Dear Osher at CMU Students;

Our new by-laws state that the mission of our organization is to provide its members with learning and social enrichment opportunities that increase their knowledge. More specifically, the core of the mission is to offer a slate of quality courses and events.

To accomplish this monumental task, the curriculum committee works diligently year round, soliciting both seasoned and possible new Study Leaders (SLs) to teach, voluntarily. To help manage quality control, the organization asks the students via Survey Monkey to give feedback about how well a SL did in presenting a course. It is the information derived from these surveys that helps the committee decide which courses to offer again. In the mix of evaluating whether a course is green-lighted to be offered again is the attendance ratio. If attendance drops off, it is often an indication that either the students have lost interest, or the course was not what was expected.

I am sharing this information to let you know that: 1) If you know about someone who could offer a terrific course, please let them know about us and encourage them to complete a proposal form (located on our website under “Teach for Us;” 2) When a Survey Monkey shows up in your email, make a point to complete it. The surveys are anonymous and provide critical information for both the committee and the SLs. Even poor reviews give good information. If you do not like a course you are in, do not just stop going to it. Let the office know why. Maybe something can be done to improve a course mid-way. Your responses help to drive our decisions.

Finally, I want to recognize retiring curriculum committee chair Byron Gottfried for his dedication and leadership these past 3.5 years, and to welcome Circe Curley as the new chair.

Remember, your opinions and suggestions are important!
Lyn Decker / Registrar

ON THE COVER
Carnegie Mellon installed Walking to the Sky, a 100-foot-tall, seven-ton sculpture created by internationally renowned alumnus Jonathan Borofsky (A’64), in May 2006. The sculpture was a gift from CMU Trustee Jill Gansman Kraus (A’74) and her husband, Peter Kraus.

Photography credit: Front cover: CMU
Additional images courtesy of Wikimedia Commons, Pexels, David Bachman of Pittsburgh Opera, Kevin Fernando of Pittsburgh Botanic Garden, Rich Sofranko of Pittsburgh Ballet Theatre, & Katrina Zeigler
OSHER at Carnegie Mellon | Fall 2017

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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.

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

412.268.7489  osher@cmu.edu
CONSIDER A GIFT TO Osher

Should you wish, you may make a contribution to the Osher Annual Fund or the 25th Anniversary Fund by calling the office at 412.268.7489, going through the Osher website with a credit card, or mailing a check to the office. Thank you in advance for your generosity.

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Film Noir 2

*Study Leader:* Lloyd Stires

- 6 Classes: Sep. 5 – Oct. 10
- Tuesday, 6:00 PM - 8:30 PM
- Wean Hall, 4708

**Class ID:** 2109

Film noir (French for “dark film”) refers to approximately 300 black-and-white mystery and crime melodramas popular in the 1940s and 1950s. Described as “one of the more complex and intelligent Hollywood styles,” it features hard-boiled detectives, femme fatales, and flawed anti-heroes whose lives are jeopardized by bad choices. Film noir is also known for its characteristic visual style and unusual narrative structures. In Film Noir 2, we will watch and discuss six film noir classics, different from those shown in the first Film Noir course. We will examine what these films tell us about the economics, politics, and culture of post-World War II America. It is not necessary to have taken the first course to enroll in this class.

**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.

Creative Process Of CMU’s School Of Drama Plays

*Study Leader:* Richard Block

- 2 Classes: Oct. 5 and Nov. 16
- Thursday, 5:30 PM - 6:30 PM
- Purnell Center, Chosky Theatre

**Class ID:** 2082

Be an insider to the productions of one of the country’s most famous drama schools. The class will meet with Richard Block, associate head of the School of Drama at Carnegie Mellon, as guide. The class will discuss the plays, costumes, sets, lighting, sound, etc., with many of the people involved in the productions. Tickets to performances should be purchased from the university in advance.

**Richard Block** received his M.F.A. degree from Northwestern University and joined the faculty of Carnegie Mellon in 1988 following a free-lance design career based in New York City. He is associate head of the School of Drama and senior lecturer in design. He is currently the first national design chair for the Kennedy Center/American College Theater Festival and has been awarded the Kennedy Medallion for Distinguished Service.
Dracula: The Ballet

Study Leader: Lisa Auel

• 1 Class: Oct. 11
• Wednesday, 12:00 PM - 2:00 PM
• Pittsburgh Ballet Theatre, 2900 Liberty Ave.

Learn about this spine-chilling ballet based on Bram Stoker’s 1897 gothic novel — the grandfather of all vampire dramas. Dissatisfied with his bevy of undead brides, Count Dracula fixates on Svetlana, a young girl on the cusp of engagement, to satiate his thirst for fresh blood. A haunting score by Franz Liszt builds suspense, while scenic designer Thomas Boyd's fastidious studies of Balkan and Romanian architecture add authenticity to the 19th-century Transylvanian setting. The dancing also has teeth, with levitation, flying, and pyrotechnics that make the choreography even more climactic. At the time of its premiere, the New York Times described it as a "spectacle of an order ballet audiences seldom see today."

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

**LANGUAGE**

**Etymologies VI: Eponyms, Toponyms, And Everything In Between**

*Study Leader: David Fortun*

- 5 Classes: Nov. 2 – Dec. 7*  
- Thursday, 9:30 AM - 11:00 AM  
- Wean Hall, 4707

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

Perhaps you prefer Heineken to Jack Daniel’s, Smucker’s to Welch’s, or Marshall Field to Bloomingdale’s. Perhaps you prefer Santiago to Nassau, Australia to Austria, or Brazil to Ecuador. Regardless of your preferences, you would probably enjoy discovering why each of these places/products/companies carries that name. And if you would enjoy exploring these eponyms and toponyms, you would also probably enjoy discovering the etymologies, or origins, of everything in between. Etymologies VI is a new exploration of word origins, following the courses Word Power Stuff, Etymological Jeopardy, Etymologies and You, and Everyday Etymologies. Join the journey.

**David Fortun** is a retired English teacher from Shaler Area High School. He has taught five etymology classes in the Osher program at Carnegie Mellon. A lifelong baseball fan, he has conducted tours at PNC Park for six years and has shared his knowledge of Pittsburgh baseball with his fellow Osher learners.

**LITERATURE**

**A Homage To Harper Lee And To Kill A Mockingbird**

*Study Leader: Michael Mariani*

- 6 Classes: Sep. 8 – Oct. 20*  
- Friday, 11:15 AM - 12:45 PM  
- Wean Hall, 4707

*Note: Class will not meet on Sep. 29*

Harper Lee’s *To Kill a Mockingbird* showcases a literary master of language while telling a compelling story. Its sustained popularity is unprecedented. Some call it the great American novel. The class studies this merited acclaim through Harper Lee’s characterization and juxtaposition of lively, memorable, iconic characters, her brilliant point of view told through the eyes of a child who sees and experiences bigotry and racism, friendship and loyalty, truth and secrets still mainstay issues today. Media bombards us with numbing images while Ms. Lee lets us, "peek behind closed doors" to learn, live, and understand as Scout, Jem, and Dill witness insidious prejudice, unfailing courage, and the power of truth and love. *Mockingbird’s* appreciation builds with each reading, reflection, and discussion of the literary art, craft, and skill used by, as Truman Capote said, "Someone rare . . . a writer with the liveliest sense of life — warmest, most authentic humor."

**Mike Mariani** is a retired English teacher of 42 years. He received his B.S. in education from Duquesne and master’s degree in English from Catholic University. He believes English is not only the conduit through which information is gained and given, but it’s the subject that best lends itself to the discussion, understanding, internalization, and development of individuality and community. Mariani’s love of reading and literature led to a love of writing, and the analysis of writing enhanced his appreciation of literature. Since reading and writing are intertwined disciplines, an active study of literature come from reflective writing and participatory discussion, a literary passage or poetic response, memory and imagination expressed in syntax and context, or the relationship of symbol and meaning. Mariani brought authors to his classes to discuss the writing process and what happens when we read. From novelist Larry Bond, to Pulitzer Prize poet Henry Taylor, to DC Poet Laureate Dolores Kendrick, their insights became incorporated in his literature and writing classes. Mariani has published poetry in *Virginia Writing* and op-ed articles in the *Journal Newspaper*. 
Non-Fiction Pulitzer Prize Books Revisited

Study Leader: Joan Bernard

• 5 Classes: Sep. 8 – Oct. 13*
• Friday, 1:00 PM - 2:30 PM
• Hunt Library, Osher Classroom
*Note: Class will not meet on Sep. 29

Non-fiction Pulitzer Prizes Revisited is modeled after the highly successful class Great Novels Revisited, which has become an Osher classic. Since the mid-1960s, more than 100 books have won, or been finalists for, the Pulitzer Prize for Biography, History, and General Non-Fiction. The format will be roundtable discussion of each book, preceded by a discussion of the author’s biography. Each book will be discussed for three sessions. The study leader will present the biography and lead the discussion for the first class. Student volunteers will be recruited to lead the subsequent classes. The two books to be read are: The Pope and Mussolini: The Secret History of Pius XI and the Rise of Fascism in Europe, by David I. Kertzer; and The Looming Tower: Al-Qaeda and the Road to 9/11, by Lawrence Wright.

Joan Bernard is an attorney with a range of interests informed by her education and professional experience. In addition to the JD, she holds degrees in the social sciences, fine arts, theology, economics, and management. She and her husband have traveled in Europe and Asia, and have lived in Hong Kong and Dublin. Personal interests include reading fiction and non-fiction, Italian cooking, wine tasting, theatre, music, drawing, painting, and fine arts.

Faulkner’s The Mansion:
Last Of The Snopes Trilogy

Study Leader: Mary Schinhofen

• 6 Classes: Oct. 30 – Dec. 4
• Monday, 1:00 PM - 2:30 PM
• Hunt Library, Osher Classroom

Written over a span of 29 years, the Snopes trilogy ends the saga of Faulkner’s fictional Yoknapatawpha County. These three novels, The Hamlet, The Town, and The Mansion, center upon the activities of Flem Snopes, a self-made man who climbs from his dirt-scrabble farmer heritage to the position of bank president, and whose rise to power through his machinations underlies all three books. So powerful was Faulkner’s characterization of Flem that the term ”Snopes” has become synonymous with those who achieve material gain and social success through brilliant but underhanded business dealings. This course, focusing on The Mansion, does not depend upon any prior knowledge of Faulkner’s work, but those who have read the first two novels of the trilogy will recognize many of the characters. Those who are not already familiar with Faulkner can look forward to a blockbuster introduction with this powerful, often funny, and intriguingly complex novel.

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.

Important

Registration occurs before catalogs are mailed. If you no longer wish to receive a paper catalog, please notify the office.
The Pleasures Of Poetry

**Study Leader:** Judith Robinson

- **6 Classes:** Oct. 30 – Dec. 4
- **Monday:** 1:00 PM - 3:00 PM
- **Wean Hall:** 4707

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


Finishing Dostoyevsky’s *The Idiot*

**Study Leader:** Gloriana St. Clair

- **6 Classes:** Sep. 7 – Nov. 30*
- **Thursday:** 1:00 PM - 2:30 PM
- **Hunt Library, Osher Classroom**

An Osher member who has described himself as a “Gloriana groupie” recently said that he had read the first 200 pages of Fyodor Dostoyevsky’s 600 page 1868/9 novel *The Idiot* three times. The title character, Prince Myshkin, suffers from epilepsy. Through him, Dostoyevsky attempts to portray the actions of a truly good person. The Richard Pevear and Loarissa Volokhonsky 2002 translation will be our text. In this course, we will agree to make the study so interesting, entertaining, educational, and challenging that most students will finish the classic. Participating as active learners, students will read and discuss this “most original of Dostoyevsky’s great novels” We will also consider some of the film redactions of the novel, often called Dostoyevsky’s most autobiographical work.

Please note: **Class meets every other week. There is class on Sep. 7, Oct. 5, 19, Nov. 2, 16, 30**

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 Academy for Lifelong Learning and subsequently 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 of 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.
ARTS & HUMANITIES | Literature

Great and Notable Novels Read And Revisited

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

- 6 Classes: Sep. 14 – Dec. 7*  
- Thursday, 1:00 PM - 3:00 PM  
- Hunt Library, Osher Classroom

*Note: Class will not meet on Sep. 21, Oct.5, 19, Nov. 2, 16, 23, 30

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

Mary Schinhofen earned a B.A. degree in literature and philosophy and went on to raise a family and teach English literature at the University School in Shadyside. 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.

Short Stories - An Art Form Swallowed Whole

Study Leader: Helen-Faye Rosenblum

- 6 Classes: Sep. 11 – Oct. 16  
- Monday, 1:00 PM - 3:00 PM  
- Hunt Library, Osher Classroom

This course will use a variety of contemporary short stories to address the questions. The answers may be elusive, but the quest will be gripping.

Please note: Initially everyone will be wait listed. See Helen-Faye Rosenblum, previous listing

Current Literature

Study Leader: Marilyn Meltzer

- 3 Classes: Sep. 5 – Oct. 3*  
- Tuesday, 11:15 AM - 12:45 PM  
- Hunt Library, Osher Classroom

*Note: Class will not meet on 9/12/2017, 9/26/2017

The study group will read three current works of fiction and non-fiction and will meet every other week. A list of titles will be mailed to participants in advance.

Please note: Class meets every other week. There is class on Sept 5, Sept. 19, and, Oct 10.

Marilyn Meltzer is a Pittsburgh-based artist and an avid reader who has participated in book club discussions and book exchanges since the early 1950s. She has taught weaving from Pittsburgh to Brazil. Her work has been exhibited twice in the International Tapestry Exhibition in Lausanne, Switzerland, and is also found in Pittsburgh’s Carnegie Museum, the Museum of Art and Design in New York City, and many European museums. She is author of Weave It!
Literature | ARTS & HUMANITIES

Poetry Interpretation: Shakespeare To Swift

*Study Leader: Richard Yount*

- 6 Classes: Sep. 5 – Oct. 10
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Students will analyze examples of classic English poetry, including Shakespeare’s sonnets and poems by Spenser, Marlowe, Donne, Raleigh, Herrick, Shelley, Keats, Byron, Swift, Blake, Wordsworth, Tennyson, Owen, and Heaney in non-lecture format. Students will be encouraged to offer analyses and interpretations of these works in an informal setting. A brief overview of poetry terms will provide students with terminology to better articulate their discussion of these works. Poems will be supplied in hard-copy format so as to allow students the opportunity to mark lines and to take notes, if desired. No outside reading is required, nor is a textbook required.

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

Jane Austen’s Bookend Novels: Northanger Abbey And Persuasion

*Study Leader: Allison Thompson*

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

*Note: Class will not meet on Nov. 24

Not published in her lifetime, Northanger Abbey was the first novel Austen wrote and Persuasion the last. The early work is a light-hearted spoof of the Gothic novel, while the later one is one of Austen’s “problem” novels in which she suggests that there is a failure of the system of privilege and patriarchy. We’ll explore if and how Austen’s art deepened and matured over her writing life. We’ll laugh, because Austen is a brilliant caricaturist and comic writer—and we’ll also sigh over the best love letter ever written.

Allison Thompson is president of the Pittsburgh chapter of the Jane Austen Society of North America and a Life Member. A musician, historian and English country dancer, she has published several articles depicting aspects of late 18th-century life in JASNA’s Persuasions On-Line and is currently at work on a book about dance in Jane Austen’s time, using Jane’s own music books.
Richard Strauss: The Long Goodbye

Study Leader: Jeffrey Swoger

• 6 Classes: Oct. 30 – Dec. 4    Class ID: 2111
• Monday, 1:00 PM - 3:00 PM
• Wean Hall, 4708

Richard Strauss was a pivotal figure in romantic and post-romantic music, both as a composer and a conductor. His reputation as an orchestrator is unquestioned, and the melodies he wrote can be heartrending. His compositions, however, run the gamut from the sublime, to the charming, to the shocking. The course will briefly survey his biography and touch on his work as a conductor before focusing on his musical compositions. Listening will include a survey of his tone poems, operas, several works featuring solo instruments, and his songs. A week has been added to the course in order to survey his operas more completely. Lively discussion of the man and his music will be encouraged.

Jeffrey Swoger has had a lifelong passion for classical music, beginning with a seventh grade music appreciation class and continuing through high school, college, and adulthood. His associations with the Chicago Symphony Orchestra afforded him opportunities to not only hear extraordinary musical performances but also to observe first-hand the inner workings of a major artistic organization and the business of classical music. He has a particular interest in the art of conducting and has led an Osher course focusing on six of the great conductors of the past century. Many of his favorite composers are of the German romantic school—Wagner, Bruckner, Mahler, and Strauss, the latter being the subject of this course.

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

Study Leader: Mike Schneider

• 6 Classes: Sep. 5 – Oct. 10    Class ID: 2098
• Tuesday, 3:15 PM - 4:45 PM
• Wean Hall, 4708

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 one of contemporary culture’s most influential art forms, recorded popular music? We’ll track highpoints 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 will publish his second chapbook, How Many Faces Do You Have?
The Beatles

Study Leader: Stephen Schultz

- 15 Classes: Aug. 28 – Dec. 11*
- Monday, 6:30 PM - 9:20 PM
- Porter Hall, 100

*Note: Class will not meet on Sep. 4

A limited number of Osher at CMU members will be able to attend this 15-week course that is being offered to students at Carnegie Mellon University and will be taught by professor Stephen Schultz. The starting date will be confirmed by email and subsequent dates will be adjusted if necessary. The Beatles are the most famous rock group in history; the reasons for this are as much cultural as musical, and the class will study the two elements simultaneously. Their songs will be studied, with analysis of the musical and lyrical content and structural elements. Questions that will be addressed will include: What musical styles do the songs address? What were their musical influences? In what ways did their music change over the years? Also, the music’s social context will be studied. Why were the Beatles so popular and influential? What exactly caused Beatlemania? How did the group form, grow, and end?

Please note: Osher participants must commit to attend ALL 15 classes.

Stephen Schultz is solo and co-principle flutist with the Philharmonia Baroque Orchestra and performs with other leading early music groups. A graduate of the Royal Conservatory of Music in Holland, Schultz also holds several degrees from the California Institute of the Arts and the California State University at San Francisco. Currently, he is an associate teaching professor in Music History and Flute at Carnegie Mellon University and director of the Carnegie Mellon Baroque Orchestra. Mr. Schultz is also a featured faculty member of the Jeanne Baxtresser International Flute Master Class at Carnegie Mellon University and at the International Baroque Institute at Longy School of Music. In 1996, Mr. Schultz founded the original instrument ensemble American Baroque. This unique group brings together some of America’s most accomplished and exciting baroque instrumentalists, with the purpose of defining a new, modern genre for historical instruments. As solo chamber and orchestral player, Schultz appears on nearly 50 recordings. His latest release on the Dorian Label features Mr. Schultz playing all five flute parts of the Concertos for Five Flutes by Boismortier. Mr. Schultz has had many pieces written for him, including Traverso Mistico (2006), Night Train (2008), and Other Sun (2009).

Symphonies Of Mahler

Study Leader: Stephen Schultz

- 15 Classes: Aug. 29 – Dec. 5
- Class ID: 1991
- Tuesday, 6:30 PM - 9:20 PM
- Baker Hall, A51 - Giant Eagle Auditorium

By taking this course you be be auditing a CMU Master’s level music course. The eleven symphonic works of Mahler will be analyzed in relation to their form, melodic and harmonic content, counterpoint, orchestration, program, and emotional content. Further topics of discussion will be Mahler’s use of beauty, sentimentality, banality, tragedy, irony, and humor to present the “Whole Truth” in his symphonic writing. Osher students will be exempt from the oral presentations and research paper.

Please note: Osher participants must commit to attend ALL 15 classes.

See Stephen Schultz, previous listing

Some Musical Considerations Of Jazz/Swing

Study Leader: Joe Lagnese

- 2 Classes: Sep. 5 and Sep. 19*
- Class ID: 2133
- Tuesday, 3:00 PM - 5:00 PM
- Mellon Institute, Auditorium

*Note: Class will not meet on Sep. 12

Join us as we explore the distinguishing musical ingredients of jazz through the use of piano, bass, and saxophone. With the assist of a swing ensemble, we will study the changing character of this form of music from Dixieland through the big band era when swing music and dancing were mainstream and following through to Be Bop and the decline of its popular support.

Joe Lagnese’s vocation has been environmental engineering. He served as an adjunct at CMU previously while in consulting practice. Now his main interest and passion is music, particularly swing and jazz.
**Virtuosos In The Making**  
*Study Leader: Monique Mead*

- 4 Classes: Oct. 31 – Nov. 21  
- Class ID: 2068
- Tuesday, 12:00 PM - 1:20 PM
- College of Fine Arts, Kresge Theatre

Join us for a unique opportunity to witness the process of becoming a music virtuoso. Listen in while CMU faculty Lorna McGhee, Andres Cardenes, Sergey Schepkin, and others coach student performers from across the School of Music. Join the Q&A sessions that will center around the mental game of training for peak performance. Monique Mead teaches this course every fall semester, and you will be joining the class during the second half.

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

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**The Great Lyricists Of Popular Music**  
*Study Leader: Paul Roth*

- 5 Classes: Sep. 6 – Oct. 4  
- Class ID: 1987
- Wednesday, 3:15 PM - 5:15 PM
- Wean Hall, 4708

This course presents a review of prominent pop music lyricists during the period of 1920 through 1950. Some wrote primarily for Broadway—Hammerstein, Hart, Harburg, Gershwin—while others wrote primarily for Hollywood—Arlen, Livingston, Dubin, Gordon. A few even wrote show, film, and pop song lyrics—Berlin, Mercer, Loesser. This course will present the work of these artists in a more-or-less chronological order.

**Paul Roth** has been teaching Osher courses for many years. His subjects are American pop music and railroads. His extensive collection of records resides at Stanford University and his website is americandancebands.com. He has performed pop music vocally and on various woodwind instruments. Locally, he is a proud member of the JCC Chorus and broadcasts a pop music radio show on WMCK.FM (internet). He is a retired academic (Virginia Tech) and a pioneer in simulation—a branch of computer science.
Obsession
In Opera Music And Plots

Study Leader: Marilyn Egan

- 5 Classes: Sep. 6 – Oct. 11*
- Wednesday, 1:15 PM - 2:45 PM
- Pittsburgh Opera Headquarters,
  2425 Liberty Ave

*Note: Class will not meet on Sep. 20

Tosca and Scarpia are obsessed with personal aims. Captain Ahab is obsessed with the great whale. In *The Marriage of Figaro*, characters’ passions overpower their judgement. How does opera music express these extreme emotions so powerfully? Why do the plots move us so much? This course will spark your interest in deeper listening of operas from the 2017-2018 Pittsburgh Opera season, including *Tosca, The Marriage of Figaro, Moby Dick*, and *The Elixir of Love*.

Marilyn Michalka Egan, Ph.D., Pittsburgh Opera Director of Education, enjoys opening new doors to opera for students of all ages. She will be joined by staff members and opera artists who will share their specific areas of expertise about opera.
**ECONOMICS**

**Thomas Piketty’s *Capital In The 21st Century***

*Study Leader: Russ Sheldon*

- 6 Classes: Nov. 2 – Dec. 14*  
- Thursday, 1:15 PM - 2:45 PM  
- Wean Hall, 4707  
*Note: Class will not meet on Nov. 23*

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

**Russell Sheldon** is a Cornell Ph.D. who taught money and banking as an adjunct at CMU during the 80s and 90s. He worked on econometric studies of fiscal policy for the government during the Carter years and enjoyed a stint at the Fed under Paul Volcker. Russell also worked for Mellon Bank, at MCM on Wall Street, and for Nesbitt Burns, an investment bank in Toronto.

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**The Path To Investment Success**

*Study Leader: David Hammerstein*

- 5 Classes: Sep. 11 – Oct. 9  
- Monday, 1:00 PM - 2:30 PM  
- Wean Hall, 4708

Investment management resembles a marathon more than a sprint. Success favors a surefooted approach based on patience and planning. The course will present steps that offer prospects for better performance. It will explain techniques to project markets’ returns, balance the pursuit of growth with appropriate risk controls, determine prudent spending rates, minimize fees and expenses, maintain sufficient liquidity, choose appropriate vehicles such as mutual funds and exchange traded funds, and organize investment records.

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

Study Leader: Jack Ochs

- 4 Classes: Sep. 28 – Oct. 19  
- Thursday, 11:15 AM - 12:45 PM  
- Wean Hall, 4707

This series discusses the role of reputation in facilitating trade in various contexts, both historical and contemporary. It also discusses the history and controversies around property rights, intellectual property and anti-trust issues.

Jack Ochs retired several years ago as professor of economics at the University of Pittsburgh. At Pitt, he taught courses in public financial and experimental economics, and conducted research on a variety of topics. Since retiring he has enjoyed developing and presenting a series of short courses for Osher programs.

Course Changes

Often class times and locations will change after the catalog is printed. Please check our website, www.cmu.edu/osher, for the most up-to-date information. Click on "Schedule Changes" to see all course changes.

LAW

Those Who Trespass Against Us: Introduction To Torts

Study Leader: Errol S. Miller

- 6 Classes: Sep. 6 – Oct. 11  
- Wednesday, 9:30 AM - 11:00 AM  
- Wean Hall, 4707

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

Errol S. Miller is a graduate of Dartmouth College and Harvard Law School. He has practiced law for 50 years and for the last 30 years has been involved in the legal problems of estate planning and estate administration. He frequently gives seminars to lawyers on these subjects and was on the AARP referral panel for over 25 years. Additionally, his experience in working on a post-conviction appeal caused him to pursue another interest, criminal justice reform. The instructor’s entertaining style is evidenced by his success as the principal writer of the annual Allegheny County Bar Association topical satirical review for 23 years. He served on the Osher Board from 2013-2015.
BUSINESS & COMMERCE | Law

A Hitchhiker’s Guide To Patents, Trademarks, Copyrights, And Trade Secrets

Study Leader: Fred Colen

• 4 Classes: Nov. 30 – Dec. 21
• Thursday, 11:15 AM - 12:45 PM
• Wean Hall, 4708

The course will cover the basics of U.S. patent, trademark, copyright, and trade secrets law and delve into their differences, similarities, and overlapping. Each session will address one of the four noted types of intellectual property and will be in a lecture format, with open discussions between the course leader and the course participants. Each lecture will be supplemented with interesting examples of, and actual cases relating to, the intellectual property being discussed.

Fred Colen has actively practiced and specialized in intellectual property law for more than 40 years. For almost 38 years, he was associated with Reed Smith, LLP, an international law firm, first as an associate, next as a partner for 25+ years, and then as Counsel to the firm. Fred was the head of Reed Smith’s Intellectual Property Group for many years. In early January 2017, Fred terminated his association with Reed Smith, and became Of Counsel to The Webb Law Firm, a Pittsburgh-based, IP-focused law firm that traces its roots back to 1845. During his many years in practice, he has been involved in securing domestic and foreign intellectual property rights for his clients and has tried, and assisted with, numerous United States and foreign patent, trademark, copyright, and trade secret litigation. He is also regularly involved in licensing of proprietary technology and know-how, both in the United States and abroad. Fred has been appointed to act as a Special Master to the Court in patent infringement matters in the United States District Court for the Western District of Pennsylvania and serves as a mediator in patent, trademark, copyright, trade secret, and computer software disputes.


Study Leader: Richard Daffner

• 3 Classes: Nov. 29 – Dec. 13
• Wednesday, 1:00 PM - 2:30 PM
• Wean Hall, 4707

Medical malpractice (med-mal) is an unfortunate occurrence in our society. However, not all unsatisfactory medical results are due to negligence. This course will define the Standard of Care obligation that all physicians have and will explore all the elements encountered in the world of med-mal, illustrated with actual cases from the study leader’s experience over 30 years as an expert witness in radiology. The course will be divided into three parts: Part 1 will define malpractice and applicable legal terms; Part 2 will review the four key elements that define med-mal: the physician-patient relationship; actual injury or harm; breach of the Standard of Care (negligence) by the provider; and direct causal relationship between the negligence and the outcome; Part 3 will have the class participants act as the jury as illustrative cases are presented. Each case will undergo a “root cause analysis.” In addition, the points of law that affected the outcome will be demonstrated.

Richard H. Daffner, M.D. is a retired radiologist who worked at Allegheny General Hospital for 30 years as director of the Division of Musculoskeletal, Trauma, and Emergency Imaging. His entire professional career has been spent in academic settings, including the University of Louisville School of Medicine and Duke University Medical Center. He is emeritus clinical professor of radiology at Temple University School of Medicine. He is the author of Clinical Radiology: The Essentials, a text for medical students, and Imaging of Vertebral Trauma.
LEARN BY DOING
Art | Crafts / Hobbies | Culinary | Dance / Exercise | Finance / Insurance | Games | Gardening | Language
| Music / Drama | Self Improvement | Technology | Tours | Wellness | Writing

ART

Drawing For The Love Of It
Study Leader: Judy Spahr

• 6 Classes: Sep. 8 – Oct. 20*
• Friday, 9:30 AM - 12:00 PM
• To Be Announced
*Note: Class will not meet on Sep. 29

Drawing for the Love of It will explore various techniques with the pencil. Our subjects will include our faces and "found objects," such as shoes, kitchen objects, or tools. Emphasis will be on drawing what you see, shading, and composition. We will have fun and learn how exciting it is to bring "found" objects to life. Materials for the class include pencils, erasers, and sketchbooks.

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.

Drawing: A Lifelong Journey
Study Leader: Judy Spahr

• 6 Classes: Nov. 3 – Dec. 15*  
• Friday, 9:30 AM - 12:00 PM
• To Be Announced
*Note: Class will not meet on Nov. 24

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.

See Judy Krause Spahr, previous listing
LEARN BY DOING | Art | Crafts/Hobbies

See, Sketch, And Paint Life

Study Leader: Barbara Conner

• 6 Classes: Oct. 31 – Dec. 5
• Tuesday, 9:00 AM - 10:30 AM
• Hunt Library, Osher Classroom

When our helpful brain identifies and classifies objects, it actually skims over the process of intimately seeing what is before us. As a result, an untrained eye may produce drawn or painted results as stiff icons rather than seeing things as they are. Artists see the world differently. With training for both eye and hand to work in unison, we can learn to nourish a more holistic vision. Once we start to see collections of lines, shadows, shapes and contours and their relatedness within space, sketches will begin to look more realistic and three-dimensional. Explore observation skills and develop drawing technique through demonstration and small group instruction. Experiment with mark-making by employing a variety of pencils, charcoal, and water-based media. We’ll work indoors from still life subjects, and then have one playful outdoor or out-of-classroom day. A list of required supplies will be sent before the first class.

Barb Conner currently manages the Museum Conservation Center for the Heinz History Center. She is also a studio artist, art consultant, scenic painter, and educator. A graduate of CMU’s College of Fine Arts program in Art, Barb has taught a variety of art and preservation courses for students of all ages and skill levels within community, university, and institutional settings. She is a member of the American Association of Museums, is listed on the Pittsburgh Artist Registry, and exhibited her artwork with Ladies United for the Preservation of Endangered Cocktails, Art All Night and the Society of Flat Artists.

Crafting Functionality From Discards

Study Leader: Barbara Gengler  Materials Fee: $10*

• 5 Classes: Sep. 5 – Oct. 3
• Tuesday, 3:30 PM - 5:00 PM
• Hunt Library, Osher Classroom

Get ready to create something useful — basket, art book, bird feeder, gift bag — from materials that have fulfilled their initial purpose or have been discarded. Besides your own recycle bin and local yard sale, Pittsburgh has a tremendous resource in the Pittsburgh Center for Creative Reuse where an ever-changing array of materials is waiting for you to reuse. Projects for the session will be inspired by what’s available at PCCR’s store, and you’re encouraged to bring in any materials or found objects you’d like to see find a new purpose, and we’ll brainstorm (and probably "google") the possibilities, which are endless. Let’s have some fun!

Barbara Gengler is a serial hobbyist who has played with fiber, glass, silver, and wood to create afghans, windows, vases, jewelry, musical instruments, and other functional art. As in her work developing software solutions, she enjoys the challenge of creating functional solutions using resources and materials at hand.

*Materials fees are not refundable; information on page 92.

Registration Video

For detailed information on how to register online, visit the website, cmu.edu/osher, and click on "Member Sign In." The registration video will be to the right hand side.

Only Members can register online.
Create Trendy Jewelry

Study Leader: Gerry Florida  Materials Fee: $25*

- 2 Classes: Oct. 18 and Oct. 25  Class ID: 2023
- Wednesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

Learn to design your own jewelry. This two-session basic design course will introduce you to the fun and fashionable art of jewelry making. Students will learn simple design formulas to originate a three-piece set to include a fancy toggle bracelet, fun earrings, and an elegant toggle necklace to match your favorite wardrobe or use as gifts. Choose from a variety of elegant and colorful beads and use your creative savvy as the instructor completes the finishing techniques of your one-of-a-kind creations. This class is an introduction to the design aspect of jewelry making as a hobby or profitable craft. Beads and materials will be provided with a base metal toggle clasp and base metal pierced earring hooks. Finishing techniques will not be taught in this introductory design class. Contact the instructor for sterling silver or clip earrings at additional fee.

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 92.

JOIN US

for

Luncheons, Evening Lectures, and Special Events

We are busy planning many wonderful events from now until the end of the year.

Notices will be sent by email and surface mail and posted online at cmu.edu/osh. Registration is required!
LEARN BY DOING | Culinary

CULINARY

Food From Pennsylvania’s Fall Farmers Market Bounty

Study Leader: David Green  Materials Fee: $35*

- 5 Classes: Sep. 5 – Oct. 3  Class ID: 2036
- Tuesday, 1:00 PM - 3:00 PM
- Wilkins Community Center,
  7604 Charleston Ave., Swissvale

Throughout the fall, Pittsburgh's many farmers markets are laden with an abundance of colorful fruits and vegetables. In this course, we will explore the ability of local autumnal farm-to-table produce and the many ways we can use them to create lively menus for our friends and families.

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 92.
DANCE/EXERCISE

Hatha Yoga

Study Leader: Loretta Barone   Materials Fee: $20*

• 10 Classes: Sep. 7 – Nov. 16*   Class ID: 2001
• Thursday, 10:00 AM - 12:00 PM
• Dance Alloy Studio,
  5530 Penn Ave., East Liberty
  *Note: Class will not meet on Sep. 21

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.

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.

*Dances fees are not refundable; information on page 92.

Dance Fitness Gold

Study Leader: Maureen Gemeinhart   Materials Fee: $10*

• 5 Classes: Sep. 7 – Oct. 12*   Class ID: 2028
• Thursday, 11:15 AM - 12:15 PM
• Friends Meeting House, Ballroom,
  4836 Ellsworth Ave., Oakland
  *Note: Class will not meet on Sep. 21

• 5 Classes: Nov. 2 – Dec. 7*   Class ID: 2029
• Thursday, 11:15 AM - 12:15 PM
• Friends Meeting House, Ballroom,
  4836 Ellsworth Ave., Oakland
  *Note: Class will not meet on Nov. 23

Bored by your regular exercise routine and like to dance? Why not try Dance Fitness Gold? Geared for active older adults, Dance Fitness Gold combines international music, familiar dance steps, and easy-to-follow combinations. No experience is required; beginners get fit through guided, low-impact movements. Join the fun and camaraderie! Work all muscle groups while dancing the merengue, salsa, cumbia, Charleston, and Lindy hop, among others. Optional light weights can be incorporated in several routines. Engage your mind through exercise and by learning a new formula designed to fit your needs. Wear comfortable clothing and tennis shoes that allow for easy movement. Bring your water and join the party!

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

*Materials fees are not refundable; information on page 92.
Get Fit: A Fun Latin Cardio Workout

Study Leader: Connie Pollack  Materials Fee: $10*

• 7 Classes: Sep. 6 – Oct. 25*  Class ID: 2080
• Wednesday, 1:15 PM - 2:30 PM
• Beth Shalom, 5915 Beacon St., Squirrel Hill
*Note: Class will not meet on Sep. 20

• 7 Classes: Nov. 1 – Dec. 20*  Class ID: 2140
• Wednesday, 1:15 PM - 2:30 PM
• Beth Shalom, 5915 Beacon St., Squirrel Hill
*Note: Class will not meet on Nov. 22

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 instructions, demonstrations, 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 92.

Tai Chi Ch’uan - Long Form, First Section

Study Leader: Judith Crow  Materials Fee: $10*

• 7 Classes: Sep. 11 – Oct. 23  Class ID: 2014
• Monday, 10:00 AM - 11:30 AM
• Wilkins Community Center, 7604 Charleston Ave., Swissvale

The ancient Chinese martial art Tai Chi Ch’uan is usually first approached as a gentle exercise to increase flexibility; promote better balance; and generally, enhance physical, mental, and spiritual well-being. Movements are slow, gentle, circular, and continuous. This course will focus on the basics of Tai Chi and the first section of the form. More-advanced students will have an opportunity to improve the “flow” of the form in their movements, synchronize brain with motion, and review, at least once each session, the first two sections of the form.

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

*Materials fees are not refundable; information on page 92.
Move It Or Lose It
At Dance Alloy

Study Leader: Elsa Limbach  Materials Fee: $10*

• 6 Classes: Sep. 5 – Oct. 24*  Class ID: 2060
  • Tuesday, 10:00 AM - 11:30 AM
  • Dance Alloy Studio,
    5530 Penn Ave., East Liberty

  *Note: Class will not meet on 9/19/2017, 9/26/2017

• 6 Classes: Nov. 7 – Dec. 12*  Class ID: 2061
  • Tuesday, 10:00 AM - 11:30 AM
  • Dance Alloy Studio,
    5530 Penn Ave., East Liberty

  *Note: Class will not meet on Oct. 31

Move It Or Lose It
At Friends Meeting House

Study Leader: Elsa Limbach  Materials Fee: $10*

• 6 Classes: Sep. 7 – Oct. 26*  Class ID: 2142
  • Thursday, 9:30 AM - 11:00 AM
  • Friends Meeting House, Ballroom,
    4836 Ellsworth Ave., Oakland

  *Note: Class will not meet on 9/21/2017, 9/28/2017

• 6 Classes: Nov. 9 – Dec. 21*  Class ID: 2143
  • Thursday, 9:30 AM - 11:00 AM
  • Friends Meeting House, Ballroom,
    4836 Ellsworth Ave., Oakland

  *Note: Class will not meet on 11/2/2017, 11/23/2017

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 92.

See Elsa Limbach, previous listing

Classroom Locations/Parking Info — page 90
LEARN BY DOING | Dance/Exercise

Feeling Better: Therapeutic Exercise And Stretching Class

Study Leader: Mark Spanos  Material Fee: $10*

• 6 Classes: Oct. 31 – Dec. 5  Class ID: 2107
• Tuesday, 10:00 AM - 11:30 AM
• Friends Meeting House, Ballroom, 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 will be 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 Los 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 92.

Tamburitzan Kolo Dancing

Study Leader: George Schexnayder  Material Fee: $10*

• 6 Classes: Sep. 6 – Oct. 11*  Class ID: 2095
• Wednesday, 10:00 AM - 11:30 AM
• Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland
  *Note: Class will not meet on Nov. 22

• 5 Classes: Nov. 1 – Dec. 6*  Class ID: 2144
• Wednesday, 10:00 AM - 11:30 AM
• Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland
  *Note: Class will not meet on Nov. 22

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

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

*Materials fees are not refundable; information on page 92.
Financial Success in Retirement

Study Leader: Seth Dresbold

- 4 Classes: Sep. 6 – Sep. 27  
  Class ID: 2018
- Wednesday, 5:30 PM - 7:00 PM
- Wean Hall, 4707

Whether you’re already retired, or approaching that next step in your life, you probably have countless questions about your money in retirement. What does it mean to be financially secure in retirement, and how do you best prepare yourself for the economic and emotional paradigm shift of this next phase of your life? Focusing on all of the basic elements within financial planning, this course aims to prepare you for the various planning needs that you may face in retirement. We will focus on ensuring that you are prepared to meet your income planning, investment-planning, insurance, and estate-planning needs. This course is designed to provide you with enough information so you can begin to formulate and strategize a plan designed specifically to meet your needs and individual retirement goals. Retirement should be something to look forward to, not something that causes worry.

Seth Dresbold is a partner with Signature Financial Planning. Seth joined Signature after graduating with his law degree and MBA from the University of Pittsburgh. He is a licensed attorney in the Commonwealth of Pennsylvania. He also has a CFP designation, which coupled with his educational background puts him in a position to offer true expertise on a variety of topics. This cross-sectional knowledge allows Seth to spot and address issues across many facets of the planning process and develop unique and creative solutions to problems as they arise. Seth specializes in aiding his clients through the retirement process. He provides comprehensive planning advice to high net worth individuals, small and mid-sized business, and charitable foundations, focusing on goal-oriented solutions individually tailored to meet the specific needs and desires of his clients.

Learning To Manage Your Personal Finances

Study Leader: Marcia Semper

- 5 Classes: Nov. 3 – Dec. 8*  
  Class ID: 2100
- Friday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom
  *Note: Class will not meet on Nov. 24

This course will provide a background for those with no prior experience who are faced with the responsibility to understand and manage their personal finances. Its objective is to develop the participant’s skill to make better financial decisions and to decrease the stress of their responsibilities. The wide range of topics covered includes income, expenses, investments, estate planning, taxes, and insurance.

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

Study Leader: John Olmsted

- 6 Classes: Sep. 12 – Oct. 17*  
- Class ID: 1988
- Tuesday, 1:30 PM - 3:00 PM
- Hunt Library, Osher Classroom
  *Note: Class will not meet on Sep. 5

Have you taken a beginner’s course on contract bridge but remain unsure of your abilities? Would you like to improve your party bridge skills but feel you don’t yet have enough of these skills? Do you have a stack of bridge guidelines or a book (*Bridge for Dummies*) but get confused trying to find the right information? Have you experienced the “my head is exploding” syndrome? If you want to improve your bridge-playing skills and answered “yes” to any of these questions, Bridging the Gap is the course for you. It will bridge the gap between knowing the bare bones and being ready to benefit from more-advanced courses. We will review all the fundamentals of bidding and play, paying special attention to students’ questions. We will also deal and play hands, analyzing each one in detail. The pace and coverage will be adjusted to fit students needs.

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

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 Bridge Basics I & II, Bridging the Gap, and Improve your Party Bridge Skills for Osher at CMU and coordinates the Osher Bridge Special Interest Group.

Mahjong Mania!

Study Leader: Sherri Davis

- 4 Classes: Nov. 1 – Nov. 29*  
- Class ID: 2017
- Wednesday, 9:30 AM - 11:00 AM
- Hunt Library, Osher Classroom
  *Note: Class will not meet on Nov. 22

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 with a hand on a Mahjong card. This course will teach you the elementary principles of the game; however, game play is often less important than the comradeship found around the playing table. As we focus on winning strategies and defensive moves, while enjoying social conversation, you will soon find that you have become a Mahjong devotee!

Please note: *A Mahjong card is required. A limited number will be available from the Study Leader or may be purchased from the National Mahjong League.*

Sherri L. Davis is currently employed at a wealth management firm, the Financial Foresight Group, Inc. 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 participate in her mother’s weekly game whenever a fourth person was needed. She now has her own weekly game!

Improve Your Party Bridge Skills

Study Leader: John Olmsted

- 6 Classes: Oct. 30 – Dec. 4  
- Class ID: 2078
- Monday, 3:15 PM - 4:45 PM
- Hunt Library, Osher Classroom

This course is for contract bridge players who enjoy a good quality social game but are not motivated to pursue the competitiveness of duplicate bridge. It assumes a basic knowledge of the game and will build on that. We will cover some bidding conventions, competitive bidding, planning play of the hand, and defenders’ play. Example hands will be used to illustrate various skills. Each session will include instruction on a topic, play of several pre-dealt hands by the participants, and detailed discussion of those deals. The course content will be partly determined by the desires of the participants. Return students are welcome.

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

See John Olmsted, previous listing.
Inside/Outside . . . Enjoying Your Potted Plants All Year Long

Study Leader: Karin Glass, Patricia Cernicky

• 1 Class: Oct. 26  
  • Thursday, 11:15 AM - 12:45 PM  
  • Wean Hall, 4708

Love your summer garden? This course will explore which of our outdoor plants can successfully be brought indoors, what preparation and care they might need, and all the healthy benefits to your home environment they provide. We will share creative ideas for using these plants as decorative accents thru the season.

Karin Glass is retired from electrical sales. She is a Phipps Master Gardener who learned her love of plants from her father and now enjoys sharing her interest with others.

Patricia Cernicky is a retired school principal with a lifelong love of plants. She is a Phipps Master Gardener and found a growing interest in houseplants since she downsized her home and no longer has the outdoor space of her previous home. She has done presentations at the Pittsburgh Green House on container gardening and phytoremediation.

Intermediate French Conversation

Study Leader: Veronique Schreurs

• 5 Classes: Nov. 10 – Dec. 15*  
  • Friday, 9:00 AM - 11:00 AM  
  • Hunt Library, Osher Classroom

*Note: Class will not meet on 11/3/2017, 11/24/2017

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.
Parli Italiano? 101

Study Leader: Viviana Altieri  
Materials Fee: $5*

- 5 Classes: Sep. 7 – Oct. 12*  
- Thursday, 9:30 AM - 11:00 AM  
- Hunt Library, Osher Classroom

*Note: Class will not meet on Sep. 21

Have you ever wanted to learn Italian? Add some "Dolce Vita" to your life and join us for a six-week journey into the Italian language and culture. During this introductory course, students will learn the basics of the Italian language to navigate successfully through most common travel scenarios, such as ordering at a restaurant, shopping, and making arrangements. The instructor will also share cultural information, and highlight the most culturally recognized places in Italy worth visiting.

Viviana Altieri, born in Rome, is the founder and executive director of MONDO ITALIANO - Centro di cultura italiana, the first all-Italian cultural center in Pittsburgh open to anyone interested in the Italian language and culture. After graduating from the University of Rome, she moved to Pittsburgh and has been teaching Italian to children and adults for over 20 years. She continues to visit her family in Rome and travel through Italy several times a year, always bringing back to her students fresh and current trends in the Italian language and the culture.

*MATERIALS FEES ARE NOT REFUNDABLE; INFORMATION ON PAGE 92.

MUSIC & DRAMA

Singing In A Choral Group

Study Leader: Constance Rapp  
Materials Fee: $10*

- 6 Classes: Sep. 7 – Oct. 19*  
- Thursday, 1:00 PM - 2:30 PM  
- Friends Meeting House, Parlor-4836 Ellsworth Ave

*Note: Class will not meet on Sep. 21

- 6 Classes: Nov. 2 – Dec. 14*  
- Thursday, 1:00 PM - 2:30 PM  
- Friends Meeting House, Parlor-4836 Ellsworth Ave

*Note: Class will not meet on Nov. 23

Whether you have choral experience or are just finding your singing voice, experience the joy of singing. The goal is to relax, have fun, and learn while singing two- and three-part harmony. The class sings traditional choral favorites as well as arrangements of Broadway songs. Reading music is helpful but not necessary. The only requirements are enthusiasm and the desire to participate.

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

*MATERIALS FEES ARE NOT REFUNDABLE; INFORMATION ON PAGE 92.

Registration Video

For detailed information on how to register online, visit the website, cmu.edu/osher, and click on "Member Sign In." The registration video will be to the right hand side.

Only Members can register online.
Have You Ever Wanted to Act on Stage?

Study Leader: C.R. Thomas, Nancy Santangelo

Materials Fee: $10*

- 6 Classes: Sep. 6 – Oct. 11  
  Class ID: 2113
- Wednesday, 1:00 PM - 3:00 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

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

Please note: Evening Performance Oct. 11 at 6PM

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 spent the major portion of her long, varied career in health research and technical writing. 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 92.

The Agony And Ecstasy Of Being Who You Are

Study Leader: Elizabeth Rodenz

- 6 Classes: Sep. 11 – Oct. 16  
  Class ID: 2137
- Monday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

Without realizing it, people are sharing with us who they really are by clueing and cueing us about their preferences—preferences that make up their personality type. Are you always quick to identify those clues and cues? Do you have a frame of reference to understand them? The work of Swiss psychologist C.G. Jung provides the knowledge to pick up on those clues and understand the differences in all of us. This course introduces you to typology—the study of personality as developed by Jung. Typology recognizes that humans have different preferences for interacting, gathering information, making decisions, and working and living with others. These preferences, when understood, can be valued and regarded as significant. When we do not understand people’s words and behaviors, we sometimes respond inappropriately and then struggle with the consequences. In this course, you will participate in activities and analyze situations, dialogue, and interactions using a fictional tale and begin to type the personality of the characters by picking up clues and cues. Along the way, we will have the opportunity to relate these characters to those in our own lives.

Elizabeth Rodenz has a Ph.D. degree and has been a student of Dr. Carl Jung for over 30 years. She has studied at the Jung Institute in New York, Boston, and Maine and has been using his body of work on self and psyche, psychological types, archetypes, ego, the shadow, and individuation (wholeness) in various venues. She is an executive coach and facilitator of workshops for writers, organizations, and those in transition. Elizabeth has taught this course, as well as several others at Osher in Maine, and at the C.G. Jung Institute, where she was president.
We each have thoughts, dreams, memories, experiences, and plans that are utterly unique to us. Yet there are patterns to the structure of our personalities, which are formed at a young age. For each of the nine types, learn about intuitive gifts, particular biases of attention, how we see ourselves, how we view the world, and what tend to be our stressors, triggers, and defense mechanisms. The purpose is to better understand and have compassion for oneself and others, particularly in conflict situations, and to begin learning how to manage reactivity in stressful situations. The book, *The Essential Enneagram* by Dr. David Daniels, M.D., is the required text.

**Kerry O’Donnell** is a certified Enneagram Teacher and Coach with over 25 years of experience working with the United States Institute of Peace, Council for International Exchange of Scholars, and American University. For over a decade Kerry served as president of the Maurice Falk Medical Fund and Falk Foundation in Pittsburgh. She is a Society for Human Resources Management Senior Certified Professional (SHRM-SCP), certified Conflict Management Coach, Mediator, and Somatic Experiencing practitioner. Kerry teaches courses and workshops on the Enneagram for businesses, nonprofit organizations, and at Carnegie Mellon University’s Osher Institute, and she enjoys coaching individuals one-on-one.

**Please note:** This course is a continuation of Course ID: 2076. Registration in part 1 is a must.

*See Kerry O’Donnell, previous listing*
Declutter

Study Leader: Rosa Barnett Averbach

• 4 Classes: Sep. 5 – Sep. 26  Class ID: 1999
• Tuesday, 9:30 AM - 11:00 AM
• 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

• 6 Classes: Oct. 30 – Dec. 4  Class ID: 2073
• Monday, 9:30 AM - 11:00 AM
• 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. Previously she was a talk show host and radio journalist, covering stories for National Public Radio and Voice of America. Susan’s radio work earned her a Matrix Women in Communications Award, along with three Golden Quills and a Fellowship from the PA Council on the Arts. She has a degree in Government from Mills College in Oakland, California, and has worked on both local and national campaigns.
AARP Smart Driver 4-Hour Renewal Course

Study Leader: David Zimmer

- 1 Class: Nov. 17
- Friday, 1:00 PM - 5:00 PM
- Hunt Library, Osher Classroom

This course is intended for those who have already completed an AARP Smart Driver course within the past three years. You will need the CTE form used for your insurance discount which you received at the end of the last course, your AARP card, your driver’s license, and payment. Current Pennsylvania Driver’s License is required as well as attendance for the whole 4-hour session.

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.

AARP Smart Driver 8-Hour Course

Study Leader: David Zimmer

- 2 Classes: Nov. 3 and Nov. 10
- Friday, 1:00 PM - 5:00 PM
- Hunt Library, Osher Classroom

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.

Intro To Word Processing
With Microsoft Word

Study Leader: Byron Gottfried

- 5 Classes: Nov. 3 – Dec. 8*
- Friday, 1:00 PM - 3:00 PM
- To Be Announced

*Note: Class will not meet on Nov. 24

Learn to create new documents or improve the appearance of old ones using Word 2016, Microsoft’s newest version of its classical word processor. This class covers the main features of Word, including new document preparation, saving and retrieving documents, text formatting, paragraph formatting, margins, page breaks, section breaks, multiple columns, document editing, adding graphical objects, and Word customization. The class will be taught in a classroom equipped with PCs, with each student seated in front of his/her own computer.

Please note: Mac users are also welcome, as Word 2016 is available for both platforms.

Byron Gottfried is a retired Pitt engineering professor and an active participant in CMU’s Osher program. He received his Ph.D. from Case-Western Reserve University in 1962 and spent several years working as a research engineer before joining the Pitt faculty in 1970. He is the author of twelve college textbooks and numerous research papers.
40 Things I No Longer Carry Because I Have A Smart Phone

Study Leader: Janis Ramey, Franklin Snyder

• 1 Class: Oct. 26
• Thursday, 1:00 PM - 2:30 PM
• Wean Hall, 4708

You probably already know that smartphones allow you to take pictures, send texts, and look up things on the internet. But, did you know that they also can remove a lot of weight and clutter from your briefcase and purse? In this presentation, you'll see at least 40 physical things that a smartphone can replace. For example, you don't need to carry an appointment book, road map, flashlight, compass, pedometer, notebook, or string to tie around your finger for a reminder. You'll also get a quick overview about how to access these things on a smartphone.

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 has been teaching at Osher for several years.

Frank Snyder, Ph.D. physics, graduated from University of Iowa has many years' experience in academic, government, and industrial research and is especially knowledgeable about the technology behind smartphones. He and Janis have worked together teaching Osher classes at both CMU and Pitt.

iPhone Basics: Getting The Most Out Of Your iPhone

Study Leader: Wyatt Walter-Dawahare

• 2 Classes: Sep. 8 and Sep. 15
• Friday, 11:15 AM - 12:45 PM
• Hunt Library, Osher Classroom

This two-day course will cover the basics of successfully and efficiently using your iPhone. Learn about making and receiving calls, emailing, browsing the web with Safari, getting directions from Maps, taking notes, shooting photos, watching videos, and listening to music. Whether it's your first iPhone or your sixth, this class is a great way to learn about new features and pick up a few helpful tips and tricks.

Please note: You must own an Apple iPhone to register for this course

Wyatt Walter-Dawahare is a technical support specialist at Osher at CMU. Previously a technical specialist at Apple, Wyatt is an expert at using and teaching others about Apple products. His day-to-day responsibilities at Osher include supporting the institute’s technology and supporting study leaders.
LEARN BY DOING | Tours | Wellness

TOURS

Andrew Carnegie’s Museums And Library: Behind the Scenes

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

- 4 Classes: Nov. 1 – Nov. 29*  Class ID: 2027
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4707,
  *Note: Class will not meet on Nov. 22

How did Andrew Carnegie’s Victorian “Palace of Culture” become Pittsburgh’s library system, a Music Hall, and four museums: Carnegie Museum of Natural History, Carnegie Museum of Art, Carnegie Science Center, and the Andy Warhol Museum? Trace the history of this world-famous educational empire with the former editor of Carnegie Magazine, as he explores with illustrated lectures the fascinating people that helped these institutions adapt to changes in Pittsburgh and the museum profession. The instructor is the author of Palace of Culture: Andrew Carnegie’s Museums and Library in Pittsburgh (University of Pittsburgh Press, 2011).

Please Note: The last two classes will be held at the Carnegie Museum and Library.

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

*Materials fees are not refundable; information on page 92.

WELLNESS

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

Study Leader: Rachael Wonderlin

- 4 Classes: Sep. 11 – Oct. 9  Class ID: 2123
- Monday, 3:15 PM - 4:45 PM
- Wean Hall, 4707
  *Note: Class will not meet on Sep. 25

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.
Mental Aerobics

*Study Leader: Jeanette Matthews*

- 6 Classes: Oct. 31 – Dec. 5  
- Tuesday, 3:00 PM - 5:00 PM  
- Hunt Library, Osher Classroom

Mental Aerobics is a fun and interactive way to pump up your brain. We will discuss the normal aging process and its effect on the brain. Then, we will build a tool box of strategies that will stimulate the brain by enjoying a variety of activities designed to give the brain a good mental workout. While participating in group and individualized activities, participants will become informed on how the brain functions, what is "normal" aging of the brain, and how to keep it as fit as possible as we age. We're never too young or too old to begin pumping up our brains. Key words for this class are Fun, Variety, and Challenge. Come prepared for all three!

**Jeanette Matthews** earned her master's degree in education from Penn State University and worked with adult learners in a variety of settings for several years. Additional training included specialized study in working with learners with learning disabilities. Currently she conducts Mental Aerobics classes in senior centers and other facilities. This knowledge, coupled with a lifelong interest in how the brain develops and changes throughout the lifespan, led her into the direction of working with adults as they age, helping them to learn methods to keep their brains as healthy and sharp as possible for as long as possible.

Healthy Eating

*Study Leader: Rosa Barnett Averbach*

- 4 Classes: Nov. 1 – Nov. 29*  
- Wednesday, 11:15 AM - 12:45 PM  
- Hunt Library, Osher Classroom

*Note: Class will not meet on Nov. 22*

Healthy eating involves thinking about what food does for your body rather than simply how it tastes or fills you up. Being mindful and aware of what you eat will help you feel and look better as well as become healthier. Although it is hard to break old habits, this course will help you think about eating as a key to becoming a better you. Through this interactive course, you will learn to modify your eating behaviors and make permanent lifestyle changes. This is a course which can be repeated.

See **Rosa Averbach**, pg 33.
WRITING

Writing For Fun And Exercising Your Imagination

Study Leader: Ruth Drescher

- 5 Classes: Sep. 6 – Oct. 4  
  Class ID: 2019
- Wednesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

This is an experience for people who enjoy writing, think they will enjoy writing, or hate writing but are willing to learn to love it. All writing is done in class and there is usually no homework given. All that is required is a notebook and pen and the spontaneity and willingness to welcome an expansion of imagination as well as the desire to enjoy and have fun. Returnees and newbies are welcome.

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

Writing For Self Discovery

Study Leader: Bruce Goldstein

- 6 Classes: Sep. 13 – Oct. 18  
  Class ID: 2139
- Wednesday, 9:00 AM - 11:00 AM
- Hunt Library, Osher Classroom

In this course you will be writing essays about things that have happened in your life, and the feelings and emotions you have experienced along the way. You will write a total of five essays, on topics such as memories from growing up, emotional experiences, and something you are dealing with right now. There are two goals: to help you get in touch with yourself through writing and to help you write in a way that is engaging and meaningful to your readers. Register only if you are committed to writing weekly essays and are open to giving and receiving constructive feedback.

Please Note: Register only if you are able to use the Internet to send your essays, as Word documents or PDF files, to the other students in the class.

Bruce Goldstein received his Ph.D. in experimental psychology from Brown University and was a postdoctoral fellow in the Biology Department at Harvard before joining the Psychology Department at the University of Pittsburgh, where he received the Chancellor’s Distinguished Teaching Award. Bruce is the author of two undergraduate textbooks: Sensation and Perception, 10th edition (2017) and Cognitive Psychology, 4th edition (2015), and is presently writing a book titled Mind 101, which is based on Osher courses about the mind that he has taught at CMU and the University of Arizona.
Memoir Writing From Photographs

**Study Leader:** Molly Youngling

- 5 Classes: Sep. 11 – Oct. 9  
  - Class ID: 1986
- Monday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

- 5 Classes: Oct. 30 – Nov. 27  
  - Class ID: 2126
- Monday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

Learn about memoir types, and experiment with writing down your personal stories and memories. In each session the class will work on the prompts of your chosen photographs. We’ll also share 1,000 newly created words per week, for group feedback. Some additional reading will be assigned for inspiration and discussions. This course will be for those who wish to hone their writing skills, increase self-discipline, and understand more about their process. Repeat participants are welcome as the class is different each time. Returning students may continue to work on a memoir previously started.

**Molly Youngling** has taught many writing courses for Osher Lifelong Learning at CMU. This is a new offering based on some online courses she has recently taken about memoir writing. She has taught screenwriting at Chatham as well as TV/film producing at Point Park. She has a long career in television production, winning an Emmy award for *Kings on the Hill, Baseball’s Forgotten Men* about the Negro Leagues that were based in Pittsburgh. Her writing/directing and producing work includes experiences in documentary, drama, music, and other performing arts, with an affiliation with WQED for many national shows as well as others as a stint in NYC and also for PBS in D.C. She has written radio and TV commercials and worked as a writer/producer/director for many diverse clients. Now, she is nearly a full time Osher CMU and Osher Pitt student and loves it! She paints and continues to write, daily, working on poetry, memoir, and fiction.

The Magical World Of Writing

**Study Leader:** Elizabeth Rodenz

- 6 Classes: Oct. 31 – Dec. 5  
  - Class ID: 2088
- Tuesday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

Is there a writer lurking within your very being? Have you harbored a secret notebook in your mind of half-started stories? Do words and thoughts keep knocking on your door, crying out to be heard? Until you put those words and thoughts down on paper, they are floating in space, not grounded, not real, not important, so they swirl and swirl in your head. In this activity-based format, you will find your way by learning to write from that place where words flow, time is suspended, and spontaneous connections are made. Whether they produce fiction or memoirs, writers transport their readers to places both imagined and real through their choice of words and images. You will be encouraged to identify those places that resonate within you and to ground your writing in those places. You will write from prompts, images, props, music, and life experiences. You will engage all of your senses in the process of writing. Each day will bring together instruction, examples from authors, and guided writing exercises. This class is for anyone who longs to write but does not know where to start and for writers who have dabbled but lost their way. Bring a current project or start from the beginning. All writing genres are welcome.

*See Elizabeth Rodenz, pg 31.*

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 depend on member involvement on committees and as volunteer Osher Ambassadors. Please email the office at osher@cmu.edu to volunteer!
ASTRONOMY

Our Solar System

*Study Leader:* Bill Roemer, Ken Kobus

- 6 Classes: Sep. 5 – Oct. 10  
- Tuesday, 1:00 PM - 2:30 PM  
- Wean Hall, 4707

This course will provide a fundamental understanding of the structure and geometry of our solar system. No particular scientific or mathematical skill is required. When the course demands some technical knowledge, easy-to-understand explanations will be provided. The course will include an evolving history of understanding our solar system, an explanation of the birth and life of a star, the formation of the planets, the solar system’s moons, and asteroids, comets, dwarf planets, and more. Information will be offered to explain the geology and chemical makeup of the planet, as well as its weather. The laws that govern the motion of solar system objects will be discussed.

**Bill Roemer** is a former director of the Mingo Creek Park Observatory in Mingo Creek Park, Washington County, PA. He is a longstanding 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.

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

ENVIRONMENT

Natural Gas in PA: Past, Present, And Future

*Study Leader:* Richard Horn, Jack Ciciarelli

- 3 Classes: Nov. 2 – Nov. 16  
- Thursday, 11:15 AM - 12:45 PM  
- Wean Hall, 4708

Exactly what is it? How do we get it? What does it mean for PA? What does a cracking plant do? These are just some of the many questions we will answer in this course.

**Richard Horn** has a degree in chemical engineering from the University of Pittsburgh along with additional courses in PA land law and gas production technology, and a Professional Engineers license. He has worked many years in the chemical industry. Presently he is doing forensic work.

**Jack Ciciarelli** has a Ph.D. in geology from Penn State University and has been a professor at that institution.

Where Do You Think You Are?

*Study Leader:* Randy Weinberg

- 3 Classes: Sep. 8 – Sep. 22  
- Friday, 1:00 PM - 2:30 PM  
- Wean Hall, 4707

Maps have been used for thousands of years to tell stories, present geographic information and provide insight into culture and history. Making effective maps involves science, geography, design, and technique which has evolved with technology from early hand-drawn maps to high-tech digital maps derived from sensors, GPS, and satellite data of all kinds. This course will consider the history, philosophy, applications and technologies of map making through discussion of illustrative examples and demonstrations.

**Randy S. Weinberg** is a teaching professor in information systems at Carnegie Mellon. He has long been interested in using information technology to promote environmental healing and sustainability.
Environment | SCIENCE

Geology Of The National Parks

Study Leader: Barbara M. Manner

• 5 Classes: Nov. 1 – Dec. 13*  Class ID: 2062
• Wednesday, 11:15 AM - 12:45 PM
• Wean Hall, 4707
  *Note: Class will not meet on 11/22/2017, 12/6/2017

The national parks provide accessible and protected examples of geologic processes. Volcanism, mountain building, tectonic activity, glaciation, groundwater, and geothermal activity, and river erosion are represented. Geologic history and features of selected national parks will be presented using photos, supplementary reading materials, and geologic and topographic maps. The course presumes little or no geologic or scientific background.

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

Confronting The Climate Crisis: Science, Psychology, Solutions

Study Leader: Bob Mitchell

• 6 Classes: Sep. 6 – Oct. 11  Class ID: 2071
• Wednesday, 11:15 AM - 12:45 PM
• Wean Hall, 4708

The scientific community is essentially unanimous in calling for urgent action to address the threat of climate change. The 2015 Paris agreement established a basis for continuing progress. Yet Americans recently chose a president who opposes climate action. Even climate advocates all too often focus on their disagreements with each other, rather than on finding practical solutions. In this course, we will interactively explore several related aspects of the climate conundrum, beginning with the wide range of public viewpoints. To develop insights into our planet’s present and future, we will briefly review climate science and summarize Earth's remarkable climate history. Moving to a more personal context, we will grapple with the primal human consequences of a changing climate and the factors that are making effective action almost diabolically difficult. And finally, we will consider some technology and policy approaches that offer hope for our children’s future.

Bob Mitchell’s strong interest in climate change was sparked by Congress’s failure in 2009 to approve legislation that would have reduced emission of greenhouse gases. At that time, he began researching the science of climate change as well as its likely impacts on the future of the planet and the welfare of its inhabitants. Since retiring in 2014, Bob has been teaching short courses about climate change in several forums, including Osher at CMU and Pitt. He is also active in the Citizens’ Climate Lobby, which promotes legislation to reduce greenhouse emissions. Bob holds B.S. and M.S. degrees in physics and a Ph.D. in electrical engineering, the latter two from CMU. His thesis research and early career focused on the same fundamental concepts of energy conservation, mass flow, and atomic physics as are found in climate modeling. Subsequently he managed engineering research on automated image understanding with applications to radar, sonar, medical imaging, and robotic perception. When he retired, he was program director of a collaborative industry/academia/government fundamental research program for robotics technology that included CMU faculty and students.
Death Investigations

*Study Leader: Ronald B Freeman*

- 6 Classes: Sep. 6 – Oct. 11  
- Wednesday, 5:30 PM - 7:00 PM  
- Wean Hall, 4708

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

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

Political Geography

*Study Leader: Stephen Oliphant*

- 5 Classes: Sep. 6 – Oct. 4  
- Wednesday, 9:30 AM - 11:00 AM  
- Wean Hall, 4708

Political Geography: understanding of the world’s culture and how it relates to space. Political processes will be examined and how these processes are impacted by geographic location. Improving geographic literacy will be an objective through this process.

Stephen Oliphant is a businessman and a member of the Hakluyt Society and International Geographic Society.

Minerals Of The Carnegie Museum

*Study Leader: Harlan Clare*  
*Materials Fee: $20*  

- 6 Classes: Sep. 11 – Oct. 16  
- Monday, 9:00 AM - 11:00 AM  
- Carnegie Museum of Natural History, Ford Mateer Room

Minerals and gems can be beautiful, but did you know that many of the products you use today come from common minerals? The collection of minerals at the Carnegie Museum of Natural History is considered by many to be the best display of minerals in the United States. Join us and tour Hillman Hall of Minerals and Wertz Hall of Gems while learning about these minerals. You will meet the head of the department, Marc Wilson. In addition, you will learn how to identify minerals, how they form, the history of some locations where they are found, how we use them in products, and how minerals can be altered to increase their value. You will participate in hands-on activities and demonstrations.

Harlan J. Clare is a retired earth and space science teacher from the Plum Borough School District, where he taught for 32 years. He also served as the Science Department chairman K-12 for the district. Presently, he is a docent at the Carnegie Museum of Natural History, teaching children and adults about the collections at the museum. He has taught minerals and geology for the University of Pittsburgh Osher program for the past 3 years. In 2013 and 2014, he taught about minerals for the Carnegie Mellon University Osher program. Recently, he taught an ILR mineral class in Tucson Arizona.

*Materials fees are not refundable; information on page 92.
In The Blink Of An Eye

*Study Leader*: Alan Waggoner

- 6 Classes: Oct. 30 – Dec. 4  
- Monday, 3:15 PM - 4:45 PM  
- Wean Hall, 4708

Class ID: 2116

Humans and other animals have survived because we have fast reflexes. For example, the time between a threatening vision and the muscle contraction of the eyelid is less than a tenth of a second. How does this happen? What are all the protein machines in the retina, in the nerves, and in the muscle that produce this event? How do these machines work on a molecular scale? Where does the energy come from to drive these machines? How did they come to be in humans? How similar are they across species? What can go wrong, as in genetic mutations including color blindness? We will explore these wonderful topics in detail. If you have a driving sense of curiosity and you wonder how things work, this is for you. You don’t have to be a science expert or an engineer. But we will get into details. It is a beautiful story.

**Alan Waggoner** is Maxwell H. and Gloria C. Connan Professor of Life Sciences at Carnegie Mellon. His basic research area is in the development of fluorescence detection methods. This is a key technology for DNA sequencing, diagnostics, and research worldwide. 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 Biosciences as principal scientist. After six years in the commercial world, Waggoner returned to Carnegie Mellon as director of the Molecular Biosensor and Imaging Center.

Biology Of The Eye And Vision

*Study Leader*: Betsy Peitz

- 5 Classes: Oct. 30 – Nov. 27  
- Monday, 9:30 AM - 11:00 AM  
- Wean Hall, 4707

Class ID: 2079

In persons with normal vision, over 50% of the cerebral cortex is involved in processing visual input, and our visual experience plays a dominant role in our experience of the world. We rely on vision constantly, and yet how much do we understand about how we see? This class will examine some of the basic aspects of the function of the eye and visual processing in the brain. Starting with early theories of sight, we will describe processes that result in visual reflexes, tracking of movement, color vision, and night vision. We will also look at some aspects of the evolution of eyes and vision in other species. We will not cover medical conditions or treatments. The course will include basic and comparative biology.

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

Study Leader: Pilar Fish  
Materials Fee: $30*

• 1 Class: Dec. 11  
  Class ID: 2022
• Monday, 10:00 AM - 12:00 PM
• National Aviary, Entrance,  
  700 Arch St., North Side

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 92.

Amazing Hummingbirds

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

• 1 Class: Oct. 27  
  Class ID: 2000
• Friday, 10:00 AM - 12:00 PM
• National Aviary, Entrance,  
  700 Arch St., North Side

In this program National Aviary Ornithologist Bob Mulvihill will introduce you to what arguably are the most astonishing products of avian evolution, the hummingbirds. Bob will introduce you to the brilliant plumages, acrobatic aerial displays, and incredible adaptations of some of the world’s 330-plus species of hummingbirds. Bob will also talk about his own research into the biology of the Ruby-throated Hummingbird, his discovery in Costa Rica of the first-ever nest of a Green-crowned Brilliant, and his banding study of species of hummingbirds from the western U.S. that are increasingly finding their way to western Pennsylvania! The program will be followed by a tour of the National Aviary exhibits, in which Bob will point out other birds, like honeycreepers and lorikeets, which are also adapted to feed on nectar.

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

From programming to exhibits, the Education Department is blossoming with creativity and blazing new trails in support of the National Aviary’s overall mission.

*Materials fees are not refundable; information on page 92.
Math

**Art, Architecture, Kidney Stones . . . And Mathematics**

*Study Leader: Richard Wertheimer*

- 5 Classes: Sep. 6 – Oct. 4  
  *Class ID: 2120*
- Wednesday, 1:15 PM - 2:45 PM  
- Wean Hall, 4708

Great architecture, works of art and natural phenomenon all have a foundation in mathematics. Sadly, many of us are afraid of math. Some have even been scarred by their experience with math. This course makes the basic mathematics behind great achievements accessible to everyone. We will look at the Golden Ratio and its occurrence in Art, Architecture, and Nature. We will study Frank Lloyd Wright’s Fallingwater, the Guggenheim Museum in New York, Notre Dame Cathedral in Paris, the art of M.C. Escher, the Pantheon in Rome, the famous Guastavino stairway at CMU’s Baker Hall, and an elegant cure for kidney stones. The only prerequisite for this course is a desire to understand and appreciate the world around us.

**Richard Wertheimer** retired as the coFounder, CEO and principal of City Charter High School (City High) in 2012. Prior to working at City High, Dr. Wertheimer spent 25 years in the Pittsburgh Public Schools as a mathematics teacher and supervisor, and coordinator of instructional technology. He was the Education project manager and a principal investigator of Common Knowledge: Pittsburgh, a National Science Foundation testbed for implementing the internet into an urban public school district. Dr. Wertheimer has a B.A. in mathematics from Carnegie Mellon University (1975) and both an M.Ed. in rehabilitation counseling (1978) and an Ed.D. in instruction and learning (2001) from the University of Pittsburgh.

Medical

**Regenerative Medicine**

*Study Leader: Bryan Brown*

- 1 Class: Oct. 25  
  *Class ID: 2004*
- Wednesday, 3:00 PM - 5:00 PM  
- McGowan Institute for Regenerative Medicine, 450 Technology Dr., Suite 300 15219

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 repair a disease or 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.

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**Share the "air time"**

Limit the number of questions and comments you make in class to allow time for others to share. It is only fair!
Nuclear Medicine And PET Imaging . . . Not As Scary As They Sound

Study Leader: Richard Kalla

- 5 Classes: Nov. 1 – Dec. 6*
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

*Note: Class will not meet on Nov. 22

Nuclear Medicine and Positron Emission Tomography (also know 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.

Skin Cancer And Other Common Skin Conditions

Study Leader: Alan Solter

- 4 Classes: Oct. 31 – Nov. 28*
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

*Note: Class will not meet on Nov. 21

During the first class, there will be a clinical slideshow of the various presentations of skin cancer, followed by discussions of therapies and the appropriate use of sunscreens. The participants should develop a good idea of what to look for in a skin cancer. Subsequent classes will cover other common skin conditions such as contact dermatitis, psoriasis, skin infections, etc. There will be a discussion of general skin care and how the skin can give clues to internal diseases.

Alan Solter is a recently retired dermatologist. He earned a B.S. degree in pharmacy at the University of North Carolina, a M. Phil. degree in pharmacology at Yale Graduate School, and a M.D. degree at Yale Medical School. Following internship/residency in internal medicine at Presbyterian University Hospital in Pittsburgh, he completed a dermatology fellowship at the Cleveland Clinic. His other interests include acting, theatre, and Mark Twain.
African Adventures: Traveling With A Medical Team

Study Leader: Katrina Zeigler

• 1 Class: Nov. 1
• Wednesday, 2:45 PM - 3:15 PM
• Wean Hall, 4708

This course will describe study leader Tina Zeigler’s travels to Senegal and Zambia with a volunteer medical group. She was one of the nurses on the surgical team, whose mission was to teach by providing the expertise of pediatric urology surgeons to local residents. Tina has traveled to Africa the past four years with this group and is eager to share information about the patients and their families as well as the nurses, doctors, and medical team. She will also talk about the physical hosts in Africa, who enjoyed taking them on adventures in their free time, including safaris, a visit to Goree Island, and the Sahara Desert. Come see the beautiful country and people she met while there.

Katrina (Tina) Zeigler retired from pediatric nursing at Children's Hospital of Pittsburgh after 44 years. She was a urology nurse for 28 of those years and became involved with IVU medicine and the International Voluntary Urology Medical Group as the nurse coordinator for the University of Pittsburgh physicians. She recently came out of retirement and is working part time in home healthcare with a young patient.

Redesigned Website

Osher at CMU has a brand new website! This website will be the “place to go” for all things Osher at CMU – including current events and need-to-know information previously advertised in the Weekly Essentials email.

The new pages are responsive, meaning that the designs respond to fit on mobile phones and tablets.

To check out the new website, visit cmu.edu/osher.
This first century in the new millennium holds tremendous promise for the combination of biology and engineering to provide new clinical therapies and diagnostics to extend life while maintaining quality of life. Stem cell biology is on the brink of being translated into clinical therapies. Old biological dogmas are under re-evaluation due to this new information. Robotics is now interfacing with bioengineering from basic biology research to the clinic. Developing clinical technologies extend from robotic assist surgery through engineered replacement tissues and organs and offer to impact the well-being of everyone. However, what are the real expectations that the public can hope to see materialize? In this course, participants will be brought up to date regarding selected technologies and will gain perspective on the often-conflicting goals between basic research, for-profit business models, and individual patient expectations for and outcomes. Thus empowered, participants will be better able to understand the realistic expectations that biomedical research. Subject areas are updated to reflect this continually evolving field. For this upcoming class, we will include two new focus areas; the promise of patient-specific therapies, and extracellular vesicles as novel diagnostics and therapeutics. The overall goal of this course is to provide participants with background information to enable more meaningful interactions with their clinicians, and to better empower patients as consumers in the healthcare system.

Phil Campbell, a research professor at the Institute for Complex Engineered Systems at CMU’s Carnegie Institute of Technology. He has appointments in biomedical engineering, material science and engineering, bone tissue engineering Center and MoAddemia. He has over 25 years experience conducting interdisciplinary, biomedical engineering research with special interest in musculoskeletal repair and in cancer. He is co-founder and chief scientific officer for Carmell Therapeutics, which processes blood plasma into bioplastics to promote wound healing. In addition to teaching at CMU he is involved in outreach education from k-12 through adult and has a tissue engineering program working with middle school teachers. He lectures and gives lab presentations for many programs in the city.

Michael N. Sobel has been a forensic investigator for over 40 years. He was the chief forensic odontologist from 1970-2008 and a consultant to the Allegheny County Police, PA State Police, and various law enforcement agencies throughout the country. Dr. Sobel is a fellow of the American Academy of Forensic Sciences and a diplomate of the American Board of Forensic Odontology. He is a retired faculty member at the University of Pittsburgh.
Treating Autism Spectrum Disorders And ADHD Without Drugs

Study Leader: Patricia Spear Lemer

• 5 Classes: Nov. 3 – Dec. 8*
• Friday, 11:15 AM - 12:45 PM
• Wean Hall, 4707

*Note: Class will not meet on Nov. 24

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 diagnostian 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).

Understanding Alcoholism, Substance Abuse, And Addiction

Study Leader: Jan Nedin

• 5 Classes: Sep. 6 – Oct. 11
• Wednesday, 1:15 PM - 2:45 PM
• Hunt Library, Osher Classroom

*Note: Class will not meet on Sep. 20

Are you curious about why someone drinks too much or uses drugs? Have you ever wondered why they just don’t stop? Have you wondered why some become addicted while others do not? This course will help you to understand the nature of addiction and the actions of alcohol and other drugs that are commonly used. We will explore the stages of the most widely used but often forgotten drug — alcohol — from alcohol abuse to late stage alcoholism. We will take a look at the addiction cycle and the various types of other drugs of abuse and their actions. We’ll explore how alcohol and drug abuse can also adversely affect family members and loved ones, and what they can do to take care of themselves. This class will be interactive with ample time for discussion.

Jan Nedin, MBA, MSEd, is a Substance Abuse Professional for the Department of Transportation (DOT), a PA and internationally Certified Drug and Alcohol Counselor, and an Ohio Licensed Independent Chemical Dependency Counselor. She has over 35 years of experience in the substance abuse field. Jan has worked in various roles - as a practicing clinician, clinical supervisor, executive director of substance abuse treatment centers, director of a DUI Program and as a corporate consultant and trainer regarding workplace policies and employee performance issues involving drug and alcohol use in companies. She has trained hundreds of employees and supervisors on understanding addiction, the warning signs, and how to intervene when abuse is suspected. Jan currently conducts drug and alcohol assessments for the courts, attorney client referrals, the military, universities, and employees of DOT safety-sensitive companies, and other companies or organizations. She assesses the individual’s drug and alcohol involvement, recommends and monitors treatment as needed, and determines if the person can return to work or perform required duties. She also often works closely with their family members. Jan holds a BA in criminology, a master’s in counseling and an MBA in entrepreneurship.
CONTEMPORARY TOPICS /
SOCIOLOGY

The ABCs Of Literacy
Study Leader: Rebecca Carpenter

- 4 Classes: Sep. 11 – Oct. 2  Class ID: 2008
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

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

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

Your Family’s Not So Different From Downton Abbey As You Think!

Study Leader: Sandra Caffo

- 4 Classes: Sep. 5 – Sep. 26  Class ID: 2006
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

For six seasons, we watched the Crawley family as they addressed the internal and external challenges they faced over time. While the beauty of Downton Abbey, the fashion of the day and all that was part of an aristocratic lifestyle set them apart from us, how they operated as a family is not so different from our own. Every family is made up of important relationships that help to mold each generation. All families have to deal with change. And each family member has a distinct view of what growing up is like. In this interactive class, we’ll examine the Crawleys to see who’s in charge of what, how problems are addressed, and the role of downstairs staff. There will be an opportunity to consider relevance to you and your family. And participants can explore which character they are most like — upstairs or down.

Sandra Caffo is a retired clinical social worker and marriage and family therapist with more than 30 years’ experience working with and learning from families. In addition to a private therapy practice, she taught in the Graduate School of Social Work at the University of Pittsburgh and both worked in, and ran, employee assistance programs. Why this course? Sandra’s been fascinated with families from the time she was a kid, excited to see how family members work and play together. That interest extends to plays, movies, and books as well. No surprise she watched Downton Abbey more than once, finding similarities to families like ours. She is excited to see what participants will find as we revisit the Crawleys.
Enjoying The New Yorker

Study Leader: Mary Duquin

- 6 Classes: Sep. 11 – Oct. 16  
  Monday, 9:30 AM - 11:00 AM  
  Hunt Library, Osher Classroom  

- 6 Classes: Oct. 31 – Dec. 5  
  Tuesday, 1:15 PM - 2:45 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.

Mary Duquin received her Ph.D. at Stanford University in Education with a minor in Women's Studies. She taught at the University of Pittsburgh from 1974 to 2013. Over the past 40 years, she has taught courses in personal health, wellness, the philosophy, social, and cultural aspects of health, the sociology and psychology of sport, stress management, massage therapy, and women's studies courses. She enjoys reading the The New Yorker and is excited about the dynamic discussions that this course will produce.

The Nobel Prizes:

The Good, the Bad, And The Human

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

- 6 Classes: Oct. 31 – Dec. 5  
  Tuesday, 1:15 PM - 2:45 PM  
  Wean Hall, 4708

When the Nobel Prizes are awarded each fall, do you wonder what that laureate’s achievement will mean to you and your loved ones? Have you ever wondered why there are Nobel Prizes, how they are awarded, why there are so few laureates who are non-Westerners, and why so few women have received Nobel prizes in the sciences? This class will attempt to address some of these questions. Taught collectively by the 6 instructors, we will cover the background and general information about the prizes, the Nobel Prizes Committees’ rationales for the economics, literature, medicine, chemistry, and physics prizes.

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

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

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

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

- 6 Classes: Nov. 2 – Dec. 14*
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4708
*Note: Class will not meet on Nov. 23

The class will focus on current projects and issues affecting the city, county, and region. Emphasis is on the relationship among the public, private, and nongovernmental agencies and, of course, residents, in the planning and development of projects and proposals. This course will include presentations by Pittsburgh Planning Department professionals regarding the first-ever comprehensive plan for the city. Focus will be on governance issues as they affect urban planning. Class participation is welcome and is always spirited.

Ruth Cooper Reidbord graduated from Carnegie Mellon with a degree in psychology and received a master’s degree in urban and regional planning from the University of Pittsburgh. She is a member of the American Institute of Certified Planners and a past president of the Pittsburgh Regional Chapter of the American Planning Association. Formerly the planning director for the Municipality of Mt. Lebanon, she is planning consultant to developers, local governments, and regional planning agencies. For two years she managed the Keystone Opportunity Zone program for the Southwestern Pennsylvania Commission. She is a member of the Osher board of directors.

The Internet Revolution
Study Leader: Richard Wilson

- 6 Classes: Nov. 1 – Dec. 13*
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708
*Note: Class will not meet on Nov. 22

The Internet as we know it was a surprise, even to its many inventors. This course traces its evolution from its origins in the Cold War of the 1950s to its explosive growth after privatization in the 1990s and its subsequent expansion and use by more than 40% of the world’s population. We will examine why IBM and AT&T thought the key technologies of the Internet were unworkable, how the 1960s-counterculture fostered the growth of the personal computer, why Bill Gates vastly underestimated its importance as late as 1995, and why attempts by governments and international regulatory agencies to dictate standards for the Internet failed. The course surveys the impact of the Internet revolution on communications, entertainment and the media, commerce, politics, culture, and personal life.

Please note: This is a non-technical course focused on the history and impact of the Internet. No technical knowledge or skills are required.

Richard Wilson is a retired Internet software executive and sociologist. After teaching at the University of Pittsburgh, he helped to establish the Operations Research department at US Airways and later led software development efforts there and with Sabre and Oracle. He served as President and CEO of CombineNet, a Pittsburgh-based Internet software company until its acquisition in 2013. His 40-year professional career has been closely tied to the development of the Internet and its uses in business and other fields.
Social Media And Social Movements

Study Leader: Nico Slate

• 1 Class: Oct. 24  
  • Tuesday, 3:00 PM - 4:30 PM
  • Wean Hall, 4708

How has social media influenced social movements? This lecture will examine several case studies to assess the relationship between technology, media, and social change. We will then discuss how social media can be employed to create positive social change in the future.

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

Air Pollution And Health - What Can Be Done To Make a Difference

Study Leader: Group Against Smog And Pollution

• 1 Class: Oct. 24  
  • Tuesday, 11:15 AM - 12:45 PM
  • Wean Hall, 4708

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.
Architecture And Big Data - What’s Next?

Study Leader: Erica Cochran Hameen, Flore Marion, Hetal Parekh

• 4 Classes: Sep. 5 – Sep. 26
• Tuesday, 5:30 PM - 7:00 PM
• Margaret Morrison, MMCH #415

Every day billions of data points are collected tracking energy consumption, air quality, occupancy levels, and much more. This course asks the question: Now that we have all this data, what’s next? We will investigate the many opportunities for utilizing big data to improve energy efficiency, connect building and neighborhood attributes to children’s health and academic performance; Indoor Environmental Quality (IEQ); assess building retrofit decision making; and appraise big data’s influence on public policy and privacy concerns. Each of the four topics is a stand-alone session that responds to the question: What’s next?

Erica Cochran Hameen, Ph.D., Assoc AIA, NOMA, LEED AP is an assistant professor, Doctor of Professional Practice Chair, MS Architecture, Engineering & Construction Management, and UDream Program Director. Cochran has 20 years of experience developing technical design solutions to create sustainable, healthy, and EE commercial buildings. Her teaching experience includes multiple undergraduate and graduate classes and her architectural experience includes over 50 educational, media and broadcast, residential, community, and transportation facilities.

Flore Marion is a Ph.D. candidate at CMU and a LEED AP BD+C with a Master in Sustainable Building Sciences from Université Paul Sabatier, France. Her research interests range from building energy modeling to conducting field experiments to measure the performance of new technologies or new strategies and their impacts on occupants. For the past two years, she focused on stakeholder engagement for energy data access through the Energy Data Accelerator, a DOE Better Buildings Initiative.

Hetal Parekh is a Ph.D. student at the Center for Building Performance and Diagnostics in the School of Architecture at Carnegie Mellon University. She is a trained architect, with a focus on designing sustainable built environment. Hetal is currently researching ways to streamline the energy audit process to improve energy performance in buildings.

Why Is Climate Change So Polarizing?

Study Leader: Elise Yoder

• 5 Classes: Sep. 7 – Oct. 12*
• Thursday, 11:15 AM - 12:45 PM
• Hunt Library, Osher Classroom

*Note: Class will not meet on Sep. 21

Given the scientific consensus on climate change, why do some see climate action as humanity’s highest priority while for others it’s a non-issue or even an anti-democratic travesty? What’s going on here? This course isn’t about the facts of climate change or reducing carbon emissions. It’s about why people react to climate change information so differently. We’ll draw on cognitive and social psychology and the field of environmental communications to explore questions such as: What motivates people to support climate action? Do you see yourself as a Survivalist, Promethean, or Green Radical? Why do we all fal victim to motivated reasoning? What role do our beliefs about “government” play? Can polarization actually be productive? This course relies on group discussion, augmented by presentations, video, and optional readings. While we’ll look at southwestern Pennsylvania’s ongoing debate about fracking and fossil fuels, what we learn applies to many of today’s polarizing issues.

Elise Yoder, following a degree from CMU in cognitive science and a long career in Pittsburgh’s high-tech scene, learned about the emerging field of environmental communications from the impassioned documentary series Years of Living Dangerously. She has now earned a certificate in this field from Duke University’s Nicholas School of the Environment. Although she is a climate-action activist, this class isn’t about recruiting new activists or changing people’s minds; rather, it’s a chance to better understand ourselves and others. Among her personal climate heroes are environmentalist Paul Hawken, climate scientist Katharine Hayhoe, and “Chasing Ice” photographer James Balog.
Window To Ireland

Study Leader: John Webber

- 6 Classes: Sep. 7 – Oct. 19*
- Thursday, 1:00 PM - 3:00 PM
- Wean Hall, 4708

*Note: Class will not meet on Sep. 21

Class ID: 2117

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

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

*Study Leader: Bill Greenspan*

- 3 Classes: Sep. 8 – Sep. 22  
- Friday, 9:30 AM - 11:00 AM  
- Wean Hall, 4708

Shanghailanders were foreign — principally European and American — settlers in the extraterritorial areas of Shanghai, China, between the 1842 Treaty of Nanjing and the mid-20th century. Extraterritoriality, the state of being exempted from the jurisdiction of local law, became a magnet that attracted some of the world’s most fascinating and outsanshish characters to the city. Each class will cover several personalities from each category, but their emphasis will be on good versus evil. The class will cover “rags to riches” lives of Aaron Hardoon and Sir Ellis Kadoorie, the adventures of Emily Hahn and “Two Gun” Cohen, the “chameleon” life and mutations of Ignatius Trebitsch-Lincoln, and many more.

*Bill Greenspan* emigrated to the USA in 1979 from the former USSR. With an electrical engineering degree from Kiev Polytechnic Institute, he spent over 30 years working in the nuclear industry, the first 25 years at the Palo Verde Nuclear Power Plant in Arizona and the following 8 years building nuclear power plants in China. For 3 of those 8 years he lived in Shanghai and became fascinated with its East meets West history and its progression from a small village to financial and population behemoth.

Flares Of Memory

*Study Leader: Linda Hurwitz*

- 5 Classes: Sep. 11 – Oct. 16*  
- Monday, 9:30 AM - 11:00 AM  
- Wean Hall, 4707

*Note: Class will not meet on Oct. 9*

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

*Linda F. Hurwitz* was the director of the Holocaust Center of Pittsburgh from 1988-2005 and is the child of two Holocaust survivors. She is a retired English teacher and school administrator and has taught courses about the Holocaust many times since 1994.

United States 1789-1861

*Study Leader: Robert S Netzer*

- 6 Classes: Oct. 30 – Dec. 4  
- Monday, 9:30 AM - 11:00 AM  
- Wean Hall, 4708

During this time period, the United States would experience rapid territorial gains made possible by diplomacy and war. Coupled with a surging economy and a growing population fueled by immigrants, the future was filled with optimism. However, there were dark clouds on the horizon in the form of slavery and states rights that would tear this nation asunder.

*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.
1920s And 1950s Compared: Reaction, Rebellion, And Radicalism

Study Leader: Ivan C Frank

- 5 Classes: Oct. 31 – Nov. 28
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

The course will describe and analyze the way that the 1920s and 1950s compared in regards to reaction, rebellion, and radicalism. We will also review the contrasts within each decade and your perspective on the decades that you are more familiar with. Finally, the course will attempt to see the influence of those two decades on the ones that followed.

Ivan Frank has an MA in history and taught United States history for parts of 18 years. He also is a graduate of the Pittsburgh Teacher’s Institute where he wrote narrative curricula on the 1950s. His Ph.D. is in education, his MA in History. As an undergraduate, he majored in history.

The Impact Of Some Jewish “Machers” On Pittsburgh History

Study Leader: Barbara Burstin

- 1 Class: Oct. 27
- Friday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

During the course of my research and writing on the history of the Pittsburgh Jewish community, it became very clear to me that there were any number of individuals who he had an impact on not just on the Jewish community, but on the Pittsburgh community as a whole. These men and women made their influence felt in a variety of fields including city politics, education, business, the arts and music, social justice. This talk is an effort to bring some of these people to life as we take an enlightening and stimulating stroll through the annals of Pittsburgh’s fascinating history. While the names of these individuals might have been lost, their contributions should not be.

Barbara Burstin has been teaching, among other courses, a course at both the University of Pittsburgh and Carnegie Mellon University for many years on the Holocaust and America’s response. She is happy to be offering a very abbreviated version of this course for the first time at Osher. In the past, Burstin has taught courses at Osher which have been focused more specifically on the Pittsburgh Jewish experience. She is the author of Steel City Jews; Steel City Jews in Prosperity, Depression and War; Jewish Pittsburgh; and After the Holocaust: The Migration of Polish Jews and Polish Christians to Pittsburgh after World War II. Barbara has lectured widely and is an active member of the community, serving in various leadership roles over the years.

Important

To attend a course, you must have received a course confirmation for that course through the office. Please don’t confuse the confirmation with a wait list notice. We appreciate your cooperation.
SOCIAL SCIENCES | History

Germany Between The Wars 1919-1939

Study Leader: Sheila Werner

- 6 Classes: Sep. 11 – Oct. 16  
  Class ID: 1989
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

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

From The Very Beginning To Jefferson: The Path We Followed

Study Leader: Arthur Goldberg

- 6 Classes: Nov. 2 – Dec. 14*  
  Class ID: 2033
- Thursday, 3:15 PM - 4:15 PM
- Wean Hall, 4708
  *Note: Class will not meet on Nov. 23

This course will study how the wild North American continent was settled by people seeking a new life, the creation of 13 different colonies of English men and women (and kidnapped Africans), with conflicts among the colonies, and how they eventually became Americans. And then they defeated the western world’s largest and most powerful empire, creating the world’s first revolution against kings and autocrats. And what was the result?

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

The Great War, World War I, 1914-1918

Study Leader: Sheila Werner

- 6 Classes: Oct. 30 – Dec. 4  
  Class ID: 2058
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

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

See Sheila Werner, previous listing
This Was The Week That Was: Discussion Of The Week’s Events

Study Leader: Arthur Goldberg

- 6 Classes: Sep. 7 – Oct. 19*
- Thursday, 1:45 PM - 2:45 PM
- Wean Hall, 4707
  *Note: Class will not meet on Sep. 21

A calm discussion of the current domestic and international political scene. We will try expressing our own opinions logically and respectfully. Divergent views may be expressed and explored, and we can all learn.

See Arthur Goldberg, previous listing

World War I To Now - How Did We Do It?

Study Leader: Arthur Goldberg

- 5 Classes: Sep. 7 – Oct. 12*
- Thursday, 3:15 PM - 4:15 PM
- Wean Hall, 4707
  *Note: Class will not meet on Sep. 21

America came out of its isolationist and internal development period and became a party, wisely or not, to World War I and then formally, but not really, rejecting a role in world affairs. How did the interwar period result in the Great Depression and its impact on various nations, resulting in World War II and the Cold War, and the hopes and horrors that followed?

See Arthur Goldberg, pg 59

The Geese That Laid The Golden Eggs And Never Cackled

Study Leader: Peter Isaac

- 6 Classes: Nov. 3 – Dec. 15*
- Friday, 1:00 PM - 2:30 PM
- Wean Hall, 4708
  *Note: Class will not meet on Nov. 24

Thus Churchill famously described the codebreakers of Bletchley Park who were responsible for decoding secret Nazi messages. They have been credited with shortening WWII by at least two years and saving thousands of lives. The movie The Imitation Game captured some of the critical contributions of Bletchley Park, but could only dramatize highlights of a long and fascinating story. It is a tale of brilliance and discipline, stupidity and laziness on both sides, espionage and intrigue, collaboration and jealous rivalry, remarkable luck and terrible misfortune, venality and heroism. This course attempts to provide a fuller description of the historical sequence of events and their significance. We will begin by reviewing the forces leading to the creation of the Enigma machine and end by considering the consequences. Simplified explanations of how the Enigma and the decoding process worked will be included.

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

Study Leader: Steve Russell

- 6 Classes: Oct. 30 – Dec. 4
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Class ID: 2094

President Kennedy’s lofty Inaugural Address, much admired despite its affectations, was the beginning of his high use of rhetoric to embolden civic engagement. This course will allow students to review some of the little known speeches of this president, who elevated speech delivery to new levels not heard since Woodrow Wilson and his Socratic repartee. JFK’s counsel Theodore Sorensen composed some of the most astute presentations of any American president. Kennedy understood the mythic underpinnings of language and his use of it, and when partnered with Sorensen’s technical mastery, these speeches became flourishing flights of eloquence, and profound in their gravity. This course will put the speeches and the importance of John F. Kennedy’s place and position into a context for modern times.

Stephen V. Russell’s interests are varied. He has been as 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, 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.

Native Americans Of Western Pennsylvania: Who, When, And Where

Study Leader: Roland Vendeland

- 6 Classes: Sep. 8 – Oct. 20*
- Friday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Class ID: 2115

*Note: Class will not meet on Sep. 29

We will explore the Native American population in western Pennsylvania discovering who these people were, when they inhabited the area, and where in western Pennsylvania they lived. We will investigate their cultures through archaeology and history including their housing, weapons, tools, diets, and art crafts. We will review their role in the history of the region and the continent in this informative and entertaining course.

Roland Vendeland is a historical researcher, published author, and professional storyteller. His lifelong interest in history dates back to his days as a history student and teacher. For 30 years, he has written and told stories of being “born and bred” in Western Pennsylvania. He specializes in regional historical tales that lend themselves to field trips to museums and in the field. He presents with the warmth, wisdom, and wit of a student of history and the flair of the storyteller.

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 service 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 at cmu.edu or complete a paper survey located in the Osher classrooms. Thank you for your input!
The Holocaust: A War Without Rules

Study Leader: Ellaine Rosen

- 6 Classes: Sep. 8 – Oct. 20*
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4707
*Note: Class will not meet on Sep. 29

Hitler killed approximately 12 million people. People sometimes ask why special attention should be given to only half of the victims, the Jews. The answer is that the "Final Solution" was designed to exterminate every single Jewish man, woman, and child. The extermination of the Jews had no political or economic justification. It was not a means to an end; it was an end in itself. But there was no place for them to go! The world had put out a "Do Not Enter" sign. Nine years later, Jews were being gassed and cremated at death camps. How did ordinary citizens become extraordinary murderers? What was the key role of IBM in facilitating the round-up, transportation, and slave labor of Jews? What were the heroes and the heroines who saved individual Jews? Explore the Holocaust from Auschwitz to Zyklon B.

Ellaine Rosen has degrees from the Jewish Theological Seminary of America, Columbia University, and Harvard University and is a well-known Jewish art historian and lecturer. She is a docent at the Carnegie Museum of Art. She is a lecturer at the Holocaust Museum of Southwest Florida.

PITTSBURGH

Development Of Squirrel Hill: A Journey Through Time And Art

Study Leader: Helen Wilson

- 6 Classes: Sep. 8 – Oct. 20*
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708
*Note: Class will not meet on Sep. 29

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 her neighborhood. She previously worked as an art teacher, curriculum writer, illustrator, and editor for the Pittsburgh Public Schools. When she retired in 2006, she began to concentrate on researching the history of Squirrel Hill and found it to be a complex, fascinating, and often unexpected story, much of it illustrated by artists and described by writers.
Whiskey And Rebellion At Pittsburgh’s Only Whiskey Distillery

Study Leader: Mark C. Meyer

- 1 Class: Oct. 11 Class ID: 2040
  - Wednesday, 1:00 PM - 2:30 PM
  - Wigle Whiskey, 2401 Smallman St., Strip District

- 1 Class: Nov. 1 Class ID: 2069
  - Wednesday, 1:00 PM - 2:30 PM
  - Wigle Whiskey, 2401 Smallman St., Strip District

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

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

ALCOSAN

Study Leader: Zelda Curtiss

- 1 Class: Sep. 6 Class ID: 2015
  - Wednesday, 11:30 AM - 2:30 PM
  - ALCOSAN, 3300 Preble Ave., Pgh 15233

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 (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.
The Development Of The National Football League And The Formation Of The Pittsburgh Steelers

Study Leader: John R McGinley Jr.

• 3 Classes: Dec. 5 – Dec. 19 Class ID: 2066
• Tuesday, 11:15 AM - 12:45 PM
• Wean Hall, 4708

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

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

Shadyside And The East End: An Urban and Architectural History

Study Leader: Robert Jucha

• 6 Classes: Oct. 31 – Dec. 5 Class ID: 2051
• Tuesday, 9:30 AM - 11:00 AM
• Wean Hall, 4708

Every major American city in the 19th century saw the growth of railroad and streetcar suburbs. Pittsburgh was no exception and in the development of the residential East End of the city provides a prime example. By focusing on the Shadyside neighborhood within the content of the larger East End development, the course will explore the factors which led to the growth of the suburbs and the layout of the streets and buildings. The course will focus on the social makeup of the new suburbs using resources such as the Census and first hand sources such as the The Spencers of Amberson Avenue. The course views the various styles of domestic and religious architecture from the 1860s and 1920s of which Shadyside provides outstanding examples.

Robert Jucha is a former book editor who worked in the educational publishing field for 30 years. In 1980, he received a Ph.D. in American studies from George Washington University for his dissertation, Shadyside: Anatomy of a Streetcar Suburb. For the last 9 years, he had led and created docent tours for the Pittsburgh History and Landmarks Foundation on many areas of Pittsburgh.
Plants Flowing From Pencils, Pens, Brushes: 19th-Century Women in Botanical Art

Study Leader: Charlotte Tancin

• 1 Class: Dec. 12
• Tuesday, 1:15 PM - 2:45 PM
• Hunt Library, Reading Room & Gallery, 5th floor

This class provides a view of the lives and work of about two dozen 19th-century women botanical artists, most of them British. Much of their work was done for publication, and we will display original artworks if we have them, and/or examples of their published work from the Hunt Institute collections. Working outside the home was not an easy choice for women in the 19th century. The talk will include an overview of some of the issues that women botanical artists had to grapple with during this period as they strove to balance home, family, and work, along with the dual demands of art and science. Some of these artists are well documented and others only slightly or not at all, but their work lives on. Come and enjoy their stories and a room filled with their artistry.

Charlotte Tancin is Librarian at the Hunt Institute for Botanical Documentation, Carnegie Mellon University. She is a longtime member and past officer of the Council on Botanical and Horticultural Libraries (CBHL), a Fellow of the Linnean Society of London, and represents Hunt Institute in the international Linnaeus Link project. She has worked with the Hunt Institute’s rare book collection for more than 30 years, and her interests include the history of the book and of published images, the history of scholarly communication and the spread of ideas, and women in the history of botany. Her colleagues in the Institute’s Library and Art Department will assist in putting together the display that accompanies this talk.

Henry Clay Frick And Andrew Carnegie: A Tale of Two Titans

Study Leader: Ann Isaac, Barbara Tischler

• 2 Classes: Oct. 3 and Oct. 10
• Tuesday, 11:15 AM - 12:45 PM
• Wean Hall, 4708

Henry Clay Frick’s name resonates in Pittsburgh history in large part because of the Homestead Strike of 1892. Using Les Standiford’s book Meet You in Hell: Andrew Carnegie, Henry Clay Frick, and the Bitter Partnership as a foundation, the course will combine lecture and discussion of Henry Clay Frick’s life from his birth to the making of his first million dollars, the tumultuous business relationship with Andrew Carnegie, the Homestead Strike and its aftermath, and the reasons behind the ultimate breach between Carnegie and Frick in 1900 that lasted until their deaths.

Ann Isaac became a Frick docent after retiring, having previously spent over 30 years handling management labor relations in international maritime shipping and later in aluminum manufacturing. Her background gives her a unique appreciation for labor-management relations in the 19th century, when the Homestead strike left its mark on Frick, Carnegie and the labor movement.

Barbara Tischler is a lifelong educator, having been both an elementary classroom teacher and an instructional designer for a number of national and international manufacturing companies. Since becoming a docent at the Frick Art & Historical Society, she has been able to indulge her interests in art and history and discovered that even in retirement, there is not enough time in the day to fit in everything on the "to do" list.
City Of Asylum: Pittsburgh Worldwide Hub Where Writers And Artists Convene

Study Leader: Anne Lackner

• 1 Class: Oct. 24  Class ID: 2055
• Tuesday, 1:00 PM - 2:30 PM
• Alphabet City Center,
  40 W. North Avenue, North Side

This course is a one-time, 90-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 who are under threat of persecution. It is also 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. Students will learn how City of Asylum’s unique model has helped anchor the development of the Garden Theater Block with a cultural center that includes a performance space, bookstore, and restaurant. It built a diverse audience, and protects free expression while fostering cross-cultural exchange.

Anne Lackner is a trained lawyer and board member of City of Asylum. She speaks French fluently, and her mother tongue is Dutch. She, along with Vincent, 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.As. She is also a member of the external advisory board at the University of Pittsburgh’s EU Center of Excellence/European Studies Center. As a member of the World Affairs Council of Pittsburgh, she is a facilitator to help create high school students’ awareness, understanding, and appreciation of world cultures and global issues.

All About Osher at CMU

Study Leader: Allan Hribar, James Reitz, Lyn Decker

• 3 Classes: Oct. 31 - Nov. 14  Class ID: 2155
• Tuesday, 3:15 PM - 4:45 PM
• Wean Hall, 4708

The Osher Lifelong Learning Institute at Carnegie Mellon University is the largest OLLI on a single campus of all the 120 Osher Institutes. We are also considered among the most successful. During our time together you’ll learn all about the dynamic volunteer run organization you are a member of. We’ll talk about the nuts and bolts of the day to day operations including topics about how the curriculum is established, how the finances are managed, how to use the web site and registration system to your advantage, the relationship between CMU and the Osher Foundation and our Osher, and how members can become involved. Whether you are among the founding members or have just recently joined, this is a course everyone will find both informative and of interest.

The course is co-taught by Allan Hribar and James Reitz, both Osher board directors, and Lyn Decker, Osher Executive Director and Registrar.
Since 1900, when Andrew Carnegie donated funds to create Carnegie Technical Schools, the institution has maintained a close relationship with individuals and organizations in southwestern Pennsylvania. Did you know that CMU students contribute more than 200,000 hours of service to the community annually, or that faculty who hold grants from the National Science Foundation (your tax dollars!) are required to include a "broader impacts" plan to benefit society into their work plan? This three-session course will focus on 1) the history of Carnegie Tech / Carnegie Mellon’s engagement with the community and changes that have occurred over time; 2) current educational activities developed and presented by university faculty, students, and staff to provide opportunities for children or to enhance instruction in K-12 schools; and 3) research and other initiatives that are helping to improve life and address societal needs.

Judith Hallinen is Carnegie Mellon’s Assistant Vice Provost for Educational Outreach and directs the Leonard Gelfand Center for Service Learning & Outreach, which supports the development, implementation, and evaluation of activities that enable faculty and students to share expertise with members of the community. She also assists faculty with broader impacts planning for their proposals, advises students who are interested in becoming K-12 teachers and is responsible for developing and improving processes that support CMU’s policy for the protection of children. Judy has served as an adjunct instructor at Chatham University, a consultant to Pittsburgh Public Schools, and a project coordinator for science programs developed by the Curriculum Research and Development Group at the University of Hawaii. She earned a BS in Psychology at Carnegie Mellon, a master of arts in Teaching from the University of Pittsburgh, and a doctorate in higher education management from the University of Pennsylvania.

Pittsburgh Botanic Garden - From Black To Green

Study Leader: Keith Kaiser

• 1 Class: Sep. 7
• Thursday, 11:15 AM - 12:45 PM
• Pittsburgh Botanic Garden,
  799 Pinkerton Run Road, Oakdale, 15071-3007

Learn the story behind both the land and the organization that make up Pittsburgh Botanic Garden. Hear how a group of dedicated gardeners has taken an idea and developed it into a rich community asset. We will present a description of the work being undertaken to move from land used for farming and coal mining to land that provides environment-based economic development. Sessions will take place both in a classroom setting and outdoors. Concepts covered include basic understanding of plants, non-profit organization operation, and environmental reclamation work.

Keith Kaiser, Executive Director, began leadership of Pittsburgh Botanic Garden August 1, 2016. His career working in public gardens draws on 40 years of experience working at botanical institutions in Ohio. A graduate of The Ohio State University in ornamental horticulture, Keith’s passion centers around plants.
Politics/Government | SOCIAL SCIENCES

POLITICS/GOVERNMENT

Democracy In Crisis

Study Leader: Robert Cavalier

• 4 Classes: Oct. 30 – Nov. 20  
  Class ID: 2009
• Monday, 3:15 PM - 4:45 PM
• Wean Hall, 4707

Today democracy is in recession. Gone are the heady days of the Arab Spring and the belief that liberal democracies have won the day. Never before has our own democracy been faced with the kind of media-mediated virtual reality that distorts our public opinion and corrupts our civic discourse. This course will explore the origins and nature of the current crisis (regardless of one’s political frame-work). It will also look for solutions and seek ways to retrieve the ideals of a more deliberative democracy.

Robert Cavalier’s interests focus on the field of deliberative democracy. He is a Principal Investigator in projects involving deliberative polling and other forms of democratic dialogue at the local, regional and national level. His recent books are Democracy for Beginners (For Beginners LLC, 2009) and Approaching Deliberative Democracy: Theory and Practice (Carnegie Mellon University Press, 2011).

Understanding The American Presidency

Study Leader: Bert Rockman

• 5 Classes: Sep. 13 – Oct. 11*  
  Class ID: 2134
• Wednesday, 3:15 PM - 4:45 PM
• Wean Hall, 4707

*Note: Class will not meet on Sep. 6

The U.S. presidency is often described as “the most powerful office in the world.” This course draws a more realistic assessment of that assertion by examining both the possibilities for presidential leadership and the significant constraints upon it. We begin by looking at the constitutional powers of the presidency and the institutional limitations on leadership and how these have evolved over time. We then proceed to examine how presidents deal with other forces inside Washington and public opinion outside of it. A third issue is whether political polarization strengthens or inhibits presidential leadership. Fourth, what leadership skills — if any — are important for presidents? Finally, how powerful or inhibited a presidency do we want? The course will emphasize alternative views and the participation of class members.

Bert Rockman is emeritus professor of Political Science at Purdue University and a visiting scholar in political science at the University of Pittsburgh. He has a Ph.D. in political science from the University of Michigan and has been the University Professor of political science at Pitt, senior fellow at the Brookings Institution, director of the School of Public Policy and Management at Ohio State University, and head of the Political Science Department at Purdue. He has been president of the American Political Science Association’s Organized Section on the Presidency and has received the Neustadt Award for the best book on the U.S. Presidency, and the Simon Award for Lifetime Contributions to the Scientific Study of Bureaucracy. He has been editor of the international journal Governance.
Civil Liberties In The Trump Age

*Study Leader: E. J. Strassburger*

- 6 Classes: Oct. 31 – Dec. 5  
  *Class ID: 2110*
- Tuesday, 5:30 PM - 7:00 PM  
- Wean Hall, 4708

This course will present an overview of the Bill of Rights and civil liberties, followed by weekly in-depth presentations and discussions on civil liberties “hot topics.” Each weekly topic will be presented by an engaging local legal expert. The topics will be current and timely—some speakers will be recruited based on issues in the news at the time. Broad topics are likely to include the history of dissent in the U.S., freedom of the press, immigration, police practices, and criminal justice reform. Specific content will be different from previous offerings of this course. Presented by the Pittsburgh Chapter of the ACLU-PA in memory of Nat Melamed.

**E.J. Strassburger** is the immediate past president of the Pittsburgh Chapter of the American Civil Liberties Union of Pennsylvania. He has been an attorney for more than 45 years, with concentrations in complex commercial litigation, municipal law, appellate practice as well as estate planning and administration. He was President of Strassburger McKenna Gutnick and Gefsky—the law firm founded by his grandfather—for almost 25 years. He and his wife live in Squirrel Hill. They have two grown children and two grandsons. He is the third generation of lawyers on both the paternal and maternal sides of his family. His son and nephew represent the fourth generation in the firm. An active community volunteer, E.J. is past president of the Neighborhood Legal Services Association, Academy of Trial Lawyers of Allegheny County, and Jewish Residential Services and was a member of the August Wilson Center Recovery Committee. An engaging speaker with a radio-quality voice, E.J. taught four previous courses on civil liberties at Osher.

Political History Of The Middle East: Israel Chapter

*Study Leader: Ram Kossowsky*

- 6 Classes: Sep. 7 – Oct. 19*  
  *Class ID: 2054*
- Thursday, 11:15 AM - 12:45 PM  
- Wean Hall, 4708

*Note: Class will not meet on Sep. 21*

We begin the class with a review of the current political situation in the Middle East with emphasis on Israel and her immediate neighbors. We then go back to the beginning and discuss the early Zionists’ view of their destiny as legal immigrants to a land where their ancient ancestors lived. We then review the historical events from the late 19th century to the early 21st century with the goal to understand how a group of mild-mannered socialists evolved into a grumpy, angry, right-leaning people. We will discuss at length the "peace" process, arguing the likely economic and social benefit of reintegration into the political reality of the Arab Middle East.

**Ram Kossowsky**, a native of Israel, has lived in Pittsburgh since 1966. He earned advanced degrees in material science from the University of Pennsylvania. He spent 20 years at the Westinghouse Research Center, and 6 years at Penn State University. He has worked as an independent consultant since 1990. His passionate hobbies include the study of history of ancient societies, with emphasis on the Near East, and shooting and editing movies of his travels. He presented the courses “India, Then and Now” and “Ancient Societies Expressions in Stone” during past Osher-CMU and PIT OLLI semesters, and a monthly installments of a study of “Archeology of Ancient Israel” at Temple Sinai and Osher-CMU. He was invited to present a lecture on “Ancient Codes of Law” and “Ethnogenesis of Israel” at meetings of the Biblical Archeology Society of Pittsburgh. In April 2012 he took on the task of the president of the Biblical Archeology Society of Pittsburgh.
Imagine clearing out your parents’ attic in Churchill and finding hundreds of letters written by two brothers as they fought in the Civil War. Faced with that situation, and not knowing where the letters came from, the instructor for this class called in Osher study leader Edd Hale. Along with their wives, Osher members Carol Young and Nancy Hale, they spent many years transcribing the letters, visiting the home area of the two Vermont soldiers, and touring battlefields to follow in their footsteps as they prepared to write a book about the two brothers. This class will trace the history of the Civil War with frequent references to the vivid accounts of battles and other aspects of army life as described by these two soldiers. It will emphasize the battles in which they participated: the Peninsula Campaign, South Mountain, Antietam, Fredericksburg, Chancellorsville, Gettysburg, the Wilderness, and Cedar Creek.

Carleton Young has undergraduate degrees in economics and English from Westminster College and Point Park University, an MA in history from Ohio University, and his Ph.D. in the history of education from the University of Pittsburgh. He has taught AP history at Thomas Jefferson High School, as well as teaching classes as an adjunct professor at the Community College of Allegheny County, the University of Pittsburgh, and Eastern Gateway Community College in Ohio. He has recently published the book *Voices From the Attic: The Williamstown Boys in the Civil War*.

**PSYCHOLOGY**

**Cognition And Aging**

*Study Leader:* Bruce Goldstein

- 2 Classes: Sep. 12 and Sep. 19  
  *Class ID: 2039*  
  - Tuesday, 9:30 AM - 11:00 AM  
  - Wean Hall, 4708

Do you feel as if your memory isn’t what it once was? How about your ability to pay attention to what is happening on the road while you are driving? Negative changes in memory, attention and other cognitive functions do occur as we age, but the amount of change differs for different people. This talk will describe the normal changes in cognitive functioning that occur with age, why these changes occur, and what you can do to maintain good cognitive functioning.

*See Bruce Goldstein, pg 38*
SOCIAL SCIENCES | Psychology | Religion/Philosophy

The Social Mind

Study Leader: Bruce Goldstein

• 2 Classes: Sep. 26 and Oct. 3
• Tuesday, 9:00 AM - 11:00 AM
• Wean Hall, 4708

Social relationships — our interactions with other people — are an important part of people's lives. In fact, some would argue that social relationships are an essential part of people's lives. We will consider some behavioral research about how we judge other people's characteristics, and how we make inferences about what they are thinking. We will then consider research in the field of social neuroscience, which has revealed amazing facts about how the brain is involved in our social lives. Finally, we will take a look at the fascinating world of social robots. Some of the material in this course was presented in “Understanding Your Mind,” Fall term, 2016.

See Bruce Goldstein, pg 38

The Thinking Mind

Study Leader: Bruce Goldstein

• 2 Classes: Oct. 10 and Oct. 17
• Tuesday, 9:30 AM - 11:00 AM
• Wean Hall, 4708

How do people think about problems and make decisions? This study group will answer this question by drawing from current psychological research. The main topics to be considered are (1) Fast and slow modes of thinking, based on Nobel Prize winner Daniel Kahneman’s book Thinking, Fast and Slow; (2) Neuroeconomics, an approach to decision making that combines research from the fields of psychology, neuroscience and economics, and (3) Creativity, which often involves thinking "outside the box." The discussion of Kahneman’s research was previously presented in the Osher course, "Understanding Your Mind," Fall term, 2016.

See Bruce Goldstein, pg 38

RELIGION/PHILOSOPHY

Early Christian Documents I

Study Leader: Philip Wainwright

• 6 Classes: Sep. 7 – Oct. 19*
• Thursday, 5:30 PM - 7:00 PM
• Wean Hall, 4707
*Note: Class will not meet on Sep. 21

We often hear that the church "suppressed" various documents, and that the ones in the New Testament are not reliable. This class will look at the documents in question, so that you can decide for yourself what actually happened. This is a 12-week course, six weeks per session. No required text, but I can recommend titles for those interested.

Philip Wainwright is an Episcopal priest with degrees in history from King’s College, London, and the University of Kent at Canterbury. His primary research interest is church history and his degrees were awarded for research in 3rd and 4th century Christianity, and the Church of England in the 17th Century. He has served parishes in New Mexico, Virginia, and Pennsylvania and is currently assisting Episcopal campus ministry at the University of Pittsburgh.

Early Christian Documents II

Study Leader: Philip Wainwright

• 6 Classes: Nov. 2 – Dec. 14*
• Thursday, 5:30 PM - 7:00 PM
• Wean Hall, 4707
*Note: Class will not meet on Nov. 23

We often hear that the church "suppressed" various documents, and that the ones in the New Testament are not reliable. This class will look at the documents in question, so that you can decide for yourself what actually happened. This is a 12-week course, six weeks per session. No required text, but I can recommend titles for those interested.

See Phillip Wainwright, previous listing
Two “Model Popes”  
John XXIII And Francis I

Study Leader: Eugene Lauer

- 5 Classes: Sep. 11 – Oct. 9  
- Monday, 3:15 PM - 4:45 PM  
- Wean Hall, 4708

In this course, I am not suggesting that these are the two best popes in the history of the Catholic Church. Rather, I am proposing they both have given us a somewhat “new and different model” of what a Pope can be in this complex contemporary world. We will review many of the decisions/insights that they have given us that may move the role of the Bishop of Rome in some interesting new directions for the Catholic Church. We will also discuss many of their outstanding personal qualities that have attracted great numbers of people to them. They have also raised some issues, quite different from their predecessor’s, which have caused some controversy, especially among the more conservative cardinals and bishops, issues that remain unresolved.

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

Why God Hates Women

Study Leader: William Lassek

- 7 Classes: Sep. 6 – Oct. 18  
- Wednesday, 1:00 PM - 3:00 PM  
- Wean Hall, 4707

In many countries today religion is used to justify severe limits on women’s rights. Because natural selection is driven solely by successful reproduction, evolved biological and psychological differences between men and women lead to optimal sexual strategies and interests which are often in conflict. Thus, it is not surprising that religious scriptures and doctrines are preoccupied with sex. Based on available evidence, Stone Age hunting and gathering, and the worship of goddesses and childbearing supported sexual equality for thousands of years. After the invention of agriculture and animal husbandry, this egalitarianism gave way to increasing social and gender disparities with increasing efforts to replace the domains of goddesses with patriarchal gods and to promote male reproductive interests by exerting tight control over female sexuality. This is reflected in the development, over time, of Mesopotamian religion, Hinduism, Judaism, Christianity, and Islam.

Will Lassek, MD, is a former assistant surgeon general in the United States Public Health Service and assistant professor of epidemiology at the University of Pittsburgh Graduate School of Public Health. He has a number of publications relating to evolutionary biology and is the co-author of Why Women Need Fat. He has long enjoyed puzzling over the voluminous and mostly forgotten writings of the physicians of past centuries as they recorded their persistent and ever-hopeful efforts to understand why people get sick and how to help them.
Then They Came For Me — And There Was No One Left . . .

Study Leader: Rabbi Ron Symons

• 5 Classes: Sep. 11 – Oct. 9
• Monday, 10:00 AM - 11:30 AM
• Jewish Community Center, 5738 Darlington Road, Squirrel Hill

“Then they came for me—and there was no one left to speak for me.” These words of Pastor Martin Neimoller were powerful all throughout the later part of the 20th century. Today, as we live within the first quarter of the 21st century, it seems that Neimoller’s words are all the more needed. Let’s go further back: for thousands of years now, “Love your neighbor as yourself” has been a moral imperative at the foundation of spiritual life. Many of us are yearning to make that imperative into a reality in our own Pittsburgh. Our conversations will be based on traditional wisdom found in Jewish, Christian, and Moslem traditions. They will be enhanced by the moral conversations of our day happening across the globe. They will be reflected in the imagery of Pittsburgh photographers on a mission to tell the stories of our neighbors, no matter their places of origin. Our conversations will be all the richer because of your opinions no matter your background; the gifts of Melissa Hiller, Director of the American Jewish Museum of the JCC; the images of Brian Cohen and his fellow photographers; and, the Pittsburgh neighbors of all backgrounds we invite to join us. All are welcome!

Rabbi Ronald B.B. Symons, Senior Director of Jewish Life at the JCC of Greater Pittsburgh, is passionate about Jewish living and Jewish community. He is committed to engaging and meaningful experiences that lead to intellectually, culturally, spiritually, and socially responsible Jewish living. A student of effective learning, Ron strives for educational excellence across the ages. Whether with his 4-foot tall puppet Sheli and toddlers with their parents, elementary school students up to their elbows in challah dough, on a Jewish road trip with teens or engaged in text-based meaningful conversations with adults, Ron gets inspired through active learning experiences. Most important, Ron is the supportive husband of Rabbi Barbara Symons of Temple David, Monroeville, PA. (Yes, they met in their first week of rabbinic school in Jerusalem!) They are the proud parents of Aviva, Ilana, and Micah. Ron enjoys cooking, woodworking/home projects, and Broadway musicals.

Thomas Merton, A Spiritual Guide In A Troubled World

Study Leader: Joyce Rothermel, Carol Gonzalez

• 6 Classes: Nov. 2 – Dec. 14*
• Thursday, 11:15 AM - 12:45 PM
• Wean Hall, 4707

*Note: Class will not meet on Nov. 23

This six week class will provide an inspiring exploration into the life, relationships, writings, and contemplative practices of Thomas Merton. In addition to the biographical information about Merton’s life, classes will focus on his published writings, correspondence with many of his contemporaries around the world, interfaith dialogue, and his spiritual journey in his last year (1968). The classes will reveal the reason why Merton continues to be read and to inspire the lives of people in the 21st century as a promoter of peace between peoples and religions. They will also include the mission and history of the Thomas Merton Center, which was founded in Pittsburgh in 1972, and continues to operate in the Garfield section of the city.

Please note: Living with Wisdom, a biography of Thomas Merton written by Jim Forest is required for class and is available on Amazon.

Joyce Rothermel is a retired non-profit administrator who served as associate director of the Thomas Merton Center from 1977 to 1987 and has returned as a regular volunteer and board member since her retirement in 2011. She received her master’s degree in education with a concentration in peace and social justice from the University of Dayton in 1977. In 2015, she and CJ Gonzalez served on the 100th birthday anniversary committee of Thomas Merton in Pittsburgh that sponsored 21 events commemorating Merton’s life.

Carol (CJ) Gonzalez, an educator, contemplative activist, and Episcopal laywoman, is an Ignatian guide and a leader in CVX-CLC, an international, lay Ignatian community on mission in the world. A former history teacher at Shady Side Academy, Carol has served on the board of the Thomas Merton Center, led numerous Merton and Dorothy Day study groups, leads weekly spiritual support groups with incarcerated women, and has been active in community development on the Northside—including urban farming and tree-tending—for decades. Carol is eager to engage with others on the journey as disciples of meditation become apostles of love.
Lions, Tigers and Muslims . . . Oh My!

Study Leader: Christine Mohamed

• 6 Classes: Sep. 7 – Oct. 19*  
  Class ID: 2072
• Thursday, 6:00 PM - 7:00 PM
• Wean Hall, 4708
*Note: Class will not meet on Sep. 21

This course is an introduction to Islam at a time when Islam has been poorly portrayed in the media. It will cover the Five Pillars of Islam, which are the basic framework of how Muslims live and serve their faith, their community, and their work. The Five Pillars of Islam are the foundation of the world’s second-largest faith. Their wisdom and spiritual appeal are in their simplicity. This course will detail each of the five pillars and show how they relate to the daily lives of practicing Muslims. Aside from learning the basics of what Muslims believe, we will also take a look into the many misconceptions which may cause fear and misunderstandings among those of a different faith tradition.

Christine Mohamed acted as the Islamic Center of Pittsburgh’s Program Director for the support group "Help for the Convert" (HFTC). HFTC meets weekly to discuss obstacles (which many Muslim converts face). Christine, a convert herself, provided instruction on the central Islamic tenets, including theology, prayer, and fasting procedures. For the past seven years, she has participated as a panelist for a number of community events, including the University of Pittsburgh Muslim Student Association. Christine has given many speeches at various interfaith ventures throughout the Pittsburgh region, including the Islamic Center’s annual interfaith banquet. She has been interviewed for international articles, and recently presented her mosque in an interview with W.E.S.A/National Public Radio. She is known throughout the city for her passion for sharing her faith and dispelling misconceptions about Islam.

TRAVEL

Travels In The Arctic And Antarctic

Study Leader: Douglas Webster

• 2 Classes: Oct. 16 and Oct. 23  
  Class ID: 2118
• Monday, 9:30 AM - 11:00 AM
• Wean Hall, 4708

This two-session course combines two popular Osher presentations from past years and takes class members to both the Arctic and the Antarctic. A lifelong interest in the Arctic has drawn study leader Doug Webster northward over his life from summer canoe trips in central Ontario to journeys above the Arctic Circle in the U.S. and Canada. For the first class, he presents photos from two trips—the first with his daughter, hiking and canoeing on their own over 150 miles from the headwaters of Alaska’s Koyokuk River in Gates of the Arctic National Park and a second with friends, hiking a steep glacial valley in Auyuit-tuq National Park on the tip of Baffin Island. For class two, Webster and partner Robin Heid take you to the Antarctic Peninsula which they visited in 2014. Included are a half-hour video of the trip and answers to your questions about this remote and fascinating part of the world, and about options for your own lifetime adventure visit.

Doug Webster holds a degree in journalism and political science from Syracuse University. He has worked as a radio and television broadcaster/producer, a U.S. Senate aide, in university development, and in public relations for McGraw-Hill and private advertising/PR agencies. As head of his own firm, he handled North American PR for multi-national companies engaged in trade and transportation logistics. 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.
### MONDAY | Session ONE / September 4 – October 27

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Mellon Institute’s auditorium is located on the second floor. In the event of a fire alarm activation and subsequent evacuation, the elevators would be inactive and students would be required to ascend stairs to leave the building.
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 your first class. 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 3300 Preble Ave, 15233
Alphabet City 40 W North Ave, North Side
Beth Shalom 5915 Beacon St., Squirrel Hill
Carnegie Museum of Art 4400 Forbes Ave., Oakland
City Theatre 1300 Bingham St., South Side
Dance Alloy Studio 5530 Penn Ave. at Stratford, East Liberty
Frick Park - Lower Parking lot Lancaster Ave (to Tranquil Trail)
Frick Park - Bowling Greens Reynolds St at Carnegie Pl
Friends Meeting House 4836 Ellsworth Ave., Oakland
Jewish Community Center 5738 Forbes Ave., Squirrel Hill
McGowan Institute For Regenerative Medicine 450 Technology Dr, Suite 300 15219 (off 2nd Ave.)
National Aviary 700 Arch St., North Side
Pittsburgh Ballet Theatre 2900 Liverty Ave., Strip District
Pittsburgh Botanic Garden 799 Pinkerton Run Rd., Oakland
Pittsburgh Opera 2425 Liberty Ave., Strip District
Rodef Shalom 4905 5th Avenue, Oakland
Union Trust Building 501 Grant St., Downtown
Wigle Whiskey 2401 Smallman St., Strip District
Wilkins Community Ctr. 7604 Charleston Ave., Regent Sq.

Parking
Garage/Lot Address Map #
East Campus Parking Garage* Forbes Ave. (Free after 5 pm and on weekends) 1
RMIC Parking Garage S. Neville St. 2
Gates Bldg Parking Garage* Hamerschlag Dr. 3
*For garage rates, please visit: 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 a member $50.00 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 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/shuttleandescort or at Cohon University Center.
• AgeWell Rides, a service of AgeWell Pittsburgh through Jewish Family & Children’s Service, offers rides for senior citizens who do not drive. Call 412-422-0400.

Bad Weather Days
• Classes will not be held if the Pittsburgh Public Schools are closed for inclement weather. If they have a 2-hour delay, Osher operate as normal unless the study leader does not want to hold the class. 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 phone.

Photos and Videos
• Please take photos for us! We encourage our members to share their photos and videos by emailing them to osher@cmu.edu.
• Photographs and videos are taken at many Osher events.
• The photos may be used in course catalogs, the website, the newletters, brochures, or other publications.
• If you do not wish to have your photograph taken, please advise the photographer.
Email Notifications

Study Leaders will frequently email handouts, assignments, and class notices to their students. It is important that we have your current email address:

• The Osher office will send “broadcast emails” to notify you of upcoming Osher or Carnegie Mellon activities or events each Friday. This weekly email is called “Weekly Essentials” or “The WE.”
• The Osher office will send email notices to specific classes for important course changes.

Catalogs

If you want a printed handout for a class, contact the office to run it off. It is your responsibility to pick it up from the office. Please call us at 412-268-7489.

Catalogs

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. If you don’t want to receive a catalog please email the office at osher@cmu.edu.

Course Changes

The most up-to-date information about all classes and courses is always available at cmu.edu/osher, click on "Member Sign In."

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.

New Procedure

You no longer need to call the office if you need to miss a class.

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 or board president if they observe behavior that is a significant violation of this code of conduct. The executive director or president 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 $50.00 for an unlimited number of courses. The Prospect registration fee is $85.00 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.

Paper Registration - If you must.
To register for your term courses 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 courses Osher at CMU must rent space for.

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

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. Rental portion of material fees are not refunded.

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, 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. OAs no longer have to call members who do not show up to class.

Confirmation Letters
As you are registered, a “confirmation of class registration” will be automatically emailed to you for each course you are enrolled in. If you do not have email, a course confirmation will be mailed to you. Should a course not be listed, it means that you are on the waiting list for 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 you do not have a confirmation for.

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, please also notify the office so another member can attend. This cannot be done online; email the office at osher@cmu.edu.

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.

Observed Official Osher Skip Days
Osher Lifelong Learning Institute is a nonsectarian organization. The organization will officially recognizes only the following skip days:

New Year's Day Jan. 2, 2017
Martin Luther King Jr. Day Jan. 16, 2017
The day before Passover Apr. 10, 2017
Good Friday Apr. 14, 2017
Memorial Day May 29, 2017
Independence Day July 4, 2017
Labor Day Sept. 4, 2017
First full day of:
Rosh Hashanah Sept. 21, 2017
Yom Kippur Sept. 30, 2017
Thanksgiving Wednesday Nov. 22, 2017
Thanksgiving Day Nov. 23, 2017
Thanksgiving Friday Nov. 24, 2017
Christmas Day (Monday) Dec. 25, 2017
New Year's Eve Dec. 31, 2017

Questions? Please call the office at 412-268-7489 or email us at osher@cmu.edu.
REGISTRATION FORM
Fall 2017

Name _____________________________________________ Email ________________________________
Street Address ______________________________________ Home Phone _________________________
__________________________________________________ Cell Phone ____________________________
City ____________________________ State ______  Zip Code __________

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

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When online registration opens, the paper registration forms will be processed as they come into the office in the order received. It is to your advantage to register online.

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 _______

Total Materials fee(s) ____________________________________________

Member Registration Fee: $50.00
2018 Membership Dues $60.00
Donation: 
  - Osher — Unrestricted
  - 25th Anniversary

Picnic - Aug. 28, 2017
- Member: $22.00
- Guest Name: $30.00

Total Payment: ____________________________________________

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. Rental portion of material fees are non-refundable.
For help with online registration, please visit cmu.edu and watch the online registration video. This video will walk you step-by-step through the process of registering for courses and events at Osher at CMU.

It is helpful to have a list of courses that you’re interested in and their course ID numbers prior to beginning to register.

**MOBILE PHONE INSTRUCTIONS:**

The registration system has been redesigned to be mobile device friendly. It is possible to register on your mobile phone. The process is the same as registering on a computer or tablet, only the display is different.

**Things to keep in mind:**
- Some familiarity with the operation of your own phone is assumed.
- Be patient – response times may be slower on a phone than on a computer.
- Your information may appear toward the bottom on the page; scroll to see it.
- The 3-bar icon (below the Osher at CMU logo) will display the course listing by category/subcategory.
- The Osher logo is a link to cmu.edu/osher; if clicked, press your back button to return to where you were.
- The down caret will expand a listing and the up caret will collapse the listing.