring media content like online video, radio, and images; using online review sites to find products and services; and becoming informed consumers. We will discuss social media today, such as Facebook, Twitter, and LinkedIn, and look at privacy issues. If there is time, computer games such as Solitaire and Blackjack will be covered.

Please note: A CMU computer account is required which involves providing a birth date, email address, and a cell phone number (to receive a text). Due to security procedures, participants must make an appointment with the Help Center to complete the account setup.

Estee Gelman teaches seniors how to navigate the world of the Internet in an effort to help them stay in touch with their families and friends across the globe. Her specialties include using email and video chat, finding information on the web, and learning computer games. Her experience includes developing and presenting cultural programming as well as teaching computer and yoga classes for seniors. In her spare time, she enjoys cooking, baking, and the warm weather.

Mastering Apple iPhoto

Study Leader: Douglas Webster

- 5 Classes: May 12 – Jun. 9  
  Class ID: 941
- Tuesday, 9:30 AM - 11:00 AM
- College of Fine Arts, Rm 318 - Mac Comp. Cluster

iPhoto comes bundled with most Apple computers, but too often is unused or used only sparingly because the user does not have a full understanding of its capabilities. Our introductory course shows you how to import photos from other sources, including your camera, and organize them into an iPhoto library by folders or albums. You’ll also learn how to manipulate your images and export them in various formats and sizes to create custom cards and calendars ready for professional printing. The class is hands-on and we’ll use Osher-supplied Apple computers, equipped with needed software. We’ll start with a set of instructor-supplied photos, but individuals can bring their own shots for inclusion, critique and practice during the course.

Please note: It is assumed that class members have a basic understanding of the fundamentals of computing including the creation and management of files, folders and libraries.

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

Moved to Fall 2015
Apple iPhone

*Study Leader:* Paul Caswell

- 5 Classes: May 13 – Jun. 10
- Wednesday, 1:00 PM - 3:00 PM
- Hunt, Osher Classroom

The course will cover many functions of the Apple iPhone including settings, email, messaging, calendar, contacts, photos, music, Siri, reminders, maps, and making phone calls. There will be demonstrations and the opportunity to practice on your device in class. Many popular apps for the iPhone will be covered. Participants must bring their own iPhone to class — the 6 or 6 plus model with the latest operating system (iOS8) installed. If you are unsure about your model or iOS you may contact the instructor before enrolling. Connection to the Internet via the CMU system will be provided.

Paul Caswell is a graduate of Youngstown University with an M.B.A. degree from the University of Pittsburgh. His career included directing Human Resources and Quality activities in the USA and foreign subsidiaries. He is a member of Osher.

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**Travel with Osher at CMU!**

Watch the Weekly Essentials email every Friday for more detailed information about these great upcoming day trips!

**Thursday, June 11th:** Jamestown, NY
- Lucille Ball Desi Arnez Center
- Town tour
- Summer Wind Cruise to Bemus Point

**Wednesday, July 15th:** Erie, PA
- Maritime Museum and U.S. Brig Niagara
- Tom Ridge Environmental Center
- Tour of Presque Isle
- Mazza Winery Tour and Tasting
- South Shore Wine Co. Historic Wine Cellar

**Wednesday, Oct. 14th:** Gettysburg, PA
- Visitor Center
- Lunch at historic Dobbin House Tavern
- Battlefield tour
Diet for Health and Vitality

Study Leader: Susan Parker

- 6 Classes: Jul. 6 – Aug. 10
- Monday, 1:00 PM - 2:30 PM
- Hunt, Osher Classroom

The 2010 Dietary Guidelines for Americans conveys a healthy diet in terms of MY PLATE. This nutrition course is based on those guidelines. The class will cover the Dietary Guidelines for Americans and the nutrients on which it is based, recommendations for older adults, a discussion of healthy and important foods, and recipes and a tasting. Objectives to be accomplished by participants include understanding how calorie consumption and exercise affect weight and how to modify food intake for health.

Susan Parker has both B.S. and M.S. degrees in nutrition and diet therapy. As a registered dietician for a number of years she taught two courses Diet Therapy and Nutrition and Disease for Pennsylvania State University and for a number of nursing schools in western Pennsylvania. She has followed how dietary recommendations have changed over the years from the National Research Council’s Recommended Dietary Allowances of the sixties to the Dietary Guidelines for Americans produced every five years by the U.S. Departments of Agriculture and Health and Human Services. The emphasis used to be primarily on calories and sugar. Now it is on types of calories and on all the other nutrients that research has shown to be critical to health and well-being. When diagnosed with non-alcoholic fatty liver in 2011, she followed these guidelines to lose weight and change her liver enzymes profile.

Understanding your Memory

Study Leader: LaDonna Bates

- 4 Classes: May 11 – Jun. 8*
- Monday, 9:00 AM - 11:00 AM
- Hunt, 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.

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. degree from Southern Illinois University, a 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.

Don't be a "no show"

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

We appreciate your cooperation.
Meditation Basics

Study Leader: Joan Downing

- 4 Classes: May 13 – Jun. 3
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

This will be a hands-on course for people wanting to learn meditation basics. We will discuss concepts and attitudes about meditation, and practice sitting and walking meditations. Participants will learn to focus on breath, mantras, a visual object, and simple words or phrases. Studies indicate that meditation can help people become more attentive to their lives moment by moment, tolerate stress better, and experience the joys of their lives more deeply.

Joan Downing is a psychotherapist, life coach, and artist. She has practiced a variety of meditation forms which encompass sitting and moving meditations. She has attended meditation trainings including training with Jon Kabat-Zinn, author of a number of books on meditation and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center. She has attended week-long meditation retreats (sessions) with Tony Packer at Springwater Center. Joan's introduction to meditation began with Transcendental Meditation training and the practice of yoga years ago as a graduate student.

Keeping Your Grandchildren Safe

Study Leader: Marianne Miller

- 5 Classes: Jul. 8 – Aug. 5
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4707

Using a developmental approach to pediatric injury, this course will explore basic tenets of injury prevention that every grandparent should know when caring for their grandchildren. Topics include injections and burns, child passenger safety, home and sleep safety, as well as special needs populations (e.g. autism and non-accidental trauma). Course content will be based on evidenced based practice.

Marianne Miller, who began her nursing career in 1994, has focused on trauma care delivery in both the adult and pediatric population. She served as the trauma case manager for UPMC Mercy for a period of 7 years, during which her responsibilities included day to day and discharge planning for adult trauma as well as adult and pediatric burn patients. She recently retired after eight years of serving as the trauma coordinator for Children's Hospital of Pittsburgh of UPMC. Her job responsibilities included: performance improvement activities trauma nursing education, ambulatory clinical care and trauma research. Currently, she is an adjunct nursing faculty member for Chatham University and Waynesburg University's RN/BSN nursing program.

Important

You must have received a course confirmation through the office to attend any Osher class. We appreciate your cooperation.
**Eat Better, Feel Better, And Look Better**

*Study Leader: Rosa Barnett Averbach*

- 3 Classes: Jul. 8 – Jul. 22  
- Wednesday, 11:15 AM - 12:45 PM  
- Hunt, Osher Classroom

When you eat well, you feel and look healthier. It’s time to get rid of the empty calories in your life and learn to think of eating as a path to nourishment rather than a mere activity. This is an interactive class that will help motivate each of its participants to learn to modify their behavior and adopt permanent lifestyle changes. Come see why the phrase “You are what you eat” is so true!

**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 Swissvale Area Joint Schools. She has also taught adult education classes on topics including Getting Organized, Time Management, Decision Making, and Procrastination. She was director of Create-A-Space, a space and design-management business. She also worked at St. Francis Hospital as a behaviorist with obese and morbidly obese patients. Her specialty is behavior modification and permanent lifestyle changes.

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**WRITING**

**Fictional Characters Anonymous**

*Study Leader: Hana Haatainen-Caye*

- 5 Classes: May 12 – Jun. 9  
- Tuesday, 1:00 PM - 3:00 PM  
- Hunt, Osher Classroom

"Hi. My name is Doris and I’m a fictional character." During this workshop, all participants will introduce themselves as one of their characters and remain in character throughout the session. Consider this a supportive group meeting for characters to work out some of their issues. The results of the meeting are often surprising, as you discover character nuances, vulnerability, and trigger points. In order to write enticing fiction, you have to know your characters intimately. FCA can help you do just that! Requirements for this course: All participants must be working on a novel and take part in the discussion as one of their characters. We will conduct the FCA “meeting” for the first 1.5 hours of the class and spend the final half hour discussing the novels and growth of the characters. Homework will include character development charts and lists.

**Hana Haatainen-Caye** is an award-winning writer and voice-over talent. She is the author of the non-fiction book, *Green Grandma’s Vinegar Fridays*, as well as over 40 children’s books. Multi-published in the *Chicken Soup for the Soul* anthologies, she teaches others how to transform their life experiences into stories that sell. She leads writing workshops locally and at writers’ conferences and is passionate about helping other writers succeed and reach their publishing goals.
Writing for Fun
And Exercising Your Brain

Study Leader: Ruth Drescher

- 4 Classes: Jul. 7 – Jul. 28
- Tuesday, 11:15 AM - 12:45 PM
- Hunt, Osher Classroom

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

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

Memoir Writing and More

Study Leader: Steve Hecht

- 6 Classes: Jul. 8 – Aug. 12
- Wednesday, 9:00 AM - 11:00 AM
- Hunt, Osher Classroom

The course will help guide participants in the writing of their personal stories for themselves and future generations. Topics will include how to generate good story ideas, dialogue, the five Ws (who, what, why, where, and when), and how to put your stories into an inexpensive book. Writing headlines, photo captions, and photo selection will also be covered. After the first week, participants will be encouraged to read their memoir stories to other members of the class.

Steve Hecht, a Duquesne University graduate, worked 40 years in the newspaper and magazine fields, including 30 years at the Pittsburgh Post-Gazette. He has experience as a writer, copy editor, and in newspaper layout (graphic design). Hecht has received writing awards from the Pennsylvania Newspaper Association (sports) and Women in Communications, Inc. (features). He has produced his own booklet of memoir stories as well as an autobiography booklet on local Holocaust survivor Ernie Light. Hecht has taught memoir writing at community sites in the North Hills.

OSHER MEMBER PICNIC

Save the Date
Monday, Aug. 31st 6-8 pm
The Writing Circle: Write Now!

Study Leader: Mimi Botkin

• 6 Classes: May 13 – Jun. 17
• Wednesday, 3:15 PM - 5:15 PM
• Hunt, Osher Classroom

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

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

Writers’ Workshop

Study Leader: Jean Peterson

• 6 Classes: May 13 – Jun. 17
• Wednesday, 9:00 AM - 11:00 AM
• Hunt, Osher Classroom

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

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

Donate to the Annual Fund

Your generosity helps our program to grow! Contribute to our Annual Fund today. For your convenience, you can add a donation in any amount, to the registration form or click on “Donate to Osher” under “Osher Events” on the Courses webpage.
Inspiring Others - The Chicken Soup Way

Study Leader: Hana Haatainen-Caye

• 4 Classes: May 12 – Jun. 2  
  Class ID: 887
• Tuesday, 3:15 PM - 5:15 PM
• Hunt, Osher Classroom

Have you ever wondered how to get an inspiring true story into print in one of the series of anthologies, such as Chicken Soup for the Soul? There is a formula. In this class, you will learn how to take a great story and transform it into a dynamic tale ready for publication. No matter how good your story is, it won't go very far without five crucial elements. Submission guidelines for CSS will be covered, as well as current story callouts.

Hana Haatainen-Caye is an award-winning writer and voice-over talent. She is the author of the non-fiction book, Green Grandmas Vinegar Fridays, as well as over 40 children's books. Multi-published in the Chicken Soup for the Soul anthologies, she teaches others how to transform their life experiences into stories that sell. She leads writing workshops locally and at writers' conferences and is passionate about helping other writers succeed and reach their publishing goals.

Publishing for Writers

Study Leader: Scott Smith

• 5 Classes: May 12 – Jun. 9  
  Class ID: 969
• Tuesday, 1:00 PM - 2:30 PM
• Wean Hall, 4708

This discussion/workshop course focuses on the various aspects of how writers go about publishing their work. It covers such varied topics as preparing manuscripts (editing, proofing, and formatting), deciding where to send work (printed and online resources), pitching ideas (query letters and elevator speeches), getting an agent, approaching a publisher, and what to expect once a piece is accepted. It addresses additional questions, such as: Should I attend a conference or workshop? Should I hire a professional to edit my work? Do I have to have an agent? Do publishers want me to be involved in marketing my book? Are there any advantages to independent publishers? What if I self-publish? Are e-books here to stay? The class will be useful to writers of novels, short stories, poetry, and nonfiction books. Some in-class writing will be required.

Scott Bradley Smith has the unique perspective of being both a published author and an editor at a publishing company. He is currently the editor at Brandt Street Press, a small local publishing house in Pittsburgh, and has edited a number of books there and elsewhere that have made it to print. He taught English classes at the university level (at the University of Arizona and at Penn State) in the 1980s, and co-taught a similar publishing workshop at Chatham College in 2007. His creative work has appeared in a number of publications, and he is the author of five produced plays.

Share the "air time"

Limit the number of questions and comments you make in class to allow time for others to share.
ANTHROPOLOGY/ARCHAEOLOGY

Archaeology of Ancient Israel — New Topics

Study Leader: Ram Kossowsky

• 6 Classes: May 14 – Jun. 18
• Thursday, 1:00 PM - 2:30 PM
• Wean Hall, 4707

The history of Ancient Israel as revealed by archaeological studies continues. We will discuss the Egyptian occupation of Canaan in the late Bronze Age and the consequences of its withdrawal. We then will devote a few sessions to the history of the settlements of “Sea People” along the coast of the Eastern Mediterranean. We will conclude with a summary discussion of Khirbet Qeiyafa — A Davidic fortress?

Dr. Ram Kossowsky, a native of Israel, has lived in Pittsburgh since 1966. He earned advanced degrees in material science from the University of Pennsylvania. He spent 20 years at the Westinghouse Research Center, and 6 years at Penn State University. He has worked as an independent consultant since 1990. His passionate hobbies include the study of 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 Archeology of Ancient Israel at Temple Sinai and Osher-CMU. He has been invited to present a lecture "Ancient Codes of Law and Ethnogenesis of Israel” at meetings of the Biblical Archeology Society of Pittsburgh. In April 2012 he became president of the Biblical Archeology Society of Pittsburgh.

ARCHITECTURE

New Architectural Trends: All the Animals

Study Leader: Eric Fisher

• 2 Classes: Jun. 23 and Jun. 30
• Tuesday, 1:00 PM - 2:30 PM
• Wean Hall, 4708

Architecture has changed so much since the beginning of this century. In particular, developments in art theory, improvements in computer technology, and an increasing interest in environmental efficiency have changed the way progressive architects design. No longer are homes like patients in a hospital, hooked up to wires and tubes for nourishment and air. Today, those wires and tubes can finally be unhooked. At one time, an architect was constrained to two dimensions as he drew. Now, thanks to computer programs like Rhino and Grasshopper, our vision has expanded vastly. It used to be that architecture began and ended with form. Now form is something we end with as the final articulation of a deeper logic. In class 1, we will explore new architectural trends with examples drawn primarily from Mr. Fisher’s portfolio. Class 2 will include a tour of his award winning Shadyside studio along with a special presentation.

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

412.268.7489 39 osher@cmu.edu
The Life and Work Of Frank Lloyd Wright

*Study Leader: Cleon Cornes*

- 6 Classes: Jul. 9 – Aug. 20*
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

Through lectures, audio-visual material, and class discussion, we will review the struggles, conflicts, and achievements of the man who was arguably America’s greatest architect. Examples of buildings, designed at various periods of his career, will be discussed, including Fallingwater and Kentuck Knob.

Cleon Cornes is a retired psychiatrist and psychoanalyst who enjoys teaching courses (mostly about eccentric geniuses) for Osher at CMU, at Providence Point, and at the Mt. Lebanon Library. He has had a long standing interest in Frank Lloyd Wright and has visited many of the homes and buildings designed by him.

Exploring Pittsburgh’s Architectural Heritage

*Study Leader: Ray Schinhofen*

- 6 Classes: May 15 – Jun. 19
- Friday, 9:00 AM - 11:00 AM
- Wean Hall, 4707

This is a survey course to introduce participants to the architectural treasures of Pittsburgh. Included will be a history of the city — its origins, “grand schemes,” growth, and urban successes and failures; an overview of its architecture with examples of typical structures from each historical period of Pittsburgh’s past; and a walking tour through downtown Pittsburgh, focusing on its wealth of architectural detail. Slides and other visual aids will illustrate examples of surviving structures as well as those that have been lost. The walking tour of downtown will be in addition to the regular classes. It will be scheduled to take place some day after the last listed class date.

Ray Schinhofen, a native Pittsburgher, received his bachelor’s degree in architecture from Carnegie Institute of Technology (now Carnegie Mellon). He has been in private practice for over 30 years designing residential, commercial, and institutional projects. His firm has received numerous awards for historic restoration and contextual historical design. He incorporates both knowledge and love for the architectural history of Pittsburgh into an irresistible enthusiasm for his subject, as many visitors who have been subjected to his tours will confirm.
The Birth, Life, and Death of Stars: A Layman’s Perspective

Study Leader: Ken Kobus

- 4 Classes: May 14 – Jun. 4
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

This course will explore how and why stars are formed, how they live their lives, and when and why they die. When a star dies, each method of extermination has a different observable impact on the universe. We will explore the science behind the processes of these events, using simple terms to aid in understanding the life cycles of stars. A presentation of some of the methods astronomers use to gain this knowledge will be made. No mathematics required. An optional visit to the Amateur Astronomers Association of Pittsburgh’s Mingo Creek Observatory in northern Washington County will be made upon completion of the course for those interested in observing the sky through a large telescope.

Ken Kobus has had a lifelong interest in astronomy. He is presently the associate director of the Amateur Astronomers Association of Pittsburgh’s Mingo Creek Observatory in Mingo Creek Park, Washington County, PA. Ken has been a member of the AAAP for over 50 years. He holds a B.S. degree in mechanical engineering from the University of Pittsburgh and has published several books and articles and made many presentations about astronomy, railroads, and steelmaking in Pittsburgh, where he is a retired steelworker.

A Unified Purpose For the Human Race

Study Leader: Vladimir B. Ginzburg

- 5 Classes: Jul. 8 – Aug. 5
- Wednesday, 1:15 PM - 2:45 PM
- Hunt, Osher Classroom

This highly provocative subject will be presented along with a review of major scientific discoveries in physics and cosmology. The class will contemplate the question "Are we merely a fluke accidentally produced by nature, or is humanity destined to play a major role in the development of the universe?" Topics discussed will include novel descriptions of the motions of the planets and of the stars in the galaxy, how people improve the controlled systems that nature has already provided, and whether people can help or hurt what nature has done in regard to global warming. (There will be no discussion of political issues.) Special attention will be given to cybernetics, a branch of science that explains behavior of not only non-living and living entities, but also entire societies and the universe.

Vladimir B. Ginzburg received his education in Moscow, USSR. He has an M.S. degree in mechanical engineering and a Ph.D. degree in technical sciences. He moved to Pittsburgh with his family in 1974 and since then has conducted research and development work as it applies to the steel industry. The author and co-author of numerous articles and books related to engineering, he holds over 50 U.S. and foreign patents. In parallel with his work in the field of engineering, he conducts intensive research on the spiral nature of the universe. Among his books on this subject are Spiral Grain of the Universe, In Search of the Archimedes File, and Unified Spiral Field and Matter - A Story of a Great Discovery.
Astrophysics and The Evolution of the Universe

Study Leader: Leonard Kisslinger

- 5 Classes: May 15 – Jun. 12  
- Class ID: 896
- Friday, 1:00 PM - 3:00 PM  
- Wean Hall, 4707

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

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

Energy Alternatives for the Future

Study Leader: Gerst Gibbon

- 6 Classes: Jul. 9 – Aug. 13  
- Class ID: 878
- Thursday, 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 that 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.

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

Study Leader: Zelda Curtiss, Lisa Brown

- 3 Classes: Jul. 9 – Jul. 23
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

This course covers the history and importance of water resources in the Pittsburgh region and the impacts of the Clean Water Act on those resources. We will also explore the ongoing issues influencing water quality in the region with a focus on the importance of watershed-based management and stream restorations as they pertain to water resources and economic development. Two case studies will be highlighted: the Nine Mile Run Watershed and the Saw Mill Run Watershed. At least one field trip to the restoration of Nine Mile Run will be conducted.

Lisa Brown is the watershed coordinator for Saw Mill Run, where she works with communities to identify opportunities for stormwater mitigation including green infrastructure and low impact development. She was formerly the director of operations and outreach for the Nine Mile Run Watershed Association where she worked to raise community awareness around the issues of stormwater runoff and sewage overflows. She holds a B.S. degree in biology from Chatham University and is currently a Ph.D. student at the University of Pittsburgh in administrative and policy studies.

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

To Hell with the Environment! Is That Right?

Study Leader: Alberto Guzman

- 5 Classes: May 14 – Jun. 11
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Are recently experienced climate changes good indicators of global warming? Why is our planet getting hotter? What are advanced computer models predicting about future temperatures on Earth's surface? Are carbon emissions responsible for global warming? What are we expecting to see in the next 25 years in terms of population growth, energy demand, and the environment? Will Earth's inhabitants and ecosystems be at high risk if we don't change the present course of “business as usual”? How may technology and global agreements rescue mankind from disaster? During the five lectures I expect to give you straightforward answers to all these questions and more.

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 was composed of senior engineers and scientists who worked under research and development contracts from the federal government (DOD, DOE, DOT, EPA) and major domestic and international corporations. At CMRI, he established several energy programs involving fossil fuels and solar cells. Before joining CMU, he was a professor of general and solid state physics and physical metallurgy in Argentina. His post-grad education was in the field of the metallurgy of nuclear reactors.
**Birds of the National Aviary**

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

- 3 Classes: Jun. 10 – Jun. 24  
- Wednesday, 10:00 AM - 12:00 PM  
- National Aviary,  
  700 Arch St., North Side

The National Aviary is America’s only independent indoor nonprofit zoo dedicated exclusively to birds. Its diverse collection comprises more than 500 birds representing 150 species from around the world. This three-session course takes you through the exhibits and behind the scenes discovering and enjoying the birds in our collection. In “Bald Eagles — A Conservation Success Story,” you’ll explore our newest eagle exhibits, meet dynamic birds of prey, and learn more about the return of the bald eagle to Pittsburgh. In “All About Birds,” you’ll explore the global diversity and beauty of birds through special guided tours of our free-flight immersive exhibits and up-close live bird encounters. And during “Avian Training,” you’ll go behind the scenes to discover our animal enrichment program and directly participate in bird training activities. All sessions will be held at the National Aviary, with the price of admission and show tickets included in the course materials fee.

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

*Materials fees are not refundable; information on page 78.*

**National Aviary Veterinary Hospital Lecture and Tour**

*Study Leader: Pilar Fish  Materials Fee: $30*  

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

The National Aviary offers a great lecture and tour that centers on the Veterinary Hospital and its tiny patients! As part of the lecture, our trained staff will introduce you to some of our special “patients” and describe their customized care and treatment. A private tour of our veterinary hospital comes next. Dr. Pilar Fish, our veterinarian, will introduce you to resident patients like Winky, a white dove, with his customized environment of water, sand, and a surprise! Come see what the surprise is! Learn about the intricate procedures and wound-care techniques — many invented by Dr. Fish herself — that are used to treat and save the lives of these tiny patients. Learn how we perform testing and treat these bird patients, large and small. Finish your tour by watching the Wetlands birds get fed. You then have the option to enjoy a live bird show in our Wings! Theater.

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

*Materials fees are not refundable; information on page 78.*
**Birding for Beginners, Classroom Instruction**  
*Study Leader: Amanda Haney*

- 2 Classes: May 12 and May 19  
  *Class ID: 889*
- Tuesday, 11:15 AM - 12:45 PM  
  *Wean Hall, 4708*

Students will learn to identify a variety of common local birds such as Carolina wrens, red-winged blackbirds, indigo buntings, and Baltimore orioles. PowerPoint presentations of local bird photographs will help students learn the most important field marks of these birds as well as their habitats. Students will learn how to attract birds to home bird feeders, and what birds are likely to visit. Some easily identifiable bird songs will also be included. In addition, information on buying and using binoculars and field guides will be presented. (The field guides are for the birds likely to be seen during Jack Solomon's birding walks). Students can take this class in conjunction with Jack’s class or by itself.

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

**Birding for Beginners**  
*Study Leader: Jack Solomon*

- 3 Classes: Jun. 2 – Jun. 16  
  *Class ID: 933*
- Tuesday, 9:00 AM - 11:00 AM  
- Various Locations

Students should bring binoculars to this class, and we will take three field trips to Frick Park to practice finding and identifying common birds that breed or visit there. Red-winged Blackbirds, Baltimore Orioles, Yellow Warblers, Carolina Wrens, and Indigo Buntings are just some of those typically seen on these trips. Trips will begin at 9:00 a.m., and last for an hour or two of easy walking on fairly level trails. To repeat, binoculars are a must. A field guide to birds is also handy to have. All the walks start at the lower Frick parking lot off Hutchinson and Lancaster Streets in Regent Square. Directions to the lot will be provided after registration.

Please note: **Locations will be announced prior to class.**

**Jack Solomon** began birding after a guided walk in a national park in 1970 and has been at it ever since. He’s a former president of the Three Rivers Birding Club and former officer of the Audubon Society of Western Pa. He’s led outings for those and other groups. Since retirement from the practice of law, he’s been in the field with binoculars more days than not.

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**MEDICINE**

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

- 4 Classes: Jul. 7 – Jul. 28  
  *Class ID: 971*
- Tuesday, 1:00 PM - 2:00 PM  
- Wean Hall, 4707

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

**Patricia A. Tragesser** has worked in the area of sleep medicine for 18 years. She 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.
Taking a Bite out of Crime: The Forensic Science of Dentistry

Study Leader: Michael N. Sobel

- 5 Classes: May 13 – Jun. 10
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

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

Feeling Comfortable With Your Joints

Study Leader: Burton Pollock

- 4 Classes: Jul. 7 – Jul. 28
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

Dr. Pollock will lecture on arthritis and then answer students’ questions. Topics to be covered include inflammatory arthritis as related to rheumatoid arthritis, gout, psoriasis, and infection; auto-immune disease as related to lupus, scleroderma, polymyositis, and vascular diseases; back pain as related to ankylosing spondylitis, disc disease osteoarthritis, and spinal stenosis; non-articular disease as related to polymyalgia rheumatica, fibromyalgia, tendonitis, bursitis, and osteoporosis.

Burton Pollock graduated from the University of Pennsylvania School of Medicine. His training in rheumatology was at Johns Hopkins. He retired after practicing clinical rheumatology at UPMC for 45 years and holding the position of clinical associate professor at the University of Pittsburgh School of Medicine.

Age Management Medicine

Study Leader: Martin Gallagher

- 3 Classes: May 12 – May. 26
- Tuesday, 5:30 PM - 7:00 PM
- Wean Hall, 4708

This course will focus on age management medicine. The role of lifestyle, diet, nutritional deficiencies, hormonal imbalances, detoxification, heavy metals, and epigenetics will be discussed, as well as practical applications of age management techniques that you can employ at home to recover your health and prevent disease. We will also explore the role of medical acupuncture, chelation, bioidentical hormone replacement therapy, stem cell therapy, PRP, chiropractic, HBOT, Ozone Therapies and medical laser therapies to enhance the quality of your life. We will review disorders such as cancer, diabetes, dementia, arthritis, depression, menopause, fibromyalgia, CFS, allergies, Lyme disease, etc., and their respective integrative medicine treatment protocols. Natural home remedies will be discussed, including how to overcome common medical complaints such as sore throats, leg cramps, skin rashes, sinus problems, insomnia, fatigue, headaches, and others.

Martin Gallagher, M.D., D.C., M.S., is uniquely triple licensed board certified family physician, medical acupuncturist, and chiropractor. He is a faculty member at the University of Wisconsin Department of Family Medicine, where he teaches Regenerative Injection Therapy, and at West Virginia University, Department of family medicine, where he teaches medical acupuncture and integrative medicine. Dr. Gallagher is an esteemed international lecturer at the American Academy of Anti-Aging Medicine (A4M) and the American Academy of Orthopedic Medicine. He is the medical director of Medical Wellness Associates, one of only a few, integrative medicine facilities in the US, located in Jeannette, PA. He is the author of the best-selling book, Dr. Gallagher’s Guide to 21st Century Medicine and can be heard nationwide every Saturday morning on Sirius/XM radio on the popular call-in show Alternatives to Medicine.
CONTEMPORARY TOPICS/ SOCIOLOGY

Israel - Palestine: Two Perspectives

Study Leader: Ivan C Frank, Tina Whitehead

- 5 Classes: Jul. 7 – Aug. 4  Class ID: 875
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall, 4708

The course will focus on Israel and Palestine, covering the period from 1860 to the present. The approach taken will be both historical and experiential. Time will be given at the end of each of the final three classes for question and answer, providing the participants with an opportunity to engage with more than one perspective.

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. degree in international development education (1980) and a M.A. degree in history (1974). He has taught in high schools and universities in Israel and in the U.S.A. He lived in Israel for 11 years. He has taught in the Osher programs at Pitt and CMU since 2005.

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

How The URA has Led, And Continues to Lead, Pittsburgh’s Revitalization

Study Leader: Robert Rubinstein

- 1 Class: Jun. 23  Class ID: 966
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

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

Robert Rubinstein has been revitalizing communities, supporting housing and economic development, and helping to generate public tax revenue since 1988. He currently leads the Urban Redevelopment Authority of Pittsburgh (URA) which is the implementation arm for all housing and Economic Development activities. Previously, he was director of the economic development department. He was responsible for large scale projects, including the brownfield redevelopment and the implementation of tax increment financing (TIF) districts. Nearly $15 billion of investment has taken place. He serves on the governing board of the Pittsburgh Urban Initiatives (PUI) which has leveraged millions in private investment and created nearly one thousand jobs in low-income communities. He was named public executive of the year at the sixth annual Novogradac Journal of Tax credits community development awards. He has degrees from the University of Michigan (B.S. engineering) and Carnegie Mellon University’s Tepper School (M.B.A.)
Fair Trade: A Growing Movement

Study Leader: Jennifer Legler, Emily Kraybill

- 2 Classes: Jul. 6 and Jul. 13
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

For over 65 years, Ten Thousand Villages has been the pioneering leader of fair trade in the U.S. and strives to educate about the importance of this movement. In this course, two managers from Ten Thousand Villages Pittsburgh will explore the basics of fair trade and discuss how it affects child labor and gender equality. Come and learn about specific artisan groups, key organizations involved in fair trade, and the future of labeling and certification. This course is sure to teach you something brand new.

Emily Kraybill, offsite and outreach manager, and Jennifer Legler, store manager, have both taught on the topic of fair trade to community organizations, workshops, and children’s programs. Emily Kraybill has a bachelor of social work degree from Goshen College. Jennifer Legler has a master’s degree in public administration from the University of Pittsburgh’s Graduate School of Public and International Affairs.

Complexities of Sex Identification and Gender Roles

Study Leader: Suzanne Powell

- 6 Classes: Jul. 6 – Aug. 10
- Monday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

Sexual identification and gender roles form an important part of every culture’s foundation. The subjects of homosexuality, intersexuality, and transgenderism are now being discussed and debated openly in our society. This course will help the participants understand the differences between sex and gender and between being homosexual, transgendered, and intersexed. Cultural aspects will be explored, such as the ways other cultures allow such transgendered roles as female husbands and male wives. While the focus will be on humans, examples of hermaphrodites and homosexual behavior in the animal world will be given.

Suzanne Powell is a retired professor who taught Spanish, English as a second language, and world cultures for many years on the university level, both in the U.S. and abroad. She has lived in Guatemala, Egypt, Japan, and China and traveled independently in many other countries. She has researched the topic of sex and gender extensively and used it as one of the bases for her course in world cultures.

Public Education in the 21st Century — What is Going On?

Study Leader: Richard Wertheimer

- 5 Classes: May 13 – Jun. 10
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

Public education during the 20th century followed a consistent formula: 7-hour days; 183-day school years; classes taught in 45-minute increments; teachers lecture and students take notes, complete homework, and take tests. Students who followed the program graduated and moved into the workforce. Today, however, something seems to have gone awry in our schools. One in four students does not graduate from high school, and only 58% of first-time, full-time students at a four-year institution complete the degree within six years. This course will provide a historical, philosophical, sociological, and pedagogical context for public education. Participants will analyze their own educational experience. A deeper understanding of the current system will raise important issues of purpose, alignment, equity, finance, and models for school reform. The course will culminate in a review of current efforts to improve public education by aligning it with desired outcomes and allowing market forces to address our society’s reticence to change.

Dr. Richard Wertheimer retired as the co-founder, CEO, and principal of City Charter High School (City High) in 2012. Prior to working at City High, Dr. Wertheimer spent 25 years in the Pittsburgh Public Schools as a mathematics teacher and supervisor, and coordinator of instructional technology. He was the education project manager and a principal investigator of common knowledge: Pittsburgh, a National Science Foundation testbed for implementing the Internet into an urban public school district. Dr. Wertheimer has a B.A. degree in mathematics from Carnegie Mellon University (1975) and both an M.Ed. degree in rehabilitation counseling (1978) and an Ed.D. degree in instruction and learning (2001) from the University of Pittsburgh. His areas of interest in education pertain to mathematics instruction, instructional technology, professional development, urban education, and high school reform.
HISTORY

Lee’s Antietam Campaign

*Study Leader: David Albert*

- 6 Classes: Jul. 9 – Aug. 13  
  *Class ID: 853*
- Thursday, 9:30 AM - 11:00 AM  
  *Wean Hall, 4708*

Some historians consider the Antietam campaign to be the pivotal campaign of the Civil War. They believe that with its defeat, the South lost any hope of gaining their independence. Regardless, Antietam was the bloodiest single day in American military history, a day which produced 23,000 combined casualties, but which gave Lincoln the military victory he needed to issue his Emancipation Proclamation. This course examines the who, what, when, where, why, and how of this critical campaign and its aftermath.

David Albert is a retired Air Force officer. His interest in the Civil War began at 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.

Africa, Through the Lenses Of David Attenborough

*Study Leader: Alice Chen*

- 6 Classes: May 13 – Jun. 17  
  *Class ID: 952*
- Wednesday, 3:15 PM - 4:45 PM  
  *Wean Hall, 4708*

For over 60 years, Sir David Attenborough’s extraordinary and superb films have captured the imagination of people around the globe. *Africa*, his 2013 video series is a “breathtaking journey through the vast and divided continent of Africa” according to the BBC, while the Guardian’s review described this series as a “glorious highest quality wallpaper . . . with “grandfatherly commentary” . . . “like having a bedtime animal story read to you” . . . with “incessant music, telling me how to feel.” No wonder, on the Internet, many hilarious Sir David Attenborough parodies were posted and seriously followed. This course on Africa is for Osher members who have been deprived of being read bedtime stories over half a century ago. As the hippies used to say, “It’s never too late to have a happy childhood!” Each of our six classes (Kalahari, Savannah, Congo, Cape, Sahara, The Future) will start with a short introduction, view a chapter of *Africa*, followed by class discussion. Warning: sex and violence will not be censored. Napping is . . . never mind.

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

Course changes

Often class times and locations will change after the catalog is printed. Please check our website, www.cmu.edu/osher, for the most up-to-date information. Click on "Member Sign in" and then "Courses."
The Great French Revolution of 1789

Study Leader: Sheila Werner

- 6 Classes: May 11 – Jun. 22*
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

*Note: Class will not meet on May. 25

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

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

Nuts and Bolts (Plus a Few Loose Screws) of Sports

Study Leader: Gerald Frankovich

- 3 Classes: Jul. 7 – Jul. 21
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

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

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

*Study Leader: John R. McGinley, Jr*

- 3 Classes: Jul. 7 – Jul. 21  
- Tuesday, 11:15 AM - 12:45 PM  
- Wean Hall, 4708

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

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

A Gallop Through the 20th Century: France and Italy

*Study Leader: Robert S. Netzer*

- 6 Classes: May 11 – Jun. 22*  
- Monday, 9:30 AM - 11:00 AM  
- Wean Hall, 4708

*Note: Class will not meet on May. 25

During the 20th century, France and Italy endured two World Wars, loss of their colonies, and political turmoil. France was occupied by Nazi Germany (1940 - 1944), and Italy had a Fascist state under Mussolini (1922 - 1943). This course will also describe some details of life during these wars. Moreover, in the postwar period following World War II, it will show how both nations emerged as democratic republics that took an active role in the establishment of what became the European Union.

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

English Place Names

*Study Leader: Peter Isaac*

- 3 Classes: May 11 – Jun. 1*  
- Monday, 3:30 PM - 5:00 PM  
- Wean Hall, 4708

*Note: Class will not meet on May. 25

What’s in a place-name? Many seem to have obvious meanings, like Blackpool, Newcastle, and Ironbridge. Others are more obscure: did people do their laundry at Washington, or visit Reading for its library, or does Cheddar stand for cheese? Many seem incomprehensible, such as Penzance, Perranzabuloe, Uley, Paulerspury, and Llanympnech. A place name is like a time capsule. Each one tells you what people gave the name, what language was used, approximately when the place was named, and something about the place at that time. To learn how to read the names, we will review the history and languages of the many peoples who invaded England and settled there. We will cover some key name elements from the most important languages, and ramble around England attempting to decipher and understand the names as we go. There will be numerous examples from many regions of England.

Peter Isaac is a retired strategic planner, businessman, and entrepreneur who has long been fascinated by the origins of names. Born in Grimsby, Lincolnshire — a grim post-industrial rust-belt town on the banks of the Humber — he grew up in Coulsdon, Surrey, in the Bourne valley and attended college in Cambridge (formerly Grantabridge) on the river Cam (or Granta). He has traveled extensively in England, Scotland, Wales, and Ireland.
Victorian and Edwardian Women’s Fashions / 1880-1920

Study Leader: Patricia Peer

- 6 Classes: May 15 – Jun. 19
- Friday, 1:00 PM - 3:00 PM
- Friends Meeting House, 4836 Ellsworth Ave, Oakland

This course will discuss and show examples of clothing popular during the Victorian and Edwardian era. The first class will cover underwear, consisting of corsets, bustles, bloomers, petticoats, camisoles, camisole covers, stockings, nightgowns, night caps, etc. The second and third classes will focus on Victorian outfits 1880-1901 with examples of popular dress from that period and will discuss restrictiveness of clothing, detail, construction, and waistline size. Due to the 16-18 inch waists of the time, outfits were made in two pieces, with the top/shirtwaist separate to allow for boning to be sewn in. The course will also cover Edwardian Fashions from 1901-1920 (Downton Abbey period). By the turn of the century, clothing began to relax with long silhouettes but less restrictive, lower necklines and lighter fabrics. Lingerie dresses, wool bathing suits, beaded capes, opera coats, and shawls will be discussed. The final class will focus on accessories such as hats, gloves, beaded and mesh purses, shoes, fans, handkerchiefs, etc.

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

Baseball In the 20th Century

Study Leader: Robert Green, Harry Funk

- 5 Classes: May 14 – Jun. 11
- Thursday, 3:15 PM - 5:15 PM
- Wean Hall, 4708

Baseball was this country’s most popular sport for a large portion of the 20th century. Although other sports have eclipsed baseball in terms of popularity, the term “national pastime” still seems appropriate, as it harkens back to an earlier, more romantic era. This course will examine social, ethical, and legal factors that shaped the game in the 20th century. Some of the topics for discussion include the origins of the major leagues, the rise of modern concrete and steel stadiums, the reserve clause, free agency, the Negro leagues, and integration. We will also examine a collection of vintage baseballs, gloves, and uniforms. The course is intended to function as a discussion group, and class participation is strongly encouraged.

Robert Green is a retired family physician who has had a lifelong love of baseball and has read extensively about the history of the game.

Harry Funk (course co-director) is a journalist who is a member of ASBR (Society of American Baseball Research). He has encyclopedic knowledge of the game.
Vintage Motor Racing and The Pittsburgh Vintage Grand Prix

Study Leader: Thomas Hershberger

• 5 Classes: May 12 – Jun. 9
• Tuesday, 9:30 AM - 11:00 AM
• Wean Hall, 4708

Vintage road racing, as we are going to discover, is the “legal” racing of the sports cars we might remember from our youth and may have even owned. These were the MGs, Alphas, Triumphs, Porsches, Sprites, Jags, and the more exotic Lotus and Elvas, to name a few. Although there are vintage races most every weekend around the country, we host the Pittsburgh Vintage Grand Prix (PVGP) with 10 days of events, two race weekends, and over 200,000 spectators attending the signature race in Schenley Park, the only street course remaining in the country. We will have an overview of vintage road racing, with tracks, car classifications, and sanctioning bodies, with a mention of how to start racing. Then we will talk about the cars and how they are modified for safety and speed. The third class will cover race car driving, which involves a set of skills that you should mostly not be using in your everyday driving. The fourth class will be at Fowler Automotive Street and Track in Glenshaw. There are 10-15 race cars in a museum that we will be able to explore, sit in, and check out. Finally, we will have a representative from the PVGP come in to give us the history and structure of the event. Several weeks later the PVGP will be on, and I hope you attend and stop by the paddock to say hello.

Tom Hershberger is an emeritus professor of psychology at Chatham University, where he was both a faculty member for 39 years and dean of faculty and academic vice president for 14 years. His undergraduate degree is from Allegheny College and his Ph.D. degree is in experimental psychology and statistics from Northern Illinois University. The car bug hit early, but after a Model A truck and a couple of MGs, he was overtaken with the things grownups do, although he was a regular volunteer for the PVGP. Twenty years ago he bought a Miata, modified it, and went to several driving schools and attended track days. He even was an instructor. Three years ago, he decided that it was time to race. He got his competition license and bought a car (1964 MGB) and all of the gear that goes with it. He would like to claim many podium finishes, but he can’t. It has been a lot of fun racing, meeting so many good folks, and racing at places like Watkins Glen and the Indianapolis Speedway.

Nationality Rooms: Ethnic History and Cultures

Study Leader: Mirsada Begovic

• 5 Classes: Jul. 11 – Aug. 8
• Saturday, 10:30 AM - 12:00 PM
• University of Pittsburgh, Cathedral of Learning

The University of Pittsburgh’s Cathedral of Learning is currently home to 29 Nationality Rooms. They are located on the first and third floors of the Cathedral of Learning. The rooms were designed to represent the cultures of various ethnic groups that settled in Allegheny County and are supported by these cultural groups and governments. Tours are conducted year round. The public is invited to experience their ethnic identity and ancestral roots. The rooms are also in use as university classrooms: classrooms that teach, rooms that show the good things immigrants brought to America. As Wesley W. Posvar, former chancellor of the University of Pittsburgh, said, “More than any other single asset, the Nationality Rooms epitomize the University of Pittsburgh character by melding culture, beauty, and learning. In their diversity, the rooms preserve and honor our ethnic identities. Collectively, they symbolize our national unity.”

Please note: First class will meet at the gift shop, 1st floor Commons Room

Mirsada Begovic, M.D., Ph.D., is a physician-scientist who works as a docent at the Nationality Rooms and Intercultural Exchange Programs at the University of Pittsburgh. She was born and raised in Sarajevo, Bosnia and Herzegovina where she graduated from the University of Sarajevo Medical School. As a young medical student she lived and studied in Heidelberg and Mannheim (Germany) and Vienna (Austria). She completed her postdoctoral fellowships, masters and doctoral degree programs at the universities of Heidelberg (Germany), Zurich (Switzerland) and Pittsburgh, and at the National Institutes of Health, Bethesda (MD). Her professional career took her to Belgrade (Serbia), Bucharest (Romania), Budapest (Hungary), Jerusalem (Israel), Ljubljana (Slovenia), Osaka (Japan), Paris (France), Podgorica (Montenegro), Pristina (Republic of Kosovo), Rome (Italy), Skopje (Republic of Macedonia), Zagreb (Croatia), and over 20 cities across the United States and Canada. She considers herself a citizen of the world. The course she created will guide you through the 29 Nationality Rooms of the University of Pittsburgh. It will reflect her experience, views, and passion for traveling and exploring the world and its cultures.
History of Millvale: An Amusing and Interesting Tale

Study Leader: Jean Domico

- 3 Classes: May 26 – Jun. 9
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

Jean Domico was born and raised in Millvale and moved back in 2011 after being away for 40 years. She is co-author of the Arcadia Publishing Images of America book on Millvale published in March 2014. Jean is a retired Prudential executive with a substantial background in project and computer operations management. She possesses a bachelor of arts degree from Wheeling Jesuit University and a masters degree in archaeology and heritage management from the University of Leicester, UK. She has served on the board of directors of a historical house/tavern in Englishtown, NJ and has dug at the supply fort for Hadrian’s Wall in the UK. She currently divides her time volunteering as a docent at the Heinz History Center, flameworking glass over a torch, and completing her research on Graff, Bennett, and Co. for publication.

Whiskey and Rebellion At Pittsburgh’s Only Whiskey Distillery

Study Leader: Mark C. Meyer

- 1 Class: Jun. 10
- Wednesday, 1:00 PM - 3:00 PM
- Wigle Whiskey, 2401 Smallman St., Strip District

- 1 Class: Jul. 29
- Wednesday, 1:00 PM - 3:00 PM
- Wigle Whiskey, 2401 Smallman St., Strip District

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

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

Study Leader: Jennie Benford  Materials Fee: $10*

- 1 Class: Jun. 26  Class ID: 980
  - Friday, 10:00 AM - 11:30 AM
  - The Homewood Cemetery, 1599 S. Dallas Ave

- 1 Class: Jul. 6  Class ID: 981
  - Monday, 10:00 AM - 11:30 AM
  - The Homewood Cemetery, 1599 S. Dallas Ave

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

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

*Materials fees are not refundable; information on page 78.

Tour a Pittsburgh Lock and Dam

Study Leader: James McCarville

- 1 Class: Jul. 7  Class ID: 962
  - Tuesday, 1:00 PM - 4:00 PM
  - Emsworth Locks & Dams
  - Western Ave at Forest Ave
  - On Ohio River, Emsworth

This one day event will tour a Pittsburgh area lock and dam. You will learn how locks and dams work, their age and condition, the technical and political process required to improve them, and the impediments to improvements. It will also include an analysis of the commodities that traverse the locks, and the jobs, products, and industries they support.

Please note: This class is open to US Citizens only and a birthdate must be provided. Must register prior to Monday, June 1st.

James McCarville is the retired executive director of the Port of Pittsburgh Commission. He is an elected commissioner of the US section of the Permanent International Association of Navigation Congresses. He has worked for over 20 years to help modernize the US navigation industry.

Development of Squirrel Hill — A Journey Through Time and Art

Study Leader: Helen Wilson

- 3 Classes: Jul. 6 – Jul. 20  Class ID: 948
  - Monday, 11:15 AM - 12:45 PM
  - Wean Hall, 4708

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

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

Study Leader: Ronald Stone

• 5 Classes: May 13 – Jun. 10
• Wednesday, 1:15 PM - 2:45 PM
• Wean Hall, 4708

The failure to understand the religious dimensions of foreign policy has contributed to U.S. miscalculations in places such as Vietnam and Iraq. The history of U.S. foreign policy shows that the religious perspectives of U.S. policy makers have often been important factors in decisions made by foreign policy elites. This course will consider religious influences in American policy. Special attention will be given to just war theory as utilized by Jewish and Christian theorists, Islamic Jihad, and to the present wars involving Jewish, Christian, and Islamic peoples and perspectives. Evidence of religious enthusiasms motivating wars and terrorism may require even a secular republic to reconsider the role of religion in international affairs and U.S.A. foreign policy. Domestic thinkers whose religious perspectives informed foreign policy considered will include Barak Obama, Reinhold Niebuhr, Madeline Albright, and Hans Morgenthau.

Ronald Stone is the retired John Witherspoon Professor of Social Ethics at Pittsburgh Theological Seminary. He served also as the coordinator of the Cooperative Graduate Program in Religious Studies at the University of Pittsburgh. While teaching he wrote 20 books on religion and society; the most recent is Politics and Faith: Reinhold Niebuhr and Paul Tillich at Union Seminary in New York (2012). In the community he served as president of the Board of the East Liberty Development Corporation and chair of the Allegheny County Accountability and Ethics Commission. His Ph.D. degree is in religion and society from Columbia University.

Political Parties And American Elections, 1788-Present

Study Leader: Carleton Young

• 6 Classes: May 14 – Jun. 18
• Thursday, 11:15 AM - 12:45 PM
• Wean Hall, 4708

Since the time of George Washington, America has gone through the excitement of a presidential election every four years. Through the years many movements and parties have attempted to become major forces in American political life. These have included the Federalist, Democratic-Republican, Whig, Anti-masonic, Democratic, Free Soil, Know-Nothing, Republican, Greenback, Populist, Progressive, Bull Moose, Socialist, Dixiecrat, Libertarian, and Reform parties, among others. This course will cover the candidates and results of America’s 57 presidential elections while examining these many political parties, their party platforms, successes, and failures.

Carleton Young is a retired teacher from Thomas Jefferson High School, where he chaired the social studies department. When he first began teaching AP American history it was designed for a small elite group of about a dozen students. Under his leadership the course was opened up to the larger student body, and he was eventually teaching a full schedule of AP. Almost a third of the students who attended the high school elected to take this demanding course at some time before graduating. He has also taught as an adjunct professor at CCAC and Eastern Gateway Community College in Ohio. He has a B.A. degree in economics from Westminster College, teaching certification in English from Point Park University, a M.A. degree in history from Ohio University, and a Ph.D. degree in the history of education from the University of Pittsburgh. He is currently working on a soon to be published book on the experiences of two soldiers in the Civil War.
**Handwriting Analysis: Unlocking the Power of the Pen**

*Study Leader: Thelma Greco*

- 4 Classes: May 12 – Jun. 2  
- Tuesday, 11:15 AM - 12:45 PM  
- Wean Hall, 4707

There is “power of the pen” in identifying the various aspects of personality through handwriting. Using PowerPoint presentations, these handwriting classes will be interactive and will explore a kaleidoscope of personalities from superior personalities, such as the presidents of the United States, to contrasting well-known criminal personalities, and finally illuminating eccentric and creative personalities. We will explore the following topics: easy-to-understand guidelines to analyze your own handwriting, “leadership and ambitious” handwriting, as seen in the presidents of the United States, “dangerous and dishonest” handwriting of criminals and villains, and hidden secrets in amazing and eccentric signatures.

*Thelma Greco* has been certified a graphoanalyst and instructor with the International Graphoanalysis Society (IGAS) since 1989. The IGAS, which has been the number one American handwriting certification system for 85 years, is the basis of her education and experience in this field. In addition, she is a court certified forensic document examiner, working in the court system since 1994. She was director of student activities at Penn State University for ten years. She was in charge of the Lion Ambassadors, the Student Government Association (SGA), and all campus activities organized and run by student leaders. She holds a master’s degree from Penn State University. She is also the co-author of *The Personality Compass: A New Way to Understand People*. It has been published in the following languages: Hebrew, Japanese, German, Dutch, Croatian, Arabic, and English. It is a self-help book which makes it possible to understand yourself and others. Thelma has also used handwriting strokes to identify each of the personalities on the compass.

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**Bible Stories for Adults: The Moral Lessons of Genesis**

*Study Leader: Bruce Antonoff*

- 5 Classes: May 13 – Jun. 10  
- Wednesday, 9:30 AM - 11:00 AM  
- Wean Hall, 4708

Though the Bible is not a children's book, the only exposure many of us had to the Book of Genesis was as children's bible stories. However, these stories are crucial to understanding the developing relationship between God and people, which is one of the basic themes of the Bible, and we need to understand them on an adult level. 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.

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

Study Leader: Eugene Lauer

- 5 Classes: May 11 – Jun. 15*
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

*Note: Class will not meet on May. 25

The Catholic Second Vatican Council (1962-1965) continues to have an impact on the U.S. Church and society. We will review how its emphasis on world issues, ecumenism, religious liberty, and collaboration among all churches, nations, and ethnic groups have touched the minds and hearts of many in subtle and sometimes dramatic ways. This course will also explain the remarkable manner in which the council came into being and how this usual beginning affected the Church throughout the world. The surprising resignation of Pope Benedict XVI in March of 2013 and the quick election of Pope Francis I may be a significant factor in moving the teachings of the council forward to address the world along new and unexpected pathways. We will focus on his words and actions that have already suggested to many that “something new” is going to take place in the Church.

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

The Religious Heritage of Pittsburgh

Study Leader: Paul Schrading

- 5 Classes: May 12 – Jun. 9
- Tuesday, 1:00 PM - 2:30 PM
- Various Locations

The Pittsburgh area has a rich and varied history of religious groups. The current yellow pages list over 75 different church groups and 5 synagogue groups. This course will select a few of the groups that are part of the religious history of Pittsburgh. The class will meet in 5 different locations to visit the sacred space and learn the history of each tradition. Contacts are being made for visits to Baptist, Orthodox, and Hindu worship locations, along with two others. Representatives from each tradition will meet with us and share the history of the tradition in the Pittsburgh area. We will also learn about the worship experience in each sacred space. Information about each location and parking will be sent to each registrant. If there is interest in future courses, different religious traditions will be included.

Please note: Locations to be provided prior to class

Paul Schrading is a native of Pittsburgh and a graduate of the University of Pittsburgh, Yale University Divinity School, and Princeton Theological Seminary. He served over 40 years as a United Methodist minister. His assignments included campus ministry in Pittsburgh (Wesley Foundation); Edinburgh, Scotland (as chaplain among international students), and New York City (with the National Council of Churches). He also served a number of years in urban ministry, with an ecumenical ministry (the University and City Ministry) and as coordinator of the urban mission effort of the United Methodist Church. He was the coordinator for program resources (as council director) and was the Pittsburgh district superintendent for the Western Pennsylvania Conference of the United Methodist Church. He has had an interest in the religious history of the Pittsburgh area.
Budapest to Prague: A Blue Danube Travelogue

Study Leader: Susan Parker

- 4 Classes: Jul. 8 – Jul. 29
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

August 2012 found me taking a Blue Danube cruise from Budapest to Vienna and other points, eventually reaching Prague by bus. I loved every moment of it — the other travelers, the great onboard staff, and the nightly tours of the Danube’s illuminated bridges and shoreline buildings. Come see the colorful homes, terraced hills, beautiful cathedrals, statuary, gardens, palaces, and my individual thought-provoking synagogue tour. The history, music, and meals in people’s homes, as well as in restaurants were most informative. While I cannot share the food with you, I can provide you with a guided tour of the cities and the countryside, so that you may be moved to join the upcoming Osher cruise on the Danube. I can share pictures of fields and hills, shops, restaurants, and daily itineraries of places seen with our program directors and local guides. I hope you will embark on this trip in class, on the scheduled tour, or both.

Susan Parker has now become a three-time international traveler. She is married to a man who dislikes being dislocated from his home. However, with his encouragement she finally left him and the North American continent for her first trip to Europe in 2012. She has subsequently travelled to Tuscany and the Amalfi coast in 2013 and to four countries in her recent South American trip. She will be going on a garden tour of England shortly before this class in the summer. She is a photographer, which enables her to share her travel adventures with Osher members.

Journey Up the Amazon River

Study Leader: Byron Gottfried

- 1 Class: Jun. 25
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

In 2010, my wife and I were on a cruise that began in Ft. Lauderdale and ended in Manaus, Brazil — 700 miles up the Amazon River. While cruising up the Amazon, we visited two small cities and one native community where people lived happily in relatively primitive conditions. Throughout the journey, we never entered a lock and never passed under a bridge. Join me in viewing my photographs chronicling the entire journey. We will visit a few Caribbean islands, then Devil’s Island (the notorious French penal colony, now shut down but open to tourists), and finally, the Amazon River itself and some of its inhabitants.

Byron Gottfried is a retired Pitt engineering professor and an active participant in CMU’s Osher program. He and his wife enjoy travel and have visited a number of interesting destinations, the Amazon being arguably the most exotic. Byron is an avid amateur photographer, and, thus, documents his various travels with copious photographs.
### Monday | Session One / May 11 – July 4

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<td>Mark C.</td>
<td>904-905</td>
<td>Whiskey and Rebellion At Pittsburgh's Only Whiskey Distillery</td>
<td>54</td>
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<tr>
<td>Miller</td>
<td>Errol S.</td>
<td>906</td>
<td>Questioning the Criminal Justice System Part I</td>
<td>16</td>
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<tr>
<td>Miller</td>
<td>Marianne</td>
<td>965</td>
<td>Keeping Your Grandchildren Safe</td>
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<tr>
<td>Morelli</td>
<td>Leah</td>
<td>908</td>
<td>The Andy Warhol Museum</td>
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<td>Mumper</td>
<td>John</td>
<td>909</td>
<td>A Backstage View of the Cultural District</td>
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<tr>
<td>Netzer</td>
<td>Robert S.</td>
<td>910</td>
<td>A Gallop Through the 20th Century: France and Italy</td>
<td>51</td>
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<tr>
<td>Olmsted</td>
<td>John</td>
<td>911</td>
<td>Improve your Party Bridge Skills</td>
<td>28</td>
</tr>
<tr>
<td>O'Neill</td>
<td>Patricia</td>
<td>912</td>
<td>Birds of the National Aviary</td>
<td>44</td>
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<tr>
<td>Parker</td>
<td>Susan</td>
<td>913-914</td>
<td>Budapest to Prague? A Blue Danube Travelogue</td>
<td>59</td>
</tr>
<tr>
<td>Parker</td>
<td>Susan</td>
<td>914</td>
<td>Diet for Health and Vitality</td>
<td>33</td>
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<tr>
<td>Peer</td>
<td>Patricia</td>
<td>915</td>
<td>Victorian and Edwardian Women's Fashions: 1880-1920</td>
<td>52</td>
</tr>
<tr>
<td>Peterson</td>
<td>Jean</td>
<td>916</td>
<td>Writers' Workshop</td>
<td>37</td>
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<tr>
<td>Pollack</td>
<td>Connie</td>
<td>918</td>
<td>Get Fit - A Fun Latin Cardio Workout</td>
<td>25</td>
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<tr>
<td>Pollock</td>
<td>Burton</td>
<td>917</td>
<td>Feeling Comfortable with your Joints</td>
<td>46</td>
</tr>
<tr>
<td>Powell</td>
<td>Suzanne</td>
<td>919</td>
<td>Complexities of Sex Identification and Gender Roles</td>
<td>48</td>
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<tr>
<td>Purifoy</td>
<td>Jane</td>
<td>982</td>
<td>Great and Notable Novels Read and Revisited</td>
<td>8</td>
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<tr>
<td>Robertson</td>
<td>Norman</td>
<td>921</td>
<td>The U.S. Economy: Where do we go from here?</td>
<td>15</td>
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<tr>
<td>Rodwick</td>
<td>Ellen</td>
<td>922</td>
<td>Reader's Theater</td>
<td>30</td>
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<td>Rohosky</td>
<td>Rebecca</td>
<td>971</td>
<td>Sleep: Yesterday - Today - Tomorrow</td>
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<td>Rose</td>
<td>Patricia S.</td>
<td>924</td>
<td>Brutus as an Aristotelian Tragic Hero</td>
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<td>Rosenblum</td>
<td>Helen-Faye</td>
<td>925-926</td>
<td>Short Stories: We Have a Winner!</td>
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<td>Rosenblum</td>
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<td>Great and Notable Novels Read and Revisited</td>
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<tr>
<td>Roth</td>
<td>Paul</td>
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<td>The Greatest Generation of Pop Composers</td>
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<td>Rubinstein</td>
<td>Robert</td>
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<td>How the URA has Led, and Continues To Lead, Pittsburgh's Revitalization</td>
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<tr>
<td>Russell</td>
<td>Steve</td>
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<td>Collecting Memorabilia</td>
<td>21</td>
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<tr>
<td>Santangelo</td>
<td>Nancy</td>
<td>937</td>
<td>Have You Ever Wanted to Act on Stage?</td>
<td>29</td>
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<tr>
<td>Schinhofen</td>
<td>Ray</td>
<td>929</td>
<td>Exploring Pittsburgh's Architectural Heritage</td>
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<tr>
<td>Schinhofen</td>
<td>Mary</td>
<td>982</td>
<td>Great and Notable Novels Read and Revisited</td>
<td>8</td>
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<tr>
<td>Schrading</td>
<td>Paul</td>
<td>930</td>
<td>The Religious Heritage of Pittsburgh</td>
<td>58</td>
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<td>Schreurs</td>
<td>Veronique</td>
<td>931</td>
<td>Intermediate French Conversation</td>
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<td>Sheldon</td>
<td>Russ</td>
<td>967</td>
<td>Thomas Piketty's Capital in the 21st Century</td>
<td>15</td>
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<tr>
<td>Silk</td>
<td>Emmeline</td>
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<td>Be Creative: Greeting Cards - Easy and Fun</td>
<td>21</td>
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<tr>
<td>Singer</td>
<td>Veronica</td>
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<td>Regime Change in Shakespeare's History Plays</td>
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<td>FIRST NAME</td>
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<td>CLASS TITLE</td>
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<tr>
<td>Smith</td>
<td>Scott</td>
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<td>Publishing for Writers</td>
<td>38</td>
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<tr>
<td>Sobel</td>
<td>Michael N.</td>
<td>970</td>
<td>Taking a Bite out of Crime: The Forensic Science of Dentistry</td>
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<tr>
<td>Solomon</td>
<td>Jack</td>
<td>933</td>
<td>Birding for Beginners</td>
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<tr>
<td>Sooriamurthi</td>
<td>Raja</td>
<td>934</td>
<td>Puzzles, Games, and Problem Solving</td>
<td>27</td>
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<tr>
<td>Spahr</td>
<td>Judy</td>
<td>935</td>
<td>Drawing: A Lifelong Journey</td>
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<tr>
<td>St Clair</td>
<td>Gloriana</td>
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<td>Return to Tolkien’s Lord of the Rings</td>
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<tr>
<td>Stone</td>
<td>Ronald</td>
<td>972</td>
<td>Religion as a Factor in U.S.A. Foreign Policy</td>
<td>56</td>
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<tr>
<td>Tannenbaum</td>
<td>Marc</td>
<td>871</td>
<td>Financial Success in Retirement</td>
<td>17</td>
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<tr>
<td>Thomas</td>
<td>C.R.</td>
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<td>Have You Ever Wanted to Act on Stage?</td>
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<td>Sleep: Yesterday - Today - Tomorrow</td>
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<td>Veazey</td>
<td>Barbara</td>
<td>938</td>
<td>Understanding Seniors Insurance</td>
<td>17</td>
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<td>Very</td>
<td>Laura</td>
<td>939</td>
<td>Introduction to Knitting</td>
<td>19</td>
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<tr>
<td>Webster</td>
<td>Douglas</td>
<td>940</td>
<td>The Fascinating Hidden World of Global Shipping</td>
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<td>Weisfield</td>
<td>Cynthia</td>
<td>973</td>
<td>Women Artists in the Age of Abstract Expressionism</td>
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<td>Welch</td>
<td>Sandi</td>
<td>942</td>
<td>My Potted Plants Runneth Over</td>
<td>28</td>
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<tr>
<td>Wenisch</td>
<td>Cecilia</td>
<td>943-944</td>
<td>Latin Dances: Salsa, Bachata, Merengue</td>
<td>26</td>
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<tr>
<td>Werner</td>
<td>Sheila</td>
<td>945</td>
<td>The Great French Revolution of 1789</td>
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<td>Wertheimer</td>
<td>Richard</td>
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<td>Public Education in the 21st Century - What is Going On?</td>
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<td>Whitehead</td>
<td>Tina</td>
<td>875</td>
<td>Israel - Palestine: Two Perspectives</td>
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<td>Williamson</td>
<td>Sandra</td>
<td>947</td>
<td>Key Economic Issues Facing the United States</td>
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<tr>
<td>Wilson</td>
<td>Helen</td>
<td>948</td>
<td>Development of Squirrel Hill - A Journey Through Time and Art</td>
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<tr>
<td>Yee</td>
<td>Karen Fung</td>
<td>949</td>
<td>Ikebana for Your Space</td>
<td>18</td>
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<td>Young</td>
<td>Carleton</td>
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<td>Political Parties and American Elections, 1788-Present</td>
<td>56</td>
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<td>Yount</td>
<td>Richard</td>
<td>950</td>
<td>Poetry Interpretation: Shakespeare to Swift</td>
<td>9</td>
</tr>
</tbody>
</table>
CAMPUS MAP

Class locations are highlighted in YELLOW. Suggested parking locations are highlighted in BLUE.

**ACADEMIC/ADMINISTRATIVE**
1. Alumni House
2. Art Park
3a. Baker Hall (Dietrich/H&SS)
3b. Porter Hall
4. Bramer House
5. College of Fine Arts (CFA)
6. Cyert Hall
7. Doherty Hall
8. Facilities Management Services Building
9a. Gates Center for Computer Science (SCS)
9b. Hillman Center for Future-Generation Technologies (H&SS Grad Labs)
10. Hamerschlag Hall
11. Hunt Library
12. Margaret Morrison Carnegie Hall
13. Mellon Institute (MCS)
14. National Robotics Engineering Center (NREC)
15. Newell Simon Hall (SCS)
16. Pittsburgh Technology Center* (ETC)
17. Posner Center
18. Posner Hall (Tepper)
19. Purnell Center for the Arts
20. Rand Building
21. Roberts Engineering Hall
22. Robert Mehrabian Collaborative Innovation Center (RMCC)
23. Scafe Hall (CTI)
24. Future Home of Sherman and Joyce Bowie Scott Hall
25. Slabko Gymnasium
26. Smith Hall
27. Software Engineering Institute (SEI)
28. Solar Decathlon House
29. University Center
30. Warne Center (Office of Admission)
31. Wean Hall
32. West End (HR)
33. 300 South Craig (Police)
34. 311 South Craig
35. 407 South Craig
36. 413 South Craig
37. 416 Henry (UTDC)
38. 4609 Henry (Dietrich/H&SS Grad Labs)
39. 4615 Forbes (GATF)
40. 4616 Henry (RN)
41. 6555 Penn*
GENERAL INFORMATION & POLICIES

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

ON-CAMPUS

<table>
<thead>
<tr>
<th>Location</th>
<th>Map #</th>
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<tbody>
<tr>
<td>Baker Hall</td>
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<tr>
<td>College of Fine Arts (CFA)</td>
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<tr>
<td>Cyert Hall</td>
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<tr>
<td>Hunt Library</td>
<td>12</td>
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<tr>
<td>Mellon Institute (S. Bellefield Entrance)</td>
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<tr>
<td>University Center</td>
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<tr>
<td>Wean Hall</td>
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OFF-CAMPUS

<table>
<thead>
<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Beth Shalom</td>
<td>5915 Beacon St., Squirrel Hill</td>
</tr>
<tr>
<td>City Theatre</td>
<td>1300 Bingham St., South Side</td>
</tr>
<tr>
<td>Carnegie Museum of Art &amp; Natural History</td>
<td>4400 Forbes Ave., Oakland</td>
</tr>
<tr>
<td>Cathedral of Learning</td>
<td>4200 5th Ave., Oakland</td>
</tr>
<tr>
<td>Dance Alloy Studio</td>
<td>5530 Penn Ave. at Stratford East Liberty</td>
</tr>
<tr>
<td>Dancespace304</td>
<td>5604 Solway St., Squirrel Hill</td>
</tr>
<tr>
<td>Emsworth Locks and Damms</td>
<td>Western Ave. at Forest Ave., Ohio River, Emsworth Pool</td>
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<tr>
<td>Friends Meeting House</td>
<td>4836 Ellsworth Ave., Oakland</td>
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<tr>
<td>Home Depot</td>
<td>400 N. Highland Ave., East Liberty</td>
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<tr>
<td>Homewood Cemetery</td>
<td>1599 S Dallas Ave., Point Breeze</td>
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<tr>
<td>Knit One</td>
<td>2721 Murray Ave., Squirrel Hill</td>
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<tr>
<td>Marty’s Market</td>
<td>2301 Smallman St., Strip District</td>
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<tr>
<td>Mattress Factory</td>
<td>500 Sampsonia Way, North Side</td>
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<td>National Aviary</td>
<td>700 Arch St., North Side</td>
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<td>O’Reilly Theater</td>
<td>621 Penn Ave., Downtown</td>
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<td>Pittsburgh Ballet Theatre</td>
<td>2900 Liberty Ave., Strip District</td>
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<tr>
<td>Pittsburgh Opera HQ</td>
<td>2425 Liberty Ave., Strip District</td>
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<tr>
<td>Regent Square Theatre</td>
<td>1035 S. Braddock Ave., Regent Square</td>
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<tr>
<td>Rodef Shalom Temple</td>
<td>4905 Fifth Ave., Oakland</td>
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<td>Temple Sinai</td>
<td>5505 Forbes Ave., Squirrel Hill</td>
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<tr>
<td>Ten Thousand Villages</td>
<td>5824 Forbes Ave., Oakland</td>
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<tr>
<td>Warhol Museum</td>
<td>117 Sandusky St., North Shore</td>
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<tr>
<td>Wigle Whiskey</td>
<td>2401 Smallman St., Strip District</td>
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<tr>
<td>Wilkins Community Ctr.</td>
<td>7604 Charleston Ave., Regent Sq.</td>
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Parking

<table>
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<th>Garage/Lot</th>
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<th>Map #</th>
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<tbody>
<tr>
<td>East Campus Parking Garage*</td>
<td>Forbes Ave.</td>
<td>P6</td>
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<tr>
<td>(Free after 5 pm on weekdays)</td>
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<tr>
<td>RMCIC Parking Garage</td>
<td>S. Neville St.</td>
<td>P16</td>
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<tr>
<td>Gates Bldg Parking Garage*</td>
<td>Hamerschlag Dr.</td>
<td>P9</td>
</tr>
<tr>
<td>Morewood Avenue Lot</td>
<td>South Craig St.</td>
<td>P13</td>
</tr>
<tr>
<td>(FREE, beginning at 4:30pm)</td>
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</tbody>
</table>

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

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

Transportation

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

Bad Weather Days

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

Photos and Videos

• Photographs and videos are taken at many Osher events.
• The photos may be used in course catalogs, the website, the newsletters, brochures, or other publications.
• We encourage our members to share their photos and videos by emailing them to OsherPhotos@gmail.com.
• If you do not wish to have your photograph taken, please advise the photographer.
Email Notifications
Study Leaders will frequently email handouts, assignments, and class notices to their students. It is important that we have your current email address:

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

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

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

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

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

OUR GOLDEN RULES

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

2. If you are unable to take courses, or will miss 2 or more classes to which you have been admitted, please email us at: osher-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 and note it on the attendance sheet.

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

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

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

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

9. Turn off your cell phone before your class begins.

10. No food or beverages in classrooms, except water.

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

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

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

Study Leader Assistants Are Vital

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

Materials Fees

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

Confirmation Letters

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

Adding and Dropping Classes

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

Important:

You must receive a course confirmation in order to attend classes.

Observed 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 followingskip days:

- New Year's Day: Jan. 1, 2015
- Martin Luther King, Jr. Day: Jan. 19, 2015
- The day before Passover: April 3, 2015
- Good Friday: April 3, 2015
- Memorial Day: May 25, 2015
- Independence Day: July 3, 2015
- First full day of:
  - Rosh Hashanah: Sept. 14, 2015
  - Yom Kippur: Sept. 23, 2015
- Day before Thanksgiving: Nov. 25, 2015
- Thanksgiving Day: Nov. 26, 2015
- Friday after Thanksgiving: Nov. 27, 2015
- Christmas Day: Dec. 25, 2015
- New Year's Eve: Dec. 31, 2015

Questions? Please call the office at 412-268-7489 or email us at osher@cmu.edu.
For more information about being a SLA, please see page 78.

REGISTRATION FORM
Summer 2015

☐ Check here if information has recently changed.

Name _____________________________________________ Email ________________________________

Street Address ______________________________________ Home Phone _________________________

_____________________________________________________________________________________ Cell Phone _____________________________

City __________________________ State ______ Emergency Contact Name and Phone____________________

Zip Code ______________

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

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Willing to be S.L.A.</th>
<th>Course Title: Please include at least the first three words</th>
<th>First Session Start Date</th>
<th>Second Session Start Date</th>
<th>Materials Fee</th>
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Total Materials fee(s)

☐ Total Materials fee(s)

Registration fee prior to April 28th: $50.00

☐ Registration fee prior to April 28th: $50.00

Registration fee on April 28th and forward: $65.00

☐ Registration fee on April 28th and forward: $65.00

Contribution to the Osher

☐ Contribution to the Osher

Annual Meeting (Details pg. 10) $25.00

☐ Annual Meeting (Details pg. 10) $25.00

Total Payment

☐ Total Payment

Payment Method: check or credit card

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

☐ Check Number: __________________________

Payable to “Osher at Carnegie Mellon”

☐ VISA ☐ MasterCard ☐ American Express ☐ Discover

Cardholder Name (PLEASE PRINT) _____________________________________________

Expiration Date _____ / _______ CVV Code _________

Card Number _____________________________________________
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.
REGISTRATION FORM  
Summer 2015

☐ Check here if information has recently changed.

Name ___________________________________________  Email ________________________________

Street Address ____________________________________  Home Phone ___________________________

_________________________________________________  Cell Phone _____________________________

City _____________________________  State ______  Emergency Contact Name and Phone _____________________________

Zip Code ___________________________

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

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Willing to be S.L.A.</th>
<th>Course Title: Please include at least the first three words</th>
<th>First Session Start Date</th>
<th>Second Session Start Date</th>
<th>Materials Fee</th>
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Expiration Date _____ / _____ CVV Code _______

Card Number __________________________________________________________

For more information about being a SLA, please see page 78.
Osher is a member-driven organization and we rely upon and encourage active participation. While service is voluntary, it is a great way to meet new people and is very much appreciated.

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

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<td>☐ Diversity</td>
<td>☐ New Member Social</td>
<td>☐ Study Leader Assistant</td>
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<td>12:30pm – 3:30pm</td>
<td>☐ Finance</td>
<td>☐ Newsletter</td>
<td>☐ Volunteer Registrar Assistant</td>
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**Consider becoming a Study Leader!**

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

________________________________________________________________________

________________________________________________________________________

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

________________________________________________________________________

________________________________________________________________________

**Donate to the Annual Fund**

Your generosity helps our program to grow! Contribute to our Annual Fund today. For your convenience, you can add a donation in any amount, to the registration form.
Instructions to “Sign In”, place course(s) in your cart, checkout, and pay:

Members can start to register for Summer 15 beginning on Tuesday, April 7th at noon. The exciting part of the registration system is that you will know immediately in which courses you are enrolled and will see your place in the queue for courses in which you are waitlisted. Registering online will be as easy as any other online shopping experience.

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

Sign In:

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

Registering:

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

Checkout and pay with a credit card:

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

View your schedule and other info!

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

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