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LIFELONG
LEARNING
INSTITUTE

Summer 2018

at **Carnegie Mellon University** | www.cmu.edu/osher



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CONTACT INFORMATION

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

*Please include your return address
on all mail sent to the Osher office.*

Phone: 412.268.7489

Email: osher@cmu.edu

Website: cmu.edu/osher

Amy Burkert, *University Liaison*

ON THE COVER

In honor of our 25th anniversary, Osher at CMU has gifted 25 Adirondack chairs to the University. The chairs – in CMU colors, red, black, and gray – are placed around the CMU campus for students, faculty, and Osher members to use.

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Additional images courtesy of Wikimedia Commons and Pittsburgh Ballet Theatre.

What interests you? Find your courses by topic.

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IMPORTANT!

Registration will open after the catalog is posted on the website and before it is mailed from the printer. Watch your emails for the date registration opens.

Session Dates

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**One and Two Day
Course List: pg. 4**

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

ONE & TWO DAY COURSES

Having trouble committing to a six-week course? Try one of our one and two day classes listed below. For full course description, Study Leader biography, dates, and times, please see the course listed on its assigned page.

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ARTS & HUMANITIES

Art | Cinema/Film | Drama / Theatre | Literature | Music

ART

Collecting Pre-Columbian And Ethnographic Art

Study Leader: Joel Aaronson

- 6 Classes: May 9 – Jun. 13
- Wednesday, 7:00 PM - 8:00 PM
- Location Given Later

Class ID: 2462

NEW

Using the study leader's collection of pre-Columbian and ethnographic art as a teaching vehicle, the course will explore the evolution of collecting as an endeavor; the nature of pre-Columbian and ethnographic art, distinguishing it from other art forms; the psychological, social, and cultural functions and context of pre-Columbian and ethnographic art; the cultures creating the art; the art itself; and the moral, legal, authenticity and market considerations associated with the collection of pre-Columbian and ethnographic art.

Joel Aaronson is an attorney by trade, recently retired from Reed Smith, but has studied and collected pre-Columbian and ethnographic art for over 30 years. He is a long-serving member of the board of the Carnegie Museum of Natural History. Joel has travelled extensively in Mexico, Central America, and South America to pre-Columbian sites and museums. He lives part of the year in Mexico.

CINEMA/FILM

Film Titles And Motion Graphics

Study Leader: Daniel Boyarski

- 5 Classes: May 16 – Jun. 13
- Wednesday, 10:00 AM - 11:30 AM
- Margaret Morrison, A-11

Class ID: 2368

NEW

We love watching movies, yet few take the time to watch the film titles up front or the end credits after the movie ends. They aren't regarded as part of the movie. This course will start with a brief history of film titles, their reason for being, and how they evolved. We will examine the transition from static titles to meaningful dynamic sequences in the 50s and 60s. A close look at the work of iconic designers like Saul Bass and Kyle Cooper, among others, will provide opportunities for context and comparison. The course will end with a look at "motion graphics" beyond the entertainment screen to include information graphics in various contexts, for example museums, web sites, and information kiosks. We will watch many, many title sequences, the only way to really understand and appreciate them. It will be informative and fun!

Dan Boyarski is professor emeritus and former head of the School of Design at Carnegie Mellon University, where he has been for over 35 years. He taught courses in typography, information and interaction design, and time-based communication at graduate and undergraduate levels. His interests lie in visualizing complex information, interface and interaction design, and how word, image, sound, and motion may be combined for effective communication. A fan of movies and title sequences, Dan started teaching kinetic typography and motion graphics in 1994 and continued until his last class in the fall of 2016.

DRAMA/THEATRE

The Art Of The City

Study Leader: Kristen Link

- 1 Class: Jun. 4
 - Monday, 4:00 PM - 5:30 PM
 - City Theatre,
13 Bingham St., South Side
- Class ID: 2391

ONE
DAY

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

Kristen Link is director of education and accessibility at the City Theatre Company. As an experienced theatre educator, she 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 accessibility offerings. Prior to her work at City Theatre, 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.

LITERATURE

The Aristotle-Shakespeare Connection: *Macbeth*

Study Leader: Patricia S. Rose

- 5 Classes: May 7 – Jun. 11*
 - Monday, 11:15 AM - 12:45 PM
 - Wean Hall, 4707
- Class ID: 2410

*Note: Class will not meet on May 28

What makes a good person do a bad thing? What causes a person who has everything to bring about his own self-destruction? What is the price paid for a mistake in judgment? Aristotle reflected on these questions of human tragedy; so did Shakespeare. In 350 B.C.E, Aristotle recorded his ideas in his book *Poetics*. It was his belief that tragedy required a tragic hero: one who embodies nobility and virtue, but, because of a flaw in his character, makes a fatal mistake in judgment and brings about his own ruin. In the late 1500s, Shakespeare began to utilize Aristotle's observations. *Macbeth* is a classic example of a *Shakespearean* tragic hero and exemplifies all the attributes of a tragic hero as first conceived by Aristotle. We will read passages from *The Tragedy of Macbeth* and consider what parallels there are between the classic tragic hero and today's historical, political, and celebrity figures. If you read *Macbeth* in high school and didn't like it, let me reintroduce it to you now that you are a seasoned student of the human condition.

Patricia Rose taught English at Sewickley Academy for 38 years and has written several articles on teaching. She received the Clark Faculty Chair for Excellence in Teaching. Patricia graduated Phi Beta Kappa from the University of North Carolina at Chapel Hill. She studied at The Writing Workshop, University of Iowa, and at Trinity College, Cambridge University, UK. Her poetry's been published in *Breath of Parted Lips: Voices of the Robert Frost Place*, *Cathedral Poets*, *Taproot*, *The Pittsburgh Post-Gazette*, and *Verse Envisioned*.

Southern Gothic Short Stories

Study Leader: Rebecca Carpenter

- 5 Classes: Jul. 2 – Jul. 30
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Class ID: 2370

NEW

What better time of year to explore the eerie, often unnerving, and provocative stories of the Southern Gothic genre than in the summertime? Southern Gothic is enjoying a revival these days, with entertainments such as the TV series *True Blood* and *American Horror Story*. We may not be able to reproduce dripping live oaks, swamps, and sinister characters lurking in the bayous in Pittsburgh, but we'll try! This class will focus on four or five Southern Gothic short stories, including works by Flannery O'Connor, Eudora Welty, and William Faulkner.

Rebecca Carpenter has been an educator for almost 40 years. She taught English in both public and private high schools, college, and graduate school. In addition, she taught English in Duquesne University's School of Leadership and Professional Advancement for 25 years. After 19 years, she recently retired from the Greater Pittsburgh Literacy Council, where she was an adult education teacher, volunteer trainer, and special projects director.

Development Of Consciousness In the English Novel

Study Leader: Carol Zisowitz

- 6 Classes: Jul. 11 – Aug. 15
- Wednesday, 1:15 PM - 2:45 PM
- Hunt Library, Osher Classroom

Class ID: 2444

NEW

We will read Henry James' last great and most difficult novel, *The Golden Bowl*, with the goal of understanding how the novelist called "The Master" by his contemporaries enables us to see into the minds and hearts of his characters without "telling" us about them. Then we will turn to Virginia Woolf, who carried this technique even further, reading her masterpiece *To the Lighthouse*. Classes will be half lecture, in which course leader will discuss historical context and criticism of the authors, and half discussion with careful attention to the text. Reading guides will be distributed for each class the week before.

Carol Zisowitz is a psychiatrist with psychoanalytic training she finds useful in reading fiction. She also has a Ph.D. in British history, which makes her familiar with the context of English novels. Reading fiction and discussing it are her favorite activities.

Mingling With Metafiction

Study Leader: Gloriana St. Clair

- 6 Classes: May 10 – Jul. 19 Class ID: 2424
- Thursday, 1:00 PM - 2:30 PM
- Hunt Library, Osher Classroom



Those seeking an adventure in their summer reading may enjoy mingling with others to discuss some metafiction, a current term for fiction about fiction. This course will explore various types of metafictional works and will allow readers to judge their effectiveness in entertaining and instructing. The students and the study leader will discuss these texts: Cornelia Funke's *Inkheart*, John Gardner's *Grendel*, Nobel laureate J.M. Coetzee's *Man from Petersburg*, Nobel aspirant Haruki Murakami's *Samsa in Love*, Jean Rhys's *Wide Sargasso Sea*, and J.R.R. Tolkien's *Leaf by Niggle*. Some source texts may also be discussed.

Please note: Class meets every other week: May 10 & 24, June 7 & 21, July 5 & 19

Gloriana St. Clair served as the Dean of University Libraries at Carnegie Mellon University from 1998 to 2014, when she became the Inaugural Dean Emerita. During many of those years, she also served as the University liaison with the Academy for Lifelong Learning and subsequently with the Osher Lifelong Learning at Carnegie Mellon University. She holds a B.A. and Ph.D. in literature from the University of Oklahoma; a master's degree in library science from the University of California, Berkeley, and an M.B.A. from the University of Texas. She enjoys teaching, reading, writing, arithmetic, big computer projects (Million Book project, Olive project), playing bridge, swimming, listening, and much, much more.

Great And Notable Novels Read And Revisited

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

- 6 Classes: May 17 – Jul. 26 Class ID: 2416
- 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.

Please note: Classes are scheduled for May 17 & 31, June 14 & 28, July 12 & 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 Read and Revisited course. He is a member of Osher.

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

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

Books Your Grandchildren Don't Want You To Read

Study Leader: Amy Kellman

- 4 Classes: May 10 – May 31 *Class ID:* 2454
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Children's books have been called "subversive" and "acts of mischief." Why? We'll look at the major genres of books for children; censorship and challenges to children's books; awards; and books for teens. The American Library Association's Banned Books 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 are they? The class will read three novels that highlight these topics.

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

French Literature In Translation

Study Leader: Rebecca Taksel

- 6 Classes: Jul. 5 – Aug. 9 *Class ID:* 2427
- Thursday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom



This course, which does not require any knowledge of French, will give members a taste of Francophone literature and culture as we sample tidbits of prose and poetry from the 17th through the 20th century: Racine, Voltaire, Baudelaire, Verlaine, Apollinaire, Proust, Colette, Senghor and others. We will also examine the notion of translation itself, comparing different English translations of the same French passage, looking at how we translate from one style to another in our own language, and even trying our hand at translating works of French visual art into words. A packet of short readings, with selections to be prepared for each class, will be provided. Participants will be asked to make a visit to the Carnegie or Frick art museum on their own. We will read, discuss, write, and even listen to a few French songs in class.

Rebecca Taksel is a retired teacher of French language and literature as well as English and world literature. She taught for many years at Point Park University, where she devised courses in writing, mythology, and French literature. Her core belief about teaching literature is that great writing always awakens the creativity of its readers. Her particular interest is the intersection of literary, visual, and musical art. Rebecca has published prose and poetry of her own (in English!). She is a member of the Fifth & Wood Poets' Collective in Pittsburgh.

MUSIC

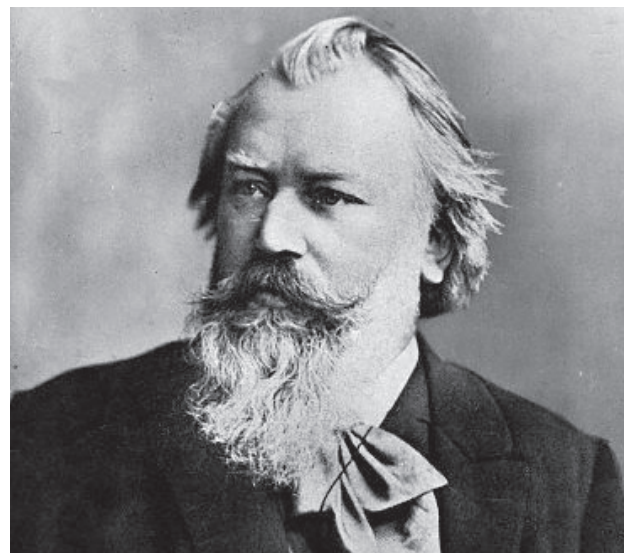
Beyond The Notes: Music In The 20th Century

Study Leader: Benjamin Tisherman

- 6 Classes: Jul. 11 – Aug. 15 Class ID: 2463
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

In what ways was Beethoven's *Eroica Symphony* far ahead of its time? Why did Igor Stravinsky's *Rite of Spring* incite riots at its premier in 1917? And just why did John Cage compose a piece of four-and-a-half minutes of silence? This course will explore these questions and the aesthetic movements that shaped western classical music. We will delve into music from several centuries, using audio and visual media to make classical music come alive. From Beethoven to Bernstein, Boulez to Bates, classical music can be extraordinarily beautiful, yet a bit complex. This course will give you, the audience member, new insights and listening strategies to better understand and appreciate classical music from the Baroque to the 21st century. Throughout these six weeks, we will aim to illuminate the narrative of classical music and enrich the concert experience for everyone.

Benjamin Tisherman, clarinetist and teaching artist, is devoted to inspiring audiences of all ages through music and the performing arts. He holds a master of music degree from Carnegie Mellon University, where he studied with PSO principal clarinet Michael Rusinek. Benjamin's orchestral performances have taken him from Alice Tully Hall in New York City to Pittsburgh's Carnegie Music Hall. Committed to bringing music into the community, he has worked with youth music programs, teaches clarinet privately, and has performed educational outreach concerts throughout the city of Pittsburgh. An avid chamber musician, Benjamin has performed at the Bay View Chamber Music Festival, Brevard Music Center, and Boston University's Tanglewood Institute. He received his bachelor's degree from Northwestern University and has spent several summers teaching clarinet and chamber music at the Interlochen Center for the Arts.



The Music Of Johannes Brahms

Study Leader: Mark Carver

- 1 Class: Aug. 1 Class ID: 2466
- Wednesday, 3:00 PM - 4:30 PM
- College of Fine Arts, Kresge Theatre

ONE
DAY

NEW

The vocal and piano literature of Brahms is among the richest music of the 19th century. Baritone Daniel Teadt and Pianist Mark Carver, both professors in the School of Music, discuss and perform the Lieder and piano pieces of Brahms.

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

Daniel Teadt has garnered international acclaim for his work on the opera and recital stage. A distinguished baryton-Martin, he has appeared in major opera houses and concert halls in the US, Europe and South America and has had engagements with the Metropolitan Opera Orchestra, LA Philharmonic, and the Pittsburgh Symphony. He has also performed on a Grammy Award-winning recording with the London Symphony Orchestra. He is a passionate advocate for art songs and new music. His recital collaborations include appearances with the Festival d'Aix-en-Provence, Ravinia Festival, San Francisco Opera Schwabacher Debut series, Music in a great space recital series, Pittsburgh Song Collaborative, Collaborative Arts Institute of Chicago, New York Festival of Song and Lyric Fest. He has recorded with EMI Classics and Naxos. Teadt is a professor of music at Carnegie Mellon University, where he teaches voice and English literature and repertoire.

Lyricists Of American Popular Music Part I

Study Leader: Paul Roth

- 6 Classes: May 9 – Jun. 13 *Class ID:* 2413
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

The middle years of the 20th century saw the development of the so-called “Great American Songbook.” This encompassed music written as single pop songs for the stage and, finally, for film. The creators of these songs either wrote the music or the words, and in a few cases, both. This course concentrates upon the wordsmiths — the lyricists — who created poetry spanning pathos to humor, and, in particular, romance. After a brief discussion of the elements of lyrics, a sampling of the work of each lyricist will be presented and discussed in chronological order, with the complete list of lyricists covered in two parts. This course, Part I, will discuss such pioneers as Berlin, Hammerstein, Hart, Gershwin, Harburg, and others born before or near the beginning of the 20th century.

Please note: *Most of the musical material will consist of projected film clips.*

Paul Roth is a veteran Osher study leader. He has presented courses on popular music and on railroads. A retired professor of computer science from Virginia Tech, he has had long experience in popular musicology. His extensive collection of records has been donated to the Stanford University Music Library. His music credentials go back to playing in McKeesport schools and to organizing and playing in various popular and 1920s-styled groups in the Philadelphia and Washington, D.C. areas. He also produced and hosted radio programs on dance band music which ran for five years in Washington, and another two in Sarasota, where he has a seasonal home. He also teaches in the adult education program at the University of South Florida. He has degrees from Pitt and Penn.

A Short History Of 19th Century Classical Music And Architecture

Study Leader: Owen Cantor

- 4 Classes: Jul. 9 – Jul. 30 *Class ID:* 2358
- Monday, 3:00 PM - 4:30 PM
- Wean Hall, 4708

From classicism to pre-modernism, European creativity confronted a rapidly changing world by using ideas of structure, form, shape, technology, invention, curiosity, politics, philosophy, and science. Europe in the 19th century was a complex political checkerboard of national alliances and deadly antagonisms, racial colonialism and greedy imperialism. This heady mix founded a liberal society, which enabled creative expression in the form of an unmatched body of music, noble architecture, and modern urban design. A time of extreme upheaval, the 19th century provided a steady blueprint to our own 21st century culture—both bad and good, progressive and regressive.

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

Chamber Music In Cleveland

Study Leader: Owen Cantor

- 2 Classes: Jun. 7 and Jun. 14 Class ID: 2467
- Thursday, 1:00 PM - 3:00 PM
- Wean Hall, 4708

**TWO
DAY**

NEW

Join Osher instructor Owen Cantor for a two-class course and then a memorable overnight trip to Chamberfest Cleveland, one of America's newest summer chamber music festivals. Discover passionate and exciting music-making right in our own backyard. This will be a musical occasion to remember. In Cleveland, you will attend two exciting concerts: one at the acoustically-perfect Mixon Recital Hall, where floor-to-ceiling glass windows overlook an illuminated garden surrounding the stage, the second at the Glass Box, a modernistic performance space high above the city, which will take your breath away. The two pre-trip lectures will examine the Chamberfest's mix of chamber music masterpieces and newer works.

Please note: *Participation is limited, and everyone will be placed on the waitlist first. For more travel and hotel details, check the Osher website. \$280.00 for the bus, festival tickets, and hotel for a single room / 2nd person is \$160 if the room is shared. Meals are not included.*

See **Owen Cantor**, pg. 11

The Life And Music Of Franz Joseph Haydn

Study Leader: Cleon Cornes

- 6 Classes: Jul. 5 – Aug. 16* Class ID: 2360
- Thursday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

NEW

*Note: Class will not meet on Jul. 19

No composer did as much as Haydn to create and develop the classical symphony and quartet. "Papa" Haydn earned his nickname due to this good nature, the care he took of his fellow musicians, and his sense of humor which often appeared in his music. We will review his life, his influence on Mozart, Beethoven, and others, and listen to some of his many compositions.

Cleon Cornes is a retired psychiatrist who enjoys teaching courses, mostly about eccentric geniuses, at Osher at CMU, the Mt. Lebanon Library, and Providence Point.

How Many Words Can One Man Have? Tangled Up In Bob

Study Leader: Mike Schneider

- 6 Classes: May 8 – Jun. 12 Class ID: 2417
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

Once upon a time you dressed so fine and never imagined the Nobel Prize in Literature would be awarded to Robert Zimmerman of Hibbing, Minnesota, aka Bob Dylan. Is he the Shakespeare of our time? Or just a song-and-dance man? — as he's enjoyed saying about himself. If he's a poet for the ages, what are the distinctive qualities of his work? How has it driven recorded music, one of contemporary culture's most influential art forms? We'll track high points in a 50-years-running career that includes more than 60 albums, several documentaries, and a lauded memoir. We'll advance, in general, from the early 1960s toward more-recent, less well-known recordings. We'll touch on studies by Christopher Ricks, Sean Wilentz, Greil Marcus, and others, and pay attention, importantly, to our personal connections with Dylan's work. The invitation of this course: Let's talk about Bob.

Mike Schneider, formerly a lawyer and award-winning freelance writer with six years of graduate study in literature, is a widely-published poet who has followed Dylan's work for many years and formed several of his closest friendships through appreciation of Dylan. For his essays as arts editor of the Thomas Merton Center's monthly newspaper, *The New People*, some of which touched on Dylan, Schneider received a 2003-04 Creative Artists Stipend in Arts Commentary from the Pennsylvania Council on the Arts. As a poet, he has published in many literary journals, including *New Ohio Review*, *Notre Dame Review* and *Poetry*. He received the 2012 Editors' Award in Poetry from *The Florida Review*, and won the 2016 Robert Phillips Prize (selected by Richard Foerster) from *Texas Review Press*, which in 2017 published his second chapbook, *How Many Faces Do You Have?*

ECONOMICS

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

Study Leader: Norman Robertson

- 6 Classes: Jul. 3 – Aug. 7 *Class ID:* 2408
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

This course will be a review of the U.S. economic performance since 2007. What caused the “great recession” of 2008-2009? Could it happen again? Why has the current economic recovery remained weak by historic standards? What is the long-term outlook for the U.S. and other economies? There will be discussion of major determinants of economic growth and evaluation of major economic and political challenges facing the U.S., including discussion and evaluation of President Trump’s economic policies. Have the policies and programs changed the U.S. economic outlook?

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



Boxes And Really Big Stuff— The Hidden World Of Global Logistics And Project Cargo

Study Leader: Douglas Webster

- 2 Classes: Jul. 10 and Jul. 17 *Class ID:* 2432
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

**TWO
DAY**

A largely invisible global logistics network moves materials and goods from origin to consumers. Our updated two-class course examines two major parts of this network: First, Global Logistics—how containerization has revolutionized our world. Then, Project Logistics—how experts lift, move, and transport very large, very heavy, and very expensive objects to often remote locations.

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

OSHER LECTURE SERIES

The Opioid Epidemic: it is not new, but where is it going?



Dr. Frank Kunkel

Tuesday, June 26, 2018
9:00 - 10:30 am
Wean 4708
Class ID: 2348

Dr. Frank Kunkel has served as an expert consultant for the State of Pennsylvania Department of Welfare regarding the treatment of opioid dependence, for the Office of Medical Assistance Programs in the Division of Pharmacy, for the Drug Utilization Review Board (DURB) regarding appropriate use/risk of narcotic overuse, and for the Division of Medical Review.

Transcending Tradition . . . one artist's journey from art to awareness

Gerry Florida

Thursday, June 28, 2018
6:00 - 7:30 pm
Wean 4708
Class ID: 1976



Gerry Florida is an award-winning assemblage artist who refers to herself as a "Master of Imperfection". Her creations deliver underlying messages of rebirth, recovery and reclamation through an array of salvaged, recycled and contemporary materials that she employs in work.

LAW

Estate Planning And Estate Administration

Study Leader: Errol S. Miller

- 6 Classes: May 9 – Jun. 13 Class ID: 2398
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

By use of practical information and useful anecdotes from the study leader and the group, this course will assist people who expect to have to administer a loved one's estate or who would like to make it easier for their families to administer their own estates. The focus will be on steps which can be taken to ameliorate common problems that arise over disagreements among heirs on how assets of an estate are distributed and to minimize inheritance taxes and expenses. The course has been slightly changed by the instructor's experience advising a client who is acting as executor for a neighbor whose heirs live in Germany and by a recent proposal to require investment counsellors to act as fiduciaries. The course's goal is to avoid future fractious events and/or unnecessary expenses. In other words, the emphasis will be on preserving families and their assets.

Errol Miller graduated from Dartmouth College and Harvard Law School, practiced law for 50+ years, and has been an Osher study leader since 2004, offering five different courses. Trust & Estates draws on his 30+ years experience in planning and administering estates and as a frequent lecturer in Continuing Legal Education seminars on elder law. Questioning the Criminal Justice System Parts I & II reflect a lifelong interest in the criminal justice system, experiences as a law clerk for a PA Supreme Court Justice, post-conviction appeals, avid study of current criminal justice events, participation in local reform groups, including B-Pep, the Alliance for Police Accountability, the ACLU, groups advocating tighter gun control, and views on how to reform the criminal justice system to better coordinate criminal justice and mental health principles. Those Who Trespass Against Us addresses torts cases (Civil Wrongs) with practical advice for non-lawyers on the principles behind most civil cases. The Current Supreme Court reviews major court decisions since 2005, what changes we might expect with Gorsuch's replacement of Scalia and other future changes. In each course, Errol displays the sense of humor used as the principal writer of 23 annual Allegheny County Bar Association topical satirical reviews.

LEARN BY DOING

Art | Crafts/Hobbies | Culinary | Dance/Exercise | Finance/Insurance | Games | Gardening | Language | Music & Drama | Self Improvement | Technology | Tours | Wellness | Writing

ART

Drawing With Clay

Study Leader: Mary Collins *Materials Fee:* \$10*

- 5 Classes: May 8 – Jun. 5 *Class ID:* 2359
- Tuesday, 10:00 AM - 12:00 PM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale



This class is for sculptors and painters and beginners alike, showing how sculptors gain the ability to see and think in three-dimensional space. Painters will further develop their sense of space by working with it physically. The goal is to imbue drawing with the character of making sculpture and to have clay possess the fluidity, quickness, and spontaneity of drawing.

Please note: *Instructor will send a supply list before the course starts. Average cost under \$25.*

Mary Collins (BFA, Carnegie Mellon University; AA, Ivy School of Professional art; attended Vermont Studio School) has been the subject of solo exhibitions at the University of Pittsburgh, The Pittsburgh Center for the Arts, Penn Modern, and the Hoyt. She has had her group shows at the Cleveland Center for Contemporary Art, Allegheny College, Carnegie Mellon University, the Butler Institute (Youngstown, OH), Clarion University, Westminster College, and the Pittsburgh Center for the Arts. She has been honored with residencies at the prestigious Yaddo Art Colony and Triangle Art Workshop, as well as at the Vermont Studio School and Wilson College. Currently, she is the Artist in Residence at Propel Charter Schools. She has had the privilege to study and create with such notable artists as Frank Stella, Tony Caro, Helen Frankenthaler, and Sam Gilliam, and her work was awarded a Juror's Prize at the Three Rivers Arts Festival.

**Materials fees are not refundable; information on page 76.*

Drawing: A Lifelong Journey

Study Leader: Judy Spahr

- 5 Classes: May 11 – Jun. 8 *Class ID:* 2422
- Friday, 9:30 AM - 12:00 PM
- College of Fine Arts, TBA

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

Please note: *A modeling fee of \$5-\$8 will be collected at each class.*

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

Ikebana For Your Space

Study Leader: Karen Fung Yee

- 5 Classes: May 11 – Jun. 15* *Class ID:* 2441
- Friday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

**Note: Class will not meet on May 25*

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

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



Drawing And Painting The Natural Beauty Of The Blue Morpho Butterfly

Study Leader: Elizabeth Lea Black

Materials Fee: \$50*

- 6 Classes: May 9 – Jun. 13 *Class ID:* 2354
- Wednesday, 9:30 AM - 11:00 AM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale



Legend tells us Elizabeth Tudor was the first European recipient of the iconic blue morpho butterfly, given her by her pirate Sir Walter Raleigh. She wore it in her hair like a jewel, horrifying her court naturalists, as the queen jiggled about in a dance. Soon Elizabeth obliged the nascent scientists, surrendered her blue butterfly. Happy, they Latinized it for posterity: *Morphini Menelaus*. In these days of reduced rainforest habitat, our watercolor class will draw and paint farm-raised specimens who died of natural causes. Class members will learn from many demonstrations and lots of hands-on guidance: techniques to capture the bright metallic blue sheen and iridescence, as well as the soft, dark hair-like body scales and the smooth dark wing border; graphite techniques to develop a line drawing of the butterfly to transfer to the paint surface; and techniques using digital photography to support the process throughout. Beginners are welcome.

Elizabeth Lea Black has been inspired by and closely connected to the natural world since early childhood. It was a dream come true when she retired from her years first as a law librarian and then a lawyer, to follow her dream of illustrating her three little books of somewhat whimsical and wry haiku of angels interacting with nature. To realize that dream, Lea has immersed herself in the art of botanical and natural history illustration, studying with many of the finest contemporary artists of the current revival of this discipline at Phipps and about the country. With respect to artists specializing in Lepidoptera, Lea has studied with the late artist of saturnidae moths, Dr. John Cody; Katie Lee; Dianne Sutherland Ball; Mark Klingler; Carol Saunders; and Karen Klugland. She also conducts intensive studies on her own.

**Materials fees are not refundable; information on page 76.*

Painting In Acrylics

Study Leader: Francine VandenBerg

Materials Fee: \$30*

- 6 Classes: May 10 – Jun. 14 Class ID: 2429
- Thursday, 9:30 AM - 11:30 AM
- Wilkins Community Center
7604 Charleston Ave., Swissvale



- 6 Classes: Jul. 5 – Aug. 9 Class ID: 2465
- Thursday, 9:30 AM - 11:30 AM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

Painting in Acrylics is an introduction to the glorious color and forgiving nature of the acrylic medium. Beginning and intermediate students will explore color, value, composition, and amazingly easy-to-learn techniques, while developing a personal style. Each class will begin with a quick warm-up exercise before focusing on the current project. With individualized instructor guidance in a fun, supportive environment, students will awaken hidden talent, develop painting confidence, and learn to look at the world around them in new and exciting ways.

Francine VandeBerg's lifelong interest and involvement in the arts is evident in her lively and enthusiastic teaching style. She is a member of the Pittsburgh Society of Artists, the Pittsburgh Watercolor Society, and the Pittsburgh 10 Plus group of artists, exhibiting at various Pittsburgh-area galleries including Panza Gallery, Boxheart Gallery, and the American Jewish Museum at the Jewish Community Center. She strives to capture a fleeting impression, a feeling, and she enthusiastically paints primarily in acrylics and pastels, fascinated by the process of experimentation and discovery. She is inspired by a variety of subjects: landscapes, seascapes, scenes discovered while traveling, wildlife, and pets.

*Materials fees are not refundable; information on page 76.

CRAFTS/HOBBIES

Egg Batik For All Seasons

Study Leader: Francoise Barrionuevo

Materials Fee: \$10*

- 4 Classes: May 9 – May 30 Class ID: 2353
- Wednesday, 3:15 PM - 5:15 PM
- Hunt Library, Osher Classroom

Pysanky and “drapanky” are eggs decorated with dyes and beeswax using a batik method and scratch tools. For thousands of years they were folk arts in many eastern European countries. Egg decorating became an art form all over the world and produced decoration for all seasons. The class is for students with little or no knowledge of this experience. All necessary supplies will be provided: hollow eggshells, beeswax, and special electric tools to write with beeswax; scratch tools for “sgraffito,” as well as written instructions. Some of the eggs will be penciled with designs to follow to simplify first experiences, but any personal expression is encouraged. Many participants will be surprised by their talents.

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

*Materials fees are not refundable; information on page 76.



Beer, Pubs, And More Beer

Study Leader: David Baker

- 5 Classes: May 9 – Jun. 6 Class ID: 2364
- Wednesday, 3:30 PM - 5:00 PM
- Wean Hall, 4707



What beer is; the history of its making; beer styles and their differences including British, German, Belgian, and American beers, ales, and lagers will be introduced. And the history of the pub will be illuminated. Methods of making beer, including the homebrew business, will be presented, along with the brewing process and how anyone can make and enjoy their own beer at home. The last class will be at the study leader's home. The address will be sent to you by the study leader.

Please note: \$5 fee collected at class for material fees.

David Baker has had an eclectic career as publican, hotelier, speaker, and trainer. As a young man in England he managed a variety of pubs and hotels and later was chief training officer for Bass Charrington Brewery. He ran a vocational training center in Saudi Arabia, and was global practice leader for the American Management Association, New York. In each position he was responsible for the training and development of corporate executives through workshops and seminars. At one point he managed and directed a professional faculty of 97 trainers, teachers, and coaches. He has trained corporate executives to improve their speaking skills and has personally trained and coached some of America's most prominent corporate executives. Prior to retiring, David was director of management training and development at ABC/Disney. In addition, David has acted and sung on both the professional and amateur stage, and has directed and stage-managed numerous productions. Earlier he was radio anchorman for the Compton Forces Network, and sang for a summer season on a seaside bandstand with the Vernon Adcock Orchestra Show, UK. Now retired, David maintains an active interest in the theater, brews his own beer, and lives with his wife, Elizabeth, in Shadyside.

Create Trendy Jewelry

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

- 1 Class: Jun. 25 Class ID: 2373
- Monday, 3:30 PM - 5:00 PM
- Hunt Library, Osher Classroom



This one-session course will introduce students to the fun and trendy design aspects of jewelry making. Students will create a fashionable 17-inch necklace and bracelet set to match a favorite outfit or be perfect for gift giving. Students will be inspired to design pieces that will suit their personal tastes, styles, and needs. This course will focus on the design quality of jewelry making and offer design tips that will inspire even the most-basic skill level. No assembly or finishing techniques will be introduced or required to participate in this course. No previous skill required. Students will work with semi-precious, shell, glass, acrylic, and vintage beads.

Gerry Florida is an award-winning assemblage artist who refers to herself as a "Master of Imperfection." Her creations deliver underlying messages of rebirth, recovery, and reclamation through an array of salvaged, recycled, and contemporary materials that she employs in work. Her intrigue with the "beauty of imperfection" has led her to work on behalf of at-risk populations locally and nationally, fostering the belief that integrating failures, accepting imperfections, and embracing differences is the path to living in harmony with the imperfections surrounding us and to living in sync with the real world and the one we can create.

*Materials fees are not refundable; information on page 76.



CULINARY

Comfort Foods From Other Countries

Study Leader: David Green *Materials Fee:* \$35*

- 5 Classes: May 7 – Jun. 11* *Class ID:* 2446
- Monday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Kitchen,
7604 Charleston Ave., Swissvale



**Note: Class will not meet on May 28*

Comfort Foods! We all have our favorite “go to” foods when we need a lift. Mac and cheese, meatloaf, grandma’s chicken noodle soup are examples of foods that nourish us and give us that warm and cozy feeling we so often need. So, what do people in China, Afghanistan, or Hungary eat when they need that same warm feeling? In this class we will explore favorite comfort foods in other countries and learn how to prepare them for our own enjoyment.

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

**Materials fees are not refundable; information on page 76.*

DANCE/EXERCISE

Hatha Yoga

Study Leader: Loretta Barone *Materials Fee:* \$10*

- 7 Classes: May 10 – Jun. 21 *Class ID:* 2352
- Thursday, 10:00 AM - 12:00 PM
- Dance Alloy Studio,
5530 Penn Ave, East Liberty

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

Please note: *Short summer session is for returning students only. New students are welcome in the fall and winter/spring. Initially everyone will be wait listed.*

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.

**Materials fees are not refundable; information on page 76.*

Get Fit — A Fun Latin Cardio Workout

Study Leader: Connie Pollack *Materials Fee:* \$10*

- 8 Classes: May 9 – Jun. 27 *Class ID:* 2404
- Wednesday, 1:15 PM - 2:30 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. This class embraces all levels of ability by providing step-by-step instruction, demonstration, and modified moves. No prior experience is necessary! This class is like no other because it gives you a full-body workout that incorporates aerobic dance movements, muscle toning, stretching, and relaxation exercises. It's a great way to build your 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- or 2-lb weights recommended). Try it—You'll like it!

Connie Pollack has been teaching aerobic dance to adults for the past 12 years at Beth Shalom Synagogue. She loves singing and dancing to music and enjoys choreographing energetic and fun routines. With a degree in health and physical education, she taught physical education to students of all ages for 15 years before obtaining her master's degree in school counseling and transitioning to the field of independent educational consulting. Currently, she works as a private college counselor in Squirrel Hill and helps high school students with their college selection and application process as well as providing SAT/ACT tutoring. She has always been passionate about teaching, encouraging fitness and exercise, and volunteering in her community.

**Materials fees are not refundable; information on page 76.*

Move It Or Lose It

Study Leader: Elsa Limbach *Materials Fee:* \$10*

- 7 Classes: Jun. 12 – Jul. 31* *Class ID:* 2392
 - Tuesday, 10:00 AM - 11:30 AM
 - **Dance Alloy Studio,**
5530 Penn Ave., East Liberty
- *Note: Class will not meet on Jul. 3*

- 7 Classes: Jun. 14 – Aug. 2* *Class ID:* 2460
 - Thursday, 10:00 AM - 11:30 AM
 - **Friends Meeting House, Ballroom,**
4836 Ellsworth Ave., Oakland
- *Note: Class will not meet on Jul. 5*

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

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

**Materials fees are not refundable; information on page 76.*

Feeling Better: Stretching Exercises For Eliminating Pain

Study Leader: Mark Spanos *Materials Fee:* \$10*

- 6 Classes: May 8 – Jun. 12 *Class ID:* 2423
- Tuesday, 10:00 AM - 11:30 AM
- Friends Meeting House,
4836 Ellsworth Ave., Oakland

This course includes therapeutic stretching exercises to decrease or eliminate pain, improve stamina, and increase range of motion. The class will also contain 100+ stretches for myofascial pain and dysfunction. Individual problems will be discussed, and gentle stretches for the whole body will be demonstrated. The stretches will be in four parts: first, seated on a chair; second, standing (chair can be used for support); third, floor exercises. In the fourth part the class will conclude with a wonderful relaxation and breathing session. There will be additional information on exercises that will help with specific issues, such as dealing with muscle problems while flying and while traveling in a car. Exercises are all performed at the individual's own pace, and students do not have to be ambulatory; those with wheelchairs, walkers, and other special needs are all welcomed!

Mark G. Spanos is a Pittsburgh native and has been a certified and practicing myofascial trigger point therapist and a teacher of stretching exercises classes for over 25 years. He is the co-founder of the Center for Pain Treatment (Pittsburgh, PA), which he solely operated from 2013 until February 2015. After closing that corporation, he opened a new practice/corporation: Center for Myofascial Therapy, which is located in Pittsburgh, on the beautiful and historical South Side. Mark has taught this therapeutic stretching exercise class around the country including Pittsburgh, PA; Chautauqua, NY; and Las Vegas, NV; as well as for various conferences such as the American Academy for Pain Management and to a wide and diverse group of people and professions.

**Materials fees are not refundable; information on page 76.*

Brain Health And Better Balance Through Dalcroze Eurhythmics

Study Leader: Leslie Upchurch

- 3 Classes: Jul. 3 – Jul. 17 *Class ID:* 2451
- Tuesday, 3:15 PM - 4:15 PM
- Margaret Morrison, 119



Brain Health and Better Balance through Dalcroze Eurhythmics is a class for active seniors and other adults interested in improving their mental clarity and balance. Swiss musician, composer, conductor, and pedagogue Emile Jaques-Dalcroze devised the process of Eurhythmics in the early 20th century. Eurhythmics, meaning good rhythm, teaches movement in time to music, from Mozart minuets to jazz improvisations. Participants walk and turn around, stay in step with changing tempos, learn to shift their weight and balance, handle objects while walking, and make elegant gestures. For seniors, Dalcroze Eurhythmics can improve balance and reduce the risk of falling. In a new study, senior citizens cut their risk of falling by 50% after taking classes for six months.

Leslie Purcell Upchurch, daughter of the late CMU alum and Pittsburgh band leader Jack Purcell, is the instructor. She also teaches the class in New York City at the JCCManhattan. She is on the faculty of the Marta Sanchez Dalcroze Training Program at Carnegie Mellon and is excited to be able to share her DalcrozeNYC initiative with seniors in the Pittsburgh area. She has a BFA in piano from CMU; a Master's degree in music from the University of Wisconsin, Madison; and a license in Dalcroze Eurhythmics from CMU.

Course changes

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

FINANCE/INSURANCE

Women & Money

Study Leader: Roselyn Wilkinson

- 6 Classes: May 10 – Jun. 14 *Class ID:* 2437
 - Thursday, 1:15 PM - 2:45 PM
 - Wean Hall, 4707
-

Women face unique financial challenges. They live an average of 4.9 years longer than men. On average, they earn about 20% less than men across most occupational categories. This gap can significantly impact women's overall savings, Social Security retirement benefits, and pensions. Women are more likely to take career breaks to care for children or older family members. Yet despite the challenges women face, they have never been in a better position to achieve financial security for themselves and their families. Participants will learn how to take control of their money, including the basics of investments, insurance, retirement, and estate planning.

Roselyn Wilkinson helps people manage their money through comprehensive financial planning. With over 20 years of experience, she serves as president of MD&A Financial Management Company. She is licensed to sell life, disability, and long-term care insurance and, as a registered representative with Berthel Fisher & Company Financial Services, Inc., stocks, bonds, mutual funds, and a host of other investment vehicles. Passionate about helping women becoming more engaged in their finances, Roselyn is on the board of the Women & Girls Foundation, is a member of the Executive Women's Council, ATHENA Award Host Committee, and advisory board of Carlow University's School of Management and Technology. As a graduate of Leadership Pittsburgh, Roselyn remains actively involved in its alumni program. She has been a guest writer for the *Pittsburgh Post-Gazette* and the *Pittsburgh Business Times*. Roselyn is a Certified Financial Planner certificant and multi-year recipient of the Five Star Wealth Manager Award.

Seasoned Investors

Study Leader: Brett Pechersky

- 5 Classes: May 10 – Jun. 14* *Class ID:* 2403
- Thursday, 9:00 AM - 11:00 AM
- Wean Hall, 4708

**Note: Class will not meet on May 31*

Have you lost money with your investment accounts or 401(k) over the years? This course can help both novice and advanced investors discover ways to sidestep major losses through modern investment techniques. Looking to protect your retirement? Learn why stocks and mutual funds fluctuate in value, and study various procedures to help you track your performance. Additional items to be discussed include mutual fund analysis, loss control strategies, professional charting techniques, free online research websites, portfolio management tools, and stock selection methodologies. This course is designed for both conservative and aggressive investors. Investment experience is required. Computer/internet experience is preferred but not required. Supplemental materials include *Investor's Business Daily newspaper* (free trial available in class).

Brett Pechersky, a graduate of Penn State University, is an energetic speaker who has given numerous lectures across the country. His educational courses, including "Seasoned Investors," have been offered through the Franklin Regional Adult School and the Osher Lifelong Learning Institute at Carnegie Mellon University. He offers his educational programming to the American Association of Individual Investors and leads their Investor's Business Daily SIG in Pittsburgh. He is an active business community member.



Finances In 2018: More Than Stocks And Bonds

Study Leader: Brian Bohn

- 5 Classes: Jul. 5 – Aug. 2 *Class ID:* 2367
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Every day, 10,000 Baby Boomers enter retirement, and the opportunities, obstacles, and complexities are more unique than economists have seen before. Based on behavioral finance, the topic that won the 2017 Nobel Prize in Economic Sciences, the class will discuss how tying wealth to outcomes can reduce the financial complexities around health, work, leisure, giving, family, and home. We will discuss how having a dedicated plan can reduce risk and maximize the probability of success.

Brian Bohn is a certified financial planner with experience helping individuals and families financially navigate their lives. He has a wealth management practice at Merrill Lynch that is rooted in transparency of risks, outcomes, and objectives. He also travels to regional universities and colleges to share his expertise in managing the finances of wealthy families, widows, and executives.

Heirs And Errors: Estate Planning Lessons From Andrew Carnegie And Others

Study Leader: Joe Bull, Mick Koster

- 3 Classes: May 8 – May 22 *Class ID:* 2369
- Tuesday, 3:15 PM - 4:45 PM
- Hunt Library, Osher Classroom



The estate-planning process is not about property planning. It's about people planning. Drawing on lessons learned from many others — such as Andrew Carnegie — can be a useful strategy to better understand what is right for you and your family. Whether you are looking to update your existing plan, or starting from scratch, “Heirs & Errors” will offer insight into wills, trusts, probate, property ownership, bequests, and other planning techniques from the simple to the complex. You will exit this course with a deeper knowledge about the estate design process, and a great deal of comfort in understanding the next steps to create an estate plan that accomplishes your goals and reflects your values and beliefs.

Joseph Bull, J.D., is executive director of Gift Planning at Carnegie Mellon. Prior to this appointment, he served in leadership roles for the Columbus Zoo, the Nature Conservancy, and The Ohio State University. With 32 years of experience in philanthropic and estate planning, he began his career at Duke University and as assistant counsel at North Carolina State University. He is past board chair of the National Association of Charitable Gift Planners and a current board member of the American Council on Gift Annuities. Joe has also served on the faculty of the College of William and Mary. He is admitted to the Ohio and North Carolina bars.

Mick Koster is director of Gift Planning at Carnegie Mellon. Previously, he served as vice president and trust officer for a major financial institution. His specialties include estate and gift design, trusts, and philanthropic planning. Mick is frequently asked to speak before regional and national conferences on a number of topics relevant to estate and gift design. A native of Michigan, Mick has also served as an adjunct professor for a local university, has been quoted in the *New York Times*, and has served on a number of nonprofit boards.

GAMES

Bridge Basics I

Study Leader: John Olmsted

- 6 Classes: May 8 – Jun. 12 *Class ID:* 2400
 - Tuesday, 1:15 PM - 2:45 PM
 - Hunt Library, Osher Classroom
-

Bridge is a card game enjoyed by tens of millions of people who like its social interactions as well as the mental challenges that it provides. It involves both bidding (competing for the right to select a master suit) and play (one card at a time played by each of the four players). Bridge Basics I is designed for neophytes who have little or no prior knowledge of the game but wish to learn it. Basic instruction will be provided on how the game is structured, how to evaluate your cards, how to bid and play. There will be a pre-class assignment every week, and each class meeting will include discussion of that assignment and instruction on rules and strategies. Students will also play two example deals and have those deals analyzed in detail.

Please note: *Everyone goes onto a waiting list before being admitted.*

John Olmsted has enjoyed playing bridge since he learned the game from his parents at age 10. He was a member of the Carnegie Tech intercollegiate champion bridge team as an undergraduate, and he and his favorite partner finished fifth in the ACBL national open pairs competition in Pittsburgh in 1958. Although he has played duplicate bridge on and off over the years, he prefers the relaxed social atmosphere of a friendly “party” bridge game. He has taught several levels of Bridge courses for Osher at CMU and coordinates the Osher Bridge Special Interest Groups.

Lessons From Bridge Experts

Study Leader: John Olmsted

- 6 Classes: Jul. 9 – Aug. 13 *Class ID:* 2401
 - Monday, 1:15 PM - 2:45 PM
 - Hunt Library, Osher Classroom
-

This course is for experienced bridge players who sometimes read the daily bridge columns with puzzlement. Each week, we will discuss one or more bridge columns from the *Post-Gazette* from the perspective of serious social players. Students will receive “challenge deals” to study prior to each class. We will discuss these at the beginning of each class, then talk about various modern conventions used by advanced players, and end each class by playing and discussing two sample deals.

Please note: *Initially everyone will be wait listed.*

See **John Olmsted**, *previous listing*

Bridge Basics II

Study Leader: Jack Patzer

- 6 Classes: Jul. 11 – Aug. 15 *Class ID:* 2402
 - Wednesday, 11:15 AM - 12:45 PM
 - Hunt Library, Osher Classroom
-



Bridge Basics II is designed as a follow-on course for those who, having completed Bridge Basics I, consider themselves still to be at the beginner’s level. The interactive course is intended to fill the gap between Bridge Basics I and Improve Your Party Bridge Skills. If your skill level includes the elementary rules for opening bids and responses and a little bit about how to play hands, this is the right course for you. During each class meeting, you will receive some instruction, play some sample hands, and have those hands analyzed in detail. We will cover topics such as slam bidding, pre-emptive bids, bidding competitively, opening leads, defensive play, and declarer play.

Jack Patzer has been playing bridge for more than 40 years. Although he and his favorite partner have played duplicate on and off over the years (even winning a cruise ship tournament once many years ago), Jack prefers the relaxed social atmosphere of a friendly “party” bridge game as exemplified by John Olmsted in the Osher at CMU bridge courses and the Osher Bridge Special Interest Groups.

How To Solve Cryptic Crossword Puzzles

Study Leader: Cherie Maharam

- 6 Classes: Jul. 3 – Aug. 7 *Class ID:* 2394
- Tuesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

These aren't your grandma's crossword puzzles! And they're not your crossword puzzles either. Cryptic crossword clues are baffling at first, and don't make sense when you first look at them. For example, the clue "Who drove a buggy bearing Sneezy, the first dwarf?" is not about the *Snow White* story. Or, the solution to the clue "Spike Lee premiere: first rate!" has nothing to do with the film director. In fact, the instructions for solving are hiding in the clue. The solution might be an anagram, a hidden word, a homophone, a substitution, or some other word play. This class will show you how to find those instructions and reach the solutions. Spoiler alert: The answer to the first example is OVERSHADOW, and the second is LACE. Would you like to know how we got there? If so, this class is for you.

Cherie Maharam has always enjoyed word puzzles and word games. She learned to solve cryptic crosswords after wondering for years what those puzzles in the back of *New York Magazine* were all about. Over the years, she became more involved in solving the puzzles both in print and online, and in the last few years, thanks to a Facebook cryptic group, has begun learning how to construct the clues themselves. She tries to sneak in at least a bit, or more than a bit, of solving every day. She finds these puzzles to be an unending source of wit, surprise, and brain stretching.

Frick Park Lawn Bowling

Study Leader: Doreen Alexander

Materials Fee: \$15*

- 3 Classes: May 8 – May 22 *Class ID:* 2349
- Tuesday, 2:00 PM - 4:00 PM
- Frick Park, Lawn Bowling Greens

Lawn bowling has been a tradition on Pittsburgh's eastside since 1938. Frick Park's lawn bowling greens, managed by the nonprofit Frick Park Lawn Bowling Club, are one of the many attractions of the city. Come learn the sport's basic skills guided by experienced players who will lead hands-on coaching sessions and games on the greens. Lawn bowling is fun and easy to learn. Mastering its finer points also provides a steady and very interesting challenge. The course will provide ample opportunity to practice the different strategies employed in singles, doubles and triples play. All necessary equipment will be provided. This activity requires walking/standing for two hours. Please wear flat-soled shoes and bring a hat, sunscreen and water bottle.

Please note: \$15. lawn fee will be due at first class. The course is three weeks. A fourth week will be used for a rain-date should it be needed.

The Frick Park Lawn Bowling Club (FPLBC) warmly welcomes adults of all ages (and children age 13 and older). It offers a steady stream of activities during the mid-May through October bowling season. In addition to three weekly leagues, the Club offers a community bowling night on Thursday evenings, annual tournaments, special holiday games and picnics, as well as casual pick-up games. Many members also participate in regional and national tournaments here and around the country. Lawn bowling is a great way to have fun, get some good exercise, meet up with neighbors, and make new friends. Doreen Alexander, President of FPLBC, heads the coaching team comprised of Club members.

*Materials fees are not refundable; information on page 76.

Mahjong Mania! — Level 1

Study Leader: Sherri Davis Materials Fee: \$8*

- 4 Classes: May 9 – May 30 Class ID: 2361
- Wednesday, 9:30 AM - 11:00 AM
- Hunt Library, Osher Classroom

This is a game that has spanned centuries and continents. It is a rummy-style game played by four participants drawing and discarding tiles to match up a hand on a mahjong card. This course is for those with no prior experience in playing mahjong. We will focus on building a foundation with instruction on the elementary principles of the game. While learning the rules and enjoying conversation with other players at your table, you will soon find that you have become a mahjong devotee!

Please note: \$8 payable to Study Leader for Mahjong Card

Sherri L. Davis is a consultant at a wealth-management firm in Pittsburgh. Prior to this position, she practiced law in both New York and Pennsylvania. Sherri's love for mahjong began as a teenager when she was drafted to play in her mother's weekly game when a fourth person was needed. She now has her own weekly game.

*Materials fees are not refundable; information on page 76.

Mahjong Mania! — Level 2

Study Leader: Sherri Davis Materials Fee: \$8*

- 4 Classes: May 9 – May 30 Class ID: 2362
- Wednesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

Would you like to improve your skill at playing mahjong? This course is for players who are familiar with the basic knowledge of how to play mahjong or have taken Mahjong Mania Level 1. The course will build on that foundation and cover the strategies of how to select a winning hand and how to play defensively to keep other players from winning. Each session will include playing hands and analyzing them in detail. The topics and pace will be adjusted to meet the needs of the participants. The goal of the class is to have you feel confident enough to play in a weekly game or in a mahjong club.

Please note: \$8 payable to Study Leader for Mahjong Card

See **Sherri L. Davis**, previous listing

*Materials fees are not refundable; information on page 76.



GARDENING

Container Edibles— Extending The Garden Season And Your Gardening Space

Study Leader: Elizabeth Rodenz

- 2 Classes: May 7 and May 14 Class ID: 2453
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

**TWO
DAY**

NEW

You don't need a plot of land to grow fresh vegetables. More and more of us want to grow some of our own food as naturally and conveniently as we can! You can enjoy a healthy harvest from plants tucked into containers. Arranged on a patio, deck, rooftop, or steps, containers of edible crops can fill your meals with luscious flavors. Many vegetables lend themselves well to container gardening. With some thought to selecting bush or dwarf varieties, almost any vegetable can be adapted to growing in a container. What you can grow is limited only by the size of the container and your imagination. This course will demonstrate how to grow edible plants in containers, extending your garden space and growing season.

Elizabeth Rodenz has been gardening since the age of 5 by her father's side. Living in cities for the last 30 years, and in the north with a shorter growing season, out of necessity she started to embrace container gardening and has spent years experimenting with growing vegetables in containers. She has spoken at local garden clubs and state gardening conferences on Container Gardening and Gardening 101.

LANGUAGE

Intermediate French Conversation*Study Leader:* Veronique Schreurs

- 5 Classes: May 11 – Jun. 8 *Class ID:* 2419
- Friday, 1:00 PM - 3:00 PM
- Hunt Library, Osher Classroom

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

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.

Hebrew For Prayer Book Reading*Study Leader:* Gila Issenberg

- 6 Classes: May 7 – Jun. 18* *Class ID:* 2383
 - Monday, 9:30 AM - 11:00 AM
 - Hunt Library, Osher Classroom
- *Note: Class will not meet on May 28*



Have you ever said to yourself, “I wish I could follow along with the Hebrew during the synagogue service?” It is never too late. The class will include multi-sensory techniques to assist in learning the unique Hebrew alphabet and vocalizations. For example, we will trace Hebrew letters in order to touch, feel, and commit the shapes to memory. There will be fun for everyone inventing new visual and oral prompts to help remember letters and sounds.

Gila Issenberg is a graduate of Wheaton College and has a master of education degree in counselor education. Gila learned Hebrew as a child, and as an adult she lived in Israel for a year. She is a multi-year member of Osher and a vociferous advocate for Osher classes.

Your input is welcomed and valued.

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

We also depend on member involvement on committees and as volunteer study leader assistants. Please email the office at osher@cmu.edu to volunteer!

Basic German Conversation — 2

Study Leader: Ruth L. M. Kuschmierz

- 6 Classes: Jul. 3 – Aug. 7 *Class ID:* 2389
- Tuesday, 9:30 AM - 11:00 AM
- Hunt Library, Osher Classroom

This is a sequel to the previous Basic German Conversation course that was offered in March 2018. It will continue with the series *Deutsch Warum Nicht* (German, Why Not?) at dw.com. The previous course is not a prerequisite for this current course. Students are encouraged to immerse themselves in spoken German not only in the classroom but also conveniently at home with the computer as their teacher. The usefulness and practicality of diction and vocabulary of *Grunddeutsch* (Foundational German) should lead to spontaneous speaking. Students at any level can participate in these self-contained lessons as in real life situations. The cultural component of this course focuses on light-hearted Summer Festival fare like you would find in Nürnberg's Hans Sachs *Straßentheater* and Salzburg's *Marionettentheater*. Register for some enjoyable learning!

Please note: *Course material will be sent to the students one week before each lesson so the students can familiarize themselves with the vocabulary.*

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

MUSIC & DRAMA

Have You Ever Wanted To Act On Stage?

Study Leader: C.R. Thomas, Nancy Santangelo

Materials Fee: \$10*

- 6 Classes: May 9 – Jun. 13 *Class ID:* 2428
- Wednesday, 1:00 PM - 3:00 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave, Oakland

This actors' workshop will culminate in a play. Classes involve practical, hands-on rehearsals, and acting suggestions. Thomas' original one-act plays are written to give you a significant acting part, without having to memorize any lines. Instead, you will act in a staged-reading play performance while holding your script, following stage blocking, and wearing a full costume. Either with or without previous acting experience, you are encouraged to enroll in this class. Selected copies of original one-act plays by Dr. Thomas—comedies and dramas—will be distributed in the first class. Arrive 15 minutes early only for the first class before auditions for informal interaction. Bring your completed PR form with you. It will be sent by email.

Please note: *Evening Performance June 13th at 6:00PM.*

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

Nancy Santangelo holds a B.A. degree from Chatham College in psychology and an M.S. degree in biostatistics from the University of Pittsburgh. She has produced and/or directed 42 plays in the Pittsburgh area since 2006. More recently in the Carnegie Mellon University Osher Program—she was co-study leader in the "Revision Workshop for Writers" plus study leader in her own CMU and Pitt Osher writing program, "This I Believe." Nancy also has written and published essays and poems.

**Materials fees are not refundable; information on page 76.*

SELF IMPROVEMENT

It Is What You Do With What You've Got!

Study Leader: Holly Dick, Susan Davis

- 5 Classes: May 10 – Jun. 7 *Class ID:* 2363
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Have you, a loved one, or a friend been experiencing a loss of vision, hearing, ability to walk, capacity to communicate, and/or associated depression? This course aims to help you deal with a single change, or multiple changes of capacity as you age. It will help you recognize signs of particular losses. It will teach you how to deal with such losses, how to use your remaining senses or abilities, and how to find and utilize resources in our community that will enable you to function independently. The leaders will teach from their personal and professional experiences. They will also bring in outside experts. Participation of class members is paramount.

Holly Dick, visually impaired since childhood, holds a master's degree in special education and rehabilitation counseling from the University of Pittsburgh. She has worked as a rehabilitation counselor at PA Office of the Blind, a psychotherapist for both adults and children (in the community and in public schools), as director of developmental evaluative services for children at St. Francis Medical Center; and as community liaison at ACCESS Transportation in Pittsburgh. Having served on the Committee for Accessible Transportation since the mid 1970s, she is now a member of both the Pittsburgh City Planning Commission and the FISA Foundation Board.

Susan Davis has worked in the field of disability for the past 40 years. She has 2 master's degrees in rehabilitation counseling and in special education. She has been a teacher for children with visual disabilities; directed a program, Project STAR, that found adoptive families for children with disabilities; and founded a non-profit human service agency called Every Child, Inc., which works with children and families with special needs. She has presented many trainings on disability issues throughout her career. Susan is retired but remains active in advocacy issues through her support of two adults who have mental health and intellectual disabilities. Susan also learned through supporting her aging parents, one with dementia and the other who had a stroke.

Closure: Writing The Last Chapter

Study Leader: Judith Black, Nicole Greer

- 5 Classes: May 10 – Jun. 21* *Class ID:* 2366
- Thursday, 9:30 AM - 11:00 AM
- Hunt Library, Osher Classroom

*Note: Class will not meet on 5/24/2018, 5/31/2018



No one wants to die, but the truth is everyone's life will someday come to an end. Hopefully, the final chapter of your story can be about meaning and dignity, instead of chaos and confusion. Closure will empower you with easy-to-access and simple-to-understand information and resources to make educated decisions about your end-of-life plans. We will look at narratives of other people's "last chapters" and discuss trends in how people die, and also explore the "next-to-last chapter" of how people live late in life. Together we will destigmatize and demystify the process of talking about death and dying with family and friends. As we go, the hope is that each participant can begin to see how to live the last portion of his or her life according to the values that have guided the rest of that life. Previous participants have said that this course has directly helped them grapple with situations where they would have otherwise felt lost and overwhelmed.

Judith Black is a physician who continues to practice as a geriatrician. From 1998 to 2015, she was the medical director for senior markets at Highmark, Inc., where she provided the medical expertise and leadership that helped Highmark enhance and coordinate the care of older adults. She presently serves as a medical advisor for the Jewish Healthcare Foundation and a practicing geriatrician for the Allegheny Health Network. Dr. Black brings 40 years of medical experience to her position and also holds a master's degree in health administration. She serves as a faculty member of the Consortium Ethics Program and is a clinical associate professor of medicine at the University of Pittsburgh, School of Medicine.

Nicole Greer is a nurse quality improvement specialist for the Jewish Healthcare Foundation (JHF), working on several initiatives to improve the quality of care provided to older adults, including the RAVEN initiative, Senior Connections, and the Death and Dying Fellowship at JHF.

Declutter

Study Leader: Rosa Barnett Averbach

- 4 Classes: May 8 – May 29 *Class ID:* 2350
- Tuesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

How much stuff is enough?! Unless you are a minimalist, you likely have a lot of stuff. However, managing more than enough stuff is a burden that most people don't realize they have. The "care and feeding" that your junk and clutter exact on your space and nerves is unnecessary and a waste of time, effort, and money. Through this course, you will realize that what you thought was enough is likely too much. Now is the time to declutter and downsize your stuff! This class is interactive and stresses a permanent lifestyle change and behavior modification. This course can be taken more than once.

Rosa Barnett Averbach earned a bachelor of science degree from Penn State University and master's degrees in both education and social work from the University of Pittsburgh, as well as certification in interior design from the Art Institute of Pittsburgh. She taught art education in the Swissvale Area Joint Schools. She has also taught adult education classes on topics including "Getting Organized," "Time Management," "Decision Making," and "Procrastination." She was director of Create-A-Space, a space- and design-management business. She also worked at St. Francis Hospital as a behaviorist with obese and morbidly obese patients. Her specialty is behavior modification and permanent lifestyle changes. She has been teaching courses at Osher at CMU since 2008.

Mastering The Art Of Conversation: How Your Conversations Can Change Your Life

Study Leader: Susan Morris

- 5 Classes: May 9 – Jun. 6 *Class ID:* 2456
- Wednesday, 1:15 PM - 2:45 PM
- Hunt Library, Osher Classroom

This course is designed to teach you how to establish rapport with everyone. You will master ways to use small talk and your body language to your advantage. You will also practice how to work a party like a politician and how to make a dynamic first impression. In the process, you will build your confidence, develop enviable people skills, and improve your relationships. The class will perform role-playing scenes and body language exercises.

Susan Morris conducts workshops on social skills in the Pittsburgh area. A 30-year broadcasting veteran, she produced documentaries and reported for National Public Radio and other news outlets. Susan's radio work earned her a Matrix Women in Communications Award along with three Golden Quills. Her radio drama, funded by the PA Council on the Arts, starred 5-time Tony Award winner Julie Harris. Susan has a degree in government from Mills College, California, and is an inveterate news junkie.

Writing Your Obituary: Your Story – Your Words

Study Leader: Susan Morris

- 3 Classes: Jun. 5 – Jun. 19 *Class ID:* 2457
- Tuesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

How do you want to be remembered by your friends and family? Rather than leave it up to others to decide, why not use your own words to reflect your personality and life? YOU get to choose the story (and the adjectives)! You can make it as serious or as entertaining as you'd like. It's up to you! We will look at examples of obituaries and then practice/draft our own. Access to a computer is strongly encouraged.

See **Susan Morris**, *previous listing*

AARP Smart Driver 8-Hour Course

Study Leader: David Zimmer

- 2 Classes: Jun. 19 and Jun. 26
- Tuesday, 1:00 PM - 5:00 PM
- Hunt Library, Osher Classroom

Class ID: 2443

**TWO
DAY**

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

Please note: Pay instructor at 1st class \$20 or \$15 with proof of AARP membership.

David Zimmer is a retired trauma and emergency response nurse. He was an American Heart Association Instructor for CPR for over 20 years. David is an AARP Smart Driver Instructor.

TECHNOLOGY

Getting More Out Of Your Adjustable Digital Camera

Study Leader: Byron Gottfried

- 4 Classes: May 11 – Jun. 1
- Friday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Class ID: 2379

NEW

This course will help you get more out of your digital camera by covering basic picture-taking fundamentals and an introduction to digital photo editing. A critique of student work will be included at the end. The course is oriented toward persons using adjustable digital cameras; it is not intended for persons using smartphone cameras or simple point-and-shoot cameras. Weeks 1 and 2 will be focused on photographic fundamentals, including discussions of exposure, lighting, depth of field, histograms, perspective, composition, backgrounds, etc. Week 3 will include a demonstration on the use of Adobe Photoshop Elements to perform basic to moderately advanced photo editing. Week 4 will be devoted to a critique of student work.

Please note: participants will be expected to know how to use the basic features of their own camera; e.g., how to turn it on, change memory cards, capture images using automatic settings, etc. Please bring your cameras to the first class.

Byron Gottfried is a retired Pitt engineering professor who teaches various computer classes within the Osher/CMU program. He has been an avid amateur photographer for many years, participating in local photographic organizations and occasionally displaying his favorite photos in various shows.

Classroom Locations/Parking Info — page 74

Apps, Apps, And More Apps

Study Leader: Janis Ramey, Franklin Snyder

- 3 Classes: May 8 – May 22 *Class ID:* 2407
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



If you own a smartphone or a tablet or are considering buying one but aren't sure what you can do with it, this course will show you dozens of fascinating possibilities. We'll help you learn to choose, download, and use apps (applications). You'll see how some of these apps can replace physical things that weigh down your bag or purse. We'll cover why social media, such as Facebook, Instagram, and Twitter, are so popular and how they can be important to all of us. Included will be an overview of differences between cellular and wireless connections for your device and how that affects service cost. We'll also suggest ways to protect your privacy and security. Hand-outs will include descriptions and references on how to use the technologies we cover. You do not need to own a smartphone or tablet to enjoy this course.

Janis Ramey is a retired independent technical writer who helped scientists and engineers write about their work. She also taught technical writing to technical people in their workplaces and at Pitt and Chatham. She has both master and bachelor degrees from Carnegie Mellon. She's been teaching at Osher for several years ("Facebook, and Twitter, and Texting, Oh My", "40 Things I no longer Carry", and "How to Look Younger without Plastic Surgery").

Frank Snyder, PhD physics from University of Iowa, has many years' experience in academic, government, and industrial research and is especially knowledgeable about the technology behind computers and mobile devices. He and Janis have worked together teaching several Osher courses at CMU and Pitt as well as other organizations.

Ready, Set, Innovate

Study Leader: Jason Smith

- 6 Classes: Jul. 11 – Aug. 15 *Class ID:* 2420
- Wednesday, 3:15 PM - 5:15 PM
- Wean Hall, 4707



This class will be fun and highly interactive, and it will teach you skills you can use to tackle all kinds of problems, no matter your age or educational background. As we know, there is no shortage of products and services that promise to meet our needs and desires. However, many of them do not live up to that promise. Why? Maybe they didn't know their customers as well as they thought, or maybe they were trying to solve the wrong problem. Could we do better? Let's find out! In this course, we will choose a consumer product you wished could be better, and we will learn and use a straightforward methodology to come up with a new solution.

Jason Smith is a faculty member at Carnegie Mellon University's Integrated Innovation institute, where he teaches and mentors the next generation of innovators. Before joining the Institute in 2017, Jason was a research faculty member in the Engineering Research Accelerator at CMU, where his research focused on regenerative medicine, wound healing, and biosensors. Prior to joining CMU, he spent 10 years at two Pittsburgh-based medical device start-up companies, working on research and development, intellectual property, contracts, and manufacturing. When he is not teaching, you might find him cooking, traveling, or working on stained glass art.



TOURS

Rodef Shalom Biblical Garden

ONE
DAY

Study Leader: Marian Finegold

- 1 Class: Jun. 20 *Class ID:* 2372
- Wednesday, 11:00 AM - 12:00 PM
- Rodef Shalom

- 1 Class: Jun. 27 *Class ID:* 2469
- Wednesday, 11:00 AM - 12:00 PM
- Rodef Shalom

Enter Pennsylvania's only biblical botanical garden shaped like the Holy Land. It explores the natural world of ancient Israel with more than 100 temperate and tropical plants. It is the land of the Bible in the setting of a cascading waterfall, small desert, and a miniature Jordan River, which meanders through the garden from Lake Kinneret to the Dead Sea. Represented are grains, herbs, fruits, trees, water plants, and flowers—also plants with biblical names.

Please note: *Class meets rain or shine; there is no rain date.*

Marian Finegold has been a docent in The Biblical Garden for 20 years. She is a retired teacher and avid gardener.

WELLNESS

Dementia Care: Talking To, Caring For, And Understanding People With Dementia

Study Leader: Rachael Wonderlin

- 4 Classes: May 9 – May 30 *Class ID:* 2440
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4707

Dementia is a growing concern in our world today, and especially so because many people do not know much about it. This class will teach you the difference between dementia and Alzheimer's disease, the best way to talk to people with dementia, how to care for them, how to solve troublesome behaviors, and more. You'll learn about care options for people with dementia, including more about assisted living, personal care, and skilled nursing facilities. We will talk about the feelings that come along with dementia caregiving: guilt, fear, and grief. You will hear dementia caregiving stories first-hand, and you'll be able to ask questions throughout the course.

Rachael Wonderlin has a master's degree in gerontology from UNC Greensboro. She owns Dementia by Day, LLC, and works as a dementia care consultant and speaker. Rachael's book, *When Someone You Know is Living in a Dementia Care Community*, was recently published by Johns Hopkins University Press. She has over seven years of experience working hands-on with people who have dementia.

Wilderness First Aid

Study Leader: Richard Daffner Materials Fee: \$7*

- 6 Classes: May 7 – Jun. 18* Class ID: 2371
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



*Note: Class will not meet on May 28

Wilderness first aid is the assessment and treatment given to an injured or ill individual in a remote environment or where definitive care of a physician and/or rapid transport is not readily available. When definitive care is far away, the principles of standard first aid are often inadequate to the task of managing the injury or illness. Equipment needed for treatment and evacuation may have to be improvised from what is available, and the usual communications (911) may be limited or non-existent. This course is designed for people who love the outdoors, whether or not you will be going into the wilderness. The course is adapted from the 16-hour course given by the Emergency Care & Safety Institute. It will cover the following subjects: Victim assessment; Chest, Head, Spine, and Bone and Joint injuries; Shock; Heart attack; Wounds and Wound infections; Abdominal problems; Allergies; Lightning; and Altitude sickness.

Please note: \$7 paid to SL for Wilderness First Aid Manual

Richard H. Daffner, M.D.F.A.C.R. is a retired radiologist who worked at Allegheny General Hospital for 30 years as director of the Division of Musculoskeletal, Trauma, and Emergency Imaging. He is a Certified Instructor in Wilderness First Aid, by the Emergency Care & Safety Institute and the Boy Scouts of America. His entire professional career has been spent in academic settings, including medical schools at the University of Louisville, Duke University, Drexel University, and Temple University, where he is Emeritus Clinical Professor of Radiology. He is the author of *Clinical Radiology: The Essentials*, a text for medical students and *Imaging of Vertebral Trauma*.

*Materials fees are not refundable; information on page 76.



Optimize Your Health With Plant-Based Eating

Study Leader: Sally Lipsky

- 5 Classes: May 10 – Jun. 7 Class ID: 2393
- Thursday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom



Plant-based eating can prevent and even reverse chronic health problems (including diabetes, heart disease, high blood pressure, autoimmune diseases, and cancer). Discover what a plant-based diet is and why it's so important for physical and cognitive health. Classes focus on practical ways for incorporating plant-centered eating into daily life. Topics include: easy steps for preparing meals, shopping suggestions, reading food labels, tips for dining out, simple yet tasty recipes, and helpful resources. This is a hands-on, workshop-type course, with "try-it-out" homework activities.

Sally Lipsky, PhD, is professor emeritus of education at Indiana University of Pennsylvania. During a noteworthy career, she authored articles and textbooks on college-level learning and peer-led instruction. A diagnosis of late-stage cancer changed her career path. She began educating herself about the power of food to heal and protect from disease, thereby starting her journey into plant-based eating. Sally earned a Certificate in Plant-based Nutrition from the T. Colin Campbell Center for Nutrition Studies (delivered by eCornell), completed the Food for Life Program Training, the Farms-to-Forks Weekend Immersion, and the Culinary Rx plant-based wellness course. She currently leads presentations, classes, and workshops on topics related to plant-based nutrition. She's authored articles, a monthly newsletter, an online curriculum for oncology nurses, as well as the book *Beyond Cancer: The Powerful Effect of Plant-Based Eating*. For this course, she combines her expertise in the field of adult learning with her knowledge and zeal about plant-based eating.

WRITING

Writers' Workshop

Study Leader: Thalia Snyder, Helen Wilson

- 6 Classes: Jul. 11 – Aug. 15 *Class ID:* 2421
- Wednesday, 9:00 AM - 11:00 AM
- Hunt Library, Osher Classroom

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

Thalia Snyder is a writer, actor, retired dentist, and language enthusiast. She studied theater at Northwestern University where she graduated with a BA in Russian language and literature. From the University of Pittsburgh, she earned an MA in Slavic languages and literature as well as a DMD and an MS in Prosthodontics. She taught at the University of Texas School of Dentistry in Houston and worked in private practice. She currently narrates books as a voice-over artist at Carnegie Library for the Blind and Physically Handicapped. She enjoys writing poetry and memoir. Her work was published in *Signatures* (Osher Lifelong Learning Institute at Carnegie Mellon University, 2016). Thalia has been a member of Writers' Workshop for many years. The experience has been as joyful as it is enlightening.

Helen Wilson worked in the Division of Curriculum Development as a writer, editor, illustrator and graphic designer during her career as an art teacher for the Pittsburgh Public Schools. After retiring in 2006, she has pursued her interest in writing and historical research. Her articles have been published in local magazines and newspapers, and she is co-author of two books: *Pittsburgh's Bridges* (Arcadia Publishing, 2015), and *Squirrel Hill: A Neighborhood History* (The History Press, 2017), on which she also served as editor.

Writing What You Know

Study Leader: Hana Haatainen-Caye

- 5 Classes: May 8 – Jun. 5 *Class ID:* 2382
- Tuesday, 9:00 AM - 11:00 AM
- Hunt Library, Osher Classroom

Fleshing out a story, poem, blog post, or article is much easier when you write what you know. In this workshop, focused on both fiction and non-fiction, participants will spend time discovering their own special niche. This will be a hands-on class, with writing assignments both in class and out of class.

Hana Haatainen-Caye is an award-winning author, editor, and voice-over talent. She's published nine stories in the *Chicken Soup for the Soul* series and 100 children's books with iStoryBooks, which she also narrates under the name Maya Ray. Additionally, Hana has published over 50 magazine articles and has ghostwritten several books. In December 2016, Hana began a new career as COO/manager for Dignity Home Care Professionals, serving seniors in Allegheny County. She continues to lead writing groups and workshops, as well as offering editing and coaching services to both new and established writers.

SCIENCE

Architecture | Astronomy | Environment | Life Science | Medical

ARCHITECTURE

Building Pittsburgh's Future

Study Leader: Eric Fisher, Louise Sturgess

- 2 Classes: Jun. 13 and Jun. 20 *Class ID:* 2455
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall, 4708



Pittsburgh is a distinctive award-winning 21st-century designed American city because of the quality of its historic built environment that has been restored in innovative and surprising ways. Join a preservationist and a pioneering architect to discuss Pittsburgh's built environment and to imagine what Pittsburgh might look like in the future. In class one, Louise Sturgess, executive director of the Pittsburgh History & Landmarks Foundation, will highlight the city's rich architectural heritage and physical development. In the second class, architect Eric Fisher will talk about where we are going.

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

Louise Sturgess, employed by the Pittsburgh History & Landmarks Foundation since 1981, oversees and often teaches and leads engaging educational programs based on the region's built environment. She is a fifth-generation Pittsburgher and graduate of Bucknell University (English/economics). As executive director, she is primarily responsible for PHLF's educational programs, serving more than 10,000 people each year. Through her work, Louise promotes the value of historic preservation and reveals the national importance of Pittsburgh's history and architecture.

ASTRONOMY

The Quark Gluon Plasma

Study Leader: Leonard Kisslinger

- 1 Class: Jun. 20 *Class ID:* 2445
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



In one hour we shall discuss the Quark Gluon Plasma. At early times the universe was too hot for atoms, atomic nuclei, protons to exist. Protons are not elementary particles. They consist of elementary particles called quarks, which are bound to form protons by gluons, the quanta of the strong interaction. Quarks and gluons are elementary particles. Before about a millionth of a second after the time our universe was formed, often called the Big Bang, the matter in the universe consisted of very dense matter called the Quark Gluon Plasma. In our one-hour session I will describe the Quark Gluon Plasma (QGP), how high energy particle experimentalists are trying to produce QGP by colliding heavy atomic nuclei together, and how particle experimentalists with the help of particle theory can determine if the QGP has been produced. No mathematical equations are used.

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

The Big Bang And Then Some

Study Leader: Bill Roemer

- 6 Classes: May 8 – Jun. 12 *Class ID:* 2409
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

This course will provide a fundamental understanding of the Big Bang from a layperson's perspective. Background knowledge of math and physics is not required. When some degree of technical information is required, easy-to-follow explanations will be provided. The course begins where the universe is currently in terms of contemporary science and discusses where it is going. The participants will learn about singularities and the Hot Big Bang Theory, followed by the inflationary Big Bang Theory. It will conclude with the Afterglow and the several epochs that provide details of the universe when it was only about 10 seconds old.

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

ENVIRONMENT

Environmental Health Issues In Your Home

Study Leader: Mark Banister

- 5 Classes: May 9 – Jun. 6 *Class ID:* 2365
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4708



Our homes often contain environmental hazards which may adversely affect ourselves and our families. These hazards include asbestos, lead in water and paint, radon gas, household chemicals, molds, and general indoor air quality. In this class, we will look at these and similar issues, addressing the background of the problems and separating the facts from some common misconceptions regarding them. We will detail the specific hazards and health effects of each item, review the applicable regulations and “safe” levels, and learn how to evaluate problems in your own home. Also, we will present some possible solutions to any identified problems, including controls and best practices to help make your home a safer and healthier place.

Mark Banister retired in 2017 after 39 years in the environmental health and safety field, including 18 years at Carnegie Mellon in the Environmental Health and Safety Office. At the EH&S office, he addressed these environmental health issues in the workplace and also provided training in each, including an Environmental Health and Safety Issues seminar for Carnegie Mellon chemistry majors, for the past 16 years. He has earned certifications in industrial hygiene, hazardous materials management, chemical safety, and lead and asbestos inspections and management. He has a BS in earth science from Pennsylvania State University.



What's Up With Mother Earth?

Study Leader: Randy Weinberg

- 5 Classes: May 9 – Jun. 13* *Class ID:* 2433
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

**Note: Class will not meet on May 16*

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.

Embracing A Green Lifestyle

Study Leader: Nancy Martin, Sarah Shea

- 5 Classes: Jul. 11 – Aug. 8 *Class ID:* 2395
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4708



Going “green” may be easier than you think. Understand the what, why, when, where, and how of behaviors that define an environmentally friendly lifestyle. Every activity that we engage in from our purchases and their disposal, to pet care, lawn and garden care, diet, transportation, clothing, cleaning practices, etc. impacts the planet. We’ll look at rainwater harvesting/on-site absorption, green cleaning, solid waste reduction (composting, recycling, consumerism), watershed and water quality awareness, air quality, avoidance of environmental toxins, organic lawn and garden care, and more. Learn how the way that we live on the land affects the quality of our water, land, soil, air, and climate and how that in turn affects the quality of life on Earth. Become empowered. Become part of the solution!

Nancy Martin, Pennsylvania Resources Council Environmental Educator is the coordinator of PRC West’s Watershed Education Program. Nancy designed and facilitates the in-school Watershed Awareness Program, community Watershed Awareness/Rain Barrel Workshops, and teacher workshops addressing environmental issues. She teaches PRC’s Recycling Awareness Conservation Program, and Litter Prevention Composting Programs in schools throughout SW PA. Nancy facilitates PRC’s adult community workshops on watershed/rainwater harvesting, backyard and vermicomposting. Prior to PRC she was W PA Regional Coordinator for the National Council of Churches’ Interfaith Global Climate Change Campaign, where she coordinated an effort to raise awareness and to advocate for climate legislation. She attended Clarion University and the University of Pittsburgh.

Sarah Shea, Environmental Education Coordinator is program coordinator and facilitator of Hard to Recycle Events, ReuseFest, and Health and the Environment in-school and adult education programs. She presents Recycling Awareness, Composting, and Litter Prevention programming to youth and adults throughout SW PA. Sarah is the chair of the Clean Pittsburgh Commission, a city commission focused on improving quality of life issues. Sarah worked for Healthy Home Resources, focusing on health hazards such as lead and asthma. Sarah holds a BA in environmental studies and secondary education certification from the University of Pittsburgh.

Sustainable Landscape Design

Study Leader: Claudia Saladin

- 4 Classes: May 8 – May 29 *Class ID:* 2415
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

Our designed landscape—our gardens, yards, lawns, grounds and campuses— are constituent elements of our regional landscape and ecology. This course will explore the role designed landscape can play in contributing to that ecology in a positive way. We will examine how designed landscapes can provide habitat for pollinators, birds, and beneficial insects; reduce storm water runoff; and reduce urban heat islands, while providing beautiful and engaging spaces for people. Topics will include native plants, the importance of plant diversity, invasive plants and pests, soils, water, and choice of building materials. We will touch on overarching themes of landscape ecology, ecosystem services, and organic management principles.

Claudia Saladin is a landscape architect and associate with Strada Architecture in Pittsburgh. Claudia holds a master's degree in landscape architecture from the University of Virginia and a JD from the University of Michigan School of Law. Before earning her MLA, she directed programs aimed at sustainable resource management and oversaw international interdisciplinary project teams at the World Wildlife Fund and the Center for International Environmental Law in Washington, DC. The field of landscape architecture, however, has offered her more tangible opportunities to apply sustainable principles. Since becoming a landscape architect, Claudia has worked on award-winning landscape design projects throughout the region. Most recently, Claudia worked on the Bakery Square 2.0 Master Plan. In addition to the Master Plan, Claudia went on to follow through on the design and construction administration for the landscape and green infrastructure at Bakery Square 2.0 which included rain gardens, green roofs, and porous paving. In addition to her professional work, Claudia served as a board member for Grow Pittsburgh from 2009-2015, including as board chair from 2013-2015, and as member of the Public Space Committee for the Greenfield Community Association.

LIFE SCIENCE

Origin Of Life

Study Leader: Alan Waggoner

- 6 Classes: May 10 – Jun. 14 *Class ID:* 2431
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

This will be a lecture course with lots of discussion. There is no required textbook, although some reading might be suggested. Articles from the web will be suggested, and PowerPoint handouts will be given to accompany the lectures. The class will explore scientific literature on the origin of life. Although real science . . . molecules, theory, physics . . . will be focused on, this will be done in an intuitive way so that non-scientists will have fun too. The temperature, geology, chemistry, and atmosphere will be factors in our study. What is the probability of significant concentrations of organic polymers forming that might contain a reproducible structure that could be used to code (DNA-like) for the construction of living organisms? There will be no certain answer to the origin of life, but it is a fascinating topic for contemplation.

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

National Aviary Veterinary Hospital Lecture And Tour

Study Leader: Pilar Fish

Materials Fee: \$30*

- 1 Class: Jun. 27
- Wednesday, 10:00 AM - 12:00 PM
- National Aviary, Entrance,
7 Arch St., North Side

Class ID: 2447

ONE
DAY

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

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

*Materials fees are not refundable; information on page 76.

Identify That Bird!



Study Leader: Aviary National

Materials Fee: \$30*

- 1 Class: Jun. 28
- Thursday, 1:00 PM - 3:00 PM
- National Aviary, Entrance,
7 Arch St., North Side

Class ID: 2459

NEW

ONE
DAY

Birds are all around you, and not just when you visit the National Aviary! Have you ever wondered what they all are—those birds flying overhead, the flock gathered in your backyard, the birds singing as you hike along a woodland trail? This course will introduce you to the basics of bird watching and bird ID, tailored for the Pittsburgh area. You will learn how to select and use binoculars, what to notice when you see a bird in order to identify it, what books and apps are available to help with information, and more!

Robert S. Mulvihill, the National Aviary's ornithologist, is a native Pittsburgher who developed an interest in bird watching as a child. He has been an active member of the birding and bird conservation community in western Pennsylvania for more than 30 years. He received a B.S. in education from the University of Pittsburgh and an M.S. in biology from Indiana University of Pennsylvania. Bob has received awards in recognition of his outstanding efforts on behalf of bird conservation from the Audubon Society of Western Pennsylvania and the Pennsylvania Society for Ornithology. Bob has extensive experience with "Citizen Science" programs to advance the study of birds and increase people's appreciation of them. He served as a regional coordinator and species account author for the first *Atlas of Breeding Birds in Pennsylvania* (1983-1989), and recently was the statewide coordinator and co-editor of the *Second Atlas of Breeding Birds in Pennsylvania*. In 2013, Bob brought Neighborhood Nestwatch, a unique citizen-science project developed by the Smithsonian Institution, to backyard bird-lovers throughout the Greater Pittsburgh region.

*Materials fees are not refundable; information on page 76.

MEDICAL

Nuclear Medicine And PET Imaging . . . Not As Scary As It Sounds

Study Leader: Richard Kalla

- 5 Classes: Jul. 11 – Aug. 8 *Class ID:* 2388
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

Nuclear Medicine and Positron Emission Tomography (also known as PET scanning) are types of medical imaging that use a small amount of radioactive material to diagnose many disease processes such as cancer, heart disease, gastrointestinal, musculoskeletal, and endocrine disorders. Nuclear medicine radiopharmaceuticals can also be used to treat benign and cancerous diseases. Although the use of radioactive material sounds scary, it is not. These agents provide unique information about not just what an organ looks like but also how well it is functioning. Nuclear medicine is important because of its potential to identify disease in its earliest stages. This course will review the history of nuclear medicine, debunk the myths about the medical use of radiation, and discuss the types of scans along with the disease processes that can be detected.

Richard L. Kalla, MD, MS is board certified in nuclear medicine. He served as the director of nuclear medicine and diagnostic ultrasound at Montefiore Hospital for 17 years. He was a clinical professor of medicine and diagnostic imaging at the University of Pittsburgh School of Medicine. Dr. Kalla has served as president of the Pittsburgh Chapter of the Society of Nuclear Medicine and as the president of the medical staff at Montefiore Hospital. He currently works part-time as a reviewer for the Intersocietal Accreditation Commission evaluating the quality of nuclear medicine facilities across the country.

Aging Without Growing Old

Study Leader: Richard Kalla

- 1 Class: Jun. 27 *Class ID:* 2387
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

**ONE
DAY**

Aging is physical and psycho-social. We will explore some of each and examine ways to enhance our lives as we continue to mature. How we interact with our health care providers and our social environment will be topics of discussion.

See **Richard L. Kalla**, *previous listing*

Regenerative Medicine

Study Leader: Bryan Brown

- 1 Class: Jun. 27 *Class ID:* 2450
- Wednesday, 2:00 PM - 4:00 PM
- McGowan Institute for Regenerative Medicine,
450 Technology Dr., Suite 3, 15219

**ONE
DAY**

Regenerative medicine provides the potential to repair or replace diseased or damaged tissues and organs in contrast with the current approach of treating the symptoms when the body is adversely affected by trauma, disease, or congenital deformities. Scientists and clinicians are evaluating various therapies such as using a patient's own cells to help treat a disease or repair a defect in the body. Advances are being made in the laboratory and in the translation of these novel therapies into clinical assessments.

Bryan Brown is a highly respected scientist, a committed educator, and a mentor extraordinaire. Dr. Brown currently serves as an assistant professor in the Department of Bioengineering and the Department of Obstetrics, Gynecology, and Reproductive Science at the University of Pittsburgh. Additionally, he holds an appointment as an adjunct professor of clinical sciences at the Cornell College of Veterinary Medicine.

Everything You've Always Wanted To Know About Disease But Were Afraid to Ask

Study Leader: Stephen Fisher

- 6 Classes: May 7 – Jun. 18* *Class ID: 2378*
- Monday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

**Note: Class will not meet on May 28*

This course will focus on 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 invite 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 With Cosmetic Considerations

Study Leader: John McSorley

- 5 Classes: Jul. 5 – Aug. 2 *Class ID: 2397*
- Thursday, 1:15 PM - 2:45 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.

Feeling Comfortable With Your Joints

Study Leader: Burton Pollock

- 4 Classes: Jul. 12 – Aug. 2* *Class ID: 2405*
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

**Note: Class will not meet on Jul. 5*

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

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

Treating Autism Spectrum Disorders And ADHD Without Drugs

Study Leader: Patricia Spear Lemer

- 5 Classes: May 8 – Jun. 5 Class ID: 2448
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Autism and Attention Deficits are epidemic. According to the latest statistics from the CDC, 1 in 68 children has an Autism Spectrum Disorder, and about 12% have an ADHD diagnosis. The numbers continue to climb. You may have one or more in your family or neighborhood. Everyone knows someone with autism and/or ADHD. What is happening? Are we diagnosing better? Or something else? Are these disabilities genetic, environmental or both? Are they psychological or biomedical disorders? Are medications the most effective ways of treating them? What are some alternatives? Can they be healed, or are they lifelong disabilities? What are new treatments that are showing promise for these disorders? What are risk factors for family members? Can they be prevented? This course includes the latest information on possible causes of autism and attention deficits, and the concept of Total Load Theory. You will learn about commonalities of the biology of those diagnosed, the possible role of inflammation, the immune system, and other physical components. We will discuss sensory issues in autism and ADHD, and the important role of vision in behavior, language development, social skills, and learning. You will leave with knowledge of how to interact with individuals with autism, and how they can possibly live productive, independent lives.

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

Aging Voice And Hearing: What To Do?

Study Leader: Jackie Gartner-Schmidt, Catherine Palmer

- 1 Class: Jun. 15 Class ID: 2374
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



The proportion of people over 65 years of age is increasing rapidly, due in large part to the projected increases in life expectancy. Older people are also participating in the paid and voluntary workforce for longer because of their desire to remain active in society and because of necessity. However, with age come changes in voice and hearing. The aging auditory system will be discussed in terms of hearing and speech processing. The impact of untreated hearing loss on cognition and health outcomes will be discussed in light of the most-recent data. In addition, tips on being an educated consumer of hearing health care will be provided. The aging voice will be discussed in terms of anatomy and physiology of the aging respiratory and phonatory mechanism. The latest preventive care, diagnosis, and treatment will be outlined in this workshop on the aging voice.

Jackie L. Gartner-Schmidt, Ph.D., CCC-SLP, ASHA Fellow is co-director of the University of Pittsburgh Voice Center, professor of Otolaryngology and Director of Speech-Language Pathology-Voice Division at the University of Pittsburgh Medical Center. Dr. Gartner-Schmidt's 25-year clinical and research focus specializes on the care of the professional voice and management of patients with voice and breathing disorders. Dr. Gartner-Schmidt's research focuses on the development and efficacy of different voice therapy programs.

Catherine Palmer is an associate professor in the Department of Communication Science and Disorders at the University of Pittsburgh and serves as the director of Audiology and Hearing Aids at the University of Pittsburgh Medical Center including the UPMC Children's Hospital. Dr. Palmer conducts research in the areas of auditory learning after hearing aid fitting, the relationship between hearing and cognitive health, and matching technology to individual needs. In 2003 Dr. Palmer opened the Musicians' Hearing Center at the University of Pittsburgh Medical Center. Her work has included a partnership with the Pittsburgh Public Schools and the Pittsburgh Symphony that promotes hearing protection for young and professional musicians.

SOCIAL SCIENCES

Contemporary Topics/Sociology | History | Pittsburgh | Politics/Government | Religion/Philosophy | Travel

CONTEMPORARY TOPICS/ SOCIOLOGY

Social Psychology Goes To The Movies

Study Leader: Lloyd Stires

- 5 Classes: Jul. 3 – Jul. 31 Class ID: 2426
- Tuesday, 3:00 PM - 5:00 PM
- Wean Hall, 4708



2015 saw the release of two films about two famous research projects in social psychology: *Experimenter* (rated PG 13) is a biopic of Stanley Milgram, emphasizing his 1960s studies of obedience to authority. *The Stanford Prison Experiment* (Rated R) depicts Philip Zimbardo's 1971 simulation of the effects of a prison environment on the behavior of prisoners and guards. We will watch and discuss the two films and the research programs on which they are based. Both deal with human behavior in difficult situations, and are controversial in part due to the stress to which research participants were subjected. We will examine the historical relevance of the studies and their implications for our contemporary social and political environment.

Lloyd Stires (Ph.D., Duke University) is a retired professor of psychology at Indiana University of Pennsylvania, where he taught social psychology, environmental psychology, and mass media and behavior. He was a jazz and blues disc jockey on WIUP-FM. He blogs about social science and current events.

Enjoying *The New Yorker*

Study Leader: John Brown, Maureen Brown

- 6 Classes: May 7 – Jun. 18* Class ID: 2356
- Monday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom
- *Note: Class will not meet on May 28

- 6 Classes: Jul. 2 – Aug. 6 Class ID: 2357
- Monday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

This will be an interactive discussion course with a limited enrollment. All members will be expected to lead and present at least one article over the six weeks. Each week the class will focus on a current issue and discuss one or more features of particular interest. It might be part of the "Talk of The Town," a short story, a cartoon, the cover art, or one or more critiques, whatever inspires members' interests.

John Brown is a retired city planner and university professor. He has a masters in city planning degree from Michigan State University and a Ph.D. in public policy from the University of Pittsburgh.

Maureen Brown is a former journalist and public relations director. She has a bachelor's degree in political science from Georgetown University and a master's degree in public policy from the University of Pittsburgh.

Nuclear Survival

Study Leader: Charles Glassmire

- 6 Classes: Jul. 5 – Aug. 9
- Thursday, 3:15 PM - 5:15 PM
- Wean Hall, 4708

Class ID: 2377



Once again, the world faces the possibility of nuclear war. There are certain facts essential for the survival of families. This information seems to be unknown to the general public. Are we aware that one nuclear missile, detonated at the appropriate place, can shut down the entire United States: all vehicles, communications, all electrical grids supplying power, all computer networks, internet, food deliveries, etc? Just one bomb. This enables a rogue small regime to provide a very real threat while possessing only one or two nuclear missiles. This course will discuss fundamentals for understanding and surviving during a nuclear attack, and will discuss the false media (hysterical) mythology which has grown around such an attack. Most families can survive this horrible event with some knowledge and preparation.

Charles Glassmire served as a nuclear engineer for the Westinghouse Electric Corporation working on classified projects for some ten years. During that time, he also trained with the government and was certified as a Radiological Defense Officer (RADEF) for the City of Pittsburgh, where he taught courses for survival after a nuclear attack.

Complexities Of Sex Identification And Gender Roles

Study Leader: Suzanne Powell

- 6 Classes: May 7 – Jun. 18*
- Monday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

Class ID: 2406

**Note: Class will not meet on May 28*

Sexual identification and gender roles form an important part of every culture's foundation. The subjects of homosexuality, intersexuality, and transgenderism are now being discussed and debated openly in our society. This course will help the participants understand the differences between sex and gender as well as the concepts of homosexuality, transgenderism, and intersexuality. Current cultural aspects will be explored, such as the ways other cultures and our own handle intersexed and transgendered individuals, and examples will be given of cultures which allow such transgendered roles as female husbands and male wives.

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

Life, Love, And Friendship In Post-Industrial America

Study Leader: Richard Wilson

- 6 Classes: Jul. 11 – Aug. 15 *Class ID:* 2439
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



This course surveys social changes in the US since 1950 as these relate to life stages in America's post-industrial economy and society. Topics include: the evolution of a highly educated workforce, the entry of women on a mass scale, immigration and racial diversity in the US population, residential mobility, changes in civic engagement and community life, factors in the choice of friends and mates, changing sexual mores and practices, social network sites and online dating site usage, the life course and "emerging adulthood" as a new life stage from age 20 to early 30s, delayed marriage, childbearing without marriage, intergenerational relationships and the increase in both multi-generational and single person households, millennials and work-life balance concerns, declining religiosity, the longevity revolution and aging society, and the size and composition of individuals' social networks over the life span. These changes are related to contemporary sociological theory.

Richard Wilson served on the faculty in sociology at the University of Pittsburgh, offering courses in the politics of welfare programs, social change, and statistics. Recently he was president and CEO of an internet firm, CombineNet. He holds a BA degree from Stanford University and PhD in sociology from Yale University.

The Palestinian Story: Hope In The Absence Of Hope

Study Leader: Tina Whitehead

- 5 Classes: Jul. 3 – Jul. 31 *Class ID:* 2436
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

The course will deal with the history and current situation in Israel-Palestine from the perspective of the Palestinian people. The four primary components of the "peace process" will be the main focus: Right of return, Settlements, Boundaries, and Jerusalem. The content of the course will also address the issues that are happening as the course is being taught.

Tina Whitehead, a Canadian and a graduate of Duquesne University with an M.A. in spiritual formation, has been volunteering in Jerusalem and the West Bank since October 2006. Her primary work has been with Sabeel, a Palestinian Christian Peace and Justice movement. In October 2015, she helped coordinate a regional Friends of Sabeel conference in Pittsburgh with the theme, "We Refuse to Be Enemies." In addition, she has worked with the Bethlehem Bible College, where she helped coordinate four international "Christ at the Checkpoint" conferences, in 2010, 2012, 2016 and 2018. For the past two years she has been working as a hospitality representative in Bethlehem for an American tour company, giving lectures and helping organize dinners with Palestinian families. Tina and her husband, the Rev. Dr. Thomas Whitehead, served United Methodist churches in Western Pennsylvania from 1984 until his death in 2005. When not in Jerusalem, she resides in Oakmont.

Respond to the monkey in your email!

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

Issues In Criminal Justice

Study Leader: Carla Gedman

- 5 Classes: May 10 – Jun. 14* *Class ID:* 2375
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

**Note: Class will not meet on May 17*

This course will review Supreme Court cases influential in the areas of policing juvenile delinquency and corrections. In addition to reviewing cases, several videos will be utilized to illustrate “hot topics” in the criminal justice arena.

Carla Gedman has an M.A. degree in the administration of justice from the University of Pittsburgh. She is a board certified CPP (certified protection professional) and an international crime prevention specialist. Her career spans over 30 years and includes experience as a Pittsburgh Police Officer, Civilian Assistant, Chief Public Safety and Public Safety Director at Children’s Hospital and Western Psychiatric Institute, and adjunct professor at Duquesne University.

Air Pollution, Health, And The Environment

Study Leader: GASP

- 2 Classes: Jul. 24 and Jul. 31 *Class ID:* 2381
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

**TWO
DAY**

What role will you play to provide clean air for our children and grandchildren? Air pollution, one of the primary causes of climate change, is also a cause of asthma, lung diseases, cancer, and other health-related issues (that particularly affect young and older people). Air quality professionals from GASP (Group Against Smog and Pollution) will examine air pollution in Allegheny County and the effect it has on all our lives. You’ll learn what is being done locally to reduce pollution and how to advocate for healthy air, including receiving information about regulatory agencies, public hearings, community monitoring opportunities, and more. You can do your part to clean up the air and minimize health and environmental effects of air pollutants.

The Group Against Smog and Pollution (GASP) is a non-profit citizens’ group in Southwestern Pennsylvania working for a healthy, sustainable environment. Founded in 1969, GASP has been a diligent watchdog, educator, litigator, and policy-maker on many environmental issues, with a focus on air quality in the Pittsburgh region. Our mission is to improve air quality to ensure human, environmental, and economic health.

What Is Retirement Doing To My Life?

Study Leader: Alan James

- 3 Classes: May 8 – May 22 *Class ID:* 2385
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

This course is designed as an informal discussion class to provide participants with an opportunity to share their transition stories from working to retirement. The class will be led by a facilitator who will be responsible for developing class content provided by the participation of class members. There are many kinds of transitions that require thought and careful planning. Examples are: Why should I retire? When? What does my family think? What will be my connection with my previous colleagues? What am I going to do daily? How do I say yes or no to those who think that I am available to be with or work with them? Where do I find outlets for my interests? How do I take care of my mind and body? How do I find happiness? How will I find a similar sense of accomplishment comparable to what I felt at work? Each person has their own story, and the class will benefit by exploring the background for success or failure.

Alan James is a retired dean of student affairs from California University of PA. He has had extensive experience in planning and developing programs and policies for various organizations including the Heinz History Center, and the California University Alumni Board. He completed graduate courses in administration and organization development.



HISTORY

The Berlin Airlift

Study Leader: David Albert

- 2 Classes: May 9 and May 16 *Class ID:* 1995
- Wednesday, 11:15 AM - 12:45 PM **TWO DAY**
- Wean Hall, 4708

NEW

The Soviet blockade of land access to Berlin, Germany, from June 1948 to May 1949 was the West's first major challenge of the Cold War. The Berlin Airlift was the response, an incredible effort by the western allies that kept the city alive during the winter of 1948 and signaled western resolve to the Soviet attempt to control all of Berlin. This course looks at the events and decisions leading up to the airlift, the airlift itself, and the results of one of the most challenging and successful feats in the history of airpower.

David L. Albert is a retired U.S. Air Force officer. As part of his 30-year career, he spent almost three years in Berlin at Tempelhof Air Base, the terminus of the Berlin Airlift. As deputy commander for support, he was one of the last of the American military to leave Tempelhof when it was returned to the German government in 1993. He has previously taught courses for Osher on various aspects of the Civil War.

United States 1861-1900

Study Leader: Robert S. Netzer

- 6 Classes: Jul. 2 – Aug. 6 *Class ID:* 2399
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

The era began with the Civil War – the costliest in American lives and ended with a relatively short conflict – the Spanish American War, which ushered in American Imperialism. In between, the country experienced phenomenal growth in agriculture and industry, as well as a large rise in our population due to immigration. All these factors vaulted the United States into the ranks of the leading world powers.

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

The Great War: World War I, 1914-1918

Study Leader: Sheila Werner

- 6 Classes: May 7 – Jun. 18* *Class ID:* 2434
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

**Note: Class will not meet on May 28*

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

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

Germany Between The Wars 1919-1939

Study Leader: Sheila Werner

- 6 Classes: Jul. 2 – Aug. 6 *Class ID:* 2435
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

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

See **Sheila Werner**, *previous listing*

History And Politics Of Abolition Of Nuclear Weapons

Study Leader: Michael Drohan

- 5 Classes: Jul. 2 – Jul. 30
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

Class ID: 2452



This course will trace the history of the efforts to abolish nuclear weapons from the first inventor of nuclear fission, Leo Szilard to the latest developments in the Humanitarian Initiative to Abolish Nuclear Weapons.

Michael Drohan holds a Ph.D in economics and a degree in physics, chemistry and mathematics. He has been a professor of physics in Kenya, East Africa and a professor of economics at Edinboro University Pennsylvania.

The Presidential Speeches Of John F. Kennedy 1961-1962

Study Leader: Steve Russell

- 5 Classes: Jul. 2 – Aug. 6*
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

Class ID: 2464



**Note: Class will not meet on Jul. 16*

President Kennedy's theme-oriented speeches provided audiences New Frontiers that were transformative for the United States both on the domestic and international stages. As a continuation of the 2017 fall course Eloquence of President Kennedy, this new offering will have participants review and reflect on President Kennedy's most important presidential speeches. From universities and public squares, to Madison Square Garden and the Mormon Tabernacle, Kennedy was one of the first leaders to cultivate an air of eloquence and historical significance. With cooperation from the John F. Kennedy Presidential Library AV/Archives, students will explore President Kennedy's ideal of the Great Republic through his spoken word.

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

PITTSBURGH

Development Of Squirrel Hill — A Journey Through Time And Art

Study Leader: Helen Wilson

- 6 Classes: Jul. 3 – Aug. 7 Class ID: 2438
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

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

Helen Wilson is vice-president of the Squirrel Hill Historical Society and writes articles for *Squirrel Hill Magazine* about the history of the neighborhood. She previously worked as an art teacher, curriculum writer, illustrator, and editor for the Pittsburgh Public Schools. After retiring in 2006, she began researching the history of Squirrel Hill and found it to be a complex, fascinating, and often unexpected story, much of it illustrated by artists and photographers. She is co-author of two books: *Pittsburgh's Bridges* (Arcadia, 2015) and *Squirrel Hill: A Neighborhood History* (The History Press, 2017).



A Photo Tour Of The Pittsburgh Zoo and PPG Aquarium

Study Leader: Cathy Gialloreto

- 1 Class: Jun. 28 Class ID: 2376
- Thursday, 1:00 PM - 3:00 PM
- Wean Hall, 4708

**ONE
DAY**

Was your last trip to the zoo when you were a child or when your children or grandchildren were small? If so, join me on a virtual tour of the Pittsburgh Zoo and PPG Aquarium. See what is new at our zoo and its extraordinary residents.

Cathy Gialloreto is a retired teacher. She has been a docent at the Pittsburgh Zoo and PPG Aquarium since 1983. She volunteers at Animal Friends, as an usher at the O'Reilly and City Theaters, and is active in community theater. She is also on the board of the Pittsburgh New Works Festival.

ALCOSAN

Study Leader: Zelda Curtiss

- 1 Class: Jun. 25
 - Monday, 1:00 PM - 3:00 PM
 - ALCOSAN,
33 Preble Ave, Pgh 15233
- Class ID:* 2449

ONE
DAY

Where does the water from your bathtub, toilet, sink, rain, or melting snow go? Hear the answer to this question and more when you visit and tour the ALCOSAN plant. Learn about the large underground pipes located along the rivers or streams that carry sewage and storm water to the ALCOSAN plant for treatment. Learn about the six main sewage pumps with a total pumping capacity of 435 million gallons per day (mgd). See how the wastewater passes through bar screens which collect leaves, Styrofoam, rags, and other solids from the raw sewage on the tour. The plant is located along the Ohio River on Pittsburgh's Northside; The Allegheny County Sanitary Authority (ALCOSAN) provides wastewater treatment service to 83 communities including the City of Pittsburgh. ALCOSAN's 59-acre treatment plant is one of the largest wastewater treatment facilities in the Ohio River Valley, processing up to 250 million gallons of wastewater daily. Bring a bag lunch.

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

Posner Collection And Center: Copernicus To Champagne

Study Leader: Gloriana St. Clair, Mary Kay Johnson, Anne Molloy

- 5 Classes: May 9 – Jun. 6
 - Wednesday, 1:00 PM - 2:30 PM
 - Posner Center, Reading
- Class ID:* 2386



From the three perspectives of Anne Molloy, Director of the Posner Fine Arts Foundation; Dr. Gloriana St. Clair, CMU Libraries' Dean Emerita; and Mary Kay Johnson, Special Collections Librarian, the stories of the Posner collections of rare books and artifacts, the programming and building of the Center, and the current challenges and joys of caring for Copernicus, yet serving champagne, will be shared. Attendees will experience a Bible printed on vellum, fore-edge paintings, medieval woodcuts, oriental prints, Galileo's books, and discuss a controversial book by Columbus from 1494 and, of course, inspect the 1543 Copernicus.

See Gloriana St. Clair, pg. 7

Mary Kay Johnson serves as Carnegie Mellon University's rare books and special collections librarian. She has more than 40 years of experience caring for, sharing, and teaching with codex as cultural artifacts. In another time in another life, she would be a medieval librarian or roboticist.

Anne Molloy is the executive director of the Posner Fine Arts Foundation and CMU trustee. She is the wife of Henry Posner III.

City Of Asylum Pittsburgh's Worldwide Hub Where Writers And Artists Convene

Study Leader: Anne Lackner

- 1 Class: Jun. 25 Class ID: 2390
- Monday, 11:30 AM - 1:30 PM
- Alphabet City Center,
40 W. North Avenue, North Side

ONE
DAY

This course is a one-time, 120-minute visit to City of Asylum's new cultural center, Alphabet City, on Pittsburgh's Northside. City of Asylum is a sanctuary for writers from around the world under threat of persecution, as well as a presenting arts organization focused on giving voice to artists who are often excluded from traditional artistic spaces. In doing so, City of Asylum creates a thriving community of writers, readers, and neighbors. Your group will learn how City of Asylum's unique programs built a diverse audience, and protects free expression while fostering cross-cultural exchange.

Anne Lackner is co-founder of The Lackner Group, Inc., a software company committed to providing innovative solutions in trust and estate administration, to law firms, bank trust officers, and C.P.A's. She has helped anchor the development of the Garden Theater Block with a cultural center that includes a performance space, bookstore, and restaurant, built a diverse audience, and protects free expression while fostering cross-cultural exchange. She is a member of the external advisory board at the University of Pittsburgh's EU Center of Excellence/European studies Center and a board member of City of Asylum. As member of the World Affairs Council Pittsburgh, she is a facilitator to help create high school students' awareness, understanding, and appreciation of world cultures and global issues.

Pittsburgh Botanic Garden — From Black To Green

Study Leader: Pittsburgh Botanic Garden

- 1 Class: Jun. 28 Class ID: 2355
- Thursday, 10:00 AM - 11:30 AM
- Pittsburgh Botanic Garden,
799 Pinkerton Run Road, Oakdale, 15071

Join us at the Pittsburgh Botanic Garden in Oakdale, to learn how we are transforming an old coal-mining site into a beautiful botanic garden. Pittsburgh Botanic Garden is at the forefront of land reclamation in western Pennsylvania. This course provides a brief history of the Garden and details the land reclamation projects that continue to restore our natural habitats. Join us for a lecture and guided walking tour to learn about the established areas of the Garden and our future plans for creating a vibrant place for visitors to enjoy. Please dress for the weather, and wear sturdy footwear, as we will be walking on uneven terrain and mulched trails.

Sarada Sangameswaran is education director at Pittsburgh Botanic Garden. She holds a master's in ecology from Rutgers University. She oversees all the education programs at the Garden. She enjoys taking people of all ages to experience the outdoors.

Emily Troyer is volunteer & adult programs coordinator at Pittsburgh Botanic Garden. Emily has a masters of public administration from George Mason University. She oversees the volunteer program at the Garden and is working on growing our volunteer program.

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.



How Pittsburgh’s Landmark Buildings Reflect Its History

Study Leader: Howard Voigt

- 5 Classes: May 7 – Jun. 11* *Class ID:* 2430
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



**Note: Class will not meet on May 28*

This course will explore significant events in Pittsburgh’s history via an examination through photos of its built environment. In the late 19th century, Schenley Park, the Carnegie Institute, the Allegheny County Courthouse, and Union Station marked the city’s emergence as an industrial powerhouse. After 1900, Henry Clay Frick developed three major buildings along Grant Street, and Andrew Carnegie created the Carnegie Technical School (Now CMU). The roaring 20’s brought Art Deco design to downtown Pittsburgh, as well as Pitt Chancellor Bowman’s dream of creating America’s tallest academic structure. After WW II Pittsburgh was polluted and exhausted. It was salvaged by “Renaissance I,” a joint effort by government and business leaders resulting in Mellon Square, Gateway Center, and Point State Park. Last, we will look into the emergence, mainly through preservation, of the Cultural District, and the revitalization of the Fifth/Forbes area.

Howard Voigt has led dozens of walking tours of the history and architecture of the six districts of Pittsburgh’s Downtown, as well as of Oakland, over the past 8 years. All of this has been conducted under the auspices of the Pittsburgh History and Landmarks Foundation. These tours involve pointing out the more interesting historical aspects and architectural features of pertinent buildings and plazas. For 40 years, Voigt practiced law, primarily in downtown Pittsburgh. He majored in history at the University of Notre Dame, graduating in 1965.

POLITICS/GOVERNMENT

Mathematical Paradoxes In Democratic Election Systems

Study Leader: Greg Yoest

- 6 Classes: Jul. 12 – Aug. 16* *Class ID:* 2442
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4707



This course will examine certain well-established mathematical paradoxes in election systems and show how and where we find them in “the real world” of politics, government, and business. Various theories have proven the following: how there can be no perfect election system (Arrow’s Impossibility Theorem); how parties’ shares in weighted voting systems do not necessarily correlate with their power in those setups (Banzhaf Power Index); how “compactness” should be used to optimize the boundaries of legislative districts (districting and “gerrymandering”); and the like. After explaining those ideas in layperson’s terms, the heart of the course will give examples of the above, and show how and where they affect such real-world political matters as the US Electoral College; Presidential –Congressional relationships when passing legislation; “effective control” of a corporation or business partnership; and even the “Home Rule” relationships between Allegheny County and the City of Pittsburgh here in our own region.

Greg Yoest is a local political activist whose involvements go back to the Stadium Tax referendum of the late 1990s and have continued through local, state, and national elections to the present. Combined with his regular interactions with our local academic communities, his approach to both contemporary and historical political issues can show correlations between very theoretical matters and very real-world events. Taken by Winston Churchill’s famous remark about democracy—“It is the worst form of government ever created by mankind . . . except of course for all the other forms he has created”—this course represents a brief summary of his investigations into that conundrum.

Inside The F.B.I.

Study Leader: Kelly Wesolosky

- 1 Class: Jun. 26
- Tuesday, 1:00 PM - 3:00 PM
- Wean Hall, 4708

Class ID: 2458



This presentation will be focused on the Federal Bureau of Investigation, and the investigative topics. Each investigative topic will be summarized, as well as any outreach strategies pertaining to the topic, both on a national and local scale. Community Outreach Programs will be summarized, for example the FBI Citizens Academy, and the FBI Pittsburgh HOPE (Heroin Outreach Prevention and Education) Initiative. The class will leave with resources to utilize in their own communities, in order to raise awareness, and keep our families safe.

Kelly Wesolosky is the community outreach specialist for the FBI Pittsburgh Field Office. She is the primary liaison between the FBI Pittsburgh Division and the private, public and non-profit business sectors of the Pittsburgh region. She oversees the annual FBI Citizens Academy, an eight-week hands-on inside look at the FBI programs and priorities, bringing together a cross section of local business and community leaders. Other programs under her supervision include: the HOPE (Heroin Outreach Prevention and Education) Initiative and the Jr. Special Agent Program, created to promote internet safety. Wesolosky co-partners with the FBI Civil Rights Squad and the Project to End Human Trafficking in the management of the Southwestern PA Anti-Human Trafficking Coalition, created to locate and assist victims of human trafficking in the Pittsburgh area. She received bachelor of arts degrees in economics and Spanish from Ohio University, an MBA in human resource management and a master of international business in Corporate Development from the University of Pittsburgh Katz Graduate School of Business. She is fluent in Spanish and has worked abroad in both Latin America and Europe. Previous assignments include Mérida, México, and Barcelona, Spain.

RELIGION/PHILOSOPHY

The Social Gospel, Vatican II, And Engagement In The Postmodern World

Study Leader: James McCarville, Andre McCarville

- 6 Classes: Jul. 2 – Aug. 6
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Class ID: 2396



The Social Gospel, applying biblical principles to evolving social concerns, as a modern movement grew, from 19th century Protestant activism and the publication of the first papal social encyclical “Rerum Novarum,” to shape much of our modern private and public attitudes toward charity, justice, and legislation. It deeply impacted the civil rights movement, ecumenicalism, the Catholic Second Vatican Council, Liberation Theology in Latin America, and now Pope Francis. Yet it defies ideology. Few know its history, its doctrinal relationships, its criteria for judgment or its call for our engagement. Students will learn its roots, its impacts, the pushback against it, what it meant at the time and how to apply it today. Through discussion, the class will consider its possible relevance in a postmodern world, and if so, what is expected of us.

James McCarville is the vice-president (lay member) of the Association of Pittsburgh Priests (APP) and a member of the Thomas Merton Center (TMC) Board of Directors in Pittsburgh. He is retired from a 40-year career working in ports and waterways. Prior to that he worked with Base Communities as a Peace Corps volunteer in Brazil and helped establish one of the first Peace and Justice Offices—for the Capuchin (Franciscan) Province—headquartered in Wisconsin. He has a master of science from Georgetown University (Foreign Service), a master of philosophy from Roosevelt University (Urban Studies) and bachelor of arts (history) from Regis University.

Andre McCarville is the Catholic campus minister and an ad hoc instructor (religious studies) at Penn State - Altoona. He has a Master’s Degree (theology) from Duquesne University and a Bachelor of Arts (History) and a certificate in Latin American studies from the University of Pittsburgh. He previously worked as a youth minister at St. Bernadette’s Parish in Monroeville and spent a year as a volunteer in the Christian Appalachian Project. He still leads students on school-break voluntary working-trips returning to Appalachia each year.

The Religious Heritage Of Pittsburgh

Study Leader: Paul Schradung

- 5 Classes: May 8 – Jun. 5 *Class ID:* 2418
- Tuesday, 1:30 PM - 3:00 PM
- Various Locations

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

Please note: *Locations to be provided prior to class.*

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

Philosophies Of Religion And Politics Of Paul Tillich

Study Leader: Ronald Stone

- 5 Classes: May 8 – Jun. 5 *Class ID:* 2425
- Tuesday, 1:00 PM - 3:00 PM
- Wean Hall, 4707



Paul Tillich was the first Protestant to be dismissed from the University of Frankfurt by Adolph Hitler after challenging the anti-Semitism of the Third Reich. Known for his philosophy of politics, religion, and culture in Germany, he became in the U.S.A. a leader and philosopher of religion teaching at Union Theological Seminary, Harvard, and the University of Chicago. The seminar will examine his philosophy of religion, his theory of love, power, and justice, his radical politics, and his perspective on religious dialogue. Books to be referred to are: *Paul Tillich, Political Expectation; Love, Power, and Justice; Christianity and the Encounter with World Religions; The Socialist Decision*; Pauck and Pauck, *Paul Tillich; His Life and Thought* (Vol. I); Stone, *The Radical Thought of Paul Tillich*; and Stenger and Stone, *Dialogues of Paul Tillich*.

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



TRAVEL

Images Of Sanibel Island

Study Leader: Byron Gottfried

- 1 Class: Jun. 25 Class ID: 2380
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



Sanibel Island is a popular vacation spot off the southwest coast of Florida, near Ft. Myers. Join photographer Byron Gottfried to learn more about the island through the many photos he has accumulated over the years.

Byron Gottfried is a retired Pitt engineering professor who teaches various computer classes within the Osher/CMU program. He has been an avid amateur photographer for many years, participating in local photographic organizations and occasionally displaying his favorite photos in various shows. He has visited Sanibel Island almost every year for the past three decades.

Navigate Napa: A Cost-Effective, No Hassle, All The Fun Guide

Study Leader: Edward Jackson

- 5 Classes: Jul. 3 – Jul. 31 Class ID: 2384
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



Don't let the recent fires in northern California "wine country" deter you from visiting Napa Valley. The damage to the region was significant but was most harmful in neighboring Sonoma County. Napa was scarred, and life was disrupted, but it is quickly coming back to life. The fact remains that the Napa Valley is one of America's treasures. The keys to enjoying your visit are research, planning, scheduling, and timing. The region offers a lot more than wine tastings and winery visits; spectacular scenery, art venues, historical sights, music festivals/concerts, and wonderful dining experiences all abound in the communities and towns throughout the valley. Devising and executing a plan that helps you take full advantage of this abundance should make your trip a success. This course will provide you with the general information and specific recommendations toward that end. We will accomplish this by looking at photos/slides and itineraries.

Edward L. Jackson is a graduate of Westminster College and is a retired US history teacher, having taught in the Newton, MA, public schools for more than 30 years. He has taught US history and world history at Bentley University as well. In the 1970s, he worked as a researcher at the Stanford Research Institute. It was during that time that he got interested in Napa and Sonoma. Since then he has traveled to California dozens of times over the past 10 years and led wine tours to Napa Valley. During this time, he has developed significant personal and professional relationships with people there, visited scores of wineries, tasting rooms, and restaurants, and learned much about the region's history, people, and arts.

MONDAY | Session ONE / May 7 – June 29

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	Hebrew For Prayer Book Reading	2383	<i>Gila Issenberg</i>	27
	Wilderness First Aid	2371	<i>Richard Daffner</i>	34
11:15 AM - 12:45 PM	The Aristotle-Shakespeare Connection: Macbeth	2410	<i>Patricia S Rose</i>	6
	Enjoying The New Yorker	2356	<i>John Brown</i>	44
	How Pittsburgh's Landmark Buildings Reflect Its History	2430	<i>Howard Voigt</i>	54
	Images Of Sanibel Island	2380	<i>Byron Gottfried</i>	57
11:30 AM - 1:30 PM	City Of Asylum Pittsburgh's Worldwide Hub Where Writers And Artists Convene	2390	<i>Anne Lackner</i>	53
1:00 PM - 2:30 PM	The Great War: World War I, 1914-1918	2434	<i>Sheila Werner</i>	49
1:00 PM - 3:00 PM	Comfort Foods From Other Countries	2446	<i>David Green</i>	19
	ALCOSAN	2449	<i>Zelda Curtiss</i>	52
1:15 PM - 2:45 PM	Complexities Of Sex Identification And Gender Roles	2406	<i>Suzanne Powell</i>	45
3:15 PM - 4:45 PM	Everything You've Always Wanted To Know About Disease But Were Afraid To Ask	2378	<i>Stephen Fisher</i>	42
3:30 PM - 5:00 PM	Create Trendy Jewelry	2373	<i>Gerry Florida</i>	18
4:00 PM - 5:30 PM	The Art Of The City	2391	<i>Kristen Link</i>	6

TUESDAY | Session ONE / May 7 – June 29

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9:30 AM - 11:00 AM	Sustainable Landscape Design	2415	<i>Claudia Saladin</i>	39
	What Is Retirement Doing To My Life?	2385	<i>Alan James</i>	48
10:00 AM - 11:30 AM	Feeling Better: Stretching Exercises For Eliminating Pain	2423	<i>Mark Spanos</i>	21
	Move It Or Lose It	2392	<i>Elsa Limbach</i>	20
10:00 AM - 12:00 PM	Drawing With Clay	2359	<i>Mary Collins</i>	15
11:15 AM - 12:45 PM	Declutter	2350	<i>Rosa Barnett Averbach</i>	30
	Apps, Apps, And More Apps	2407	<i>Janis Ramey, Franklin Snyder</i>	32
	Treating Autism Spectrum Disorders And ADHD Without Drugs	2448	<i>Patricia Spear Lemer</i>	43
	Writing Your Obituary: Your Story - Your Words	2457	<i>Susan Morris</i>	30
1:00 PM - 2:30 PM	The Big Bang And Then Some	2409	<i>Bill Roemer</i>	37
1:00 PM - 3:00 PM	Philosophies Of Religion And Politics Of Paul Tillich	2425	<i>Ronald Stone</i>	56
	Inside The F.B.I.	2458	<i>Kelly Wesolosky</i>	55
1:00 PM - 5:00 PM	AARP Smart Driver 8-Hour Course	2443	<i>David Zimmer</i>	31
1:15 PM - 2:45 PM	Bridge Basics I	2400	<i>John Olmsted</i>	24
1:30 PM - 3:00 PM	The Religious Heritage Of Pittsburgh	2418	<i>Paul Schradling</i>	56
2:00 PM - 4:00 PM	Frick Park Lawn Bowling	2349	<i>Doreen Alexander</i>	25
3:15 PM - 4:45 PM	How Many Words Can One Man Have?: Tangled Up In Bob	2417	<i>Mike Schneider</i>	12
	Heirs And Errors: Estate Planning Lessons From Andrew Carnegie And Others	2369	<i>Joe Bull Mike Koster</i>	23

WEDNESDAY | Session ONE / May 7 – June 29

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	Drawing And Painting The Natural Beauty Of The Blue Morpho Butterfly	2354	Elizabeth Lea Black	16
	Mahjong Mania! Level 1	2361	Sherri Davis	26
	Aging Without Growing Old	2387	Richard Kalla	41
10:00 AM - 11:30 AM	Film Titles And Motion Graphics	2368	Daniel Boyarski	5
10:00 AM - 12:00 PM	National Aviary Veterinary Hospital Lecture And Tour	2447	Pilar Fish	40
11:00 AM - 12:00 PM	Rodef Shalom Biblical Garden	2372	Marian Finegold	33
11:15 AM - 12:45 PM	Mahjong Mania! Level 2	2362	Sherri Davis	26
	What's Up With Mother Earth?	2433	Randy Weinberg	38
	The Berlin Airlift	1995	David Albert	48
	The Quark Gluon Plasma	2445	Leonard Kisslinger	36
1:00 PM - 2:30 PM	Posner Collection And Center: Copernicus To Champagne	2386	Gloriana St Clair	52
1:00 PM - 3:00 PM	Have You Ever Wanted To Act On Stage?	2428	C R Thomas, Nancy Santangelo	28
	Building Pittsburgh's Future	2455	Eric Fisher	36
1:15 PM - 2:30 PM	Get Fit - A Fun Latin Cardio Workout	2404	Connie Pollack	20
1:15 PM - 2:45 PM	Mastering The Art Of Conversation . . .	2456	Susan Morris	30
	Dementia Care: Talking To, Caring For . . .	2440	Rachael Wonderlin	33
	Environmental Health Issues In Your Home	2365	Mark Banister	37
	Regenerative Medicine	2450	Bryan Brown	41
3:15 PM - 4:45 PM	Lyricists Of American Popular Music Part I	2413	Paul Roth	11
3:15 PM - 5:15 PM	Egg Batik For All Seasons	2353	Francoise Barrionuevo	17
3:30 PM - 5:00 PM	Beer, Pubs, And More Beer	2364	David Baker	18
7:00 PM - 8:00 PM	Collecting Precolumbian And Ethnographic Art	2462	Joel Aaronson	5

THURSDAY | Session ONE / May 7 – June 29

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9:00 AM - 11:00 AM	Seasoned Investors	2403	Brett Pechersky	22
9:30 AM - 11:00 AM	Closure: Writing The Last Chapter	2366	Judith Black	29
	Issues In Criminal Justice	2375	Carla Gedman	47
9:30 AM - 11:30 AM	Painting In Acrylics	2429	Francine VandenBerg	17
10:00 AM - 11:30 AM	Move It Or Lose It At Dance Alloy	2460	Elsa Limbach	20
	Pittsburgh Botanic Garden - From Black To Green	2355	Pittsburgh Botanic Garden	53
10:00 AM - 12:00 PM	Hatha Yoga	2352	Loretta Barone	19
11:15 AM - 12:45 PM	Books Your Grandchildren Don't Want You To Read	2454	Amy Kellman	9
	It Is What You Do With What You've Got!	2363	Holly Dick	29
	Optimize Your Health With Plant-Based Eating	2393	Sally Lipsky	34
1:00 PM - 2:30 PM	Mingling With Metafiction	2424	Gloriana St Clair	8
1:00 PM - 3:00 PM	Great and Notable Novels Read And Revisited	2416	Mary Schinhofen, Helen-Faye Rosenblum, Thomas Lazaroff, Jane Purifoy	8
	Chamber Music In Cleveland	2467	Owen Cantor	12
	Identify That Bird!	2459	National Aviary	40
	A Photo Tour Of The Pittsburgh Zoo And PPG Aquarium	2376	Cathy Gialloreto	51
1:15 PM - 2:45 PM	Women & Money	2437	Roselyn Wilkinson	22
3:15 PM - 4:45 PM	Origin Of Life	2431	Alan Waggoner	39

FRIDAY | Session ONE / May 7 – June 29

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	Aging Voice And Hearing: What To Do?	2374	<i>Jackie Gartner-Schmidt</i>	43
9:30 AM - 12:00 PM	Drawing: A Lifelong Journey	2422	<i>Judy Spahr</i>	15
11:15 AM - 12:45 PM	Ikebana For Your Space	2441	<i>Karen Fung Yee</i>	16
1:00 PM - 2:30 PM	Getting More Out Of Your Adjustable Digital Camera	2379	<i>Byron Gottfried</i>	31
1:00 PM - 3:00 PM	Intermediate French Conversation	2419	<i>Veronique Schreurs</i>	27

MONDAY | Session TWO / July 2 – August 24

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	History And Politics Of Abolition Of Nuclear Weapons	2452	<i>Michael Drohan</i>	50
11:15 AM - 12:45 PM	Southern Gothic Short Stories	2370	<i>Rebecca Carpenter</i>	7
	Enjoying The New Yorker	2357	<i>John Brown</i>	44
	Germany Between The Wars 1919-1939	2435	<i>Sheila Werner</i>	49
1:00 PM - 2:30 PM	The Presidential Speeches Of John F. Kennedy 1961-1962	2464	<i>Steve Russell</i>	50
	The Social Gospel, Vatican II, And Engagement In The Postmodern World	2396	<i>James McCarville</i>	55
1:15 PM - 2:45 PM	Lessons From Bridge Experts	2401	<i>John Olmsted</i>	24
3:00 PM - 4:30 PM	A Short History Of 19th Century Classical Music And Architecture	2358	<i>Owen Cantor</i>	11

TUESDAY | Session TWO / July 2 – August 24

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
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	Development Of Squirrel Hill - A Journey Through Time And Art	2438	Helen Wilson	51
	Air Pollution, Health, And The Environment	2381	GASP	47
11:15 AM - 12:45 PM	The U.S. Economy: Where Do We Go From Here?	2408	Norman Robertson	13
	How To Solve Cryptic Crossword Puzzles	2394	Cherie Maharam	25
	Navigate Napa: A Cost Effective, No Hassle, All The Fun Guide	2384	Edward Jackson	57
1:00 PM - 2:30 PM	The Palestinian Story: Hope In The Absence Of Hope	2436	Tina Whitehead	46
	Boxes And Really Big Stuff - The Hidden World Of Global Logistics And Project Cargo	2432	Douglas Webster	13
3:00 PM - 5:00 PM	Social Psychology Goes To The Movies	2426	Lloyd Stires	44
3:15 PM - 4:15 PM	Brain Health And Better Balance Through Dalcroze Eurhythmics	2451	Leslie Upchurch	21

WEDNESDAY | Session TWO / July 2 – August 24

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9:00 AM - 11:00 AM	Writers' Workshop	2421	<i>Thalia Snyder, Helen Wilson</i>	35
9:30 AM - 11:00 AM	Nuclear Medicine And PET Imaging . . . Not As Scary As It Sounds	2388	<i>Richard Kalla</i>	41
11:15 AM - 12:45 PM	Bridge Basics II	2402	<i>Jack Patzer</i>	24
	Life, Love, And Friendship In Post-Industrial America	2439	<i>Richard Wilson</i>	46
1:15 PM - 2:45 PM	Development Of Consciousness In The English Novel	2444	<i>Carol Zisowitz</i>	7
	Embracing A Green Lifestyle	2395	<i>Nancy Martin</i>	38
3:00 PM - 4:30 PM	The Music Of Johannes Brahms	2466	<i>Mark Carver</i>	10
3:15 PM - 4:45 PM	Beyond The Notes: Music In The 20th Century	2463	<i>Benjamin Tisherman</i>	10
3:15 PM - 5:15 PM	Ready, Set, Innovate	2420	<i>Jason Smith</i>	32

THURSDAY | Session TWO / July 2 – August 24

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11:15 AM - 12:45 PM	French Literature In Translation	2427	<i>Rebecca Taksel</i>	9
	Finances In 2018: More Than Stocks And Bonds	2367	<i>Brian Bohn</i>	23
	Feeling Comfortable With Your Joints	2405	<i>Burton Pollock</i>	42
1:15 PM - 2:45 PM	Understanding Skin Disease With Cosmetic Considerations	2397	<i>John McSorley</i>	42
	The Life And Music Of Franz Joseph Haydn	2360	<i>Cleon Cornes</i>	12
3:15 PM - 4:45 PM	Mathematical Paradoxes In Democratic Election Systems	2442	<i>Greg Yoest</i>	54
3:15 PM - 5:15 PM	Nuclear Survival	2377	<i>Charles Glassmire</i>	45

SAVE THE DATE

26th Osher Annual Meeting

Thursday, May 17, 2018

Kresge Theater

3:30 pm

Watch the Weekly Essentials every Friday for more information.

MEMBERS' PICNIC

Monday, August 27

Noon

CMU Orientation Tent

watch cmu.edu/osher for details

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CAMPUS MAP

BUILDINGS

1A	Baker Hall
1B	Porter Hall
2	College of Fine Arts
3	Cyert Hall (Help Center)
4	Doherty Hall
5	Gates Center for Computer Science
6	Hamburg Hall
7	Hamerschlag Hall
8	Hunt Library (Osher Office & Classroom)
9	Jared L. Cohon University Center (CUC)
10	Margaret Morrison Mellon Institute (see map on this page)
11	Newell - Simon
12	Posner Center
13	Posner Hall (Tepper)
14	Purnell Center for the Arts
15	Scaife Hall
16	Scott Hall
17	Skibo Gymnasium
18	Werner Hall
19	Wean Hall

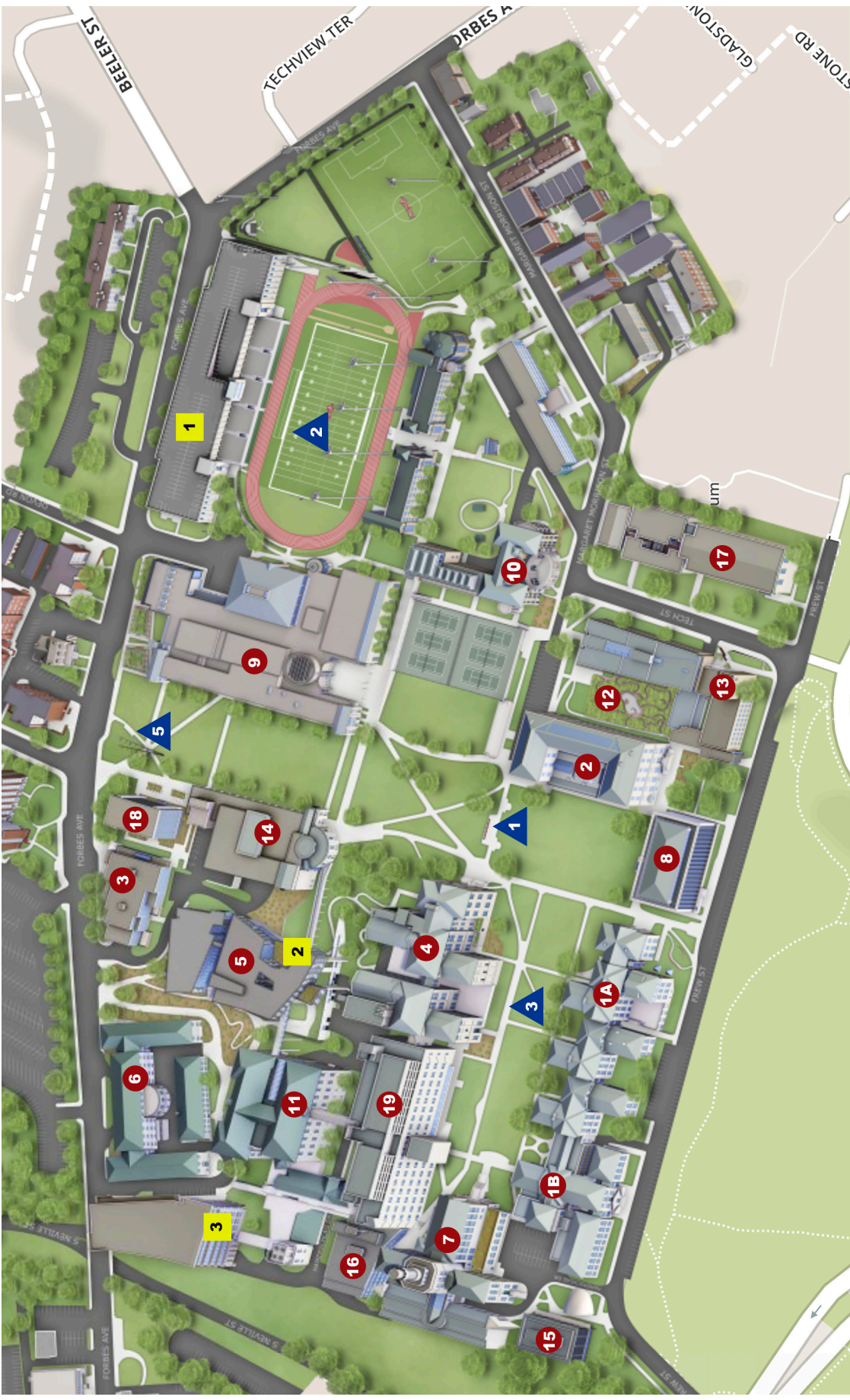
PARKING

1	East Campus Parking Garage
2	Gates Garage
3	RMCIC Garage (close to Wean Hall)

LANDMARKS

1	The Fence
2	Gesling Stadium
3	The Mall
4	Rand Corporation (map below)
5	Walking to the Sky Statue





Carnegie Mellon University



CAMPUS MAP

GENERAL INFORMATION & POLICIES

Classroom Locations

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

OFF-CAMPUS	Address
ALCOSAN	33 Preble Ave., Pgh 15233
Alphabet City Center	40 W. North Ave., North Side
Beth Shalom	5915 Beacon St., Squirrel Hill
City Theatre	13 Bingham St., South Side
Dance Alloy Studio	5530 Penn Ave., at Stratford, East Liberty
Frick Park	Lawn Bowling Greens
Friends Meeting House	4836 Ellsworth Ave., Oakland
McGowan Institute For Regenerative Medicine	450 Technology Dr., Suite 3 15219
National Aviary	7 Arch St., North Side
Pittsburgh Botanic Garden	799 Pinkerton Run Rd., Oakdale
Rodef Shalom	4905 5th Ave., Oakland
Wilkins Community Ctr.	7604 Charleston Ave., Regent Sq.

Photos and Videos




- Photographs and videos are taken at many Osher events.
- The photos may be used in course catalogs, the website, the newsletters, brochures, or other publications.
- We encourage our members to share their photos and videos by emailing them to OsherPhotos@gmail.com.
- If you do not wish to have your photograph taken, please advise the photographer.

Classroom Etiquette

All of OLLI's instructors are volunteering their time and talents. Please be respectful of your course instructors and fellow participants by:

- attending only course for which you have registered
- arriving to class on time and turning off your cell phone
- not wearing fragrances out of respect for those with allergies
- staying on topic during discussions
- respecting the instructor's time at the end of class

Parking

Garage/Lot	Address	Map #
East Campus Parking Garage* (Free after 5 pm and on weekends)	5040 Forbes Ave.	 1
RMCIC Parking	594-598 Boundary St	 2
Gates Bldg Parking Garage*	Hamerschlag Dr.	 3

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

Handicapped Parking - \$50 per term

Our mobility committee has arranged for a shared handicapped parking space just outside the rear ground floor entrance to Wean Hall. This handicapped space will be for the exclusive use of mobility-challenged Osher members who have a state issued disabled parking placard. You must pre-register for this spot and it is on a first-come, first-served basis. Cost for a member is \$50 per term. If you are interested in knowing more, please call Jim Reitz at 412-521-6575 or call the office to purchase a handicapped parking permit.

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. Show your Osher ID card to the driver. Schedules are online at cmu.edu/police, click "Shuttle and Escort."
- AgeWell Rides, a service of AgeWell Pittsburgh through Jewish Family & Children's Service, offers rides for senior citizens who do not drive. For more information, please call 412-422-0400.

Bad Weather Days

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

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 remind you of upcoming Osher or Carnegie Mellon activities. The Weekly Essentials can be found on cmu.edu/osher.
- We recommend you use an email provier other than AOL or Verizon.
- The Osher office will send email notices to specific classes for important course changes.

Handouts

If you want a printed handout for a class, call the office to run it off. It is your responsibility to pick it up from the office. The office charges 25¢ a page for copies. Please call 412-268-7489 to arrange printing and pickup.

Catalogs

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

Check Your Schedule

The most up-to-date information about all classes is always available at cmu.edu/osher. Click on the Google calendar or go to Member Sign In and enter the course ID.

Controversial Speakers

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

Non-Discrimination

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

Scholarships

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

Osher at CMU Code of Conduct

Membership in our Osher at CMU community entails mutual respect. When we join the organization as either members or study leaders, we agree to respect every member of the campus community as an individual committed to the pursuit of knowledge and self-understanding. Misuse or abuse of that mutual respect can threaten our entire academic enterprise.

Osher at CMU rules and policies balance freedom and responsibility and provide standards for the orderly operation of our community. As members or study leaders of Osher at CMU, we accept and agree to comply with these standards. As members of the Osher at CMU community, we are expected to display mutual respect, personal and academic integrity, and civil discourse. The latter includes tolerance and respect for diverse opinions. There is no place for dismissive, hostile, or derogatory comments about study leaders, members, or staff.

Members of the Osher at CMU community are encouraged to contact the executive director if they observe behavior that is a significant violation of this code of conduct. The executive director shall investigate and address the problem with the violator. Serious or repeated violations shall be referred to the Executive Committee, which may impose appropriate penalties including suspension of membership privileges.

REGISTRATION INFORMATION

READY TO REGISTER?

Registration Fee

The registration fee for members per term is \$50 for an unlimited number of courses. The Prospect registration fee is \$85 per term.

Register Online - It is to your advantage!

To register online, go to 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. Please email the office if you do not know your username.

Paper Registration - If you must

To register by mail, use the registration form supplied on the next page. Paper registrations are not entered until after registration is opened.

Materials Fees

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

NEW A \$10 material fee is required for all off campus courses to subsidize the rental fee. This fee is included in the Material Fee listing in the catalog.

Confirmation Letters

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

Adding and Dropping Courses

To add a course(s) after registering, please either go online to do so, or call the office at 412-268-7489. If you want to drop a course, fill out the drop request form located on cmu.edu/osher in the "quick links" bar.

Important:

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

If you pay with a credit card, you will not be charged until you are enrolled in a course.

Refund Policy

If Osher cancels a course before the course has begun and it is the only course you requested for the whole term, you are entitled to a full refund of your registration and fee(s). The refund will be given as a credit for future use, unless you request a check.

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

Terms Per Year

Osher at CMU offers three terms: Winter/Spring, Summer, and Fall. For the registration fee of \$50 for members and \$85 for prospects per term, you can take an unlimited number of classes during that term.

Osher Ambassadors Are Vital

The responsibilities of the OA are to welcome new members to class, take attendance, make announcements, and act as liaison between the classroom and the office. To volunteer, please send email with your name and the name of your course(s) to osher@cmu.edu.

Observed 2018-2019 Official Osher Skip Days

Osher Lifelong Learning Institute is a nonsectarian organization. The organization officially recognizes only the following skip days:

New Years Day*	Jan. 1
Martin Luther King Jr. Day	Jan. 15
Day before Passover	Mar. 30
Good Friday	Mar. 30
CMU Carnival	Apr. 19-20
Memorial Day*	May 28
Independence Day*	Jul. 4
Labor Day*	Sep. 3
First full day of:	
Rosh Hashana	Sep 10
Yom Kippur	Sep 19
Thanksgiving Wednesday	Nov. 21
Thanksgiving Day*	Nov. 22
Thanksgiving Friday*	Nov. 23
Winter Break*	Dec. 23 - Jan. 2

*office is closed

Questions? Please call the office at 412-268-7489 or email us at osher@cmu.edu.

REGISTRATION FORM

Summer 2018

All refunds, minus a \$10 administrative fee, will be given to those who drop all their classes and notify the office at least 3 full business days prior to the first class. Rental portion of materials fees are non-refundable.

Name _____ Email _____

Street Address _____ Home Phone _____

_____ Cell Phone _____

City _____ State _____ Zip Code _____

Emergency Contact Name and Phone _____

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

Course ID	Willing to be O.A.	Course Title: Please include at least the first three words	Materials Fee

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

<input type="checkbox"/> Total Materials fee(s)	
<input type="checkbox"/> Member Registration Fee:	\$50.
<input type="checkbox"/> Donation	
Total Payment	

Payment Method: check or credit card

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

Check Number: _____
Payable to "Osher at Carnegie Mellon"


VISA MasterCard American Express Discover

Cardholder Name (PLEASE PRINT) _____

Expiration Date ____ / ____ CVV Code _____

Card Number _____



The logo consists of a white circle containing the text "OSHER LIFELONG LEARNING INSTITUTE" in white, uppercase, sans-serif font. The circle is centered on the page.

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 addition to your will (known as a codicil).

If you would like, Osher at CMU also can be a beneficiary of your IRA or retirement account. Contact your account custodian to obtain a beneficiary designation form to arrange.

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



Carnegie Mellon University
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Hunt Library
4909 Frew Street
Pittsburgh, PA 15213-3833

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Permit No. 251

Please do not discard your catalog until the term has ended.

Join us!



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



412.268.7489 | cmu.edu/osher
osher@cmu.edu