Winter/Spring 2015
at Carnegie Mellon University | www.cmu.edu/osopher
Greetings Osher Member,

The purpose of man is to not live like an animal, but to seek knowledge and virtue. What better way is there to fulfill this quest than to take classes this Winter/Spring term at Osher! There is no reason to hibernate this upcoming term; we have 138 courses to choose from that are terrific. So grab your hat and coat and join your fellow Osher members this winter/spring in the intellectual pursuit of the unknown!

Here at Carnegie Mellon University, Osher members have the great fortune to have available to them a wide range of excellent courses each term. Registration for the Winter/Spring 2015 term will open to all Members at noon on December 2nd. If you plan to register by mail, please try to have your registration in the Osher office by that date. We start to accept registrations as soon as the catalog is mailed. Mailed-in registrations are hand-entered by the Osher staff in the date order that they arrive starting at noon on December 2nd also. If you plan to register online, the directions are located in the back of this catalog. Please practice before December 2nd so you are sure you have the correct username and password. Call the office if you get stuck. Please note that courses fill up very fast, so if you register online you do have an advantage over those that mail in their registrations.

When each term’s course catalog arrives, it is very tempting to register for all the intriguing classes you can. As the term start date approaches, however, the demands of other life commitments often lead to the realization that we’ve taken on too much. If you find that you cannot attend all the courses that you have been admitted to, please contact the Osher office immediately to drop those you won’t be attending so someone on the waiting list can have your seat. It is good Osher etiquette to remember. Please do so! Thank you!

Please read your course confirmations carefully as dates, times, and locations often change after the catalog is published. If you have email, you will receive your confirmations by email as you are registered, regardless of how you registered. If you don’t have email, you will receive your confirmations in the mail. We hope that all will say that you are admitted, but sometimes you will be put on a waiting list because a course is full. Please do not go to any course until you receive a confirmation notice that you have been admitted. I hate having to call people and tell them not to attend a course anymore until they are admitted. The instructors set the seat limit and it is very unfair for someone to just show up while others are following the rules.

Finally, we have a wonderful Holiday luncheon planned for December 16 along with a number of upcoming evening lectures. Please either register for these events online or call the office to register.

Remember to check your email on Friday for the Osher weekly newsletter — it is full of important information!

Lyn Decker, Registrar
### What interests you? Find your courses by topic.

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

412.268.7489

osh@cmu.edu
CONSIDER A GIFT TO OSHER

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

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Art and Craft of Stained Glass

Study Leader: Kirk Weaver

• 6 Classes: Mar. 12 – Apr. 16  
  
• Thursday, 11:15 AM - 12:45 PM  
  
• Wean Hall 4708  

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

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

Visual Arts —  
Contemporary Issues — Part XVIII

Study Leader: Edgar Landerman, John Carson

• 4 Classes: Mar. 12 – Apr. 2  
  
• Thursday, 3:15 PM - 4:45 PM  
  
• Wean Hall 4707  

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

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

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

Study Leader: Karen Bowden Cooper

• 6 Classes: Jan. 13 – Feb. 17  
• Tuesday, 3:15 PM - 4:45 PM  
• Hunt Library Osher Classroom

The binding of Isaac will serve as the focus of this exploration of the ways artists have represented the biblical world and interpreted key texts of the Hebrew Bible. After examining Genesis 22 and its interpretive traditions, we will explore the different elements of the story that artists have chosen to represent and weigh factors that influence their work: audience and purpose, materials and tools, prevailing stylistic and iconographic norms, physical setting, as well as the influence of the second commandment. The approach, contextual and comparative, will incorporate a range of biblical persons and events and will take us from the synagogues of ancient Syria-Palestine to the great mosaic sequences of medieval Sicily and also to the workshops of individual artists of the 15th to 20th centuries.

Karen Bowden Cooper is curator of the Kelso Museum of Near Eastern Archaeology and lecturer in Hebrew at The Pittsburgh Theological Seminary. She has an M.A. degree with an emphasis in biblical studies from P.T.S. and a Ph.D. degree in comparative literature from U.C. Berkeley. Her research interests include the interplay from oral to literacy skills in literature of the ancient Near Eastern and Mediterranean populations, and the role of art in the interpretation of biblical narrative.

Drawing: A Lifelong Journey

Study Leader: Judy Spahr

• 6 Classes: Jan. 16 – Feb. 20  
• Friday, 9:30 AM - 12:00 PM  
• College of Fine Arts, Not Assigned

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

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

Judy Krause Spahr is a lifelong resident of Pittsburgh. Art has 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.
Public Art in Pittsburgh And Your Neighborhood

Study Leader: Laura Zorch

• 3 Classes: Apr. 14 – Apr. 28  Class ID: 800
• Tuesday, 11:45 AM - 12:45 PM
• Wean Hall 4707

This course will explore artwork in the public spaces of the city of Pittsburgh. We will talk about the process of commissioning a work of art, finding an artist, and planning the installation. The class will also include one tour outside (weather permitting). Students will be encouraged to discover artwork in their neighborhoods.

Laura Zorch is the educational programs assistant at the Office of Public Art, a partnership of the Greater Pittsburgh Arts Council and the Department of City Planning, which provides technical assistance and educational programs to the public and private sectors in Pittsburgh. She holds a master’s degree in arts management from Carnegie Mellon University and is the co-author of Food Lovers’ Guide to Pittsburgh, a tour guide to Pittsburgh’s local culinary delights, published by Globe Pequot Press in 2012.

The Art of the City

Study Leader: Kristen Link

• 1 Class: Feb. 9  Class ID: 818
• Monday, 4:00 PM - 5:30 PM
• City Theatre, 1300 Bingham St., South Side

• 1 Class: Mar. 9  Class ID: 819
• Monday, 4:00 PM - 5:30 PM
• City Theatre, 1300 Bingham St., South Side

• 1 Class: Apr. 13  Class ID: 820
• Monday, 4:00 PM - 5:30 PM
• City Theatre, 1300 Bingham St., South Side

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

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

*Study Leader: Edgar Landerman*

- 4 Classes: Mar. 11 – Apr. 1
- Wednesday, 4:30 PM - 6:00 PM
- Wean Hall 4707

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

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

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

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**Have You Ever Wanted To Act on Stage?**

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

- 6 Classes: Mar. 11 – Apr. 15
- Wednesday, 1:00 PM - 3:00 PM
- Friends Meeting House, Ballroom

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

*Please note: Evening performance on Wednesday, April 15, 2015 from 6-9 PM.*

**Charles R. Thomas**, emeritus professor of English at California University of Pennsylvania, has written 61 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 an B.A degree in American literature, an M.A. degree in English literature, an Ed.D. degree in higher education administration from West Virginia University, and a B.S. in finance and an M.Ed. in special education degrees from California University of Pennsylvania.

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

Study Leader: Lisa Auel

- 1 Class: Mar. 31
- Tuesday, 12:00 PM - 2:00 PM
- Pittsburgh Ballet Theatre, 2900 Liberty Ave

- 1 Class: Apr. 2
- Thursday, 12:00 PM - 2:00 PM
- Pittsburgh Ballet Theatre, 2900 Liberty Ave

Join Pittsburgh Ballet Theatre to explore its upcoming production of La Bayadère. Set in imperial India of the past, a tangled love triangle and power struggle mean tragedy for a temple dancer (the bayadère) and her lover. With choreography by the “father of classical ballet,” Marius Petipa, and a mesmerizing score by Ludwig Minkus, La Bayadère has entranced audiences for more than a century. The ballet is known for its climactic “Kingdom of the Shades” scene, its epic storyline, high drama, and sensational scale. The one-session course will explore the history, choreography, and music of the ballet as well as its cultural context and resonance for modern audiences. A brief reading assignment should be completed prior to class. Class time will include viewing part of a Company rehearsal if the production schedule allows.

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

Spanish for People With Basic Knowledge

Study Leader: Mariana Miranda

- 6 Classes: Jan. 16 – Feb. 20
- Wednesday, 9:00 - 10:30
- Hunt Library Osher Classroom

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

Please note: New students will need to bring $5.00 to the first class.

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

Intermediate French Conversation

Study Leader: Veronique Schreurs

- 6 Classes: Mar. 13 – Apr. 17
- Friday, 1:00 PM - 3:00 PM
- Hunt Library Osher Classroom

*Note: Class will not meet on Apr. 3

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.

Please note: No class 4/3/2015

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.
Crossing the Yoknapatawpha: Faulkner’s Comic Novel
As I Lay Dying

Study Leader: Mary Schinhofen

• 6 Classes: Mar. 9 – Apr. 13
• Monday, 9:30 AM - 11:00 AM
• Wean Hall 4707

Read, discuss, and analyze the novel that in 1998 the Modern Library placed in the 35th slot in the 100 best novels in English in the 20th century. Continuing the Yoknapatawpha saga, As I Lay Dying presents its story from the viewpoints of its 15 characters and incorporates Faulkner’s inimitable style in the telling. As I Lay Dying is Faulkner’s only work from his gloriously productive early years that can be called a “comedy,” albeit a dark one. (Remember, we are talking about Faulkner!) Although this is one of a series of courses focused on Faulkner’s mythical Yoknapatawpha County, it is self-contained. No previous experience necessary.


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.

Women of the Bible: Portraits of Strength

Study Leader: Bruce Antonoff

• 5 Classes: Mar. 11 – Apr. 15*
• Wednesday, 1:30 PM - 3:00 PM
• Hunt Library Osher Classroom
*Note: Class will not meet on Apr. 8

Our opinions may differ on who wrote the Bible, but almost everyone agrees that it was written from a male perspective. The women’s stories, if told at all, are usually abbreviated. However, when you dig deeper, the women portrayed in the Bible are strong and decisive, sometimes in stark contrast to their male counterparts. They don’t always do the right thing, but, then, neither do the men. In this course, we will read the passages in which women appear and discuss what the stories say about them and their influence as role models. Some of the women we will discuss are Eve, Sara, Rebecca, Leah, Rachel, Hannah, and Ruth, but there may be many others as time permits.

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.
Poetry

Study Leader: Judith Robinson

• 6 Classes: Mar. 9 – Apr. 13
• Monday, 1:00 PM - 3:00 PM
• Hunt Library Osher Classroom

We all wish to live more fully. Poetry engages the mind, body, and spirit. Poetry enhances and enlarges life. This workshop affords the opportunity to read the great poets of the world: Auden, Frost, Ginsberg, Kinnell, Millay, Neruda, Plath, Shakespeare, Whitman, Zymborska, to name just a few, and to meet and enjoy fine local guest poets as well. Writing is an option, not a requirement. Required is listening and experiencing the pleasure of this most precise and delicious of all literary forms.

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

Great and Notable Novels Read and Revisited

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

• 6 Classes: Jan. 15 – Mar. 26
• Thursday, 1:00 PM - 3:00 PM
• Hunt Library Osher Classroom

This study group will read and discuss significant novels of the 19th, 20th, and 21st centuries from the vantage point of age, maturity and experience. What insights can we share now that were not available during a previous reading? The course also will provide opportunities to read novels we may have “saved for later.” Class members are asked to lead a book discussion session. This class meets on alternate weeks. With deep gratitude to Martha Browne for her many years of dedication.

Please note: Class meets every other week. Schedule is 1/15, 1/29, 2/12, 2/26, 3/12 and 3/26.

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).
Short Stories: Size Is a Statistic

Study Leader: Helen-Faye Rosenblum

- 6 Classes: Jan. 12 – Feb. 16  
  Class ID: 771
- Monday, 1:00 PM - 3:00 PM
- Hunt Library Osher Classroom

- 6 Classes: Jan. 12 – Feb. 16  
  Class ID: 811
- Monday, 3:15 PM - 5:15 PM
- Hunt Library Osher Classroom

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

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

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 childrens literature to graduate students at the University of Pittsburgh and Chatham University.

Issues in Children's Literature

Study Leader: Amy Kellman

- 4 Classes: Mar. 10 – Mar. 31  
  Class ID: 736
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall 4707

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.

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.

Tolkien Theory and Practice

Study Leader: Gloriana St. Clair

- 6 Classes: Jan. 22 – Apr. 2  
  Class ID: 786
- Thursday, 1:00 PM - 3:00 PM
- Hunt Library Osher Classroom

This course will explore the British author J.R.R. Tolkien’s theories as they relate to some of his practices. The class will read and discuss his essay “On Fairy-Stories” and two fairy stories, “Farmer Giles of Ham,” and “Smith of Wootton-Major.” We will also read Tolkien’s newly published translation of the Old English poem Beowulf and his groundbreaking 1936 essay “Beowulf: The Monsters and the Critics.” We will begin the course with an in-class reading of Tolkien’s play The Homecoming of Beorhtnoth Beorhthelm’s Son. While none of this takes place in Middle-earth, readers will come into a greater understanding of the intellectual milieu that fostered the creation of that secondary world.

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.
Horrors! Gothic Literature: Reading and Writing

Study Leader: Jill Khoury

- 6 Classes: Jan. 14 – Feb. 18
- Wednesday, 3:15 PM - 5:15 PM
- Hunt Library Osher Classroom

Class ID: 737

- 6 Classes: Mar. 11 – Apr. 15
- Wednesday, 3:15 PM - 5:15 PM
- Hunt Library Osher Classroom

Class ID: 807

What is so compelling about the ghostly, the uncanny, or the supernatural? We will try to answer these questions as we explore Joyce Carol Oates’ anthology *American Gothic Tales*. The genre of American gothic stretches back to the Puritans, through H. P. Lovecraft, Ray Bradbury, Shirley Jackson, and into the present with Anne Rice, Ursula Le Guin, and Stephen King. Isaac Bashevis Singer even dabbed in the gothic! We will be doing a combination of outside reading, discussion, and in-class writing. We’ll balance our consideration of the stories with some playful creative writing prompts focusing on one aspect of the gothic (villain, heroine, landscape, ghosts, etc.) to be done in class. Not sure if you’re “into” gothic literature? If you like science fiction, fantasy, or mysteries, this class could be the one for you. Students should come prepared with a copy of the anthology and a writing journal. **Required Text:** *American Gothic Tales* (Joyce Carol Oates, Ed.) can be purchased from Amazon.

Jill Khoury earned her masters of fine arts degree from the Ohio State University. She teaches writing and literature in high school, university, and enrichment environments. Her poems have appeared or are forthcoming in numerous journals, including *Bone Bouquet*, *RHINO*, *Off the Coast*, and *Stone Highway Review*. She has been nominated for two Pushcart Prizes and a Best of the Net award. Her chapbook *Borrowed Bodies* was released from Pudding House Press. You can learn more at jillkhoury.com.

MUSIC

Art of Audience Engagement

Study Leader: Monique Mead

- 3 Classes: Mar. 24 – Apr. 7
- Tuesday, 12:00 PM - 1:20 PM
- College of Fine Arts, Kresge Theatre

Class ID: 751

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

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

Study Leader: John Raevens

- 6 Classes: Mar. 13 – Apr. 24*
- Friday, 3:00 PM - 4:30 PM
- College of Fine Arts, Room M160

*Note: Class will not meet on Apr. 3

Looking at, listening to, and discussing the great masterworks of music all through the ages. Symphonies, concertos, chamber music, and piano will be examined.

John Raevens is a native of Belgium. He holds an advanced degree from the Lemmens Institute and received first prize in organ, piano, theory, and history from the Royal Conservatory in Ghent, Belgium. He joined the music faculty of Duquesne University in 1966. Following a distinguished career teaching theory and composition, he has been teaching a course titled "Enjoyment of Music" for the past ten years. He has played in many recitals in Europe and the U.S. on organ and harpsichord. He is the author of Enjoyment of Music, a book which is widely used in universities.

The Life and Music Of Richard Wagner

Study Leader: Cleon Cornes

- 6 Classes: Mar. 10 – Apr. 14
- Tuesday, 1:00 PM - 3:00 PM
- Wean Hall 4708

Richard Wagner was one of history’s greatest composers, a theater artist of extraordinary genius and vision, and one of the most controversial characters in the entire population of Western art. His life and music will be presented in lectures, class discussion, and audio-visual material.

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 been involved in musical organizations throughout most of his life and has listened for many years to the music of Richard Wagner.

Concert Series: An Inside View Of the CMU School of Music

Study Leader: Edgar Landerman, Dana A. Casto

- 1 Class: Jan. 1
- Thursday, 12:00 PM - 1:00 PM
- TBD

The CMU Contemporary Ensemble perform music composed in the last 20 years in concerts that feature multi-disciplinary collaboration, technology improvisation, and theatrical elements. Other CMU concerts are by the CMU Philharmonic, CMU Wind Ensemble, CMU Jazz Orchestra, CMU Baroque Ensemble, and CMU Guitar Ensemble on Saturdays. Information about concerts by these groups will be emailed or mailed to you or by telephone. Additional concerts and lectures will be added in the future. Specific information concerning these concerts will be sent to those who have registered for the course.

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

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

Study Leader: Flavio Chamis

- 3 Classes: Jan. 13 – Jan. 27
- Tuesday, 1:00 PM - 3:00 PM
- Mellon Institute at CMU

The sessions will focus on three different aspects of music. The first one, “Why Does It Sound So Good?” will address the classical musical architecture, more specifically the formal structure most used by the great masters — the Sonata Form — which is to be found in just about every symphony, concerto, chamber music work, as well as in sonatas. Session 2 will concentrate on the connections between classical music and jazz, with the participation of PSO associate principal violist Tatjana Mead Chamis, who will present excerpts of a related work, the “Suite for Viola Solo and Jazz Trio”, composed especially for her. The final session is called “From Ipanema to the World: the Swingy Journey of Brazilian Music.” This session will focus on Bossa Nova, Brazil’s leading cultural export product, as a pivotal cultural moment when Brazilian music shifted from being a raw musical material provider to a fully finished product exporter.

Flavio Chamis, a native of Sao Paulo, Brazil, is trained in conducting and composition at Tel Aviv University and in Detmold, Germany, at the Nordwestdeutsche Musikakademie. He served in Vienna as music director of the Villa Lobos Ensemble. While in Europe, he recorded with the Radio Sinfonie Orchester Berlin and the Nouvelle Philharmonique de Radio France. Among his European engagements were performances at the Musikverein in Vienna, the Wiener Festwochen, and the Royal Festival Hall in London. In 1985, Chamis became conducting assistant to Leonard Bernstein, leading the Israeli Philharmonic in preparation for tours of Europe, Japan, and the United States; in 1986 conducting rehearsals for the world premiere of Bernstein’s Jubilee Games (later renamed Concerto for Orchestra), and assisting Maestro Bernstein on the European tour of the London Symphony Orchestra. In 1987 Chamis became the music director of the Porto Alegre Symphony Orchestra in Brazil. In Brazil, he conducted all the major orchestras and performed on Brazilian radio and television. He serves as guest conductor throughout Europe and Latin America. He is a composer of a wide range of styles, from solo, chamber, and symphonic pieces to jazz and Brazilian music. He has also written the text for many of his vocal compositions. He lectures on both Brazilian and classical music and since 2008 has been a permanent member of the Screening Committee of the Latin Grammy. He has lived in Pittsburgh since 1994. He and his wife, Tatjana, associate principal violist of the Pittsburgh Symphony, have three children.

Louis Armstrong And The Culture of New Orleans

Study Leader: Richard Cohen

- 6 Classes: Mar. 12 – Apr. 16
- Thursday, 1:00 PM - 2:30 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.
**ARTS & HUMANITIES | Music / Writing**

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**Hot Shantoozies — Two**

*Study Leader: Mike Plaskett*

- 5 Classes: Mar. 9 – Apr. 6
- Monday, 3:15 PM - 4:45 PM
- Wean Hall 4708

Much of the glamour of popular music in the 1930s and 40s came from the era’s sparkling female singers — and from the countless wonderful songs that they introduced. Some singers made their mark as vocalists with a band; others won fame on radio, in films, on stage, or in nightclubs. (Some, like Pittsburgh’s Eugenie Baird, made the big time but faded.) In this, the second iteration of the course, we will hear and discuss vintage recordings by Baird, Mildred Bailey, Jane Froman, Billie Holiday, Lee Wiley, Peggy Lee, Helen Morgan, and Hildegard. We will also watch the 1957 film, *The Helen Morgan Story*. Join radio’s Mike Plaskett to hear classic songs in their original settings, and meet many fascinating and attractive vocal artists.

**Mike Plaskett** is a lifelong record collector and co-host of the nationally syndicated radio show, *Rhythm Sweet & Hot*. Mike and co-host Dale Abraham are heard on WESA 90.5 FM Saturday nights, 6-8 PM.

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**Singing in a Choral Group**

*Study Leader: Constance Rapp*

- 6 Classes: Mar. 12 – Apr. 16
- Thursday, 1:00 PM - 2:30 PM
- Friends Meeting House, Ballroom

If you love singing with a group, this class is for you. We learn two-and three-part songs, running the gamut from traditional and folk to show tunes. Prior experience is not important — just the desire to participate and have fun while learning.

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

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**Writing**

**The Writing Circle**

*Study Leader: Mimi Botkin*

- 6 Classes: Mar. 9 – Apr. 13
- Monday, 9:00 AM - 11:00 AM
- Hunt Library Osher Classroom

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

**Mimi Botkin** retired in 2007 after 37 years of full-time teaching 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 at the Pitt Osher program.
Write a Mini-Memoir

Study Leader: Sharon Lippincott

- 7 Classes: Mar. 13 – Apr. 24
- Friday, 9:00 AM - 11:00 AM
- Hunt Library Osher Classroom

Everyone has occasions when life turns a corner. Some are formal and public, some private and intensely personal. Each affects life in some profound way. In this class you will choose one such experience to use as the focus for developing a mini-memoir of a few thousand words, one step at a time. Each week will focus on a different aspect of craft, including story arc, tension, personal reflection, characterization, dialogue, mood, and more as you develop the single memory into a rich and polished account of a significant life experience. Expect to spend an hour or more each week working on your story at home to apply lessons learned in class, then bring short excerpts to share for class discussion. Although the class will focus on memoir, the material is relevant for fiction writers.

Sharon Lippincott is a veteran memoir writing instructor and editor with several years of Osher experience. She is the author of The Heart and Craft of Lifestory Writing, a handbook on transforming memories into meaningful stories, and of numerous other stories and instructional material. Her blog, ‘The Heart and Craft of Life Writing,’ includes over 600 essays and tips on life writing. In 2013 she published two books, The Heart and Craft of Writing Compelling Description and Adventures of a Chilehead: A Mini-Memoir with Recipes.

This I Believe: A Writing Program

Study Leader: Nancy Santangelo

- 6 Classes: Jan. 15 – Feb. 19
- Thursday, 9:00 AM - 11:00 AM
- Hunt Library Osher Classroom

Some memories will be jogged as Osher students listen to recordings of essays from the This I Believe radio program hosted by Edward R. Murrow from 1951 to 1955. In Murrow’s words, the goal of the program was “to point to the common meeting grounds of belief which is the essence of brotherhood and the floor of our civilization.” In this Osher class, students will listen to essays from the early 1950s, including those by Albert Einstein, Martha Graham, and others. Students will also hear from contemporary essayists — Bill Gates, Colin Powell, and others — included in This I Believe: The Personal Philosophies of Remarkable Men and Women, published in 2007. The book was the keystone of the Allegheny County Library Association's One Book, One Community 2012 enrichment program. In-class procedures: In addition to listening to essays, Osher students will write from prompts weekly with an eye to completion of their own personal belief essays. They will read their work in class aloud and be given the option of submitting their short, finished works to the This I Believe, Inc. online collection of essays. The course is not a forum for critique; however, support, encouragement, and suggested suggestions will be offered.

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

Study Leader: Jean Peterson

- 6 Classes: Jan. 14 – Feb. 18  
- Wednesday, 10:45 AM - 12:45 PM  
- Hunt Library Osher Classroom

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

Jean Peterson is a graduate of Drew University and has a master 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.

Important

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

The Writing Process: Inspiration From the Paris Review Interviews

Study Leader: Molly Youngling

- 5 Classes: Jan. 12 – Feb. 9  
- Monday, 11:15 AM - 12:45 PM  
- Hunt Library Osher Classroom

Each week we will read one or two selections from The Paris Review interviews with successful authors (edited by George Plimpton) to help inform and inspire us about our own writing process. These interviews will include writers who are adept at fiction, non-fiction, poetry, and plays. We will identify and set forth our own goals for new writing projects. Each week will include discussion about process, some in-class writing exercises, and some time for group feedback about individual projects. During the term, each participant will be asked to work on one main project, bringing in two new pages per week. Please come equipped with notebook, pens/pencils, and an open mind. We’ll compare and discuss the creativity and individual quirks of the writing process as shared by those who have labored well and have been well-recognized for their talent, for example, Arthur Miller, Ernest Hemingway, Joan Didion, Lillian Hellman, Samuel Beckett, Wendy Wasserstein, Saul Bellow, and Truman Capote. This class is intended to stimulate new ideas and insights as well as to help to define and work on new writing projects.

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

Study Leader: Dan Ryan, Gloriana St.Clair

- 6 Classes: Jan. 14 – Feb. 18  
- Wednesday, 1:00 PM - 3:00 PM  
- Computer Cluster, Not Assigned

In the 2000 movie Space Cowboys, Clint Eastwood, Tommy Lee Jones, Donald Sutherland, and James Garner are four ex-test pilots who gather to save Earth from global catastrophe. This course seeks software cowboys who worked in computing earlier in their lives to learn how to make their favorite software run again. The platform is Linux, and all cowboys should know how to use it. The Olive archive for executable content team will teach them how to preserve software and games using the Olive ecosystem. Study leaders Dan Ryan and Gloriana St. Clair will lead technically adept class members in creating virtual machines and metadata needed to ingest executable content. As needed, a number of other resources people will be available: Benjamin Gilbert for advanced Virtual Machine creation, Erika Linke for library implications, and Daragh Byrne for metadata and XSEAD instruction.

Dan Ryan has a B.A. degree from University of Pittsburgh in political science, philosophy, and history. He is currently on leave from the Heinz School to serve as the curator of executable content for the Olive project(olivearchive.org). He writes and speaks actively about issues around preserving executable content. He is knowledgeable about the works of J.R.R. Tolkien and J.K. Rowling and has team taught in Osher for classes on The Hobbit, the Volsungasaga, and The Legend of Sigurd and Gudrun.

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.
Practical Computer Security

*Study Leader: Jose Morales*

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

Computer security is of critical importance to society. The increase in data theft, malware infection, impersonation, and system compromises has made society more security-aware than ever before. When it comes to an individual knowing how to stay safe in cyberspace, the information can be too technical to understand or too complex to use in a practical way. This course will teach the key security practices that an individual should use to stay safe in a manner that is easy to understand and use. The course will address computer security in areas such as secure online transactions, passwords, mobile devices, surfing the web, emails, downloading programs and files, social networks, and more. At completion, the student will be able to use commerce sites securely, create usable and easy-to-understand passwords, avoid dubious websites and downloaded files, enjoy social networks while protecting private data, surf the web securely, and protect private data on mobile devices from misuse.

*Jose Morales* is currently a researcher in the Software Engineering Institute CERT Division at Carnegie Mellon University. He has conducted research in cyber security since 1998, with a current focus on behavior-based malware analysis and detection, suspicion-assessment theory and implementation, mobile malware, and malware distribution networks. He has extensive experience in building dynamic analysis systems for executable programs on various platforms. He graduated with a Ph.D. degree in computer science from Florida International University in 2008. Before coming to Carnegie Mellon, he was a post-doctoral research fellow in the Institute for Cyber Security at the University of Texas at San Antonio. He is co-founder and moderator of the Hispanics in Computing email list. He is a senior member of the Association for Computing Machinery and Institute of Electrical and Electronics Engineers.

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Investment Fundamentals

*Study Leader: Francis Milton*

- 6 Classes: Mar. 11 – Apr. 15
- Wednesday, 11:15 AM - 1:15 PM
- Hunt Library Osher Classroom

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

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

Study Leader: Marcia Semper

• 4 Classes: Mar. 10 – Mar. 31  Class ID: 780
• Tuesday, 1:00 PM - 3:00 PM
• Hunt Library Osher Classroom

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

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

How Do Large Institutions Cope Financially? What are The Challenges and Solutions?

Study Leader: David Hammerstein

• 6 Classes: Jan. 13 – Feb. 17  Class ID: 730
• Tuesday, 9:00 AM - 11:00 AM
• Wean Hall 4707

The financial media have documented challenges and solutions for individual investors. But how do large institutions cope? Institutional investors offer significant benefits to society, such as financial security for retirees, broader access to education, and support to charities. The course will review investment practices of institutions including pension funds, endowments, foundations, and other non-profit entities. It will explain how an institution develops an investment strategy given its liabilities and beneficiaries’ claims against the fund. Key topics will be: fiduciary obligations, governance and management oversight, regulatory and legal issues, risk management, asset/liability management, liquidity management, capital market expectations, portfolio construction, selection of investment advisors, and performance measurement. The course will explain how the institution can respond to changes both in operating needs and capital markets to protect capital and control risk.

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

The Dance of Collective Bargaining

Study Leader: Jack Yoedt

- 6 Classes: Jan. 15 – Feb. 19
- Thursday, 9:00 AM - 10:30 AM
- Wean Hall 4708

Class ID: 798

What goes on in collective bargaining? Do public sector employees dance to the same tune as private sector employees? What happens if someone has their foot stepped on? Is there a choreographer? Learn how labor contracts are negotiated and what goes on in collective bargaining meetings. Find out who participates in the bargaining and what, if any, the rules are. Learn about strikes, lockouts, unfair labor practices, impasse, mediation, and arbitration. And finally, participate on a team in the dance of collective bargaining in mock bargaining. So let’s see how well you can do the Macarena.

Jack Yoedt has been a commissioner with the Federal Mediation and Conciliation Service since 1998. He is experienced in mediating labor disputes in both the private and public sectors. He also has mediated fair employment and discrimination cases. As a commissioner with the service he has provided joint training to labor and management in such areas as labor-management committee effectiveness, interest-based bargaining and problem solving, collective bargaining negotiations, labor contract administration, and other joint cooperative initiatives. He has also been instrumental in establishing programs for employers and unions to problem-solve at remote geographic sites through computer-enabled technology. As attorney for the Service Employees International Union (SEIU), he was the chief negotiator in over 400 labor contracts. He prepared and handled cases before various governmental agencies.

LAW

Those Who Trespass Against Us — Introduction to Torts

Study Leader: Errol S. Miller

- 5 Classes: Mar. 11 – Apr. 8
- Wednesday, 9:30 AM - 11:00 AM
- Hunt Library Osher Classroom

Class ID: 754

By use of practical information, useful anecdotes, and The Restatement of Torts II, this course will explain some of the legal principles of torts (civil wrongs) that serve as the focus for most civil lawsuits filed by individuals against their neighbors, other drivers, their doctors, and their merchants. The focus will be on basic principles, and steps you should take and expect your lawyer to take to protect your rights, to strengthen your case, and to put the law on a human scale. The course will cover intentional interference with people and unintentional interference with people or property, including negligence, contributive and comparative negligence, proximate cause, assumption of risk, the impact of insurance on tort law, and damage to reputation. The application of tort principles to other less-common torts may also be addressed.

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, showing the same sense of humor.
Overview of Fraud and Forensics

Study Leader: Mary Anne Basilone

- 1 Class: Apr. 29
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall 4708

Class ID: 698

This one-class course introduces participants to the field of fraud and forensics from a financial perspective. The study leader will present information on the prevalence of fraud in many industries, “red flags” that may trigger the need for fraud investigation, the procedures required to conduct an investigation, the qualifications of fraud investigators, and examples of current fraud schemes. Following the presentation, there will be time for questions and discussions.

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

Death Investigations

Study Leader: Ronald B. Freeman

- 5 Classes: Jan. 15 – Feb. 12
- Thursday, 5:30 PM - 7:00 AM
- Wean Hall 4708

Class ID: 828

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

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

Evening Lecture

February 17th: Daniel Buysse
McConomy Auditorium, Univ. Center
7:30 pm

Sleep disturbances were identified as one of a cluster of health risk factors over 25 years ago. While a lot of attention has focused on the other risks—obesity, cigarette smoking, alcohol, and inactivity—sleep has only been “re-discovered” as a pillar of health relatively recently. We now have evidence that a number of sleep disorders lead to poor health outcomes, and even early mortality. But beyond specific disorders, we now also have enough evidence to begin talking about “sleep health”—what people can do to identify whether their sleep is good or poor, and what they can aim for to achieve better sleep health.
CULINARY

The Cuisine of Indonesia

Study Leader: David Green  Materials Fee: $25*

• 5 Classes: Jan. 12 – Feb. 9  Class ID: 725
• Monday, 1:00 PM - 3:00 PM
• Wilkins Community Center, Kitchen

The cuisine of Indonesia, an archipelago of 6,000 populated islands with over 300 different ethnic groups, is as diverse as its cultures and traditions. In this class we will explore the richly flavored foods of this complex society, looking at both the indigenous foods as well as the culinary influences from India, China, the Middle East, Europe, and even the Americas.

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 Cafe in Brooklyn. He is a graduate of the Culinary Institute of Pennsylvania.

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

Shopping for Wine

Study Leader: Elizabeth Downer

• 4 Classes: Jan. 15 – Feb. 5  Class ID: 710
• Thursday, 11:15 AM - 12:45 PM
• Wean Hall 4707

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

Elizabeth Downer is the wine critic for the Pittsburgh Post-Gazette. Her wine credentials include diplomas from the University Of Bordeaux School Of Oenology; the Wine and Spirit Education Trust of London; the Society of Wine Educators; the Academie du Vin in Paris, and, most recently, the introductory certificate from the Master Court of Sommeliers. She has more than 35 years of teaching wine tasting in France and the United States. She hails from Carmel, CA, but has lived on four continents, including 20 years in Paris and 10 years in Africa.
**Wine Appreciation — Italy’s Sangiovese Wines**
*Study Leader: Chris Forbes  Materials Fee: $25*

- 1 Class: Feb. 25       *Class ID: 824*
- Wednesday, 6:30 PM - 8:30 PM
- Rodef Shalom

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

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

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

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**Wine Appreciation — Merlots**
*Study Leader: Chris Forbes  Materials Fee: $25*

- 1 Class: Apr. 22       *Class ID: 823*
- Wednesday, 6:30 PM - 8:30 PM
- Rodef Shalom

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

**Chris Forbes:** See bio in previous listing.

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

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**Tasting Artisanal Foods In the Strip District**
*Study Leader: Marlene Parrish  Materials Fee: $15*

- 6 Classes: Mar. 9 – Apr. 13       *Class ID: 760*
- Monday, 1:30 PM - 3:00 PM
- Marty’s Market, 2301 Smallman St., Strip District

Invited guests will guide us through tastings of cheeses, extra-virgin olive oils, artisanally made local breads paired with international butters, gourmet salts, chocolates and much more. We’ll also talk about pairings and how and when to use these foods to best advantage. Expect a surprise “dealer’s choice” or two. One session will be held at Penn Avenue Fish Company, where we will see chef/fishmonger Henry Dewey butcher a whole fish. And because we are seniors, we’ll review how age affects flavor perception. The class will meet at Marty’s Market in the Strip District. Upstairs parking lot stubs will be validated.

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

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

Tamburitzan Kolo Dancing

Study Leader: George Schexnayder

- 6 Classes: Jan. 14 – Feb. 18  Class ID: 774
- Wednesday, 9:00 AM - 10:30 AM
- Friends Meeting House, Ballroom

- 6 Classes: Mar. 11 – Apr. 15  Class ID: 775
- Wednesday, 9:00 AM - 10:30 AM
- Friends Meeting House, Ballroom

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

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

Dance Fitness Gold

Study Leader: Maureen Gemeinhart

- 6 Classes: Mar. 12 – Apr. 16  Class ID: 720
- Thursday, 11:15 AM - 12:15 PM
- Friends Meeting House, Ballroom

Bored by your regular exercise routine and like to dance? Why not try Dance Fitness Gold? Geared for active older adults, Dance Fitness Gold combines international music, familiar dance steps, and easy-to-follow combinations. No experience is required; beginners get fit through guided, low-impact movements. Join in the fun and camaraderie. Work all muscle groups while dancing the merengue, cumbia, cha cha, charleston, and lindy, among others. Engage your mind by learning a new exercise formula specially geared to your needs. Wear comfortable clothing and tennis shoes that allow for easy movement. Bring plenty of water, and come to the party!

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

Upcoming Trip

Watch for information about the upcoming Old World Prague & the Blue Danube river cruise. This 12 day trip with Grand Circle Cruise Line leaves September 14, 2015 and features stops in Budapest, Bratislava, Vienna, Durnstein, Melk, and Prague. For information, call 1-800-597-2452 and press 2.
Dance: Salsa, Bachata, Contra

**Study Leader:** Cecilia Wenisch

- **6 Classes:** Jan. 12 – Feb. 16  
  **Class ID:** 793
- **Monday, 1:00 PM - 2:30 PM**
- **Wilkins Community Center, Classroom**

- **6 Classes:** Mar. 9 – Apr. 13  
  **Class ID:** 812
- **Monday, 1:00 PM - 2:30 PM**
- **Wilkins Community Center, Classroom**

Do you like to dance? Do you want to smile and have fun? Are you willing to interact with all members of this class? If so, I am teaching two popular Latin dances — salsa and Bachata; also, I am teaching my personal favorite folk dance — contra. The steps, rhythm, and music are different for all three dances. Wear shoes that will enable you to turn and pivot. (No partner is necessary.)

*Cecilia Wenisch* has been Latin dancing since 1999, and contra dancing since 1986. She has taught for CCAC. She presently teaches the lesson in Pittsburgh before the monthly Sunday Latin social dance at the Edgewood Club, and before the weekly Friday contra dance at the Swisshelm Community Center.

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**EXERCISE**

Move It or Lose It

**Study Leader:** Elsa Limbach

- **6 Classes:** Jan. 13 – Feb. 17  
  **Class ID:** 746
- **Tuesday, 10:00 AM - 11:30 AM**
- **Dance Alloy Studio, 5530 Penn Ave, East Liberty**

- **6 Classes:** Feb. 24 – Apr. 14*  
  **Class ID:** 747
- **Tuesday, 10:00 AM - 11:30 AM**
- **Dance Alloy Studio, 5530 Penn Ave, East Liberty**

*Note: Class will not meet on 3/17/2015, 3/24/2015

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

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

Study Leader: Judith Crow

• 6 Classes: Jan. 12 – Feb. 16  
  Class ID: 802
• Monday, 10:00 AM - 11:30 AM
• Wilkins Community Center, Classroom

Tai Chi Ch’uan is an ancient Chinese martial art, an exercise to raise and balance the energies in the body, and a moving meditation. Tai Chi is usually first approached as a gentle exercise to increase flexibility; promote better balance; and generally enhance physical, mental and spiritual well-being. While there are many forms and styles of Tai Chi, the Yang style is one of the most popular. The “long” forms of Tai Chi generally consist of 50 or more postures divided into three sections. This first six-week session, while reviewing Section One, will focus on the first half of Section Two. These are the postures and movements that are being repeated, often frequently, in the form. Many first appear in Section One, and this entire set is repeated, in sequence, in Section Three.

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

Tai Chi Ch’uan
Section Two — Second Half

Study Leader: Judith Crow

• 6 Classes: Mar. 9 – Apr. 13  
  Class ID: 803
• Monday, 10:00 AM - 11:30 AM
• Wilkins Community Center, Classroom

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

Note: Participants are welcome to take both sessions of Tai Chi or only one. However, to take the second half alone, previous Tai Chi is a must.

Judith Crow: See bio in previous listing.
Get Fit — A Fun Latin Cardio Workout

Study Leader: Connie Pollack

- 8 Classes: Jan. 14 – Mar. 4  Class ID: 764
- Wednesday, 1:00 PM - 2:15 PM
- Beth Shalom, 5915 Beacon St., Squirrel Hill

- 8 Classes: Mar. 11 – Apr. 29  Class ID: 765
- 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 9 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.

Feeling Better Therapeutic Exercise and Stretching Class

Study Leader: Tasso Spanos

- 6 Classes: Jan. 15 – Feb. 19  Class ID: 785
- Thursday, 3:15 PM - 4:45 PM
- Friends Meeting House, Ballroom

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

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

Falun Dafa:
Movement and Meditation

Study Leader: Eleanor Howe

- 6 Classes: Jan. 16 – Feb. 20  
- Class ID: 732  
- Friday, 10:30 AM - 12:00 PM  
- Wilkins Community Center, Classroom

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

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

GAMES

Bridge for Tournament Players

Study Leader: James R. Klein

- 6 Classes: Jan. 14 – Feb. 18  
- Class ID: 738  
- Wednesday, 7:00 PM - 8:30 PM  
- Wilkins Community Center, Classroom

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

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

Beginner’s Bridge

Study Leader: Naomi Sogoloff

- 5 Classes: Mar. 10 – Apr. 7  
- Class ID: 783  
- Tuesday, 10:00 AM - 12:00 PM  
- Panera Bread, 3401 Blvd of the Allies

This class is intended for new students who wish to learn the basic bridge game. If you are an experienced player, please do not sign up for this class. Material will cover simple bidding and play of the hand.

Naomi Sogoloff has taught basic bridge skills at Osher several times. She has been teaching bridge for many years, mostly in the South Hills. She is a certified bridge teacher and a Bronze Life Master.
**Improve Your Party Bridge Skills**

*Study Leader: John Olmsted*

- 6 Classes: Mar. 13 – Apr. 24*  
  *Class ID: 759*
- Friday, 1:00 PM - 2:30 PM  
  *Wean Hall 4707*
*Note: Class will not meet on Apr. 3*

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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**GARDENING**

**Small Space & Vertical Gardening**

*Study Leader: Patricia Cernicky, Karin Glass*

- 2 Classes: Apr. 21 - Apr. 30  
  *Class ID: 703*
- Thursday, 11:15 AM - 12:45 PM  
  *Hunt Library Osher Classroom*

Don’t let lack of garden space hinder your creativity. This class, will explore some of the many options you have to bring color and texture to your outdoor area. In the first session, we will examine how the use of unique containers can add trees, flowers, and shrubbery to your garden design. The second session will have us looking upward. We will show you how to make the most of your unused vertical spaces to grow flowers, herbs, fruits, and vegetables in ways you’ve probably never considered!

**Patricia Cernicky** is a retired educator with a lifelong love of plants. She is presently a Phipps Master Gardener and lives in Wexford.

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**Gardening the Right Way**

*Study Leader: Lynne Weber, Joan Kimmel*

- 4 Classes: Jan. 14 – Feb. 4  
  *Class ID: 816*
- Wednesday, 1:15 PM - 2:45 PM  
  *Hunt Library Osher Classroom*

The class leaders have learned the hard way themselves, making many wrong choices along the way. This class will help students to avoid some of the common mistakes we all make, from choosing the wrong plants to using pesticides, fungicides, fertilizers, and soil amendments without understanding what the problem is in the first place. We will do this by using sustainable, earth-friendly solutions including native plants, organic products, and integrated pest management. We will guide students in designing an all-seasons garden and demonstrate proper planting, deadheading, and pruning techniques, for perennials, shrubs and small trees. We will also discuss green solutions for problem areas — hillsides, poorly drained areas, or areas that are exposed to harsh environments such as wind and salt. Students will feel much more confident with their gardening skills by the end of the course!

**Lynne Weber** and **Joan Kimmel** have co-owned The Urban Gardener for the past 17 years. They are both Penn State Master Gardeners and are certified in the Phipps Sustainable Landscape Practices program. The Urban Gardener is a partner in the Phipps Green Heart Sustainable Landscape Program and a member of the Rain Garden Alliance. In keeping with their commitment to community service, they regularly partner with and participate in community projects and organizations such as TreeVitalize Pittsburgh, Conservation Consultants, Pennsylvania Resources Council, and others. In 2011, the owners were invited to prepare an installation for the internationally acclaimed Mattress Factory Art Museum. As a comment on the unsustainability of many suburban monoculture lawns, they installed a lawn on the museum’s front sidewalk, consisting of a mixture of ornamental glass varieties and bamboo. Lynne Weber holds an M.S. degree in atomic physics from the University of Pittsburgh and Joan Kimmel has her M.Ed. degree in counselor education, an M.S. degree in physical anthropology from the University of Pittsburgh.

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**Karin Glass** is retired from industrial electrical sales. Her father was an avid gardener who sparked her interest in plants. She is a Phipps Master Gardener who enjoys sharing her interest with others. She lives in Bradford Woods.
**HOBIES**

**Introduction To Digital Photography**

*Study Leader: Charles Glassmire*

- 5 Classes: Mar. 9 – Apr. 6  
  Class ID: 722  
- Monday, 1:00 PM - 3:30 PM  
- Computer Cluster, Not Assigned

This course provides an introduction to the art and technology of digital photography for photographers just starting out and for experienced photographers interested in converting from the use of film photography to digital photography. The course will address the range of cameras available, desirable features on the camera, reading menus, the meaning of various icons, camera handling, f-stops and shutter speeds, proper exposure, components of a good photo, composition, and judging and evaluating the image. Possession of a digital camera is not necessary but will be helpful. Students will be asked to shoot and bring pictures to show in class.

*Charles Glassmire*, digital artist, filmmaker, and former nuclear engineer, has taught filmmaking and cinema arts at four colleges and universities. His 16mm films have been screened nationally and purchased by major museums. He wrote the original proposal for Pittsburgh Filmmakers, now an internationally recognized media arts center, and taught filmmaking, film history, and film editing there. He established the Digital Arts Program at the University of Pittsburgh in the Studio Arts Department, trained faculty in use of digital artist tools, and taught credit courses in the Studio Arts Department as adjunct professor. He created the Advanced Computer Graphics Laboratory at Pitt, supervised the laboratory operation for several years, and secured funding to outfit the entire laboratory with computer equipment. In the Carnegie Mellon Art Department Pre-School Summer Art Program for gifted high school students, he taught filmmaking and animation using the Cray supercomputer. He currently teaches digital computer arts for Osher, at the Community College of Allegheny County, and for young adults on the autism spectrum at the Computing Workshop in Squirrel Hill. He holds a B.S. degree in physics and an M.F.A degree in film from Columbia University in New York City.

**Collecting Memorabilia**

*Study Leader: Steve Russell*

- 6 Classes: Jan. 13 – Feb. 17  
  Class ID: 772  
- Tuesday, 9:00 AM - 11:00 AM  
- Hunt Library Osher Classroom

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*, in addition to being a multi-faceted collector, has many diverse interests. He has been an educator, from teacher to principal to superintendent of schools; a historian of political, Hollywood and sports culture; and a consultant to ESPN SportsCentury, Turner Classic Movies, Peter Jones Productions for A&E network, and Hofstra University’s nationally known presidential conferences. 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.
How to Look Younger Without Plastic Surgery

Study Leader: Janis Ramey

• 1 Class: Mar. 5  
• Thursday, 1:00 PM - 3:00 PM  
• Wean Hall 4707

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

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

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.

Therapeutic Massage For Health and Happiness

Study Leader: Mary Duquin

• 5 Classes: Jan. 14 – Feb. 11  
  Class ID: 711  
  Wednesday, 10:45 AM - 12:45 PM  
  Friends Meeting House

• 5 Classes: Mar. 11 – Apr. 8  
  Class ID: 804  
  Wednesday, 10:45 AM - 12:45 PM  
  Friends Meeting House

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

Mary Duquin received her Ph.D. degree in education at Stanford University and taught at the University of Pittsburgh from 1974 to 2013 in the Department of Health and Physical Activity. She became a Certified Massage Therapist in 1991 and taught massage therapy as a graduate course at the University of Pittsburgh from 1991 to 2008. She has taught massage therapy to various age groups, including grandparents raising grandchildren. She has also taught the psychology, sociology, and philosophy of sport, health, and physical activity. She maintains a private massage practice in Swissvale.
**How Burdened Does Your Clutter Make You Feel? Do Something About It Now**

*Study Leader: Rosa Barnett Averbach*

- **4 Classes: Mar. 10 – Mar. 31**
- **Tuesday, 11:15 AM - 12:45 PM**
- **Hunt Library Osher Classroom**

Are you thinking of moving, but the thought of what to do with your clutter makes you want to change your mind? To most people who are not organized and have a lifetime of “stuff” in their house, the idea of moving is simply overwhelming. Not only will this course help motivate you to start sorting through the items accumulated over years of saving and collecting, it will also free your conscience to get rid of them. In this interactive course, you will begin to learn to change your lifestyle permanently and modify your behaviors when it comes to managing your possessions and space.

*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.

**How to Have a Good Conversation**

*Study Leader: Susan Morris*

- **1 Class: Mar. 2**
  - **Monday, 9:00 AM - 11:00 AM**
  - **Hunt Library Osher Classroom**

How many times have you been “trapped” in an unending, extremely dull interchange? Or had to introduce a sensitive discussion about money, personal relationships, or other “difficult” subjects? Or entered a room where you knew no one and had to comfortably engage others in conversation? Our class will give you tips on how to deal with awkward social interactions, smoothly change topics, and ask questions that elicit compelling responses. We will play out strategies for dealing with these situations and learning how to stay relaxed while applying them. At the end of this 1 1/2; hour session, you can expect to know how to convert a dead-end conversation into an interesting exchange.

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

**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.
TOURS

Andrew Carnegie's Museums and Library in Pittsburgh — Behind the Scenes

Study Leader: Robert J. Gangewere  Materials Fee: $15*

- 5 Classes: Jan. 14 – Feb. 11  Class ID: 719
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall 4707

How did Andrew Carnegie's Victorian “Palace of Culture” become Pittsburgh’s library system, a music hall, and four museums: Carnegie Museum of Natural History, Carnegie Museum of Art, Carnegie Science Center, and the Andy Warhol Museum? Trace the history of this world-famous educational empire with the former editor of Carnegie Magazine, as he explores with illustrated lectures the fascinating people that helped these institutions adapt to changes in Pittsburgh and the museum profession. 

Please note: 1/21 and 2/4 sessions held at the Carnegie Museum.

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

National Aviary Veterinary Hospital Lecture and Tour

Study Leader: Pilar Fish  Materials Fee: $30*

- 1 Class: Mar. 5  Class ID: 814
- Thursday, 10:00 AM - 12:00 PM
- National Aviary, Entrance

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.
LIFESTYLE & FUN | Tours / Travel

**Whiskey and Rebellion**
At Pittsburgh's Only Whiskey Distillery

*Study Leader: Mark C. Meyer*

- 1 Class: Mar. 4  
  Class ID: 752
- Wednesday, 1:00 PM - 3:00 PM
- Wigle Whiskey, 2401 Smallman St.

- 1 Class: Apr. 29  
  Class ID: 753
- Wednesday, 1:00 PM - 3:00 PM
- Wigle Whiskey, 2401 Smallman St.

Whiskey, taxes, and rebellion...talk about a volatile mix! Come see how whiskey is made and learn how the distillers of Western Pennsylvania mounted an insurrection against the debt-burdened administration of George Washington and Alexander Hamilton. We know how important whiskey is: Harry Truman said that the Whiskey Rebellion was one of the seminal events in American history. Participants will have a tour of the Wigle Whiskey Distillery in the Strip, 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. The class will be held at Wigle Whiskey, 2401 Smallman St. in the Strip District.

**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.

**TRAVEL**

**Travel With Me To . . .**

*Study Leader: Morris Kornblit*

- 5 Classes: Mar. 9 – Apr. 6  
  Class ID: 740
- Monday, 11:15 AM - 12:45 PM
- Wean Hall 4708

I never met a person who didn’t want to travel somewhere abroad. International tourism hit 1.1 billion persons in 2013 for the first time ever and exceeded a record $1 trillion in 2011. But for some reason U.S. citizens seem to be comparatively travel deficient. In fact, only 35% of us even have passports, and only about 5% (16M out of 311M people) will travel abroad in any given year for business or leisure. Whether that’s a result of today’s high costs associated with international travel, an unwillingness to contend with cramped conditions and strip searches, or claustrophobia and pteromerhanophobia, don’t worry, Osher’s got you covered. We’ve gathered a few of those brave 5% who didn’t seem to know any better, and convinced them to share their experiences with you. Each of the classes will consist of a speaker who will share their adventure with you in pictures and first-hand knowledge of what went right or ... extremely wrong on their trip. So whether you’ve been contemplating where you may want to go next, or are just interested in basking in the experiences and gaffes of your fellow travelers, join us as we take you to some distant places.

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

*Study Leader: Ezra P. Lippincott*

- 6 Classes: Mar. 10 – Apr. 14
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall 4707

Sit back in your comfortable chair while we visit some places around the world that few people have had the opportunity to see. In this class we will go on six different trips to see fantastic scenery such as high mountains, waterfalls, ruins of ancient cities and religious sites, and wildlife in their native habitats. We will learn a little about history, geography, and other cultures. Highlights will include petting lions and riding elephants, viewing Mt. Everest, hiking across a volcano, seeing thousands of penguins, following in the steps of Ernest Shackleton, visiting villages on floating islands, and snuggling with an anaconda. You get all this without any long plane rides or worrying about malaria or altitude sickness.

**Ezra Parvin Lippincott** has had a long career in research and engineering after earning a Ph.D. degree in nuclear physics. He has taught various courses at the undergraduate and graduate level and conducted Boy Scout merit badge classes. He and his wife, Sharon, love to travel, and this course covers some of their trips taken over the last 20 years. His armchair travel programs are popular at area libraries and senior centers.

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**Bucket List Adventure: Traveling to Antarctica**

*Study Leader: Robin Heid, Douglas Webster*

- 1 Class: Mar. 2
- Monday, 11:15 AM - 12:45 PM
- Wean Hall 4708

When you ask folks to list special places they would love to visit anywhere in the world, the name Antarctica shows up on quite a few “bucket lists,” but only a small number actually make the journey. Robin Heid and Doug Webster are among that number, having visited the Antarctic Peninsula in February 2014. Their visit included numerous shore excursions and close-up encounters with wildlife ranging from whales to seals and penguins. They will present a half-hour video about their trip, plus additional photos and video clips and then answer questions about their experiences and about the logistics, costs, and options of traveling to and from the South Polar region.

**Robin Heid and Doug Webster** first met in college, but it wasn’t until 2012 five decades later, that they reconnected. Although both are retired, they are, like many of their associates, busier today than ever and share a love of travel and exploration. During a chat one day about possible travel destinations, Antarctica came up high on both of their bucket lists, although neither had ever expected to actually go there. But after further discussion, they agreed that if they were going to make such a trip, now was the time to do it when both were in good health. The experience was truly the adventure of a lifetime, despite the lengthy travels required to get there.
Feel Good Feng Shui
Study Leader: Yvonne Phillips

• 1 Class: Mar. 3  Class ID: 762
• Tuesday, 9:00 AM - 11:00 AM
• Hunt Library Osher Classroom

• 1 Class: Apr. 28  Class ID: 809
• Tuesday, 9:00 AM - 11:00 AM
• Hunt Library Osher Classroom

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

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

Hatha Yoga
Study Leader: Loretta Barone

• 11 Classes: Jan. 15 – Mar. 26  Class ID: 697
• Thursday, 10:00 AM - 12:00 PM
• Dance Alloy Studio, 5530 Penn Ave, East Liberty

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

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

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

Study Leader: Rosa Barnett Averbach

• 4 Classes: Jan. 13 – Feb. 3  
  Class ID: 693
• Tuesday, 11:15 AM - 12:45 PM
• Hunt Library, Osher Classroom

It is easier to eat poorly when the cold weather and long nights of winter sap your motivation to care about what you put in your mouth. Not only do people tend to eat more when it is cold, they also pay less attention to their activity level because looser and layered clothing hides the figure. When you don’t see what is going on underneath, it is easier to gain weight. Now is the time to modify your behaviors and permanently change your lifestyle so that when winter comes, you already have good eating habits. Why wait? Take this interactive course and learn healthier eating habits.

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.

Aging Well, Aging Wisely

Study Leader: Linda Bloom

• 1 Class: Feb. 6  
  Class ID: 699
• Friday, 1:00 PM - 2:30 PM
• Hunt Library Osher Classroom

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

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

Going Deeper: Using The Alexander Technique

Study Leader: Janet Seltman

• 6 Classes: Mar. 9 – Apr. 13  
  Class ID: 779
• Monday, 9:30 AM - 11:00 AM
• Wilkins Community Center, Classroom

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

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

From Salisbury Plain to The Giza Plateau: A Fresh Look At Some Old Stones

Study Leader: Gerst Gibbon

• 6 Classes: Jan. 13 – Feb. 17  Class ID: 721
• Tuesday, 11:15 AM - 12:45 PM
• Wean Hall 4707

This course will explore current trends in the rigorous application of quantitative scientific techniques to the analysis of ancient monument sites. The course includes discussion of the following topic: the seven year Riverside project, which has completely changed thinking about Stonehenge and the people who built the 4500-year-old monument. Field tests at the site of the Great Pyramid and the sphinx at Giza have changed our ideas about the building of these monuments which are contemporary with Stonehenge. Two thousand years later the Parthenon, the pinnacle of Greek stone architecture, was built in Athens. Five hundred years later the Romans, with arches and concrete, built the Coliseum and the Pantheon.

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

ASTRONOMY

Real Astronomy Versus Myth And Science Fiction

Study Leader: Michael K. Gainer

• 5 Classes: Mar. 10 – Apr. 7  Class ID: 718
• Tuesday, 3:30 PM - 5:00 PM
• Wean Hall 4707

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

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

Study Leader: Norman Chigier

• 5 Classes: Mar. 12 – Apr. 9  

Class ID: 705

• Thursday, 1:00 PM - 2:30 PM  

• Wean Hall 4707

Scientists and engineers have been studying and experimenting for many decades to understand and control the fundamental physical and chemical processes in combustion systems. This class will discuss potential economic and environmental consequences of our energy systems and their impact on climate change. Participants are not expected to have degrees in science and technology. Subjects will be presented and discussed interactively.

Norman Chigier was a distinguished professor for 30 years in the Department of Mechanical Engineering at Carnegie Mellon University. He is now professor emeritus. He was awarded the degrees of M.A., Ph. D., and the honorary doctor of science at the University of Cambridge in England. He has published the following books: *Combustion Aerodynamics and Energy, Combustion and Environment*. He is currently the editor-in-chief of the journal *Progress in Energy and Combustion Science*.

What's Up with Mother Earth?

Study Leader: Randy Weinberg

• 5 Classes: Jan. 16 – Feb. 13  

Class ID: 792

• Friday, 10:30 AM - 12:00 PM  

• Hunt Library Osher Classroom

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

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

Study Leader: Stephen Fisher

• 6 Classes: Jan. 16 – Feb. 20 
• Friday, 11:00 AM - 12:30 PM 
• Wean Hall 4707 

This course will focus on timely medical topics that are currently in the news and on questions that participants may have regarding disease, medical treatment, or medical science. Dr. Fisher will try to have guest speakers appropriate to the topics selected.

Stephen N. Fisher, M.D., is a licensed practicing physician. He attended the University of Illinois, where he studied chemistry, mathematics, and physics and then went on to medical school. After several internships and completing a residency in diagnostic radiology, he served in the military in Vietnam. He practiced medicine in underserved parts of Pittsburgh for 18 years. He is board certified in addiction medicine and biomedical research.

Understanding Skin Disease / New Treatment Modalities

Study Leader: John McSorley

• 6 Classes: Jan. 12 – Feb. 9 
• Monday, 1:00 AM - 3:00 PM 
• Wean Hall 4707 

This course will discuss skin problems that affect most people and are commonly seen in dermatology offices. There will be an emphasis on understanding these problems, as well as information about new treatment modalities. The class is invited to ask questions and even suggest topics for discussion.

John McSorley, M.D., is a retired clinical professor of dermatology at the University of Pittsburgh and was chief of the divisions of dermatology at UPMC Shadyside. He received his B.S. degree from the University of Pittsburgh and trained in dermatology at the College of Physicians and Surgeons of Columbia University in New York.

Your Dental Health: Things You Might be Missing and an HIV/AIDS Retrospective

Study Leader: James Guggenheimer

• 4 Classes: Jan. 15 – Feb. 5 
• Thursday, 3:15 PM - 4:45 PM 
• Wean Hall 4707 

This two-part course will discuss some of the more-obscure factors that can affect the health of your mouth and teeth. Some examples include hidden sugars in sports drinks, the effects of commonly used medications, piercings, and some medical conditions that can have a significant impact on your mouth. The second part of the course will trace the most-significant events that were associated with the HIV/AIDS pandemic from its beginnings in 1981 to the present. Excerpts from various scientific and lay publications will be used to illustrate the impact of the disease on scientists and the health professions, as well as its social and political repercussions that continue to the present. Multiple PowerPoint images will be used to illustrate highlights of the material that will be discussed.

Dr. James Guggenheimer is professor of oral medicine in the Department of Diagnostic Sciences at the University of Pittsburgh School of Dental Medicine, where he has been teaching for more than 45 years. A graduate of Columbia University College of Dental Medicine, Dr. Guggenheimer joined the Pitt faculty following graduate studies at the Universities of Rochester and Pennsylvania. Dr. Guggenheimer is actively engaged in teaching the dental students as well as dental practitioners through the School of Dental Medicine’s continuing education program. His interests and research have focused on oral disease and the interactions between oral and systemic health.
Medical | SCIENCE

Cancer: What is It, How It Is Detected, and Principles Of Management

Study Leader: Richard Myerowitz

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

This course will review fundamental aspects of neoplasia. A description of the five major kinds of human cancer (breast, prostate, lung, colon, and uterus) will follow. Major modes of cancer prevention, e.g., mammography, occult blood testing, and HPV screening, are reviewed. The signs and symptoms of the most-common cancers also will be discussed. We will then discuss the principles of modern cancer treatment. Finally, there will be a brief survey of the newest information about cancer, including cancer genetics (oncogenes) and “personalized therapy.” The latter will include ideas about cancer prevention through immunization.

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

Understanding Asperger’s Through Literature: In Their Own Words

Study Leader: Carla Weidman

- 6 Classes: Jan. 13 – Feb. 17
- Tuesday, 1:00 PM - 2:30 PM
- Hunt Library Osher Classroom

During this class, autobiographies and novels will be used to provide insight into the unique characteristics and world views of individuals with Asperger’s Syndrome and high-functioning autism. The literature presents a unique view of the thinking processes of individuals with autism, providing the reader with an increased understanding and appreciation of the mysteries of the mind. In addition, the reader will gain new insight into the behaviors associated with autism that may be bewildering to others. An overview of autism will be presented during the first class and reviewed throughout the course; however, discussion of ways in which the books enhance our understanding of autism will be the focus during the class meetings.

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

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.
Psychopharmacology For Non-Physicians

Study Leader: John Delaney

- 5 Classes: Mar. 13 – Apr. 17*
- Friday, 1:00 PM - 2:30 PM
- Wean Hall 4708
*Note: Class will not meet on Apr. 3

This course is designed for the lay person who may have an interest in psychiatric drugs from personal use or as seen on television ads that are often misleading. The course discusses various classes of drugs in the use and of non-traditional medications such as anti-epileptic drugs for mood stabilization. New antipsychotics and antidepressant medications will be reviewed.

Dr. John Delaney is a former chairman of the Department of Psychiatry at the Western Pennsylvania Hospital. A practicing physician at West Penn Hospital, UPMC St. Margaret Hospital and UPMC Presbyterian Hospital, he is also an associate professor of psychiatry and behavioral sciences at Temple University. He has been a member of the Allegheny County Medical Society since 1969, serving on the board of directors since 2001. He was board chair for 2011. Dr. Delaney was chief of staff and chief of neurology services at the Veterans Administration Medical Center in Pittsburgh. He is a fellow of the American Academy of Neurology and a distinguished life fellow of the American Psychiatric Association. Dr. Delaney earned his medical degree and a master's and doctorate degree in public health at the University of Pittsburgh. He also received a master’s degree in industrial and labor relations at Indiana University of Pennsylvania.

From the Higher Primates To Homo Sapiens: Secrets Of Human Evolution and Expansion

Study Leader: Anna Estop

- 6 Classes: Jan. 15 – Feb. 19
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall 4708

Who are we, and where did we come from? We will review our common genetic ancestry with the higher primates. We will learn about the earlier hominids that inhabited our planet prior to or concurrently with modern humans. We will review the genetic similarities and differences between humans, Neanderthals, and other hominids by highlighting what we know about their genomes and ours. We will show how the modern human spread from Africa to the rest of the planet. Examples of human evolution in the making will be discussed. For those interested in ancestry, we will touch on our global family and will briefly discuss the utility of the widespread DNA ancestry tests. This course is geared for those who are not familiar with genetics or biology. An earlier version of this course was taught in 2013. The current course has been modified with updated genetic information on the Neanderthals and Denisovans and the latest versions of hominid ancestry trees.

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

Behind the Scenes at The Pittsburgh Post-Gazette

Study Leader: Barbara Bogucki

- 5 Classes: Mar. 10 – Apr. 7
- Class ID: 700
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall 4707

In this course, staff from the Pittsburgh Post-Gazette will take you behind the scenes at this major metropolitan newspaper. As they describe their jobs, the class will learn first-hand how a newspaper is put together and will get a sense of what it means to “gather news.” Students will hear about the tensions involved in meeting deadlines, and what deadline writing is like in the sports department; find out what goes into writing an editorial for the editorial page, and how it is decided what goes on the front page and elsewhere; learn how page layouts are planned and how celebrities for magazine features are handled; understand the flexibility that is needed to contend with sudden or special news items or changes in news priorities, staff, or business approaches; see what is involved in publishing on the web and hear some of the more interesting stories that reporters have covered, and some of the unique ways they have covered them.

Barbara Bogucki, administrative assistant to the president of the Pittsburgh Post Gazette, handles the Post-Gazette Speaker’s Bureau and will be coordinating the speakers for this course.

Enjoying the New Yorker

Study Leader: Julian Eligator, Sylvia Sachs

- 6 Classes: Mar. 10 – Apr. 14
- Class ID: 712
- Tuesday, 1:00 PM - 2:30 PM
- Friends Meeting House

This will be an interactive discussion course with a limited enrollment. Each week the class will focus on a current issue and discuss one or more features of particular interest. It might be part of the “Talk of The Town,” a short story, a cartoon (or cartoons), the cover art, or one or more critiques, whatever inspires members’ interests. Each week, several people will be responsible to lead part of the discussion.

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

Sylvia Sachs, a founding member of our lifelong learning group, is a Pitt graduate and former Pittsburgh Press reporter. She has led many A.L.L. and Osher classes over the years, and has been chair of the Curriculum Committee.
The ABCs of Literacy  
*Study Leader: Rebecca Carpenter*

- 5 Classes: Mar. 9 – Apr. 6  
- Monday, 11:15 AM - 12:45 PM  
- Hunt Library Osher Classroom

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

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

Family 101  
*Study Leader: James Smith*

- 4 Classes: Mar. 12 – Apr. 2  
- Thursday, 11:15 AM - 12:45 PM  
- Wean Hall 4707

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

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

Understanding Seniors Insurance and Care Choices  
*Study Leader: Barbara Veazey*

- 5 Classes: Mar. 10 – Apr. 7  
- Tuesday, 3:15 PM - 5:15 PM  
- Hunt Library 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.
Public Education in the 21st Century — What Is Going On?

Study Leader: Richard Wertheimer

- 5 Classes: Jan. 14 – Feb. 11  
- Wednesday, 9:00 AM - 11:00 AM
- Wean Hall 4708

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 6 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.

The Internet & Society

Study Leader: Richard Wilson

- 6 Classes: Jan. 13 – Feb. 17  
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall 4708

The Internet is now so thoroughly embedded in our everyday life that it is difficult to simply list the ways in which it has transformed our global society. At the same time, like all technologies, the Internet’s form and direction have been shaped by political power, social institutions, and economic interests, particularly in the U.S. and Europe. This course surveys the history and development of the Internet and examines key changes it has brought about in communications, entertainment and the media, commerce, politics, culture, and personal life. We will assess the many predictions advanced in the early years for the Internet’s impact and judge their accuracy and implications for the future. Contemporary legal and ethical issues will also be explored through suggested readings and class discussion.

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

Names — Their Origins and Meanings

Study Leader: John Webber

- 6 Classes: Jan. 13 – Feb. 17
- Class ID: 789
- Tuesday, 1:00 PM - 3:00 PM
- Wean Hall 4707

We all have one thing in common — a name! We have forenames, surnames, and most people have a middle name; many individuals are known by a “nickname.” Many surnames have been changed dramatically from the original spelling of our immigrant ancestors. Many individuals have legally changed their names or use a pertinent alias! This course uniquely looks at names and their origin and meaning. We will focus on the surnames of America, England, Germany, Italy, and Ireland, plus a peek at the surnames of Scotland, Wales, and Manx. Travel and see how the popular American name of Smith could have originally been Ferraro, Schmidt, Smythe, or McGowan; and it means “one who smittens black-iron metal.” Those whose hobby is genealogy might find this pan-nationality course supplemental to their search. This is not a multi-language course.

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

Ancient Greece

Study Leader: David Wollman

- 5 Classes: Jan. 12 – Feb. 9
- Class ID: 797
- Monday, 11:15 AM - 12:45 PM
- Wean Hall 4707

The first European civilization was that of Ancient Greece. This course will look at the broad sweep of that civilization from the first appearance of the Greeks to the Hellenistic Age ushered in by Alexander the Great. Topics will include the precursors to the Greeks (Minoan and Mycenaean); the migrations and expansions of the Greeks; the rise of the city-state, especially Athens and Sparta; the confrontations with the Persians; the Peloponnesian Wars; and the transformation of Hellenic into Hellenistic culture ushered in by Alexander the Great.

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

Flares of Memory: Survivors Remember the Holocaust

Study Leader: Linda Hurwitz

• 5 Classes: Jan. 16 – Feb. 20*  
  • Class ID: 733
  • Friday, 9:15 AM - 10:45 AM
  • Wean Hall 4707
  *Note: Class will not meet on Feb. 13

Read, review, and reflect on the personal experiences of Pittsburgh Holocaust survivors. Learn about the events between 1933 and 1945 and the impact of this era of history still affecting policies and people today. It is recommended that each participant purchase *Flares of Memory*, edited by Anita Brostoff and conceived and developed by Sheila Chamovitz, published by Oxford University Press. However, the stories will be provided if one does not want to purchase this collection.

*Linda F. Hurwitz* was the director of the Holocaust Center of Pittsburgh from 1988-2005 and is the child of two Holocaust survivors. She is a retired English teacher and school administrator and has taught this course several times over many years.

Zionist Profiles and History

Study Leader: Ivan C. Frank

• 6 Classes: Mar. 11 – Apr. 22*  
  • Class ID: 813
  • Wednesday, 11:15 AM - 12:45 PM
  • Wean Hall 4707
  *Note: Class will not meet on Apr. 15

This course will delve into the nature of Zionism from the mid-1880s and concentrate on the first three waves of immigration from 1880-1930. The class will then survey subsequent eras: first the rise of Nazism in the 1930s, and the Zionist defenses and clashes with Arab nationalists, and then the period from 1948 until today, and the Jewish Diaspora. The class will also reexamine the Zionist dream. Participants, as early as the first day, will define what Zionism means to them and develop, by the last day, their own interpretation of what happened to the original dream: What is the reality? The course will also delve into the current political situation that has been affected by modern Zionist history. The required text for the course will be Dr. Frank’s newest book, *The Origins of Democratic Socialism in Israel: Foundations and Leaderships*. The reduced cost is $14.00. The instructor will have the book available on the first day of class, along with numerous relevant handouts.

*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 an 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.

Share the "air time"

Limit the number of questions and comments you make to allow time for others to share.
The War of 1812: America’s Second War for Independence

Study Leader: Edward Hale

• 5 Classes: Mar. 10 – Apr. 7  
• Tuesday, 11:15 AM - 12:45 PM  
• Wean Hall 4708

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

Edd Hale is a retired middle-school teacher from the Keystone Oaks School District. During his 35 years there, he taught mostly U.S history, covering the period from discovery to the pre-Civil War era. Recently, in his spare time, he has been volunteering as a crew member on the U.S. Brig Niagara, the Flagship of Pennsylvania, based in Erie, doing day sails and extended voyages. His interests also include traveling, metal detecting, bicycling, and computers.

Homestead Strike of 1892

Study Leader: Ken Kobus

• 2 Classes: Apr. 21 and Apr. 28  
• Tuesday, 3:30 PM - 5:00 PM  
• Wean Hall 4708

The Homestead Strike of 1892 did not occur for arbitrary reasons. Many seemingly incongruous events, including some from Pittsburgh’s past industrial and labor history, appeared to coalesce in a perfect storm that led to this tragic labor confrontation. This course will explore those details and make the connections to help explain why it did happen. This is not a mechanical regurgitation of the events of July 6, 1892, but a study of the underlying circumstances that made them possible. A brief explanation of each of the relevant steelmaking processes practiced during that period will be given to aid understanding.

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

The Forgotten History Of Allegheny County

Study Leader: Gary Rogers

• 6 Classes: Mar. 11 – Apr. 15  
• Wednesday, 6:30 PM - 8:00 PM  
• Wean Hall 4708

The course will focus on the role that Pittsburgh/Allegheny County played in the history of our country. The class will examine many events that have been lost or forgotten by the history books and will uncover many of those stories from the 18th, 19th, and 20th centuries. Topics will include Allegheny County’s role in the formation of our country, Pittsburgh during the Civil War, glass making, and the coal industries.

Gary Rogers is an author/historian who focuses on the history of the Allegheny Valley. He is a graduate of Edinboro University and serves as president of the Oakmont Historical Society. He has written four books on the history of the area: Tales From Our Towns I, Tales From Our Towns II, The Story of Edgewater Steel, and The Changing Hills, A History of Penn Hills Pennsylvania.
The Great War, World War I, 1914-1918

Study Leader: Sheila Werner

- 6 Classes: Mar. 9 – Apr. 13
- Monday, 1:00 PM - 2:30 PM
- Wean Hall 4708

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

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

Leadership Lessons From The Battle of Gettysburg

Study Leader: Bill Presutti, Jr

- 3 Classes: Apr. 1 – Apr. 15
- Wednesday, 1:30 PM - 3:00 PM
- Wean Hall 4707

This course will summarize each of the three days of the Battle of Gettysburg (July 1-3, 1863), identify the most prominent leaders of both the Union and Confederate armies, and identify and discuss their key decisions. The course will attempt to address a fundamental question: What lessons in leadership (good and bad) may be learned from the Battle of Gettysburg?

Bill Presutti, Jr., recently retired from Duquesne University, where he served as a faculty member and associate dean in the Palumbo Donahue School of Business for 29 years. He earned his undergraduate degree from Duquesne, an M.A. degree from Northeastern University, and a Ph.D. degree in applied history from Carnegie Mellon University. Dr. Presutti is a member of the Gettysburg Foundation and has spent several years studying the Battle of Gettysburg. He sat for the Gettysburg Licensed Battlefield Guide Examination in 2010.
Shadyside: The Anatomy Of a Streetcar Suburb

Study Leader: Robert Jucha

- 4 Classes: Jan. 14 – Feb. 4
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall 4707

Every major American city in the 19th century saw the growth of the streetcar suburbs. Pittsburgh was no exception, and the development of the residential East End of the city provides a prime example. By focusing on the Shadyside neighborhood, this course will explore the factors which led to the growth of the suburbs, the layout of the streets, and the forms the buildings took. The course will highlight the social makeup of the new suburbs, drawing from resources such as the census and the original source, The Spencers of Amberson Avenue. Lastly the course will discusses the various styles of domestic architecture. Shadyside has outstanding examples of each style of architecture that was popular between the 1860s and 1920s.

Robert Jucha wrote his doctoral dissertation on the urban and architectural history of Shadyside (1980). For 30 years, he worked as a book editor for several publishers. In the last several years after his return to his hometown of Pittsburgh, he has been a volunteer docent leading city walking tours with the Pittsburgh History and Landmarks Foundation. During the last three years, he has created and led three special member tours of Shadyside.

Professional Baseball In Pittsburgh: Pirates, Alleghenies, Grays, and Crawfords

Study Leader: David Fortun

- 6 Classes: Mar. 12 – Apr. 16
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall 4707

Pittsburgh has a rich tradition in professional baseball that originated in 1887 with the arrival of the Pittsburgh Alleghenies to the North Shore. The 20th century was highlighted by championships won not only by the Pirates but also by the Negro league teams representing Pittsburgh: the Homestead Grays and the Pittsburgh Crawfords. In this course, the histories of these franchises will be joined with the histories of the Pittsburgh ballparks. Special attention will be paid to Hall of Fame players, batting champions, players whose numbers have been retired, and champion teams. A trip to PNC Park and/or a guest appearance by a Pittsburgh baseball authority will enhance the rich legacy of professional baseball in Pittsburgh, a legacy familiar to many Osher members.

David Fortun is a retired English teacher from Shaler Area High School. He has taught five etymology classes in the Osher program at Carnegie Mellon. A lifelong baseball fan, he has conducted tours at PNC Park for six years and wishes to share his knowledge of Pittsburgh baseball with his fellow Osher learners.
Voices and Choices of Pittsburgh Jewry, 1850s - 1970s

Study Leader: Arlene P. Shapiro

- 6 Classes: Mar. 9 – Apr. 13
- Monday, 1:00 PM - 3:00 PM
- Wean Hall 4707

Class ID: 781

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

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

Sailing on the US Brig Niagara — 1813 and Today

Study Leader: Edward Hale

- 1 Class: Apr. 21
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall 4708

Class ID: 806

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

Edd Hale is a retired middle-school teacher from the Keystone Oaks School District. During his 35 years there, he taught mostly U.S. history, covering the period from discovery to the pre-Civil War era. Recently, in his spare time, he has been volunteering as a crew member on the U.S. Brig Niagara, the Flagship of Pennsylvania, based in Erie, doing day sails and extended voyages. His interests also include traveling, metal detecting, bicycling, and computers.

Your input is welcomed and valued.

Osher at CMU depends on member assistance and involvement. Your suggestions for instructors, courses, events, and lectures are necessary to help us serve your interests. We also depend on member involvement on committees and as volunteer study leader assistants. Use the check box on the registration form to volunteer!
The Great Castle Shannon Bank Robbery of 1917

Study Leader: Edward Hale

• 1 Class: Mar. 3
• Tuesday, 11:15 AM - 12:45 PM
• Wean Hall 4708

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

Edd Hale is a retired middle-school teacher from the Keystone Oaks School District. During his 35 years there, he taught mostly U.S. history, covering the period from discovery to the pre-Civil War era. Recently, in his spare time, he has been volunteering as a crew member on the U.S. Brig Niagara, the Flagship of Pennsylvania, based in Erie, doing day sails and extended voyages. His interests also include traveling, metal detecting, bicycling, and computers.

Why America Turned Out The Way It Did

Study Leader: Arthur Goldberg

• 6 Classes: Jan. 15 – Feb. 26*
• Thursday, 5:00 PM - 6:30 PM
• Wean Hall 4707
  *Note: Class will not meet on Jan. 22
• 6 Classes: Mar. 9 – Apr. 13
• Monday, 5:00 PM - 6:30 PM
• Wean Hall 4707

Former British Prime Minister Margaret Thatcher said that European countries were formed by history or force of arms, but America was created based on ideals. What are those ideals? When and where were they first created and how did we get them? What is the most-critical single event that set America on the path it followed? How were those original ideals used to create a nation? How did they change in the past two centuries; and who or what forced those changes? What are some of the legends and myths in our national creation stories, and what are the historical facts? The scope of the class will run from the 10th century to modern times and we will review the Declaration of Independence and the Constitution to better understand them and how they were created. Copies of each will be provided.

Arthur Goldberg is a dedicated amateur historian focusing on the American scene from its earliest roots. His academic history is a bachelor’s degree from the City College of New York, J.D. and master’s of law degrees from New York University, and an M.B.A. degree from the University of Chicago. During his career in corporate finance he has traveled extensively and always examined the history of a country or area before arriving so as to combine business and education on the same trip (and on his employer’s dime). His prior college teaching experience includes both law and finance classes.
Salem Witch Trials Revisited

Study Leader: Joan Gundersen

- 5 Classes: Jan. 13 – Feb. 10
- Tuesday, 1:15 PM - 2:45 PM
- Wean Hall 4708

The Salem witch trials are a part of popular culture. Much of that popular lore is myth. Salem itself is a major tourist attraction with “witch houses,” a wax museum, and tacky souvenirs. Modern historians, however, continue to find new information and ways to look at the incident that change what we think we know about this event. Everything from the causes of the incident to basic facts about key players has changed. Was it proof of Puritan intolerance, sexual repression, local quarrels, greed, or other factors? What role did frontier Indian attacks play? How should we interpret the fact that women played major roles both as accusers and the accused? Was the whole thing a hallucination caused by mold? The course will explore the context, events, and major players in light of recent scholarship.

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

The Greatest in Sports

Study Leader: Gerald Frankovich

- 4 Classes: Mar. 9 – Mar. 30
- Monday, 11:15 AM - 12:45 PM
- Wean Hall 4707

In the real world of religion, war, and politics, a person of considerable achievement might be awarded the sobriquet “The Great,” as were Alexander of Macedon and Catherine of Russia. However, in the artificial world of competitive sports, owners sometimes go one better by naming a particular athlete or team as being “The Greatest.” Even some like Cassius Clay, (later Muhammad Ali), self-proclaimed to the world “I am the Greatest.” This course about sports’ “Greatest” doesn’t get bogged down with batting averages, race times, or points per game. Through these are meaningful, this course follows a different tack. The session on “Debuts” explores Jackie Robinson’s monumental breaking of the 60-year race-barrier in Major League Baseball. “Streaks” cites the University of Oklahoma’s football team winning 47 consecutive games, and offers video of Notre Dame breaking it by scoring the game’s only TD. “Perfection” highlights gymnast Nadia Comaneci’s first-ever Olympic perfect score, and you can witness that 1976 performance. During “That’s Entertainment,” you might chuckle at perhaps the greatest stand-up comedy skit of all time, Abbott and Costello’s “Who’s on First?” This course is unique. Come and join in on the above and much more.

Gerald Gerry Frankovich is a native Pittsburgher, whose love of sports led him to become high-school sports official. At times, people would ask about rules or why certain calls were made in a game. Believing that more than a few individuals were interested in the skinny of how the games are played, he developed a series of instructional talks that he delivers at schools, churches and seniors facilities. Frankovich, a Pitt graduate, is a retired civil engineer. In addition to presenting his sports talks, he is active with Phipps, the Carnegie, 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.
Tax Facts Past and Present

_Study Leader: Melvin Gornic_

• 4 Classes: Jan. 15 – Feb. 5
• Thursday, 11:15 AM - 12:45 PM
• Hunt Library Osher Classroom

Most of us have to file a tax return each year, but do you know how our country’s complex method for taxation evolved? We will discuss the history of federal income taxes. Who pays the bulk of our taxes, and who pays little or no taxes? You may be surprised. We will examine the latest tax law changes, discuss issues that affect retirees, and look at IRS payment options.

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

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The Politics of Sex: Public Opinion, Party Strategy, and Elections

_Study Leader: Susan Hansen_

• 5 Classes: Mar. 11 – Apr. 8
• Wednesday, 11:15 AM - 12:45 PM
• Wean Hall 4708

Since the 1960s, the culture-war issues of reproductive rights, gay rights, and equality for women have transformed American politics. Although public opinion has become more liberal, substantial numbers of Americans remain firmly opposed to any changes in traditional values. This course will analyze trends in public opinion on social issues and examine the strategies and tactics of groups pushing for or resisting change. It will also consider how these issues have impacted presidential elections, and show when and how the political advantage in the culture wars shifted from the Republicans to the Democrats. The final class will focus on the “war on women” and the 2012 election.

_Susan B. Hansen_ is professor emerita of political science at the University of Pittsburgh, where she has taught a course on women in politics every year since 1980. She received her Ph.D. degree in political science from Stanford University in 1972 and has also taught courses in American politics at the universities of Washington State, Illinois, and Michigan. She has taught a class, "A Woman for President?" for Osher at the University of Pittsburgh and is working on a book on trends in public opinion on social issues.

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Evening Lecture

March 18th: Mike Natelson
McConomy Auditorium, Univ. Center
7:30 pm

Why are Iran's Nuclear Technology Efforts of Critical Concern to Israel's Security? This question will be addressed first by discussing facts relative to Uranium enrichment and heavy water reactor technology, atomic bomb design and Israel's geography and population. Second, what will have to be speculation will be offered as to Iranian governance and objectives, and Israeli defenses against various modes of nuclear attack. It is hoped that these remarks will aide the audience in forming a sound opinion on this crucial question.
Political History Of
The Near East — What a Mess

Study Leader: Ram Kossowsky

• 6 Classes: Jan. 12 – Feb. 16  
  Class ID: 741
• Monday, 1:30 PM - 3:00 PM
• Wean Hall 4708

According to some historians of the Middle East, the area has been engulfed in a “thirty years war,” an analogy to the 17th century, one of the most destructive conflicts in European history. The Near East has witnessed atrocities perpetuated by Shia Muslims against Sunni Muslims and vice-versa, and Islamic fundamentalists were outlawed in most Arab countries of the Near East, including Egypt. There was an Arab Spring that fizzled out. The struggle between Israel and the Palestinians flared again, where inter-Arab loyalties shifted dramatically. Egypt is in turmoil; Libya is moving to become a new Somalia; Iraq is disintegrating. ISIL is a menace that surpasses the Mongols. This course will review developments during the Ottoman rule, the maps drawn after the fall of the Ottomans, the shock to fundamental Islam with the establishment of Israel, and the role of U.S.A. policies. The lectures will be enhanced with short movie clips and interspersed with political cartoons.

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.

PSYCHOLOGY

Hot Topics in Psychology

Study Leader: Brooke Feeney

• 6 Classes: Mar. 11 – Apr. 15  
  Class ID: 714
• Wednesday, 11:30 AM - 1:00 PM
• Wean Hall 4708

This course will cover a diverse sampling of current topics in human psychology. Each week, the course will be taught by a faculty member from the Psychology Department at CMU who is an expert in the particular areas to be covered. Potential topics include relationships and social factors that influence health and well-being; the latest research on addictions and genetics, mindfulness, skill learning, and sensorimotor planning; how we see and interpret visual images; memory, language, and cognition; and development in children. In the course, faculty members will present the latest in the controversies, methods, and conflicts and conundrums associated with studying the human brain and human behavior.

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

Study Leader: Eugene Lauer

• 5 Classes: Jan. 14 – Feb. 11
• Wednesday, 1:00 PM - 3:00 PM
• Wean Hall 4708

Spirituality in most of the major world religions attempts to bring an inner peace to its followers that leads to just, thoughtful and loving actions to one’s insights from the spiritualities of Christianity, with additional reflections from Hinduism and Buddhism, Confucianism, and Taoism, all of which can be very valuable for the pursuit of peace in this complex technological age. Contemporary psychology helps us to understand how those two dreaded parasites of a peaceful life, worry and guilt, often block the pathway to a peace-filled spirituality. A major focus of the course will be on Jesus’ promise to bring to us “the peace that the world cannot give.”

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

Passover Reconsidered

Study Leader: Rabbi Ron Symons

• 5 Classes: Jan. 12 – Feb. 16*
• Monday, 10:30 AM - 12:00 PM
• Mellon Institute at CMU

*Note: Class will not meet on Jan. 19

Passover is both the oldest and most contemporarily observed Jewish festival of them all. Filled with family tradition and sacred intent, ritual, and social justice, Passover has the potential to awaken us to the beauty of spring and the hope therein. Our conversations will be guided by Jewish wisdom and are intended to help us realize that wisdom in our lives. Our studies will include Passover in the Bible, Passover according to the Rabbis, assorted Hagadot, bread and Matzah, and the Passover imperative for freedom. People of all faiths or no faith are welcome for these interactive and provocative conversations. Your questions, stories, and comments will enrich our conversations.

Rabbi Ron Symons is an innovative Torah teacher committed to text-based, exciting, and meaningful learning that leads to intellectual, spiritual, and socially responsible Jewish living. He was ordained by the Hebrew Union College-Jewish Institute of Religion (HUC-JIR), New York, in 1994. He holds a B.A. degree in Judaic studies and Hebrew from the State University of New York, an M.A. degree in Hebrew literature from HUC-JIR, and an M.S. degree in educational administration and supervision from Pace University. His studies included one year of undergraduate work at the Hebrew University of Jerusalem and the first year of rabbinic school at the Jerusalem campus of HUC-JIR. He serves on the executive committee of PIIN, the Pittsburgh Interfaith Impact Network, and is vice-president of the Gamaliel National Clergy Caucus. Both organizations are committed to bringing people of faith to action.
It Ain’t Necessarily So — Bible, Archeology, History — Part II

Study Leader: Rabbi Ron Symons, Ram Kossowsky

- 5 Classes: Mar. 9 – Apr. 6
- Class ID: 787
- Monday, 10:30 AM - 12:00 PM
- Mellon Institute at CMU

It ain’t necessarily so
The t’ings dat yo’l’ble
To read in de Bible
It ain’t necessarily so.

Was Porgy right about the things that we read in the Bible?
Well, yes and no. Rabbi Ron Symons and Dr. Ram Kossowsky invite you to join them on a journey of exploration. We will uncover historical truths in the Bible that have been proven by archeological finds. Using original biblical texts and contemporary literature, archeological finds, museum-quality slides and historical analysis, we will begin with the reign of Jeroboam II and his critic, the Prophet Amos. We will witness the destruction of Israel by Assyria, the transformation of Judah into a regional power, the in-depth emergent Deuteronomic literature, and the transformation from covenant-based religion to a law-based religion. We also will ask whether the Deuteronomic writers were influenced by Assyrian doctrines. Throughout it all, our academic pursuits will be enhanced by applying the lessons of ancient days to our contemporary lives. It ain’t necessarily so . . . maybe it is necessarily so! People of all faiths or no faith are welcome for these interactive and provocative conversations.

Rabbi Ron Symons: See bio previous listing.

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 on “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.

JOIN US

for
Day Trips
Luncheons
Evening Lectures
Special Events

We are busy planning many wonderful events from now until the end of the year.
Notices will be sent by email and surface mail and posted online at www.cmu.edu/osher.
Registration is important!
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</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 Branner 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 | SCS
10 Hamerschlag Hall
11 Hamerschlag Hall
12 Hunt Library
13 Margaret Morrison Carnegie Hall
14 Mellon Institute (MCS)
15 National Robotics Engineering Center | NRRC
16 Newell Simon Hall (SCS)
17 Pittsburgh Technology Center | ETC
18 Posner Center
19 Posner Hall (Tepper)
20 Purnell Center for the Arts
21 Rand Building
22 Roberts Engineering Hall
23 Robert Mehrabian Collaborative Innovation Center | RMIC
24 Scaife Hall (CIT)
25 Future Home of Sherman and Joyce Bowie Scott Hall
26 Skibo Gymnasium
27 Smith Hall
28 Software Engineering Institute (SEI)
29 Solar Decathlon House
30 University Center
31 Warner Hall (Office of Admission)
32 Wean Hall
33 Whitefield Hall (JR)
34 300 South Craig (Police)
35 311 South Craig
36 407 South Craig
37 4516 Henry (UTDC)
38 4609 Henry (Dietrich/H&SS Grad Labs)
39 4615 Forbes (GATF)
40 4616 Henry (IN)
41 6555 Penn*

RESIDENTIAL
42 Boss House
43 Doherty Apartments
44 Donner House
45 Fairfax Apartments
46 Fraternity/Sorority Quadrangle
47 Hamerschlag House
48 Henderson House
49 Margaret Morrison Apartments/Plaza
50 Margaret Morrison Fraternity/Sorority Houses
51 McGill House
52 Morewood Gardens (Housing Offices)
53 Mudge House
54 Neville Apartments
55 Resnik House
56 Rozelawn Houses
57 Scobell House
58 Shady Oak Apartments
59 Shirley Apartments
60 Spirit House
61 Stever House
62 The Residence on Fifth
63 Webster Hall
64 Welsh House
65 West Wing
66 Woodlawn Apartments
67 99 Gladstone
68 1094 Devon

PARKING
P1 Alumni House***
P2 Branner House***
P3 Children's School
P4 Dithridge Street Garage**
P5 Doherty Apartments***
P6 East Campus Garage****
P7 Fine Arts
P8 Fraternities
P9 Gates Garage****
P10 GATF
P11 Hamburg Hall***
P12 Henry Street
P13 Morewood****
P14 Pittsburgh Technology Center | ETC
P15 Porter Hamerschlag Waan
P16 BMCIC Garage**
P17 Sororities
P18 Warner
P19 West Campus
P20 Wightfield Hall
P21 Zabina Way**
P22 4700 Fifth Avenue
P23 6555 Penn*
P24 300 South Craig

* Off campus, see inset
** Open to visitors 9 a.m.-5 p.m.
*** Monday - Friday
*** Open to visitors after 5 p.m. and weekends
**** Additional on-street parking available on city streets.

Primary circulation routes and access parking areas are shown.
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

College of Fine Arts (CFA) — Kresge Hall
Cyert Hall
Hillman Center — lower level
Hunt Library — lower level
Mellon Institute (S. Bellefield Entrance)
Porter Hall
Purnell Center — Chosky Theater
University Center — McConomy Hall & Rangos
Wean Hall — Rooms 4707 and 4708

OFF-CAMPUS

Beth Shalom
City Theatre
Carnegie Museum of Art & Natural History
Dance Alloy
Friends Meeting House
Marty’s Market
Mattress Factory
National Aviary
Panera Bread
Pittsburgh Ballet Theatre
Pittsburgh Opera HQ
Regent Square Theatre
Rodef Shalom Temple
Temple Sinai
Wigle Whiskey
Wilkins Community Ctr.

Parking

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<td>(Free after 5 pm on weekdays)</td>
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<td>RMCIC Parking Garage</td>
<td>S. Neville St.</td>
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<td>Gates Bldg Parking Garage*</td>
<td>Hamerschlag Dr.</td>
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<tr>
<td>Morewood Avenue Lot</td>
<td>South Craig St.</td>
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<td>(FREE, beginning at 4:30pm)</td>
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Please note: Parking at the meters on Frew St. is limited and expensive. We recommend that you consider using public transportation. If you park at a metered spot, you must still pay for parking regardless of what time you park.

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

Transportation

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

Bad Weather Days

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

Photos and Videos

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

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

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

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

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

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

OUR GOLDEN RULES
1 Osher study leaders are volunteers and dedicate many hours preparing class lectures and materials. Their tireless efforts result in the exceptional classes that we are so proud to offer. By signing up for a 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.
REGISTRATION INFORMATION

READY TO REGISTER?

Registration Fee and Discount
The registration fee per term is $65.00 for an unlimited number of courses. If you are a member and your registration form is received by the office by December 23, 2014, a $15.00 discount will apply and only $50.00 will be due.

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

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

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

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

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

Study Leader Assistants Are Vital
The responsibilities of the SLA are: To welcome new members to class, take attendance, distribute course evaluation forms and act as liaison between the classroom and the office. 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 following skip days:

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>New Year’s Day</td>
<td>Jan. 1, 2015</td>
</tr>
<tr>
<td>The day before Passover</td>
<td>April 3, 2015</td>
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<tr>
<td>Good Friday</td>
<td>April 3, 2015</td>
</tr>
<tr>
<td>Memorial Day</td>
<td>May 25, 2015</td>
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<tr>
<td>Independence Day</td>
<td>July 3, 2015</td>
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<tr>
<td>Labor Day</td>
<td>Sept. 7, 2015</td>
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<td>First full day of:</td>
<td></td>
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<tr>
<td>Rosh Hashanah</td>
<td>Sept. 14, 2015</td>
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<tr>
<td>Yom Kippur</td>
<td>Sept. 23, 2015</td>
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<tr>
<td>Thanksgiving Day</td>
<td>Nov. 26, 2015</td>
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<tr>
<td>Friday after Thanksgiving</td>
<td>Nov. 27, 2015</td>
</tr>
<tr>
<td>Christmas Eve</td>
<td>Dec. 24, 2015</td>
</tr>
<tr>
<td>Christmas Day</td>
<td>Dec. 25, 2015</td>
</tr>
<tr>
<td>New Year’s Eve</td>
<td>Dec. 31, 2015</td>
</tr>
</tbody>
</table>

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

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

Online registration is available for Winter/Spring 15 registrations. Members can start to register for their Winter/Spring 15 courses beginning on December 2 at noon. The exciting part of the registration system is that you will know immediately in which courses you are enrolled and will see your place in the queue for courses in which you are waitlisted. Registering online will be as easy as any other online shopping experience.

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

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

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

Sign In:

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

2. Click on Either link

3. You will be redirected to the Augusoft "Sign In" page which is at oshercmu.augusoft.net

4. Enter your Username

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

Register for course:

There are several ways to find a course:
HOW TO REGISTER ONLINE

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

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

Checkout and Pay:
Checkout and Pay:

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

Feel free to explore the links in the left column.

Please be sure to click on "Sign Out" when leaving the system.
REGISTRATION FORM
Winter/Spring 2015

- Check here if information has recently changed.

Name ____________________________ Email ____________________________
Street Address ____________________________ Home Phone __________________
City ____________________________ State ____________________________
Zip Code ____________________________ Emergency Contact Name and Phone ____________________________

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

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Willing to be S.L.A.</th>
<th>Course Title: Please include at least the first three words</th>
<th>First Session Start Date</th>
<th>Second Session Start Date</th>
<th>Materials Fee</th>
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Payment Method: check or credit card

- Check Number: ____________________________
  Payable to “Osher at Carnegie Mellon”
- VISA   - MasterCard
- American Express - Discover

Card Number ____________________________ Expiration Date ___ / _____ CVV Code ______

Cardholder Name (PLEASE PRINT) ____________________________________________
Signature ___________________________________________________________________

Mail form to: Osher at Carnegie Mellon, Hunt Library, 4909 Frew Street, Pittsburgh, PA 15213
Osher is a member-driven organization and we rely upon and encourage active participation. While service is voluntary, it is a great way to meet new people and is very much appreciated.

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

- 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
Winter/Spring 2015

☐ Check here if information has recently changed.

Name __________________________________________________________
Street Address ____________________________________________________
City __________________________ State ________________ Zip Code ______

Email __________________________ Home Phone ________________________
Cell Phone ________________________

Emergency Contact Name and Phone ________________________________

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  __________________________________________

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

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

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

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

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