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OSHER  
LIFELONG  
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INSTITUTE

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# Fall 2019

at Carnegie Mellon University | [cmu.edu/osher](http://cmu.edu/osher)

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## CONSIDER A GIFT TO OSHER

To make a contribution to the Osher Annual Fund, please call the office at 412.268.7489, go through the Osher website with a credit card, or mail a check to the office. Thank you in advance for your generosity.

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### ON THE COVER

The sloping halls in Baker/Porter Hall were built to accommodate large machinery as it originally housed the School of Applied Industries and had machine shops for students studying everything from plumbing and heating to "electrical practice."

Front Cover: Chelsea Prestia

Additional catalog images courtesy of Olivia McCann, David Bachman, Amanda Cochrane and Duane Rieder, Pexels, and Wikimedia Commons

## What interests you? Find your courses by topic.

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It is in your best interest to register online. Paper registrations will be delayed and processed one week after registration opens.

### Session Dates

Session One: September 3 - October 25  
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Session Two: October 28 - December 20  
List of Courses by Day: 73-77

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

# ONE-& TWO-DAY COURSES

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

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**You must be registered to attend these courses.**

# ARTS & HUMANITIES

Art | Drama/Theatre | Language | Literature | Music



## ART

### The Mattress Factory

Study Leader: Mattress Factory

Materials Fee: \$10\*

- 2 Classes: Oct. 15 and Oct. 22      Class ID: 2948
- Tuesday, 10:00 AM - 11:30 AM
- The Mattress Factory, 500 Sampsonia Way

The Mattress Factory was founded in 1977 by artists to support artists working in residence to create site-specific installations. The museum supports established and emerging artists through a residency program that has become the pilot program for artist residences in institutions worldwide. Get an exclusive look at our history, our exhibitions, and our programs. The first class will be a guided tour of the exhibits, and the second class will be a presentation of the history and programming of the Mattress Factory.

The Mattress Factory is a museum of contemporary installation art.

\*Materials fees are not refundable; information on page 86.

## CINEMA/FILM

### Lady Justice Goes To The Movies

Study Leader: Lloyd Stires, Diane Berman

- 6 Classes: Sep. 3 – Oct. 15\*      Class ID: 3087
- Tuesday, 3:15 PM - 6:15 PM
- Wean Hall, 4708



\*Note: Class will not meet on Oct. 8

The courtroom drama has been a staple of American cinema for decades and has resulted in many excellent films. However, filmmakers have also been known to take liberties with law and procedure in order to enhance the drama of courtroom scenes. We will watch and discuss six films from the 1950s and 1960s that raise both social and legal questions, and that illustrate trial tactics still being used today. Two study leaders with different professional backgrounds—social psychology and the law—will lead a discussion of issues and themes presented by each film. Please note that this is a film discussion class. It is hoped that, after the movie is shown, you will be able to remain for the duration of the 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.

**Diane Berman** (Phi Beta Kappa, Chatham College; University of Pittsburgh Law School) retired after 42 years as a Deputy District Attorney in Allegheny County. During that time, she prosecuted numerous murder and major felony trials, and also served as the Legal Advisor to the Allegheny County's Investigative Grand Juries for 20 years. She has taught both attorneys and law enforcement in various specialized areas of criminal law, including grand jury law, electronic surveillance, complex narcotics investigations, and institutional sexual assault.

## Cinema Arts: The Foreign Documentary I

*Study Leader:* Charles Glassmire

- 5 Classes: Nov. 1 – Dec. 6\* Class ID: 2982
- Friday, 1:00 PM - 4:00 PM
- Wean Hall, 4708



*\*Note: Class will not meet on Nov. 29*

This course will exhibit some of the classic and/or seldom seen documentary films made in foreign lands by creative filmmakers who stimulated the evolution of the cinema as an art form. The format will be a one-to two-hour film screening, followed by a class discussion of the film. This course will suggest that the documentary form, while representing to show us truth, is changing the way we view the world, and thus, the way we interact with our world. The films shown will be a mixture of classic documentary and some seldom seen but fascinating contemporary documentary works.

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

## Biography And Memoir: On Film And Written

*Study Leader:* Stephen Stept

- 3 Classes: Sep. 9 – Sep. 23 Class ID: 2935
- Monday, 1:00 PM - 3:00 PM
- Wean Hall, 4708



In three sessions we will discuss biography and memoir through film and personal writing. Session one will be a film screening of my own documentary biographical film work (90 minutes) followed by class discussion. Session two will be a screening of a second film that I produced (also 90 minutes), followed by class discussion. Session three will be a discussion of memoir writing. The two films are biographies of 20th century media mogul, Henry Luce; and Jim Jones of Peoples Temple and Jonestown.

**Stephen Stept** is a veteran a producer, writer, and director of award-winning documentary films for PBS, Discovery, History Channel, MSNBC, WQED, and many others. His list of prestigious honors includes the DuPont-Columbia, Peabody, Emmy, Humanitas, and Writers Guild Awards. Stephen has written, directed, and produced programs for Bill Moyers, Rachel Maddow, and the late Peter Jennings. He has conducted hundreds of interviews, ranging from Hall of Fame athletes to Nobel laureates to Holocaust survivors, and has written dozens of narrative treatments and documentary scripts.

DRAMA/THEATRE

**Creative Process Of Plays At CMU's School Of Drama**

*Study Leader:* Richard Block

- 2 Classes: Oct. 3 and Nov. 14      *Class ID:* 3037
- Thursday, 5:30 PM - 6:30 PM
- Purnell Center, Chosky Theatre

Based on the two Chosky Theatre productions of the School of Drama, these two sessions are discussions with the members of the production team (director, dramaturg, management, designers) of each play, providing information about how theatre productions are created and why.

Please note: *Dates of plays are October 3, 2019 and November 14, 2019. If you want to see the plays, you must purchase a ticket.*

**Dick Block** has been the Associate Head of the School of Drama for over 15 years and has worked professionally as a scenic designer for over 3 decades.



**Why *Giselle* Matters**

*Study Leader:* Lisa Auel

- 2 Classes: Oct. 9 and Oct. 16      *Class ID:* 3101
- Wednesday, 10:00 AM - 12:00 PM
- Pittsburgh Ballet Theatre,  
2900 LibertyAve.



Though *Giselle* is more than 150 years old, it remains one of the most important and beloved ballets in the classical repertory. This two-part class explores the meaning and significance of the ballet to the art form and its relevance to audiences today. Session 1 is a basic introduction to the ballet art form; session 2 is a deeper look at *Giselle* and its history, context, choreography, and meaning.

Please note: *First class is one hour (10-11am).*

**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.

## The Art Of The City

Study Leader: Katie Trupiano

- 1 Class: Nov. 18 Class ID: 3005
- Monday, 4:00 PM - 5:30 PM
- City Theatre,  
1300 Bingham St., South Side

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

**Katie Trupiano** is the Education and Accessibility Manager at City Theatre Company. For the past six years, she has also served as a teaching artist for the Young Playwrights program to help middle and high school students find their voices and tell their stories through theatre. She also teaches for City Theatre's Arts Access program, working to make the arts accessible to all learners. Katie also works as a teaching artist for the Pittsburgh Cultural Trust and the Carnegie Museum of Natural History. She recently completed the Executive Program for Arts and Culture Strategy from the University of Pennsylvania and National Arts Strategies.

## LANGUAGE

### Etymologies VII: "Who Knew?!"

Study Leader: David Fortun

- 5 Classes: Oct. 31 – Dec. 5\* Class ID: 2937
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

\*Note: Class will not meet on Nov. 28

Who knew that the saying "Back to Square One" was originally a soccer reference? That a "Geisha" is an "art" (gei) "person" (sha)? That "Queensland" (Australia) was so named only because "Victoria" was already taken? That the "Hasbro" toy company was founded by and named after the HASsenfeld BROthers? Who knew? I didn't. And there's a good chance you didn't either. Etymologies VII gives us a chance to explore these and 246 more word, name, and phrase origins, as well as the stories behind the terms. And by the end of the course, you will be able to answer, "I knew."

**David Fortun** is a retired English teacher from Shaler Area High School. He has taught six etymology classes in the Osher program at Carnegie Mellon. A lifelong baseball fan, he has conducted tours at PNC Park for 12 years and has shared his knowledge of Pittsburgh baseball with his fellow Osher learners.

## Important

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

## LITERATURE

## Return To Maycomb: A Homage To Harper Lee

Study Leader: Michael Mariani

- 6 Classes: Oct. 29 – Dec. 3      *Class ID:* 2992
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

Harper Lee's *To Kill a Mockingbird* showcases a literary mastery of language while telling a compelling story. Its sustained popularity is unprecedented. Some call it the great American novel. This class studies this merited acclaim through Harper Lee's characterization and juxtaposition of lively, memorable, and iconic characters. The brilliant point of view, told by a child through whose eyes we see and experience stark bigotry and racism, friendship and loyalty, truth and secrets — still mainstay issues today. Media bombard 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, unflinching courage, and the power of truth and love. Our appreciation of *Mockingbird* 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 . . ."

**Mike Mariani** retired from teaching English after 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 comes 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*.

## Southern Gothic Short Story

Study Leader: Rebecca Carpenter

- 5 Classes: Sep. 6 – Oct. 4      *Class ID:* 3069
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Southern Gothic has enjoyed a revival in recent years in television, movies, and music. We may not be able to reproduce dripping live oaks, swamps, and sinister characters lurking in the bayous in Pittsburgh, but we'll try! As a group, we will look at the eerie, often unnerving, and provocative stories of the Southern Gothic genre, including works by Truman Capote, Flannery O'Connor, and Eudora Welty. Discussion topics will cover the sublime, the shadow, the effects of place, and the outsider as key elements in the production of this distinct literary genre.

**Rebecca Carpenter** has been an educator for almost 40 years. She taught English literature and writing in both public and private high schools, college, and graduate school. In addition, she taught English in Duquesne University's School of Leadership and Professional Advancement's Saturday program for 25 years. After 19 years, she recently retired from Literacy Pittsburgh where she taught adult literacy classes, trained volunteers, and developed and managed special projects, including Health Literacy.

## Daring To Diddle Through Dickens' *Bleak House*

Study Leader: Gloriana St. Clair

- 6 Classes: Sep. 12 – Nov. 21      *Class ID:* 3065
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4707



In the bleak midwinter, you can curl up beside your fireplace with your cat, your reading glasses, your antimacassar, your tea, and your copy of Charles Dickens' 900+ page novel, which is competing with the cat for your lap. Dickens, whose new biographers have deemed to be a very devil of a husband and father, continues to entertain his readers, following faithfully the mandate to education and entertain simultaneously. A variety of movies and TV series, especially the 2005 BBC classic *Bleak House* will allow you to envision the characters. Being astute Osher members, you will see that not much has changed vis-à-vis society and its treatment of its citizens. Folks continue to be born, suffer, find joy, and die, as is our fate. Students should read *Bleak House* in six chunks and come to class prepared to offer opinions.

Please note: *Meets every other week on Sept 12 & 26, Oct 10 & 24, Nov 7 & 21*

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

## Short Stories: The Shape Of The Whole — II

Study Leader: Helen-Faye Rosenblum

*Materials Fee:* \$5\*

- 6 Classes: Sep. 9 – Oct. 21\*      *Class ID:* 3011
- Monday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

*\*Note: Class will not meet on Sep. 30*

- 6 Classes: Sep. 9 – Oct. 21\*      *Class ID:* 3012
- Monday, 3:15 PM - 5:15 PM
- Wean Hall, 4707

*\*Note: Class will not meet on Sep. 30*

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

Please note: \$5.00 fee is to cover the cost of printing of handouts.

**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).

*\*Materials fees are not refundable; information on page 86.*

## Great And Notable Novels Read And Revisited

*Study Leader:* Mary Schinhofen, Thomas Lazaroff,  
Helen-Faye Rosenblum, Gloriana St. Clair

- 6 Classes: Sep. 5 – Nov. 14      *Class ID:* 2973
- Thursday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

With an emphasis upon earlier works and canonical selections, the Great Novels study group will read and discuss significant novels of the 18th, 19th, 20th, and occasionally the 21st centuries. From the vantage point of age and experience, what insights can we share now that were not available during a previous reading? This course provides opportunities to read novels that we may have “saved for later” or ones that we never knew existed. Class members are encouraged to lead a book discussion session. The class meets on alternate weeks.

Please note: *Meets every other week on 9/5 & 19, 10/3 & 17 & 31, 11/14. Class on October 17th will begin at 1:15 instead of 1:00.*

**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.

See **Helen-Faye Rosenblum**, *previous listing*

See **Gloriana St. Clair**, *page 10*

## Poetry Interpretation: Shakespeare to Swift

*Study Leader:* Richard Yount

- 6 Classes: Sep. 5 – Oct. 10      *Class ID:* 3006
- Thursday, 9:30 AM - 11:00 AM
- 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. 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 had the pleasure of teaching grammar; writing; poetry; American, British, and world literature (short stories and novels); business English; speech, research; word processing; drama, and journalism. He earned a bachelor of science degree in secondary English at the former California State College, and a degree in gifted education and a master’s degree in English at Nova University in Ft. Lauderdale, Florida. He has written a manual on research paper writing and has been published in *Student and Youth Travel Association* magazine.

## Your input is welcomed and valued.

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

We also depend on member involvement on committees and as Osher Ambassadors. Please email the office at [osher@cmu.edu](mailto:osher@cmu.edu) to volunteer!

## Library Of America: Champion Of Our Great Writers

*Study Leader:* Gene O'Sullivan

- 2 Classes: Oct. 15 and Oct. 22      *Class ID:* 3042
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707



The Library of America is a nonprofit publisher dedicated to keeping our greatest and most-significant American literary voices in print. It was Edmund Wilson's big idea, inspired by the Bibliothèque de la Pléiade series of French classics. The LOA is a collection of books, not a place. Its first four titles were collections of Herman Melville, Nathaniel Hawthorne, Walt Whitman, and Harriet Beecher Stowe. The collection includes works of history and literature by our great authors, as well as exceptional anthologies. This course will cover the hard-fought campaign leading to the founding of the LOA in 1982, the authors and literary works honored so far by inclusion, and the careful editorial approach applied to all editions, of which there are over 300 today, and growing.

**Gene O'Sullivan** has been a collector of the Library of America since he received a gift of the inaugural Herman Melville edition, drawn in by the idea that American literature deserved the same honor and reverence as European literature. Retired since 2014, he was chief financial officer of the Elliott Group, a global manufacturer of compressors and turbines. Since retiring, he has enjoyed taking many Osher courses, always delighted by their content and quality. He looks forward to sharing his high esteem for the Library of America with other Osher members.

## Such Friends: Max Perkins And F. Scott Fitzgerald

*Study Leader:* Kathleen Dixon Donnelly

- 1 Class: Oct. 22      *Class ID:* 3071
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



In the 1920s, F. Scott Fitzgerald was the first major author that legendary Scribner's editor Maxwell Perkins discovered and developed. We will look at how they first got to know each other, Perkins' encouragement of Fitzgerald through his first two hit novels, their work on *The Great Gatsby*, and their personal friendship until Fitzgerald's early death in 1940. What role did Perkins play in Fitzgerald's success? How did he influence his work? We will also touch on Perkins' efforts to serve as a referee between Fitzgerald and Ernest Hemingway, whom he had brought to Scribner's. No prior knowledge of their novels is necessary, but this could be a good excuse to read or re-read *Gatsby*.

**Kathleen Dixon Donnelly** has been involved in teaching and the creative process for over 40 years. Her dissertation for her Ph.D. in Communications from Dublin City University, *Such Friends*, was on the creative development of writers in early 20th century salons, including the Irish Literary Renaissance, the Bloomsbury group, the Americans in Paris in the 1920s, and the Algonquin Round Table. Kathleen's thesis for her MBA from Duquesne University was *Manager as Muse: A Case Study of Maxwell Perkins' Work with F. Scott Fitzgerald, Ernest Hemingway, and Thomas Wolfe*. She also has a B.A. in English, Theatre, and Art from Lycoming College in Williamsport, PA, and an M.A. in Education and a Diploma in Writing from Birmingham City University [BCU] in the UK. Kathleen recently retired as a senior lecturer at BCU. She has done presentations to many lifelong learning groups in the UK and the US, as well as The Southbank Center, the English-Speaking Union, and The Florida Center for the Book. She also posts about early 20th century writers at [suchfriends.wordpress.com](http://suchfriends.wordpress.com) with updates on Twitter, @SuchFriends. Kathleen and her Irish husband Tony Dixon recently relocated from the UK to her hometown of Pittsburgh, Pennsylvania.



## Jane Austen's *Emma And Pride And Prejudice*

Study Leader: Allison Thompson

- 6 Classes: Nov. 1 – Dec. 13\*      Class ID: 3024
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

\*Note: Class will not meet on Nov. 29

Everyone loves the sparkling Miss Elizabeth Bennet, but even Austen herself described Emma Wodehouse as a heroine that only she herself would love. We'll explore the worlds of Meryton and Highbury as we enjoy reading Austen's works.

**Allison Thompson** is an historian with a focus on social dance of the 18th century, a musician, and an English country dance leader. She is a Life Member of the Jane Austen Society of North America, has presented papers at meetings of various JASNA chapters, and is at work finalizing her book on dances from Jane Austen's Assembly Rooms. She has taught several courses on Austen for Osher.

## MUSIC

### Music Of Bach

Study Leader: Stephen Schultz

- 5 Classes: Sep. 3 – Oct. 1      Class ID: 3035
- Tuesday, 3:15 PM - 5:15 PM
- Mellon Institute, Auditorium



This class will be a chronological retrospective of Bach's life and works, covering major aspects of his instrumental and vocal music. We will be discussing the principles of historically informed performance practice in relation to modern and period instrument performances of his music. We will show the musical influences that affected Bach's work as we work our way through the cantatas and Passions, instrumental music, and finish up with the masterpieces of his final decade: *B Minor Mass*, *Goldberg Variations*, and *the Art of the Fugue*.

**Stephen Schultz**, called "among the most flawless artists on the Baroque flute" by the *San Jose Mercury News* plays Principal flute with the Philharmonia Baroque Orchestra and Musica Angelica and performs with other leading Early Music groups such as Tafelmusik Baroque Orchestra, Wiener Akademie, Chatham Baroque, and at the Oregon and Carmel Bach Festivals. Concert tours have taken him throughout the world with featured appearances at the Musikverein in Vienna, Walt Disney Concert Hall in Los Angeles, Royal Albert Hall in London, and many more. Currently he is teaching professor in Music History and Flute at CMU, and director of the Carnegie Mellon Baroque Orchestra. Mr. Schultz has also been a featured faculty member of the Jeanne Baxtresser International Flute Master Class at Carnegie Mellon University and has taught at the Juilliard School and the International Baroque Institute at Longy School of Music. Schultz has appeared on over fifty recordings for many different labels. He has been very active in commissioning new music written for his instrument. In 1998, Carolyn Yarnell wrote 10/18 for solo, processed Baroque Flute and dedicated it to Mr. Schultz. In March 2018, Stephen released a critically acclaimed CD of *Bach Sonatas for Flute and Harpsichord* (with Jory Vinikour), on the Music and Arts label.



## The Magic Behind The Opera

Study Leader: Marilyn Egan

- 4 Classes: Sep. 4 – Sep. 25 Class ID: 3090
- Wednesday, 1:15 PM - 3:00 PM
- Pittsburgh Opera Headquarters, 2425 Liberty Ave.



Have you ever wondered how special effects are created on the opera stage? How do stagehands manage fire, a flying character, and falling snow? Why do wardrobe staff use magnets in costumes? How are opera wigs made from human hair? After introductions of operas from the 2019-2020 Pittsburgh Opera season, including *Don Giovanni*, *Florencia en el Amazonas*, *Carmen*, and *Norma*, this course will explore the production elements that create the magic of theater. Additionally, a significant musical selection from each opera will be examined to learn how the composer created magical soundscapes.

**Marilyn Michalka Egan**, Ph.D., Pittsburgh Opera Director of Education, has taught students from pre-school through graduate school how to learn, how to make music, and how to teach. Marilyn explores ways to integrate the arts meaningfully into all subject areas through a wide array of opera programs for educators, students, schools, families, and adults. For her work at Pittsburgh Opera, the Greater Pittsburgh Arts Council presented Marilyn with a Work of Art Award for Excellence in Arts Education in 2009 and a second Work of Art Award for Established Accessibility Champion in 2013. Dr. Egan has offered graduate courses on classroom techniques, learning styles, brain-based instruction, and multiple intelligences through Performance Learning Systems. She has taught at Duquesne University, Gannon University, Geneva College, Kent State University, and Youngstown State University. Marilyn has degrees in Music Education, Music Theory, and Orff certification from Duquesne University; the Dalcroze Eurhythmics Certificate and License from Carnegie Mellon University; and a Ph.D. in Music Education from Kent State University.

## What's American About American Music

Study Leader: Owen Cantor

- 3 Classes: Oct. 30 – Nov. 13 Class ID: 3086
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall, 4708



Immigrants, slaves and visitors all contributed to the sound of America. How did the “sound” of America develop? From Cakewalk to Ragtime to Jazz, from regional bluegrass to country, from Dvorak to Copeland to Philip Glass, from Victor Herbert to Leonard Bernstein, let's examine the roots of our unique and new nation the results may surprise you, revealing an interesting perspective of our common history.

**Owen Cantor**, D.M.D., was founder and music director of the Summerfest Chamber Music Festival, which presented 14 summers of wonderful chamber works under the stars in Fox Chapel, PA. Before and during his early years as a practicing dentist, Dr. Cantor was a free-lance French horn player, one of the last students of the renowned Forrest Standley of Carnegie Mellon University. Dr. Cantor has performed, taught, and presented music in countless local venues. For 10 summers, he was a participant and trustee at the Chamber Music Conference and Composers' Forum at Bennington, Vermont. Dr. Cantor has served as a board member and advisor to nearly all of the musical organizations in Pittsburgh. He has taught as an artist lecturer in the School of Music at Carnegie Mellon's College of Fine Arts and has lectured in the Behavioral Sciences Department in the University of Pittsburgh's School of Dental Medicine. At Pitt, Dr. Cantor won the Chancellor's Award, a university-wide prize recognizing outstanding teaching. He is the founder of Cantor, Masterson and Pounds Dental Associates, recognized by *Pittsburgh Magazine* as a leader in the Pittsburgh healthcare community.

## Western Music In 12 Notes

Study Leader: Flavio Chamis

- 3 Classes: Sep. 9 – Sep. 23 Class ID: 3061
- Monday, 1:00 PM - 3:00 PM
- Mellon Institute, Auditorium



How is it possible for music to captivate human beings in such a visceral way? How is it possible that the whole universe of Western music is built by simply combining twelve different notes, adding rhythm, and coloring these sounds with instruments or voice? These lectures will embark on the quest of breaking down the often simple elements that composers use in order to build intricate works of artistic excellence that became some of humanity's most expressive cultural treasures. The sessions will focus on different aspects of music, presented in a way that any person would understand, regardless of previous musical knowledge. The presentations are: "Bach and the Goldberg Variations (Sleepless in Dresden)," with an in depth view of the extraordinary architecture of this masterpiece by J. S. Bach, "Leonard Bernstein, Multitasking Musician" embracing this iconic musician as a composer, conductor, pianist, educator, writer and political activist, and finally "Interpretations: do we really need so many recordings of the same piece?" bringing a comparative study of multiple approaches to the exact same musical text played by different musicians, as well as different interpretations by the same musician.

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

## The Art Of Voice: Poetry, Writing, And Discussion

Study Leader: Mike Schneider

- 4 Classes: Sep. 25 – Oct. 16 Class ID: 3089
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



Poets talk about "voice" as a defining characteristic for poems or particular poets, as well as a quality to be aware of in crafting their own work. In *The Art of Voice* (W. W. Norton: New York, 2019), celebrated poet Tony Hoagland says that "voice" is the "distinctive linguistic presentation of an individual," and aliveness of voice is a special strength of contemporary American poetry. In this course, we'll read from *The Art of Voice* and discuss what Hoagland says about poems he uses as examples, as well as other poems, mainly from—but not limited to—contemporary American poets. We'll build facility with concepts that can help to deepen our thinking about poems. Participants will have opportunities to lead discussion on their favorite poems and poets. We'll use exercises (prompts) from Hoagland to write during class, with time to share, if we wish, what we've written.

**Mike Schneider** began writing poetry in the 1970s when he published an anti-war "underground" newspaper at an Air Force base in Ohio. He's been a lawyer, freelance journalist, and science writer, now retired, living on Pittsburgh's historic South Side. Schneider has published poetry in two chapbooks and many literary journals, including *New Ohio Review*, *Notre Dame Review*, and *Poetry*. For his essays as arts editor of the Thomas Merton Center's monthly newspaper, *The New People*, Schneider received a 2003-04 creative artists stipend from the Pennsylvania Council on the Arts. Twice for CMU Osher — Fall 2018 & Spring 2017 — he taught his Bob Dylan course, "How Many Words Can One Man Have?: Tangled Up in Bob." His first poetry chapbook, *Rooster*, was published by *Main Street Rag* in 2004 as an Editor's Choice Chapbook. He received the 2012 Editors Award in *Poetry* from *The Florida Review*, and won the 2016 Robert Phillips Prize from *Texas Review Press*, which in 2017 published his second chapbook, *How Many Faces Do You Have?*

## First Fridays At Redeemer

*Study Leader:* Ann Labounsky

- 3 Classes: Sep. 6 – Nov. 1 *Class ID:* 2986
- Friday, 12:00 PM - 1:00 PM
- Episcopal Church of the Redeemer,  
5700 ForbesAve., 15217

September will feature pianist Nathan Carterette playing Bach's *Well-Tempered Clavier*; October will feature harpsichordist Justin Wallace with French harpsichord music, and November will feature Jon Tyllian on the organ with English music of the 19th and 20 centuries.

Please note: *1st Friday dates: 9/6, 10/4, 11/1*

**Ann Labounsky**, Ph.D, FAGO, Ch.M., is chair of organ and sacred music at Duquesne University, where she oversees undergraduate and graduate programs in sacred music. Currently she serves as organ artist in residence at First Lutheran Church on Grant Street and organist and choir master at the Episcopal Church of the Redeemer in Squirrel Hill. An active member of the American Guild of Organists, the National Pastoral Musicians, and the Church Music Association of America, she has worked as director of the National Committee on Improvisation, councilor for Education for the American Guild of Organists, and National Director of Certification for the National Pastoral Musicians. Author of a biography of Langlais, *Jean Langlais: the Man and His Music*, (Amadeus Press, Portland, Oregon, 2000), she has completed recording the complete organ works by Jean Langlais (26 cds) for the Musical Heritage Society released on Voix de Vent Recordings and performed in a DVD of his life based on this biography, a project sponsored by the Los Angeles AGO Chapter.



## A Musical Retrospective Of Cole Porter

*Study Leader:* Joe Lagnese

- 1 Class: Oct. 15 *Class ID:* 2931
- Tuesday, 1:00 PM - 4:00 PM
- Mellon Institute, Auditorium



This course will be a one-session narrative and musical demonstration of the life and music of Cole Porter, featuring live music provided by group of eight musicians and a vocalist.

**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.

# BUSINESS & COMMERCE

Business | Economics | Law

## BUSINESS

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### Talking Trash: The Reality Of Our Solid Waste Management

*Study Leader:* Justin Stockdale

- 5 Classes: Sep. 3 – Oct. 1 *Class ID:* 3025
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

This course will explore the current systems employed to manage the waste we discard every day including their operating principles, economic models, and regulatory mandates. Students will have a chance to peek behind the curtain and learn what really happens at landfills, recycling centers, and composting facilities. We rely on these systems every day, but few of us understand how they work. We take for granted that what goes in our recycling bins actually gets recycled. We are content that when our trash is picked up it simply goes away. By understanding these systems, you will be empowered to make informed decisions everyday which bear significant environmental and social consequence.

**Justin Stockdale** began his career in discards over twenty years ago, managing non-profit recycling centers in the mountains of Colorado. From this very grass roots start he has assembled a career overseeing operations of nearly every facet of solid waste management: from landfills to compost production, and from drop-off centers to advanced recycling sorting facilities. This breadth of experience has afforded him a unique perspective on the solid system as a whole and how each component interacts with the others. He returned to his hometown of Pittsburgh in 2014 to lead the Western Regional Office of the Pennsylvania Resources Council. PRC's programs include direct-to-consumer recycling services for difficult materials as well as consulting to local governments and businesses to help them manage their discards responsibly.

## ECONOMICS

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### Has Our Country Lost Its Way On Social And Economic Issues?

*Study Leader:* Russ Sheldon

- 5 Classes: Nov. 7 – Dec. 12\* *Class ID:* 3017
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

*\*Note: Class will not meet on Nov. 28*

Americans lived through a very special time during the “post-war” years. Ordinary people felt able to get a good education, to find a career with the prospect of getting ahead, and to enjoy a safety net that dealt with life’s surprises. Suddenly, all this progress seems gone or at risk. What happened? *Capital in the 21st Century* provides an answer. Piketty’s notable book is both highly entertaining and serious scholarship on a critical topic. In class, we will watch lectures by other heavyweight social scientists on the rising injustice caused by inequality trends. We will see how the U.S. stacks up against other societies, and likely be horrified by that picture. Root causes, including automation and globalization, will also be considered. Will young people who want to live the American Dream have to take the advice of our social scientists and move to Denmark? The course may convince you that inequality will worsen unless our democracy reasserts basic American values.

**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.

## Thinking About The Economics Of Climate Change

*Study Leader:* Jack Ochs

- 2 Classes: Oct. 18 and Oct. 25      *Class ID:* 2977
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



In the Paris Agreement on Climate Change signatories committed to pursue policies that would keep global mean temperature (GMT) from rising more than 1.5 to 2.0 degrees Celsius above pre-industrial levels. In 2018 the Intergovernmental Panel on Climate Change issued a Special Report, Global Warming of 1.5 degrees C. In this class we will review the International Panel's report. William Nordhaus, a recent Nobel Prize winner for his work on the economics of climate change, believes that achieving the target agreed to by the Paris Accord is a bad idea. In this class we will also review Nordhaus' argument

**Jack Ochs** retired as Professor of Economics at the University of Pittsburgh. He enjoys developing courses for Osher on a variety of public policy issues.



## Introduction To Cryptocurrency/Bitcoin

*Study Leader:* Michael Pikus

- 2 Classes: Oct. 18 and Oct. 25      *Class ID:* 3031
- Friday, 1:00 PM - 2:30 PM
- Wean Hall, 4708



This course will cover an introduction to cryptocurrency, what it is, and how it works. We will delve into what is exactly a blockchain and why it is special. The course will further discuss the value of bitcoin and other cryptocurrency. Finally, the end of this course will include current issues and trends with cryptocurrencies.

**Michael Pikus** is a retired board-certified periodontal surgeon. He started his interest in blockchain and cryptocurrency in 2011. He has been an enthusiast and researcher in cryptocurrency for the past 10 years. He has been to numerous Hackathons and blockchain conferences to further his knowledge and meet many of the pioneers of the crypto space.

## Worst Trade Agreement? The Real NAFTA

*Study Leader:* Stephen Blank

- 2 Classes: Oct. 16 and Oct. 23      *Class ID:* 3053
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall, 4707



NAFTA was a well-constructed and influential trade agreement between the US, Mexico, and Canada. It provided a solid regulatory structure to support changes in North America's economy that were already well underway and was clearly unlike the European integration model. And yet, from the very beginning, NAFTA was criticized from all points of the political compass. This course looks at the transformation of the North American economy and the creation of deeply integrated production and logistics systems in the 1980s that drove the NAFTA process and created a new North American Reality. We ask why NAFTA was so widely reviled and why governments failed to defend it. The course concludes by viewing options for North America in the next decades.

**Stephen Blank's** career has spanned the academic, business, and not-for-profit communities. His work on North American integration is well recognized. Blank served as Bissell Professor of US-Canada Relations at the University of Toronto, Fulbright Distinguished Professor at the University of Montreal, Ross Distinguished Professor of US-Canada Relations at Western Washington University, and Fulbright Chair of Governance and Public Administration at the University of Ottawa. He was Managing Director of an alliance of four North American business schools, and headed the largest Canadian-focused public affairs program in the US. A member of the Council on Foreign Relations, he was awarded L'Ordre National du Quebec by the Government of Quebec. He serves as Senior Fellow of the Institute for Science, Society, and Policy at the University of Ottawa. Blank was educated at Dartmouth, Cambridge University and Harvard.

## Universal Basic Income: What's It All About?

*Study Leader:* Donald Carter

- 1 Class: Oct. 23      *Class ID:* 3091
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708



Universal Basic Income (UBI) is a proposed federal program to provide all citizens with a fixed unconditional amount of money, say \$1,000 per month, regardless of income, financial resources, or employment status. Thus the unemployed single mother, the retired bus driver, the employed computer programmer, and billionaire Warren Buffet would all receive the same amount. UBI will be a major issue in the upcoming 2020 national election. Why has it emerged and what's it all about?

**Don Carter** is Director of the Remaking Cities Institute, Carnegie Mellon University. He also teaches in the Master of Urban Design program in the School of Architecture. Prior to joining CMU in July 2009, Don was President of Urban Design Associates in Pittsburgh where for thirty-six years he led many of the firm's most complex projects, drawing upon his international experience as an architect, urban designer, and developer. Don has lectured internationally on urban design and architecture and authored the opening chapter of *SynergiCity: Reinventing the Post-Industrial City*. His newest book is *Remaking Post-Industrial Cities: Lessons from North America and Europe*. Don currently serves on the board of the Pittsburgh Cultural Trust, and previously served on the boards of the Andy Warhol Museum, Pittsburgh Downtown Partnership, Pittsburgh Zoo, Pittsburgh Chamber of Commerce, Pittsburgh Public Theater, and Leadership Pittsburgh. Don earned a Bachelor of Architecture degree from CMU and did post-graduate study in urban design and regional planning at the University of Edinburgh, Scotland.

## LAW

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### The Current U.S. Supreme Court

*Study Leader:* Errol Miller

- 6 Classes: Oct. 30 – Dec. 11\*      *Class ID:* 3015
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

*\*Note: Class will not meet on Nov. 27*

Chief Justice John Roberts has presided over the Supreme Court for 12+ years. Roberts originally promised to be an “unbiased umpire,” who would try to lead the court to use “judicial restraint” to maintain “equal justice under law.” We will discuss significant cases where his court, often by a 5-4 vote, “aggressively enact(ed) conservative policy, unafraid to overturn long-standing precedent or second-guess the elected branches in order to strike down progressive reforms.” Various articles about cases involving police powers under the 4th Amendment, the progress of public-school integration, gun rights, equal access to jury trials in the courts, campaign financing, and voting rights will be circulated and discussed in class, as will articles about more-liberal decisions like “*Obergefell vs. Hodges*,” which ruled the laws prohibiting gay marriage unconstitutional. This course, taught twice before, will also discuss potential changes now that Neil Gorsuch and Bret Kavanaugh are on the bench.

**Errol Miller** graduated from Dartmouth College and Harvard Law School, and has practiced law for 55+ years. He has been an Osher study leader since 2004, offering six different courses. Trust and Estates draws on his 40+ years in planning and administering estates and as a frequent lecturer in Continuing Legal Education on Elder Law. His two-part course “Questioning The Criminal Justice System,” reflects a lifelong interest in criminal justice reform and his experiences as a law clerk to a Pennsylvania Supreme Court Justice; his post-conviction appeals, his activity on boards of community mental health agencies, and his participation in local reform groups who share his interest in reforming the system so it is better coordinated with mental health services and principles. “Those Who Trespass Against Us” addresses tort cases (civil wrongs) with practical advice for non-lawyers on the principles behind most civil cases. “The Current Supreme Court” reviews major decisions since Chief Justice Roberts assumed his position and what changes we might expect as court membership changes. “Introduction to Real Estate Law” explains the legal principles surrounding real estate transactions.

### Emerging Legal Issues

*Study Leader:* David DeFazio

- 6 Classes: Nov. 1 – Dec. 13\*      *Class ID:* 2996
- Friday, 9:00 AM - 11:00 AM
- Wean Hall, 4707

*\*Note: Class will not meet on Nov. 29*

Choosing weekly topics reported in the national newspapers, each week the instructor will explore how the law struggles to keep pace with advances in science, technology, and social movements; in short, how the law reacts to our changing society and how our society responds to a changing legal landscape. Topics can include anything from recent SCOTUS opinions to private and governmental legal actions.

**David J. DeFazio** graduated from La Roche University and Duquesne Law School and works as a private attorney whose practice focuses on litigation and which has spanned the legal spectrum from death penalty cases to routine family law trials. DeFazio has been an adjunct instructor at the University of Pittsburgh’s Graduate School of Public and International Affairs Legal Studies Program since 1987.

# LEARN BY DOING

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



## ART

### Independent Art Study

*Study Leader:* Gary Bates

- 6 Classes: Sep. 13 – Oct. 18 *Class ID:* 3078
- Friday, 1:00 PM - 3:00 PM
- College of Fine Arts, TBA
- 6 Classes: Nov. 1 – Dec. 13\* *Class ID:* 3079
- Friday, 1:00 PM - 3:00 PM
- College of Fine Arts, TBA

*\*Note: Class will not meet on Nov. 29*

Prepare a portfolio of six or more pieces of your artwork to be shared and critiqued with the course study leader to determine a direction and plan for individual growth during the six sessions. Various drawing and painting techniques will be employed to enhance student growth and development to meet the mutual goals determined by leader and student together.

**Gary Bates** has spent over 45 years as a professional artist, arts administrator, and professor during his long career in the arts. He has served as president of the University Council for Art Education at Columbia University, and as president of the New York State Art Teachers Association, as well as several other arts organizations in New York. He was named New York State Art Teacher of the Year, and has received many other special recognitions in the field of art education. Gary has exhibited his work in museums and galleries in both the United States and Mexico.

### Continuing Painting In Acrylics

*Study Leader:* Francine Vandenberg

*Materials Fee:* \$15\*

- 6 Classes: Oct. 29 – Dec. 3 *Class ID:* 3072
- Tuesday, 9:30 AM - 11:30 AM
- Wilkins Community Center,  
7604 CharlestonAve., Swissvale

Continuing Painting in Acrylics is for intermediate level students who have completed Beginning Painting in Acrylics or who have some painting experience. It continues the exploration of the rich color possibilities and forgiving nature of the acrylic medium. Intermediate students will continue to work with color, value, composition and a variety of techniques while developing a personal style. Students will work from their own or instructor suggested source material to further develop their individual artistic vision and enhance painting confidence and skills. Students are expected to provide their own paints, canvases, and brushes. A list of suggested supplies will be e-mailed. Easels, extra supplies, and other incidental materials such as palettes, paper towels, etc. are provided.

Please note: *SL will collect \$5 for painting supplies.*

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

*\*Materials fees are not refundable; information on page 86.*

**Osher Travel Group**

**Historic Brownsville  
and  
Nemacolin Castle**

**Tuesday, September 17**



Join the TRAVEL group at Osher with a trip back in time to Brownsville, PA, located in Fayette County.

The tour includes:

- Guided tour and lunch at Nemacolin Castle
- Stop at the Monongahela Transportation Museum and view artifacts from rail and river
- Visit Historic Church of St. Peter, home of the oldest continuously operating parish in Western Pennsylvania, and listed on the National Register of Historic Places
- View the former site of Temple Ohave Israel, also on the National Register of Historic Places and much more!

**Register for course 3103**

For details, see [cmu.edu/osher](http://cmu.edu/osher).



**CRAFTS/HOBBIES**

**A Knitting Circle**

*Study Leader:* Barbara Gengler *Materials Fee:* \$10\*

- 6 Classes: Sep. 3 – Oct. 8 *Class ID:* 3009
- Tuesday, 1:00 PM - 2:30 PM
- Friends Meeting House, Parlor  
4836 Ellsworth Ave.

- 6 Classes: Oct. 29 – Dec. 3 *Class ID:* 3010
- Tuesday, 1:00 PM - 2:30 PM
- Friends Meeting House, Parlor  
4836 Ellsworth Ave.

Come and knit with Osher friends. Learn from and share with each other. Bring your own project to work on, or the study leader will happily give you something to knit. Absolute beginners are welcome and will work on a scarf.

**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 enjoyed the challenge of creating functional solutions using resources and materials at hand. While some hobbies have come and gone, she always returns to her knitting.

*\*Materials fees are not refundable; information on page 86.*





## CULINARY

### Classic Sauces

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

- 5 Classes: Sep. 3 – Oct. 1      *Class ID:* 3081
- Tuesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Kitchen,  7604 CharlestonAve., Swissvale

The right sauce can transform even the most common dish into an elegant meal. In this class we will explore the classic “Five Mother Sauces,” some of their derivatives, and ways in which you can use them to transform everyday meals into something special.

**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 86.*

## DANCE/EXERCISE

### Hatha Yoga

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

- 11 Classes: Sep. 12 – Nov. 21      *Class ID:* 2936
- Thursday, 10:00 AM - 12:00 PM
- Dance Alloy Studio,  
5530 PennAve., East Liberty

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

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

*\*Materials fees are not refundable; information on page 86.*

## Dance Fitness Gold

Study Leader: Maureen Gemeinhart

Materials Fee: \$10\*

- 5 Classes: Sep. 5 – Oct. 3      Class ID: 3044
- Thursday, 11:30 AM - 12:30 PM
- Friends Meeting House, Ballroom,  
4836 Ellsworth Ave., Oakland

- 5 Classes: Oct. 31 – Dec. 5\*      Class ID: 3043
- Thursday, 11:30 AM - 12:30 PM
- Friends Meeting House, Ballroom,  
4836 Ellsworth Ave., Oakland

\*Note: Class will not meet on Nov. 28

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!

Please note: For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity.

**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 86.

## Get Fit: A Fun Latin Cardio Workout

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

- 7 Classes: Sep. 4 – Oct. 23\*      Class ID: 3058
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom,  
5915 Beacon St., Squirrel Hill

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

- 7 Classes: Oct. 30 – Dec. 18\*      Class ID: 3059
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom,  
5915 Beacon St., Squirrel Hill

\*Note: Class will not meet on Nov. 27

Are you looking for a new way to jazz up your exercise routine? Come groove to an energetic mix of hip-hop, international, and Latin-inspired music, and dance movements like the cha-cha, salsa, samba, and more. This class embraces all levels of ability by providing step-by-step instruction, demonstration, and modified moves. No prior experience is necessary! This class is like no other because it gives you a full-body workout that incorporates aerobic dance movements, muscle toning, stretching, and relaxation exercises. It's a great way to build your cardio fitness while having fun, and is perfect for both men and women who enjoy being active. Each session consists of warm-up exercises, Latin cardio dance segments, weights, stretching, and cool down. Please wear comfortable shoes and bring a water bottle, towel or mat for floor exercises, and light hand weights. Try it—you'll like it!

Please note: For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity.

**Connie Pollack** has been teaching aerobic dance to adults for the past 15 years at Congregation Beth Shalom. She loves singing and dancing to music and enjoys choreographing energetic and fun routines. With a degree in health and physical education, she taught physical education to students of all ages for 15 years before obtaining her master's degree in school counseling and transitioning to the field of college consulting. Currently, she works as a private college counselor in Squirrel Hill and helps students with their college or graduate school selection and application process, and tutors students in English, writing, reading, and test prep. She has always been passionate about teaching, encouraging fitness and exercise, and volunteering in her community.

\*Materials fees are not refundable; information on page 86.

## Tai Chi Ch'uan: Long Form, First Section

Study Leader: Judith Crow      Materials Fee: \$10\*

- 6 Classes: Sep. 9 – Oct. 21\*      Class ID: 3080
- Monday, 10:00 AM - 11:30 AM
- Wilkins Community Center,  
7604 CharlestonAve., Swissvale

*\*Note: Class will not meet on Sep. 30*

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 breath 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, conducted classes and workshops throughout the eastern United States, and taught in a variety of senior centers and lifelong learning programs.

*\*Materials fees are not refundable; information on page 86.*

## Move It Or Lose It

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

- 6 Classes: Sep. 17 – Oct. 22      Class ID: 3074
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio,  
5530 PennAve., East Liberty

- 6 Classes: Nov. 5 – Dec. 10      Class ID: 3076
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio,  
5530 PennAve., East Liberty

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 narrows. By increasing the variety and range of our movements, we can better maintain and even enhance our physical capabilities. Accompanied by an eclectic array of recorded music, each class begins with gentle standing and seated floor exercises, and culminates in movement combinations to excite that inner dancer. 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.

Please note: *For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premises during any courses with physical activity.*

**Elsa Limbach** was a founding member of Dance Alloy and artistic director of the company from 1984-1991. She continued her dance career as a freelance artist in Europe, teaching, choreographing, and performing. During this time, Elsa was awarded a Fulbright lectureship to teach at the National Academy of Theater and Film Arts in Sofia, Bulgaria. In addition to extensive training in contemporary dance and classical ballet, Elsa is fond of Bulgarian folk dance.

*\*Materials fees are not refundable; information on page 86.*

## Feeling Better—Therapeutic Exercise And Stretching Class

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

• 6 Classes: Sep. 3 – Oct. 8      *Class ID:* 2964  
 • Tuesday, 10:00 AM - 11:30 AM  
 • Friends Meeting House, Ballroom,  
 4836 EllsworthAve., Oakland

• 6 Classes: Oct. 29 – Dec. 3      *Class ID:* 2965  
 • Tuesday, 10:00 AM - 11:30 AM  
 • Friends Meeting House, Ballroom,  
 4836 EllsworthAve., Oakland

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

Please note: *For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity.*

**Mark G. Spanos** is a Pittsburgh native and has been a certified and practicing Myofascial Trigger Point Therapist and teacher of stretching exercise classes for over 30 years. He is the Co-founder of the Center for Pain Treatment (Pittsburgh, PA), which he solely operated from 2013 until it was closed in February 2015. After closing that corporation, he opened a new practice/corporation: Center for Myofascial Therapy, which is located in Pittsburgh, on the beautiful and historical South Side. Mark has taught this therapeutic stretching exercise class around the country including Pittsburgh, PA; Chautauqua, NY; and Las Vegas, NV, as well as at 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 86.*

## Tamburitzan Kolo Dancing

*Study Leader:* George Schexnayder

*Materials Fee:* \$10\*

• 6 Classes: Sep. 4 – Oct. 16\*      *Class ID:* 3100  
 • Wednesday, 10:00 AM - 11:30 AM  
 • Friends Meeting House,  
 4836 EllsworthAve., Oakland

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

• 6 Classes: Nov. 6 – Dec. 18\*      *Class ID:* 2975  
 • Wednesday, 10:00 AM - 11:30 AM  
 • Friends Meeting House, Ballroom,  
 4836 EllsworthAve., Oakland

*\*Note: Class will not meet on Nov. 27*

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.

Please note: *For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity.*

**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 86.*

## FINANCE/INSURANCE

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### Senior Health Care

*Study Leader:* Barbara Veazey     *Materials Fee:* \$4\*

- 5 Classes: Oct. 28 – Nov. 25     *Class ID:* 2940
- Monday, 3:15 PM - 5:15 PM
- Wean Hall, 4708

This series begins by looking at Social Security and ends by discussing how to choose a care facility. We look at Medicare and investigate supplements, low-income programs, Medicare Advantage and drug plans, healthcare reform, long-term care insurance, legal documents, adult day care, home care services, hospice and palliative care.

Please note: \$4.00 fee for binder, paid to instructor at first class.

**Barbara Veazey** is a certified long term care Ombudsman for the Area Agency on Aging, a certified APPRISE insurance counselor, a Veteran's home-care site assessor, and a long-time registered nurse geriatric care manager. She has owned seven care facilities and a home-care nursing company employing three hundred caregivers.

*\*Materials fees are not refundable; information on page 86.*



### Understanding And Managing Your Personal Finances

*Study Leader:* Marcia Semper

- 5 Classes: Sep. 3 – Oct. 1     *Class ID:* 2961
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

Are you faced with the responsibility to manage your personal finances with no prior experience? This course will help you develop your ability to understand your personal finances and your confidence to make better financial decisions. Another key benefit is the potential to decrease your stress in fulfilling these critical and challenging responsibilities. The wide range of topics includes income (interest, dividends, IRAs, Social Security), expenses (budgeting), investments (stocks, bonds, money markets, mutual funds, stock market, asset allocation), estate planning (gifts, financial and health powers of attorney, wills, trusts), income taxes (income and deductions), and insurance (health, long-term care, life).

**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.

## The Financial Journey Of Women

Study Leader: Brian Bohn

- 4 Classes: Sep. 4 – Sep. 25      Class ID: 2917
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



This course will discuss the unique financial opportunities and challenges that face women. Women live longer, control the majority of wealth in the United States, and start four times the amount of businesses than men. However, these unique traits are often not considered in traditional financial planning and construction of investment portfolios. We will cover how assets can be tailored to an individual's needs to plan for health care costs, estate planning, and ensuring control/independence through investing. Whether you are an executive, business owner, widow, or just interested in improving your finances, the course aims to provide you confidence through knowledge.

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

## Seasoned Investors

Study Leader: Brett Pechersky

- 6 Classes: Oct. 29 – Dec. 3      Class ID: 3060
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall, 4708

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

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

### Classroom Etiquette

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

- attending only course(s) for which you have registered
- arriving to class on time and turning off your cell phone
- raising your hand to be recognized and stating your name each time before you speak
- staying on topic during discussions
- respecting the Study Leader's time at the end of class
- not wearing fragrances out of respect for those with sensitivities



## GAMES

### Bridging The Gap

*Study Leader:* John Olmsted

- 6 Classes: Oct. 29 – Dec. 3 *Class ID:* 2994
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

Have you taken a beginner’s course on Contract Bridge but remain unsure of your abilities? 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 study and play example deals, analyzing each one in detail.

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

### Bridge Basics 3

*Study Leader:* Jack Patzer

- 6 Classes: Sep. 4 – Oct. 9 *Class ID:* 2976
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

Bridge Basics 3 is designed as a follow-up course for those who have completed Bridge Basics 2 or consider themselves to be at the beginner-plus skill level. It is an interactive course intended to fill the gap between Bridge Basics 2 and Improve your Party Bridge Skills. If you are familiar with most of the bidding rules in the Standard American system and know the fundamentals about how to play hands, this is the right course for you. During each class meeting, you will receive some instruction, play some sample hands, and have those hands analyzed in detail. We will cover topics such as takeout doubles, transfers in response to no trump openers, when to make pre-emptive bids, and how to play and defend well.

**Jack Patzer** has been playing bridge for more than 40 years. He has been guiding beginning bridge players through the basics (Bridge Basics 1, 2, and 3) for the past year. Although he and his favorite partner have played duplicate on and off over the years (even winning a cruise ship tournament once many years ago), Jack prefers the relaxed social atmosphere of a friendly “party” bridge game.

## Mahjong Mania! Level 1

Study Leader: Sherri Davis      Materials Fee: \$9\*

- 6 Classes: Sep. 9 – Oct. 14      Class ID: 2967
- Monday, 9:15 AM - 10:45 AM
- Wean Hall, 4707

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

Please note: *SL will collect \$9 for Mahjong Card, if you don't have one.*

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

*\*Materials fees are not refundable; information on page 86.*

## Mahjong Mania! Level 2

Study Leader: Sherri Davis      Materials Fee: \$9\*

- 6 Classes: Oct. 28 – Dec. 2      Class ID: 2968
- Monday, 9:15 AM - 10:45 AM
- Wean Hall, 4707

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

Please note: *SL will collect \$9 for Mahjong Card, if you don't have one.*

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

*\*Materials fees are not refundable; information on page 86.*

## LANGUAGE

### Intermediate French Conversation

Study Leader: Veronique Schreurs

- 5 Classes: Nov. 1 – Dec. 6\*      Class ID: 3007
- Friday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

*\*Note: Class will not meet on Nov. 29*

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.

## MUSIC & DRAMA

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### Have You Ever Wanted To Act On Stage?

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

*Materials Fee:* \$10\*

- 6 Classes: Sep. 4 – Oct. 16\* *Class ID:* 2924
- Wednesday, 1:00 PM - 3:00 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave.,

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

Whether or not you've had previous acting experience, you are encouraged to enroll in this class. The workshop meets 6 times for 2-hour rehearsals and an evening performance on the date of the last class. Each class involves practical instructions, hands-on rehearsals, and acting suggestions. Thomas's original one-act plays are written to give you a significant acting part, without having to memorize any lines. Selected plays are distributed at the first class where each member auditions for a role. You will act in a staged-reading play performance while holding your script, following stage blocking, and wearing a full costume. If you are aware of scheduled or potential conflicts during weeks 5 and 6, consider enrolling in a future class. Arrive 15 minutes early only for the first class for informal interaction. A PR form will be emailed to you. Please complete it and bring it with you.

Please note: 6:00-9:00 PM Evening Performance on October 16th at Friends Meeting House - Family and Friends are welcome!

**Charles R. Thomas**, emeritus professor of English at California University of Pennsylvania, has written over 86 original plays. Since 2006, he has presented 80 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. He 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 been involved in directing and/or producing 80+ plays in the Pittsburgh area.

*\*Materials fees are not refundable; information on page 86.*

### Singing In A Choral Class

*Study Leader:* Constance Rapp *Materials Fee:* \$15\*

- 6 Classes: Sep. 5 – Oct. 10 *Class ID:* 2945
- Thursday, 1:00 PM - 2:30 PM
- Friends Meeting House, Parlor 4836 Ellsworth Ave.

- 6 Classes: Oct. 31 – Dec. 12\* *Class ID:* 2998
- Thursday, 1:00 PM - 2:30 PM
- Friends Meeting House, Parlor 4836 Ellsworth Ave.

*\*Note: Class will not meet on Nov. 28*

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.

Please note: *Sheet music is included in the fee.*

**Connie Rapp** holds Bachelor's and Master's degrees from the University of Michigan and the Juilliard School. Upon arriving in Pittsburgh, she taught piano at the Carnegie Mellon preparatory division and at Duquesne University. She was an active chamber musician. She has conducted junior high school choral groups and participates in singing major choral works each summer.

*\*Materials fees are not refundable; information on page 86.*

## SELF IMPROVEMENT

## Improving Observation Skills Through Observing Art

Study Leader: Akemi May

- 5 Classes: Oct. 21 – Nov. 18      *Class ID: 3041*
- Monday, 1:30 PM - 3:00 PM
- Carnegie Museum of Art,  
4400 ForbesAve., Oakland

A program developed to teach observation skills to medical students will be adapted to teach these skills to Osher participants. All classes will be at the Carnegie Museum of Art (museum admission is required at the participants' expense). Akemi May, assistant curator, will lead and monitor class discussion. Participants, in pairs, will spend ten minutes observing a single work of art. Each participant will then describe details of the observed work. Then, the whole group will view each work and add their observations. The instructor will moderate, ask questions, and point out additional features.

Please note: *Students will be responsible for paying museum admissions for each class. Because the class is limited to eight students, full attendance by those registered is important. Participants will need to be able to stand for prolonged periods. This course will not include a guided tour or lecture about the museum.*

**Akemi May** earned her B. A. degree in the history of art and architecture from the University of California, Santa Barbara, and a master's degree in art history from Syracuse University. She has been at the Carnegie Museum of Art since 2009. She is a specialist in American and European painting, sculpture, and works on paper, 1600-1945.

## Moving Elegantly, Moving Confidently

Study Leader: Janet Seltman      *Materials Fee: \$10\**

- 6 Classes: Oct. 30 – Dec. 11\*      *Class ID: 3054*
- Wednesday, 1:30 PM - 3:00 PM
- Wilkins Community Center,  
7604 CharlestonAve., Swissvale

*\*Note: Class will not meet on Nov. 27*

Discover how thinking influences movement. Using Alexander Technique, Unity in Motion, and other somatic practices, we will tap into our innate ability to be comfortable in our bodies. This class is experiential and open to anyone. Please wear loose fitting clothing.

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

*\*Materials fees are not refundable; information on page 86.*

## Declutter

*Study Leader:* Rosa Barnett Averbach

- 5 Classes: Sep. 5 – Oct. 3 *Class ID:* 2972
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

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.

## Secrets To A Truly Great Conversation

*Study Leader:* Susan Morris

- 5 Classes: Oct. 29 – Dec. 3\* *Class ID:* 3064
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

*\*Note: Class will not meet on Nov. 26*

You will learn different ways to use your voice, body language, and visual presence to make you a more effective communicator. You will also learn how to deal with all different types of conversation from the awkward to never-ending. The goal is for you to become a more effective communicator in any setting, from a family gathering, to a board meeting to a volunteer committee, from a party to a dinner engagement. The class includes role playing and storytelling exercises. At the end of the course you can expect to be more comfortable and relaxed talking to friends and strangers. The class is interactive and fast-paced.

**Susan Morris** talked to everyone from U.S. Senators to sex addicts to convicted murderers as a news reporter/producer for NPR and other news outlets. She also got practice asking questions when hosting talk shows with students at Stanford University and Carnegie Mellon. Susan is a graduate of Mills College in Oakland, CA, majoring in political science. She worked as a reporter for the *Berkeley Gazette* and the San Francisco Bay Area before going into broadcasting. Susan worked at several public radio stations, hosted the TV show *WomanCare* for Magee Womens Hospital and produced a radio series on financial tips called *Stock Talk*. Susan is the recipient of numerous awards for her news stories and documentaries including 3 Golden Quills, a Matrix Award for Women in Communications, and a Fellowship from the Pennsylvania Council on the Arts.



## AARP Smart Driver 8-Hour Course

*Study Leader:* David Zimmer    *Materials Fee:* \$20\*

- 2 Classes: Oct. 15 and Oct. 22    *Class ID:* 3045
- Tuesday, 1:00 PM - 5:00 PM
- Wean Hall, 4707

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

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

**David Zimmer** is a retired Trauma and Emergency Response Nurse. He was an American Heart Association Instructor for CPR for over 20 years. David is an AARP Smart Driver Instructor.

*\*Materials fees are not refundable; information on page 86.*

## AARP Smart Driver 4-Hour Renewal Course

*Study Leader:* David Zimmer    *Materials Fee:* \$20\*

- 1 Class: Oct. 17    *Class ID:* 3046
- Thursday, 8:45 AM - 12:45 PM
- Wean Hall, 4707

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 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.*

See **David Zimmer**, previous listing

*\*Materials fees are not refundable; information on page 86.*

## Verbal Self-Defense For Women

Study Leader: Jackie Umans      Materials Fee: \$10\*

- 1 Class: Oct. 24      Class ID: 2978
- Thursday, 11:00 AM - 12:30 PM
- Friends Meeting House, Ballroom,  
4836 Ellsworth Ave., Oakland

Your voice is your first line of defense against being mugged. Muggers will often “interview” their victims beforehand by saying or doing something intimidating. Knowing what to say is not the same as knowing how to say it, and the words we choose are not nearly as compelling as the way we choose to say them. If you are soft-spoken and polite in responding, the mugger is more likely to believe that you would make an easy target. We all have within us an inner fierceness that can be used to knock a mugger off his stride. The purpose of this course is to provide a safe place for practicing how to say “No!” in a way that maximizes our chances for driving away the mugger.

**Jackie Umans** has attended multiple self-defense classes from the internationally renowned Model Mugging school of self-defense. In 1991 Jackie graduated from the Basics class, then continued taking advanced classes, including classes based on scenarios for self-defense including situations where the mugger has a knife or a gun. Over the past 25 years Jackie has repelled potential muggers on two separate occasions solely by using vocal techniques.

*\*Materials fees are not refundable; information on page 86.*

## TECHNOLOGY

### Intro To Physical Computing: Design Partners

Study Leader: Robert Zacharias

- 3 Classes: Oct. 1 – Dec. 3      Class ID: 3102
- Tuesday, 2:30 PM - 4:20 PM & 2
- Hunt Library, Digital Fabrication Lab  
A-5 Lower Level, Physical Computing Lab A10

An interdisciplinary course offered for CMU undergrads called “Introduction to Physical Computing” focuses on building useful interactive devices for, and with, older people. We are seeking, via Osher, a small group of people who would like to serve as design partners for that class. Partners will meet with undergrad and grad students for a total of four sessions over the course of the semester, to work through stages of ideation, design, prototyping, and final critique. The semester culminates in each older design partner getting a custom-built functioning piece of helpful interactive technology which is theirs to keep.

Please note: 4 classes: 2:30pm-4:20pm; Oct 1, Nov 12, Dec 2, TBA; The 4th class will be scheduled after course starts. Attendance is required.

**Robert Zacharias** teaches Introduction to Physical Computing at CMU. Prior to starting at CMU, he worked in hands-on education at the Children’s Museum of Pittsburgh, and before that, he worked with low-income families in the Bronx, NYC.

## Building Fees

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

## WELLNESS

## Mental Aerobics

Study Leader: Jeanette Matthews

- 5 Classes: Sep. 5 – Oct. 10      Class ID: 2974
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

\*Note: Class will not meet on Sep. 19

As we age, we are often troubled by those “senior moments” which can sometimes cause concern. Often, this is just a normal part of the aging process. As a part of this class we will discuss what is normal aging versus what is not normal aging. This fun, interactive class will help participants become informed on how the brain functions, ages, and how to keep it fit. Various games, exercises, and activities will demonstrate ways to stimulate the brain in order to keep it as sharp as possible for as long as possible.

**Jeanette Matthews**, M.Ed. earned her Master’s in Education, majoring in Adult Literacy Education, from Penn State University. Her work as an adult educator working with learners having a variety of learning difficulties allowed her to utilize her knowledge, skills, and creativity to help these learners reach their educational goals.



## First Aid: You Are The True “First Responder”

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

- 6 Classes: Nov. 1 – Dec. 13\*      Class ID: 2942
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

\*Note: Class will not meet on Nov. 29

First Aid is the initial assessment and treatment given to an injured or ill individual to maintain them until definitive (via 911) care can be administered. The person performing the First Aid is the true “First Responder.” When definitive care is delayed due to weather conditions, or distance (as in the wilderness), the victim must be treated in place. In these situations, equipment needed for treatment and evacuation may have to be improvised from what is available, and the usual communications (911) may be limited or non-existent. This course is designed for people of all ages who want to learn basic life-saving techniques. The course is designed to cover the gamut of injuries and illnesses encountered in the home, in the city, or in the wilderness.

Please note: \$7.00 paid to SL for First Aid Manual (optional)

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

\*Materials fees are not refundable; information on page 86.

## Better Choices, Better Health

*Study Leader:* Jeanette Matthews, Rosemary Liebmann

- 6 Classes: Sep. 6 – Oct. 11 *Class ID:* 2928
- Friday, 1:00 PM - 3:30 PM
- Wean Hall, 4707



Put more life back in your life! If you're an adult who has a chronic health condition or are caring for someone who does, you can participate in the Better Choices, Better Health program. This six-week series of workshops will help you learn strategies to manage your symptoms and have an improved quality of life. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health. This evidence-based program, originally developed by Stanford University, is held weekly for 2 1/2 hours for six weeks.

**Jeanette Matthews** and **Rosemary Liebmann** are certified Peer Leaders who will lead these workshop sessions. Peer Leaders attend a four-day comprehensive training at Vintage, Inc., in East Liberty. Peer Leader certification is confirmed when a Peer Leader attends all four training days, performs two practice teachings, and facilitates a full six-week workshop. In order to remain certified, all Peer Leaders must facilitate a workshop within a twelve-month period as well as attend yearly refresher trainings.

## Discover SoulCollage®

*Study Leader:* Alice Carnes *Materials Fee:* \$10\*

- 4 Classes: Oct. 30 – Nov. 20 *Class ID:* 3063
- Wednesday, 3:15 PM - 5:15 PM
- Wean Hall, 4707



SoulCollage® developed by Seena Frost, is a creative process of using your imagination and intuition. We will meditatively select magazine pictures to collage onto cards. You may not understand why you are choosing specific images, but your soul does. Your soul gravitates to images intuitively. Through a deliberate process of questions, your cards will offer personal insights and guidance. Come experience the transformative power of images, imagination, intuition, and synchronicity with SoulCollage®.

**Alice Carnes** has an M.A. in Special Education from the University of New Mexico. Initially, Alice taught in the Albuquerque public schools and at a preschool in a Rehabilitation Center. In Charlotte, NC, she worked as an advocate for the Epilepsy Association and for over 20 years she counseled students with a wide variety of disabilities at Central Piedmont Community College. She is a lover of poetry, writing, hiking, bicycling, cooking, traveling, reading, meditation, and earth-based spirituality. For many years, she enjoyed creating card, while taking SoulCollage® workshops. Last summer she became a SoulCollage® Facilitator. She says, "I'm continually amazed by the creative process of SoulCollage® and the spiritual insights that are revealed to me."

*\*Materials fees are not refundable; information on page 86.*

## WRITING

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### Writers' Workshop

*Study Leader:* Thalia Snyder, Helen Wilson

- 6 Classes: Oct. 30 – Dec. 11\*      *Class ID:* 2939
- Wednesday, 9:00 AM - 11:00 AM
- Wean Hall, 4707

*\*Note: Class will not meet on Nov. 27*

Would you like to connect to fellow classmates through your writing? This workshop will get your creative juices flowing. We will begin each session with an in-class writing exercise. In addition, you will be asked to submit a writing assignment in the form of essay, poetry, memoir, fiction, or creative nonfiction each week, which will be discussed the following week. You will discover what your classmates appreciated about your piece, what they didn't understand and how you might improve your writing. We support and encourage each other in the process of putting words on paper.

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

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

### Writing For Self-Discovery

*Study Leader:* Bruce Goldstein

- 6 Classes: Oct. 29 – Dec. 3      *Class ID:* 3019
- Tuesday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

In this 6-session course we will be writing essays about things that have happened in our lives and the feelings and emotions we have experienced along the way. You will write a total of five essays (900-word maximum), on topics such as memories from growing up, decisions that affected your life, emotional experiences, and something you are dealing with right now. Register only if you are committed to writing weekly essays, are open to giving and receiving constructive feedback, and can meet the course requirements.

Please note: *To take this course, you must (1) commit to attending at least 5 of the 6 sessions, and (2) be able to compose your essays as a Word or Pages document and email this document to others in the class as an attachment. Please register only if you can meet both of these requirements.*

**Bruce Goldstein** taught in the psychology department at the University of Pittsburgh from 1969 – 2012 and is currently an adjunct faculty member in the Psychology Department at the University of Arizona. He received the Chancellor's Distinguished Teaching Award from the University of Pittsburgh for his classroom teaching and his two widely-used college textbooks – *Sensation & Perception* and *Cognitive Psychology*. In addition, he has also written numerous personal essays, and has taught the Osher Writing for Self-Discovery course for the last 6 years at Carnegie Mellon University and the University of Arizona. He is interested in all aspects of the mind, including what happens to the mind as we age, and teaches a course on the aging mind at Osher at Carnegie Mellon, Pitt, and the University of Arizona.



## Memoir Writing From Photographs

Study Leader: Molly Youngling

- 6 Classes: Oct. 28 – Dec. 2 *Class ID: 2985*
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

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 memoir writing for many semesters as well as other writing courses for Osher Lifelong Learning at CMU. She has taught screenwriting at Chatham as well as TV/film producing at Point Park. Molly has had a long career in television production. She won 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 documentary, drama, musical performance, and other performing arts. She had a long association with WQED for many national shows, including the series *Kennedy Center Tonight* and *Previn and the Pittsburgh*. She worked in NYC and also at PBS in Washington, 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 student, and she loves it.

## Adaptations: A Look At Novels, Plays, And Films

Study Leader: Molly Youngling

- 6 Classes: Oct. 30 – Dec. 11\* *Class ID: 2990*
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

*\*Note: Class will not meet on Nov. 27*

Participants will view films that are based on adaptations from novels or plays. We'll discuss some content from memory, and our discussions will focus on the writing and transformation of one medium to another medium. Original works will be read as well as screenplays used for films produced that we decide together to read and review. Three or four focused works will be studied, in depth, based on our readings. For example, we may tackle Harper Lee's *To Kill A Mockingbird* or Pat Conroy's *the Prince Of Tides*, as well as works by Austin, O'Neill, Steinbeck, or Shakespeare. We'll discuss how writers create scripts that deal with two or three dimensional space; how the passage of time is handled; how interior reflection and first-person narration is transformed into visual scenes, action, and character development. We'll explore what happens in a novel that cannot happen in a film, and vice versa. We'll study some wonderful novels, plays, and films, in greater detail, in order to both enhance our sense of storytelling and to enjoy our discussions about writing and filmmaking.

See **Molly Youngling**, *previous listing*

## Write Your Life Story

Study Leader: Kimberly Palmiero

- 4 Classes: Sep. 3 – Sep. 24 Class ID: 2949
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



Yes, you can write your life story as a book! Or, if you choose, write a family history book. A longtime Pittsburgh-based editor and owner of Shareable Stories will show even non-writers step-by-step how to produce an heirloom-quality short story that will remain a treasure in their family for decades to come. The instructor will help you choose a focus, begin writing, and edit your work. It's that easy!

**Kimberly Palmiero** is a longtime editor who believes that family history is more than DNA. It consists of stories that are well-told, and within reach of everyone. Just as she helped professional writers tell stories, she created Shareable Stories to help anyone package their family history into an easy-to-read format. During her two decades as an editor for media outlets, she led teams of journalists who produced award-winning work for news organizations. As a writer, her work has appeared in *Pittsburgh Magazine*, *Trib Total Media*, and *PublicSource*, among others. As an outgrowth of her work as a journalist, she began helping clients polish their own family histories. She found that often people wanted to produce a short book, but they weren't sure where to begin, or how to condense their notes, or how exactly to focus the information. To solve this problem, she created a simple, affordable, and fun way for people to produce their stories . . . Shareable Stories.

# COMING SOON

## Osher Travel Group



Day trips this fall will include  
**Historic Brownsville  
 and  
 The Flight 93  
 National Memorial**



*Watch your Weekly Essentials for details!*

# SCIENCE

Architecture | Astronomy | Environment | Life Science | Math | Medical | Technology



## ARCHITECTURE

### Masters Of Modern Architecture

*Study Leader:* Jeffrey Swoger

- 6 Classes: Sep. 9 – Oct. 14 *Class ID:* 2944
- Monday, 3:30 PM - 5:00 PM
- Wean Hall, 4708



Many historians believe the era of modern architecture began in Chicago with the first “skyscraper.” It progressed through a myriad of styles and philosophies until the present. Throughout this evolution, many architects have made major contributions to the art form, breaking existing orthodoxy and challenging the eye, the mind, and even the way we live. Others have built on the work of their predecessors, adding their own touches. But all have had profound influence on our cities and our civilization. The course will examine a number of architects from around the world, (some familiar and a few not so well-known), and their art. We will trace important trends in architecture and celebrate the achievements and legacy of these master architects. Lively discussions will inevitably ensue.

**Jeffrey Swoger** began his college years studying architecture at Washington University in St. Louis, before transferring to the Institute of Design at IIT to study graphic design. However, he remained keenly interested in architecture, keeping abreast of the major architects and their buildings throughout his life. Living in Chicago, he saw the rise of several iconic buildings: the John Hancock Building, the Sears Tower, and the 860-880 Apartments. As a designer, he worked with many Chicago architects and real estate developers and created the logo for the first Chicago School of Architecture Foundation, which was housed in the historic Glessner House, designed by H. H. Richardson.

## ASTRONOMY

### Our Solar System

*Study Leader:* Bill Roemer

- 6 Classes: Sep. 5 – Oct. 10 *Class ID:* 2991
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

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 long-standing member of the Amateur Astronomers Association of Pittsburgh, where he has served in various capacities. Bill has a degree in mathematics and has had a lifelong interest in science, particularly physics. He is an experienced speaker and has taught 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 work as a data center manager and a factory manager. He has overseen departments of production control and manufacturing engineering.



## ENVIRONMENT

### Geology Of The National Parks

*Study Leader:* Barbara Manner

- 6 Classes: Oct. 30 – Dec. 11\*      *Class ID:* 2946
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

*\*Note: Class will not meet on Nov. 27*

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

**Barbara Manner** received her B.S. degree in biology from the College of Wooster and her M.S. degree in earth science, 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.

### Individual And Social Responses To Climate Change

*Study Leader:* Bob Mitchell, John Detwiler, Kirsi Jansa, Bert Rockman

- 5 Classes: Oct. 29 – Dec. 3\*      *Class ID:* 3070
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

*\*Note: Class will not meet on Nov. 26*

This course brings together four different perspectives on responding to climate change. Beginning with an overview of climate science, we move to the economic and political frameworks that structure our societal options, and then look at the emotional and moral factors that shape our personal choices. The format of each week is a classroom presentation with generous time for discussion. We will look at the following questions: How does a science-based understanding of climate change guide us in identifying practical solutions? How is our repertoire of societal responses constrained and colored by our ideologies and organizing principles? What makes “climate” a unique challenge for our established political processes? What is my personal relation and approach to climate change? In the last session all four presenters will gather for joint Q&A and facilitated discussion. We hope our time together will form a constructive discourse on climate change.

**Bob Mitchell** holds an M.S. in physics and a Ph.D. in electrical engineering from CMU. He was program director of the Robotics Collaborative Technology Alliance from 2010 to 2014. Since retiring he has advocated for climate action and taught short courses about the science, impacts, and mitigation of climate change, including at the CMU and Pitt Osher programs.

**John Detwiler** holds a Ph.D. in Biomedical and Electrical Engineering from CMU and is a former faculty member at CMU. He is an experienced group leader and facilitator who has devoted his retirement to volunteer work on issues of energy policy and climate change.

**Kirsi Jansa** is a documentary filmmaker, climate communicator, and teaching artist. She is a co-founder and a fellow practitioner of Creatives for Climate, a collaborative of artists, communicators, and educators sparking creative conversations around climate change.

**Bert Rockman** earned an A.B. at Pitt and a Ph.D. at the University of Michigan. He has served as the University Professor of Political Science at the University of Pittsburgh, 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 University.

## Photovoltaic System Design

*Study Leader:* Jenna Kappelt

- 4 Classes: Oct. 28 – Nov. 18      *Class ID:* 3092
- Monday, 9:30 AM - 11:00 AM
- Margaret Morrison, TBA

Have you ever wondered if solar panels will work in Pittsburgh, or what is going on with the electric car charging and solar roof tiles? In this course we will examine current trends in photovoltaic (PV) system design, and learn about architectural applications for PV. Students will learn the basic electrical and mechanical concepts behind solar PV system design and get the opportunity to complete a basic design on a building of their choosing. No previous engineering or architecture experience necessary, but basic math will be used.

**Jenna Wizzard Kappelt** has managed the outreach programs for the School of Architecture through the Center for Architecture Explorations since January 2019. She also oversees the Architecture Learning Network. Jenna works to create a cohesive experience of lifelong learning for people of all ages interested in the diverse practice and pursuit of architecture. After graduating from Carnegie Mellon, Jenna spent over eight years in the solar energy industry. She managed the engineering and design of photovoltaic systems at SolarCity (now Tesla), exploring new means of efficiency and sustainability in mechanical and structural systems as well as software solutions for advanced system design. Her studies in the intersection of solar and water systems drive her to prioritize concepts of sustainability and social equity within all levels of architecture education. She is devoted to the pursuit of architecture as a means of creating joy and excitement in our built environment, thereby building personal investment in an equitable and ecologically responsible building industry. Jenna holds both Bachelor of Architecture and Master of Science in Sustainable Design degrees from the Carnegie Mellon University School of Architecture.



## LIFE SCIENCE

### Minerals Of The Carnegie Museum Of Natural History

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

- 5 Classes: Sep. 4 – Oct. 2      *Class ID:* 3026
- Wednesday, 1:00 PM - 3:00 PM
- Carnegie Museum of Natural History, Ford-Mateer Room

Minerals are used or affect us in all aspects of our daily living. We eat them, rub them on our skin, use them in our electronic devices, and make products from them. Participants will learn what minerals are and our connection to them. We will explore the history of radiation and how it is related to Pittsburgh's past and present. Demonstrations will show how we use radiation and heat to enhance the color of minerals. Demonstrations will also show the effects of ultraviolet light on minerals. Participants will be taken through a historical tour of the Hillman Hall of Minerals and Wertz Hall of Gems.

**Harlan J. Clare** taught Earth and Space Science for 32 years in the Plum Borough School District. Presently, and for the past 12 years, he has been a docent and interpreter for the Carnegie Museum of Natural History. He has trained other docents at the museum about the Hillman Hall of Minerals and the Wertz Hall of Gems. In the past 9 years, he has taught mineral classes to OLLI and Osher programs at the University of Pittsburgh and Carnegie Mellon University. In the winter he teaches mineral classes to adults in senior learning programs and to fourth graders in the Tucson, Arizona area.

*\*Materials fees are not refundable; information on page 86.*

## Evolution Of Man From Bacteria Over 3.5 Billion Years

*Study Leader:* Alan Waggoner, Veronica Hinman

- 6 Classes: Oct. 31 – Dec. 12\*      *Class ID:* 3098
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4708



*\*Note: Class will not meet on Nov. 28*

This is the remarkable story of how molecules have evolved into greater complexity and further into the complex structures that have appeared as organisms and eventually humans. The course will discuss the progression of these chemistries to show how complicated organisms can appear and evolve quite logically. The attempt will be to explain how this all happens and to admire the incredible diversity of life that has naturally come to surround us. You do not have to be a chemist or biologist to take this course but you should appreciate science when you hear and see it.

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

**Veronica Hinman** is a Professor of Biology at CMU. She graduated with Bachelor of Engineering (Mechanical) and Bachelor of Science (Zoology) degrees from the University of Queensland in Australia. She then obtained a Ph.D. through the School of Marine Science at the University of Queensland after researching the genetic mechanisms of animal diversity at the University's Heron Island Research Station on the Great Barrier Reef. She undertook postdoctoral training at Caltech before joining the faculty of CMU in 2006. She has a long interest in understanding the origins and evolution of organismal diversity and teaches evolution (of course!) and genomics classes. Her research uses multiple marine animals to understand the genetic control of the ability that these animals have to regenerate and regrow lost body parts.

## Chemistry For Non-Scientists: A Periodic Table Tour

*Study Leader:* John Olmsted

- 6 Classes: Sep. 6 – Oct. 11      *Class ID:* 2993
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

Have you ever wondered why life is based on the element carbon, or why oxygen is life-giving? Would you like to know why gold occurs as a pure element, iron must be smelted to obtain it from its ores, and aluminum was a precious metal until the 19th Century? This course will address such questions for people with little or no prior knowledge of chemistry and little aptitude for math. We will start by describing how our world is composed entirely of atoms of the chemical elements combined with one another in various ways. We will introduce the periodic table of the elements and its underlying principles and use those principles to explore metals including iron, non-metals like phosphorus, the chemistry of life and of fuels, and the radioactive elements including uranium.

**John Olmsted** has a Ph.D. degree in physical chemistry and is professor emeritus at California State University Fullerton. He has been interested in the environment since early in his professional career, having done research on photochemical storage of solar energy. His license plate is "GRN DOC." John volunteers as a Pittsburgh Parks Conservancy ecosteward for Mellon Park, does mapping data entry for the Western Pennsylvania Conservancy, has a rain barrel from Project 15206, and recently installed solar panels on his roof. He and his wife support many environmental organizations including the Pittsburgh Botanic Garden, the Phipps Conservatory, and The Western Pennsylvania Conservancy.



## MATH

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

*Study Leader:* Richard Wertheimer

- 5 Classes: Oct. 29 – Nov. 26 *Class ID:* 2943
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Great architecture, works of art, and natural phenomena 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 applications 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 Co-Founder, CEO, and Principal of City Charter High School (City High) in 2012. Prior to working at City High, Dr. Wertheimer spent 25 years in the Pittsburgh Public Schools as a mathematics teacher and supervisor, and Coordinator of Instructional Technology. He was the Education Project Manager and a Principal Investigator of Common Knowledge: Pittsburgh, a National Science Foundation testbed for implementing the Internet into an urban public school district. Dr. Wertheimer has a B.A. 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. 22 *Class ID:* 2947
- Tuesday, 2:00 PM - 4:00 PM
- McGowan Institute for Regenerative Medicine,  
450 Technology Dr., Room 503, 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.

Please note: *Room 503, Bridgside Point 2, 450 Technology Drive - off 2nd Ave. at Bates St.*

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



## Everything You've Always Wanted To Know About Disease

*Study Leader:* Stephen Fisher

- 6 Classes: Oct. 28 – Dec. 2      *Class ID:* 2956
- Monday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

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

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

## The Real Truth About Forensic Science

*Study Leader:* Michael Sobel

- 5 Classes: Sep. 5 – Oct. 3      *Class ID:* 2983
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

The forensic sciences have grabbed the attention of much of the public today. One cannot turn on TV, read a newspaper or magazine, read a book, or search the internet without coming across a story about how useful the forensic sciences have become in today's world. Many criminal cases, new, old, or cold, are often resolved or solved through the application of science and plain old footwork. Although this instructor has primarily worked in the field of forensic odontology, many overlapping cases in related fields will be shared, revealing behind-the-scenes details during the course. As a result of this course experience, the student will be able to better distinguish what is true in fiction, the entertainment media, and news sources. Actual case examples will be shown, with plenty of time for discussion, questions, and answers.

**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.

## Staying Healthy In A Toxic World

Study Leader: Patricia Spear Lemer

- 5 Classes: Oct. 31 – Dec. 5\*      *Class ID: 3038*
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

*\*Note: Class will not meet on Nov. 28*

With increasing frequency, seniors are looking for new ways to enhance health and increase longevity. In this five-session course, you will learn about how your lifestyle choices affect health. First, attendees complete an Everyday Epigenetic Evaluation to see what unique risk factors they have. Epigenetics is the new science of how genetics and environment interact. Classes will focus on diet, nutrition, label reading, cooking and eating out; personal care and cleaning products; natural alternatives such as vitamins, supplements, acupuncture, homeopathy, massage, etc; invisible dangers such as electromagnetic fields and toxic relationships; and developing a personal Healthy Living Plan.

**Patricia Lemer** is a licensed professional counselor with over 45 years' experience in helping individuals find satisfying careers, and working with families of those with disabilities. She is particularly interested in finding possible causes for disease and disability and lessening symptoms with lifestyle changes and natural alternatives to pharmaceuticals. She is the author of three books on managing, healing, and preventing autism. She founded and ran a non-profit organization specializing in educating parents about alternative therapies for childhood learning and behavioral problems for over 20 years. Understanding how our lifestyle choices impact our health is a lifelong passion.

## Intro To Medical Marijuana And Its Medicinal Value

Study Leader: Richard Greer

- 1 Class: Oct. 14      *Class ID: 2953*
- Monday, 10:00 AM - 12:00 PM
- Wean Hall, 4708



On April 17, 2016, Pennsylvania Governor Tom Wolf signed the Medical Marijuana Act into law. The new set of laws made Pennsylvania the 24th state in the U.S. to legalize medical cannabis. Medical marijuana, also referred to as medical cannabis, can be an affordable, safe, and effective alternative for many expensive, ineffective, and highly addictive prescription medicines. Learn how medical marijuana patients are finding relief of health conditions by using the cannabis plant.

**Richard Greer** is currently the Pharmacy Director at Solevo Wellness, the first medical marijuana dispensary in Allegheny County. He received his bachelor's degree in Business Administration from Duquesne University, and after working for several years in sales and management he furthered his education by completing his doctorate of pharmacy degree at Duquesne University. While in pharmacy school, he served as class president for 4 years, sat on numerous student advisory committees, and was a member of the prestigious Kappa Psi Pharmaceutical Fraternity. After time spent in both clinical and retail pharmacy, Dr. Greer was drawn to the innovation that medical marijuana presents. He is excited for the opportunity to provide groundbreaking advancements in patient care and help pioneer this important medical movement. He believes strongly in advocating for the rights of his patients to receive the best pharmacological treatment right here in Pennsylvania. He is licensed through the Pennsylvania Department of State to practice pharmacy, and is a certified medical marijuana practitioner through the Department of Health. An expert in the pharmaceutical field, Dr. Greer strives to provide the most-comprehensive care available to achieve the best health outcomes!

## The Biology Of Aging

Study Leader: Toren Finkel

- 1 Class: Oct. 23 Class ID: 3008
- Wednesday, 10:00 AM - 12:00 PM
- UPMC Bridgeside Point Building,  
100 Technology Dr., 5th Floor Conference Room

Dr. Toren Finkel presents a session on the biology of aging, and discusses age-related incidences of major diseases.

Please note: *There is free parking available in front of the building*

**Toren Finkel**, M.D., Ph.D., a physician-scientist renowned for his research on the basic science of aging, is the director of the UPMC-University of Pittsburgh Aging Institute and a professor of medicine in the Pitt Department of Medicine's Division of Cardiology. Finkel obtained his M.D. and Ph.D. degrees from Harvard Medical School in 1986. He completed residency training in internal medicine at Massachusetts General Hospital in Boston, followed by a fellowship in cardiology at Johns Hopkins Medical School. In 1992, he joined the NIH/National Heart, Lung, and Blood Institute as an investigator in its Cardiology Branch. He became chief of NHLBI, and later, chief of the NHLBI's Translational Medicine Branch. His research focuses on the role of cellular metabolism and oxidative stress in aging and age-related diseases. At the Aging Institute, Finkel directs and supports research to identify signaling pathways and therapies that target the process of aging. He is the author/coauthor of more than 200 publications. According to Google Scholar, Finkel ranks as the 12th most-highly cited author in aging and the 11th most-cited in cardiovascular disease. Among his many honors is his 2013 induction as a Fellow of the American Association for the Advancement of Science.



## TECHNOLOGY

### The Mystery Of Flight And More

Study Leader: Stan Angrist

- 6 Classes: Sep. 3 – Oct. 8 Class ID: 3014
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



How do airplanes fly? Is it magic? Obviously, it is not, and the principles that govern flight are pretty simple. In this course, I propose to identify those principles and show how they allow airplanes to fly. We will explore these ideas without the use of any math. Flight is governed by laws proposed more than 250 years ago by two giants of science—Isaac Newton (1642-1726) and Daniel Bernoulli (1700-1787). Their work laid the foundation for understanding the principles of flight in a rigorous manner. However, we know that sometimes airplanes crash. How can that happen now, given our sophisticated understanding of the principles of flight? I have identified what I consider to be the four major factors that lead to crashes. In this course, we will take a look at some crashes that typify these failures.

**Stan Angrist's** first job out of college was as a junior design engineer at Canadair Ltd. (now part of Bombardier) in Montreal. He was then called into active duty as a technical intelligence officer at Wright-Patterson Air Force Base in Ohio. After his military service, he became a grad student at the Ohio State University, receiving a Ph.D. in mechanical engineering in 1961. He was a faculty member at CMU from 1962 to 1982 in mechanical engineering, leaving as a full professor in 1982. He then became the regular commodities and options columnist for *Forbes Magazine* in 1976, writing more than 250 columns through 1988. In 1982, he expanded his writing activities for *Forbes* to include other business subjects. In the summer of 1988, he became a reporter for *The Wall Street Journal* covering commodities, options, financial strategies, and money managers. In four years, he wrote more than 300 bylined pieces in the *Journal*. Although he is neither a pilot nor an aeronautical engineer, he has long had an interest in airplanes and flight.

# SOCIAL SCIENCES

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

## CONTEMPORARY TOPICS/ SOCIOLOGY

### Our Social Fabric: Stronger Than Steel

Study Leader: Rabbi Ron Symons, Melissa Hiller

- 5 Classes: Oct. 24 – Nov. 21 *Class ID: 3099*
- Thursday, 10:00 AM - 11:30 AM
- Jewish Community Center,  
5738 Darlington Road, Squirrel Hill



"The strongest hands on Pittsburgh's steering wheel are . . . nonprofit institutions . . ." (Rich Lord 9/11/19 *Pittsburgh Post Gazette*) Our conversations will uncover the power of 4 organizations that are navigating our neighbors down the moral path to a more-complete beloved community. Based on the American Jewish Museum's "Each and Every," this project includes photos exploring "a day in the life" of 412 Food Rescue, BikePGH, the Kelly Strayhorn Theater, and the Pittsburgh Glass Center. Our conversations will begin with a moral premise, explore human need, and celebrate the work of dedicated neighbors who are changing our community. People of all backgrounds are welcome.

**Rabbi Ron Symons** serves as Senior Director of Jewish Life at the JCC of Greater Pittsburgh.

**Melissa Hiller** serves as Director of the American Jewish Museum of the JCC of Greater Pittsburgh. Together, they guide the Center for Loving Kindness and Civic Engagement in order to redefine neighbor from a geographic term to a moral concept.

### Urban Planning Choices

Study Leader: Ruth Cooper Reidbord

- 6 Classes: Oct. 31 – Dec. 12\* *Class ID: 2938*
- Thursday, 1:00 PM - 2:30 PM
- Mellon Institute, TBA

\*Note: Class will not meet on Nov. 28

The class will focus on current projects and issues affecting the city, county, and region. Emphasis is on the relationship among the public, private, non-governmental agencies, and, of course, residents, in the planning and development of projects and proposals. 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 a 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.

## Enjoying *The New Yorker*

Study Leader: John Brown, Maureen Brown

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- 6 Classes: Sep. 9 – Oct. 14      *Class ID:* 3028
  - Monday, 11:15 AM - 12:45 PM
  - Wean Hall, 4707

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- 6 Classes: Oct. 28 – Dec. 2      *Class ID:* 3029
  - Monday, 1:00 PM - 2:30 PM
  - Wean Hall, 4707

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

**John Brown** is a retired city planner and university professor. He has a Masters in City Planning Degree from Michigan State University and a Ph.D. degree in Public Policy from the University of Pittsburgh.

**Maureen Brown** is a former journalist and public relations director. She has a Bachelor Degree in Political Science from Georgetown University and a Masters Degree in Public Policy from the University of Pittsburgh.

## Enjoying *The New Yorker*

Study Leader: Mary Duquin

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- 6 Classes: Sep. 3 – Oct. 8      *Class ID:* 3039
  - Tuesday, 9:30 AM - 11:00 AM
  - Wean Hall, 4707

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- 6 Classes: Oct. 31 – Dec. 12\*      *Class ID:* 3040
  - Thursday, 9:30 AM - 11:00 AM
  - Wean Hall, 4707

*\*Note: Class will not meet on Nov. 28*

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This will be an interactive discussion course with a limited enrollment. *All members will be expected to 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 philosophical, 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 New Yorker* and is excited about the dynamic discussions this course will produce.

## Truth And Power: The Past And Future Of Education

*Study Leader:* Nico Slate

- 1 Class: Oct. 22 Class ID: 3022
- Tuesday, 1:30 PM - 2:50 PM
- Wean Hall, 4708

What is the purpose of education? How can our schools and universities better achieve that purpose? Nico Slate will briefly discuss two innovations in social-engaged learning: The Social Change Semester and Social-Change101.org. The Social Change Semester brought ten CMU undergraduates to India in an effort to forge connections between CMU and an Indian non-profit working to end poverty in the villages surrounding the last ashram of Mahatma Gandhi. Socialchange101.org is a free online course in the history of social movements and social change. After briefly describing initiatives, Dr. Slate will lead a discussion on the history and future of education.

**Nico Slate's** research and teaching focus on the history of social movements in the United States and India. He is the author of four books: *Lord Cornwallis Is Dead: The Struggle for Democracy in the United States and India*, which will be published by Harvard University Press in 2019; *The Mango and the Mahatma: Gandhi's Search for the Perfect Diet*, which will be published by the University of Washington Press in 2019; *The Prism of Race: W.E.B. Du Bois, Langston Hughes, Paul Robeson and the Colored World of Cedric Dover* (Palgrave Macmillan, 2014); and *Colored Cosmopolitanism: The Shared Struggle for Freedom in the United States and India* (Harvard University Press, 2012).

## The Nobel Prizes: The Good, The Bad, And The Human

*Study Leader:* Enid Miller, Toby Chapman, Anna Estop, Mark Kamlet, Mark Wilson, Mary Schinhofen

- 6 Classes: Oct. 31 – Dec. 12\* Class ID: 3034
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

*\*Note: Class will not meet on Nov. 28*

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 six instructors, we will cover the background and general information about the prizes as well as the Nobel Prizes Committees' rationales for the economics, literature, medicine, chemistry, physics, and peace prizes.

**Enid Miller**, a retired banker, has an MA in Economics and no professional experience in the hard sciences, literature, or activities related to furthering world peace.

**Toby Chapman**, an emeritus assistant professor of Chemistry at Pitt, has a Ph.D. from Polytechnic Institute of Brooklyn. His research areas involved applications of polymer science in biomedical areas, special surface and detergent properties, and solar energy.

**Anna Estop**, a board-certified laboratory geneticist, headed genetics laboratories at West Penn and Allegheny General Hospitals and taught at the Autonomous University of Barcelona, Pitt's Graduate School of Public Health, and Drexel's School of Medicine.

**Mark Kamlet**, University Professor of Economics and Public Policy at Carnegie Mellon, was dean of the Heinz College from 1993 - 2000 and provost and executive vice president from 2000 - 2014.

**Mark Wilson** has spent most of his career in marketing, sales, and general management of instrumentation companies. He earned his B.S. at Union College and Ph.D. at Ohio State, both in Physics.

See **Mary Schinhofen**, page 11

## Where Are The Boundaries?

Study Leader: Janis Ramey

- 1 Class: Oct. 24 Class ID: 3057
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



In this era of the “Me Too” movement, many men (and women) are fearful of inadvertently overstepping social bounds or projecting the wrong impression. This might be especially true of older people who have a lifetime of behavior expectations behind them. How should we behave? What do we need to recognize and change? What are the cues? Even older women are subject to inappropriate or uncomfortable touching and language, such as a hand on the leg or a lingering hug. How should women respond? This one-session class will help clarify the boundaries for both men and women.

**Janis Ramey** has been teaching at Osher for several years: “What’s It Like Living in a Retirement Community,” “Apps, Apps, and More Apps,” “Facebook, and Twitter, and Texting, Oh My,” “40 Things I No Longer Carry,” and “How to Look Younger without Plastic Surgery.” She’s 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.

## Insights Into The World Of Elite Tennis Athletes

Study Leader: Aldene LaCaria

- 1 Class: Oct. 24 Class ID: 3056
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4707



If you are into tennis, you won’t want to miss this tell-all conversation. Over the years I’ve worked with many elite tennis athletes and am prepared to talk about my experiences and adventures with them. If you’re curious about the behind-the-scenes activities that go into supporting those that are at the top of their game, you’ll find this course of interest.

**Aldene LaCaria** is a tennis pro who works for Nike Sports Marketing and ESPN production. She is a director at large for the United States Tennis Association - Middle States Section. For the past 12 years, LaCaria has worked in TV production. She routinely worked for all the Grand Slams and Tennis Masters.

## What’s Happening With Religion In America?

Study Leader: Daniel Aleshire

- 2 Classes: Oct. 15 and Oct. 22 Class ID: 2934
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707



Religion has been both an important and contested aspect of American life. While religion remains a stronger force in the United States than any other liberal democracy, it is changing both substantively and rapidly. This course will explore changes in religious practices, factors that contribute to these changes, the relation of religion to the polarization that is present American society, the changing social location of religion in America, and ways that religion and American culture may continue to change. The course will draw primarily from recent work of sociologists of religion and other scholars of religion.

**Daniel Aleshire** served the Association of Theological Schools (ATS)—an organization of 280 Mainline Protestant, Roman Catholic, Evangelical Protestant, Orthodox, and Jewish graduate-level seminaries, divinity schools, and schools of theology—from 1990 until retiring as executive director in 2017. Prior to his work at ATS, he was a seminary professor and research scientist. He holds a Ph.D. in social psychology as well as a Master of Divinity degree and has written extensively on issues related to theological education. His most recent book is *The Next Future of Theological Education*, to be released in 2020.

## Ethical Issues In American Healthcare

*Study Leader:* James Reilly

- 5 Classes: Sep. 11 – Oct. 9
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

Class ID: 2954



Many aspects of healthcare in America are the envy of the world. We spend more on our healthcare than any other country, yet our collective health is among the worst of other developed countries. Why not get our money's worth? Who wins or loses in a healthcare lottery? How does our peculiar American heritage influence our attitudes about healthcare? And what's the right thing to do? Our healthcare system of patients, doctors, nurses, hospitals, and other caregivers is built upon an assumed foundation of trust, an ethical structure. Recent technologic, financial, and political developments have strained the ethical underpinnings of healthcare, creating mistrust and divisiveness, and ever-rising costs, in an American critical life system. This course will explore ethical challenges, such as conflicts of interest, patient and physician autonomy, confidentiality, clinical research, medical tourism, and the global health issues arising from climate change.

**James Reilly**, MD, MPM, FACS, is a retired general surgeon. His academic career has taken him from Pittsburgh to Philadelphia, Boston, Washington, D.C., and New York City. His CV includes over 100 publications in peer-reviewed journals, abstracts, and academic presentations. Prior to returning to Pittsburgh, he served as chief of surgery at the Kings County Hospital in Brooklyn. He has taught health policy at Carnegie Mellon and Duquesne University. He and his wife, Marie, have two daughters, and three grandchildren.

## In Refinement, Not Retirement

*Study Leader:* Raymond Werner

- 3 Classes: Sep. 6 – Sep. 20
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Class ID: 2966



We'll explore how we can enrich our later years by reaching into our individual talents, exploring our inner world and hearing others of our generation who have managed to create great moments in their life, centered on love and relationships and the world around us.

**Ray Werner** graduated from Duquesne University in 1964 and studied playwriting at the Yale School of Drama. He was Creative Director at a major Pittsburgh ad agency, and later started his own agency, and after a good run, sold it to pursue other writing. He was elected to the Pittsburgh Ad Federation Hall of Fame. His business card reads, "Writer, Baker, Music Maker." His campaign, You've Got a Friend in Pennsylvania, was selected as the best ad campaign in Pittsburgh's history by ad executives polled by *The Pittsburgh Business Times Journal*. Ray's focus now is playwriting. With the recent Ray Werner Play Festival in Nov, Dec., 2018, and his play *Run the Rabbit Path* produced by PICT Classic Theatre in February '19, he has had 14 plays in 12 productions, and 4 staged readings, with 6 different theaters. A collector of sayings, Ray's current favorite is from the Irish country poet Paddy Kavanagh: "To be dying, is to forget about the masterpiece you will begin tomorrow." Ray and his wife Susan have four children, seven grandchildren, and live in Point Breeze. For Ray, much of life is about beginning. If you work hard enough, sometimes you find an ending.

**The Curriculum Committee is always looking for new study leaders to teach interesting courses for us. If you, or someone you know, is interested, go to the "Teach For Us" page on our website to submit a proposal.**

## How Museum Building Projects Can Succeed

*Study Leader:* Billie DeWalt

- 2 Classes: Oct. 17 and Oct. 24 *Class ID:* 3023
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



Museums can be major destinations for visitors and help bolster local economies if they provide exceptional, approachable experiences. This course builds on lessons learned from the instructor's experience with three major museum building projects—Carnegie Museum of Natural History in Pittsburgh, the award-winning Musical Instrument Museum in Phoenix, and the Edward M. Kennedy Institute in Boston. Topics include identifying what building project is worth undertaking, how to create compelling visitor experiences, how to raise funds for projects, and unanticipated pitfalls that may affect projects.

**Bill DeWalt** has a Ph.D. in Cultural Anthropology from the University of Connecticut. During his academic career, he won major teaching and research awards at the Universities of Kentucky and Pittsburgh. At the latter, he was Distinguished Service Professor of public and international affairs and was Director of the renowned Center for Latin American Studies. In 2001, he became Director of Carnegie Museum of Natural History where he oversaw major renovations including building the new Dinosaur Halls. In 2007, he became founding president of the Musical Instrument Museum in Phoenix, AZ, and led the building of that \$250 million museum. After his first retirement, he was hired as Museum Director to complete the Edward M. Kennedy Institute for the United States Senate in Boston Massachusetts.

## Are We As Rational As We Think We Are?

*Study Leader:* Martin Gavin

- 6 Classes: Sep. 4 – Oct. 9 *Class ID:* 3027
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708



If you haven't been living in a cave on a mountain top for the last few years, you have likely noticed that we have a bit of a political divide in this country. Of course, you know that we are right and they are wrong. And of course, they know that they are right and we are wrong. And we know that our religion (or lack of it) is the correct path. And so on, in many other important areas of life. What is going on here? We know that we can't all be right and hold such differing views on important topics. However, it's possible we could all be wrong. So perhaps it's time to think seriously about the title of this course—are we as rational as we think we are?

**Martin Gavin** has spent 30 years in engineering followed by teaching computer science on a college level for 7 additional years. He has two degrees in engineering and a B.A. in psychology, plus the usual collection of computer certificates. He has been happily and actively retired for over 15 years. Being retired has given him the opportunity to learn many things that he had no time for in his working years. The material in "Are We as Rational As We Think We Are?" has been mostly acquired during that retirement period. Besides, most of the really interesting developments in the experimental psychology field have happened in the last few decades, after Marty was in school. Marty enjoys learning and sharing his learnings with Osher classes. The "students" in Osher classes are more than willing to challenge him if they disagree, and he finds those friendly disagreements add much to his learning and refine his thinking.

### To Participate in Class . . .

- Raise Your Hand
- Be Recognized
- State Your Name
- Ask Your Question

## Welcoming Refugees: From Global To Local

*Study Leader:* Leslie Aizenman

- 1 Class: Oct. 23 Class ID: 3083
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707



Can you imagine having to flee your home in the middle of the night in fear of your life and for the lives of your children? Today there are 25 million refugees in the world — more than during World War II—who have fled their homelands. What is it like to lose everything? Should we fear them? What is our responsibility to help? Come learn about who refugees are, their lives in limbo, what they go through to come to the U.S., and their transitions to their new homes in Pittsburgh. Two refugees who have made Pittsburgh their home will share their stories. Maybe you'll want to get involved!

**Leslie Aizenman** oversees a range of programs that build self-sufficiency in refugee and immigrant individuals and families as director of Refugee and Immigrant Services at Jewish Family and Community Services of Pittsburgh. Programs for these individuals and families include refugee resettlement, case management, service coordination, vocational support, cultural orientation, and referrals to myriad community partners. Her work also entails extensive outreach and education about refugees and resettlement to the “receiving” community of Pittsburgh residents, services, government and educational providers of all kinds, and the ethnic and faith-based communities. Leslie holds a bachelor’s degree in communications from Boston University and a master’s degree in public policy and management (MPPM) from the University of Pittsburgh’s Graduate School of Public and International Affairs.

## How Does It Matter Who The President Is?

*Study Leader:* Ignacio Arana

- 1 Class: Oct. 25 Class ID: 3084
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4707



The content of this class will be a discussion of how the unique characteristics of presidents might impact executive governance. Dr. Arana will present his findings about research on Latin American leaders who have tried to change the constitutions of their countries to consolidate their power.

**Ignacio Arana** holds a BA in Journalism and Mass Communication from the Pontifical Catholic University of Chile (2002), a M.A. in Political Science from the University of Chile (2007), and a M.A. and a Ph.D. in Political Science from the University of Pittsburgh (2015). His central line of research explores how the individual differences among presidents have an impact on relevant political phenomena, including institutional change and policy outcomes. His secondary line of research is the comparative study of institutions, with a focus on Latin America. He studies informal institutions, executive-legislative relations, judicial politics, and elections. His main present work is the book project *How Leaders Erode Political Institutions: Presidential Personalities and Constitutional Change in Latin America*. In this manuscript, Arana shows that the personality traits of Latin American presidents explain which leaders attempt to change the constitution to increase their powers or extend their terms. He is also developing the World Leaders Database Project, a database that will contain biographical and psychometric information about national leaders that have governed nations around the world since 1970.

## HISTORY

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### Flares Of Memory

*Study Leader:* Linda Hurwitz

- 5 Classes: Oct. 28 – Nov. 25      *Class ID:* 2980
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

Read short personal experiences by Pittsburgh Holocaust survivors and reflect and discuss the situations, dilemmas and decisions these victims faced. Be inspired by their resilience and determination to live! Their stories are written in the book *Flares of Memory* edited by Anita Brostoff and conceived and developed by Sheila Chamowitz, published by Oxford University Press.

**Linda F. Hurwitz** was the director of the Holocaust Center of Pittsburgh from 1988-2005 and is the child of two survivors. She is a retired English teacher and administrator who wrote curriculum and taught about the Holocaust.



### Frontier Women

*Study Leader:* Joan Gundersen

- 5 Classes: Sep. 5 – Oct. 3      *Class ID:* 3088
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

Waves of new settlers exploited the geographic region now known as the “48 states” of the U.S. We will explore the roles of women living in the dynamic and constantly moving zone of contact between indigenous people and the settlers, missionaries, farmers, trappers, miners, ranchers, and the military who reshaped that landscape. While acknowledging the role of legendary women such as Pocahontas, Sacagawea, and Calamity Jane, we will also look at the many lesser known women who left a record of their experiences as captives, on the Overland trail, in mining camps, western forts, sod houses.

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

## The Great War, World War I, 1914-1918

*Study Leader:* Sheila Werner

- 6 Classes: Sep. 9 – Oct. 14 *Class ID:* 2951
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

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

## America From A Weak New Nation To An Imperial Power

*Study Leader:* Arthur Goldberg

- 5 Classes: Sep. 4 – Oct. 2 *Class ID:* 2963
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

Trace America’s emergence on the world stage from World War 1 and its role to current times, reviewing the good and bad of that role. We will also review the Constitution as amended to see how it plays into our world conduct and national development.

**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.

### Drop a Course

Did you know you can drop a course by visiting the "quick links" section of our website, [cmu.edu/osher](http://cmu.edu/osher)? It is available 24/7. You don't have to sign in!

## Leadership Lessons From The Battle of Gettysburg

*Study Leader:* Bill Presutti, Jr.

- 3 Classes: Sep. 4 – Sep. 18 *Class ID:* 3094
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

This is a three-session course which will provide an overview of the Battle of Gettysburg and identify the crucial command decisions made by the major figures in the battle, what lessons can be learned from those decisions, and the underlying issues that prompted those decisions. Important leadership lessons from the commanders of the Union and Confederate armies, George Gordon Meade and Robert E. Lee and their key subordinates will be discussed, as well as how the lessons learned from those decisions may inform contemporary decisions in the public and private sectors.

**Bill Presutti, Jr.**, served for 29 years as a faculty member in the Palumbo-Donahue School of Business at Duquesne University. Prior to his academic career, he served one tour of duty in the U.S. Air Force as a logistics officer and several years in the private sector as a supply professional. Dr. Presutti earned his undergraduate degree in business from Duquesne, a Masters in Economics from Northeastern University and a Ph.D. in applied history from Carnegie-Mellon University. He has studied the Battle of Gettysburg intensely for the past 12 years and several years ago sat for the Licensed Battlefield Guide exam administered by the National Parks service. It was his background in Applied History that motivated his interest in the Battle of Gettysburg and how the lessons from that battle may be put to productive use by today's decision makers.

## Being With John F. Kennedy

*Study Leader:* Steve Russell

- 5 Classes: Sep. 9 – Oct. 7 *Class ID:* 2987
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

President Kennedy understood the importance of recording significant events. As the first president to capture oval office conversations and Cabinet meetings, Kennedy was a pioneer of presidential audio and an impressionistic documentation. Historians have used his presidential film and audio archive to study his leadership, crisis management, handling the press, and engaging in candid conversations. The President will be portrayed through authentic dialogue, which will provide insight into who he was as John Kennedy, the man.

**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, and Hofstra University's nationally known presidential conferences. He has contributed to numerous published books. He has earned degrees and certifications at California University of Pennsylvania, Duquesne, and West Virginia Universities. He has one of the largest President Kennedy collections in the nation.

**CANCELED**

## Respond to the Monkey in your email!

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

## Native Americans of Western PA: Who, When, and Where

*Study Leader:* Roland Vendeland

- 6 Classes: Oct. 30 – Dec. 11\*      *Class ID:* 2989
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

*\*Note: Class will not meet on Nov. 27*

Join this informative, entertaining six-week course. In each one hour-thirty minutes long session, 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 prehistoric peoples through archaeology and later peoples through recorded history.

**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 thirty years Roland 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.

## Jimmy Doolittle And The Raid To Avenge Pearl Harbor

*Study Leader:* Mark Wilson

- 1 Class: Oct. 22      *Class ID:* 2988
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



In April 1942, after only 4 months of planning and training, 16 B-25 Mitchell medium bombers avenged the Japanese attack on Pearl Harbor. Through the remarkable feat of launching large Army planes from an aircraft carrier, the war was brought “home” to five Japanese cities. The results had an impact on the civilian population in both the US and Japan, and affected military planning far out of proportion to the damage inflicted. We will explore the international situation in early 1942, and discuss the origin, development, and execution of the mission plan, including aircraft, crew, and logistics considerations. We will also discuss the fate of the crews and the effect this raid had on the outcome of the war and events in the following decade.

**Mark Wilson** has spent most of his career in marketing, sales, and general management of instrumentation companies. He earned his B.S. at Union College as a member of a class that followed that of George Westinghouse by 93 years. He earned his Ph.D. in physics with a research specialization in low temperature phenomena. He holds a FAA commercial pilot certificate and a glider rating. His interests in history, science, and aviation manifest themselves in this presentation.



PITTSBURGH

**PowerPoint Tour Of The Pittsburgh Zoo and PPG Aquarium**

*Study Leader:* Cathy Gialloreto

- 1 Class: Oct. 21 *Class ID:* 3048
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Come with me to see our wonderful zoo, from beginning to end. Have a chance to see the Animal Care Center and International Conservation Center. If you haven't seen our zoo for a while, or have difficulty walking the hill, then this is the class for you.

**Cathy Gialloreto** is a retired teacher. She has been a docent at the Pittsburgh Zoo and PPG Aquarium since 1983. She volunteers at Animal Friends, as an usher at the O'Reilly and City Theaters, and is active in community theatre.

**The Illustrated History Of Squirrel Hill**

*Study Leader:* Helen Wilson

- 1 Class: Oct. 21 *Class ID:* 3021
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

During the years I taught the course "The Development of Squirrel Hill—A Journey Through Time and Art," questions arose that required further research to answer. This course puts the new findings into the framework of Squirrel Hill's overall development, again following themes through time instead of giving a sequential time line of the neighborhood. Some of the questions are, "When and why was Pittsburgh divided into neighborhoods? Why was Squirrel Hill divided into North and South? What part of Squirrel Hill was settled first? When and why did Squirrel Hill's business district develop? This course is illustrated with maps, photographs, charts, and other images, showing how the neighborhood changed through time.

**Helen Wilson**, co-vice president of the Squirrel Hill Historical Society, has been researching and writing about Squirrel Hill history for the past twelve years. Her articles have appeared in *Squirrel Hill Magazine*, the *Pittsburgh Post-Gazette*, *Historic Gardens Review* (published in England) and other publications. In 2015, she and her son Todd co-authored *Pittsburgh's Bridges*, a pictorial history of the bridges within Pittsburgh's borders, part of Arcadia Publishing's *Images of America* series. In 2017, she was editor and co-author with other members of the SHHS of *Squirrel Hill: A Neighborhood History*, which was published by The History Press.

## Tour Of ALCOSAN

Study Leader: Zelda Curtiss

- 1 Class: Oct. 18 Class ID: 2933
- Friday, 11:00 AM - 1:00 PM
- ALCOSAN,  
3300 Preble Ave., Pgh 15233

Alcosan (Allegheny County Sanitary Authority) is the largest sewage treatment plant in Southwest PA. This course will meet at the Alcosan facility on Preble Avenue on the Northside. Alcosan staff will explain the facility to us and take us on a tour. If you have never seen a sewage treatment plant, you are in for an exciting learning experience of where our sewage goes when we flush our toilets or run our water. Together, the general explanation and tour take about 1 1/2 hours.

**Zelda Curtiss** is a retired environmental lawyer who worked for the Department of Environmental Protection for 29 years. Presently, she is a member of the GASP Board and the Three Rivers Waterkeepers Board. Previously, she was a member of the Nine Mile Run Watershed Association Board.

## Pittsburgh: Someplace Special

Study Leader: Robert Jucha

- 6 Classes: Sep. 4 – Oct. 16\* Class ID: 3004
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

*\*Note: Class will not meet on Sep. 11*

Historic preservationists and architects maintain that a sense of place is crucial in how we react to a public space such as a city square or street. This course looks at examples of unique places within the Pittsburgh region that strongly create a sense of place. Each week we will consider prime examples of a specific type of place, such as the public square, the corporate HQ office building, the planned community, and the residential street and reveal not just their history but how they are effective or deficient in creating a sense of place.

**Robert Jucha** has been a docent with the Pittsburgh History and Landmarks Foundation for 12 years, during which time he has created and led dozens of tours of Pittsburgh's neighborhoods. He has written a doctoral dissertation at George Washington University on the history and architecture of the Shadyside neighborhood. For 30 years he was a book editor for a large college educational publisher.

## City Of Asylum, Pittsburgh: Worldwide Hub Where Writers And Artists Convene

Study Leader: Anne Lackner

- 1 Class: Oct. 15 Class ID: 2955
- Tuesday, 11:15 AM - 1:15 PM
- Alphabet City Center,  
40 W. North Avenue, North Side

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

Please note: *Class has its first portion inside Alphabet City and the second portion is a 0.5 mile walk to Sampsonia Way and Reading Garden where the writers live. (Transportation to Sampsonia can be arranged.)*

**Anne Lackner** was trained as a lawyer. She speaks French fluently, and her mother tongue is Dutch. Anne is co-founder with Vincent 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 a member of the external advisory board at the University of Pittsburgh's EU Center of Excellence.

## Pittsburgh Botanic Garden: From Black To Green

*Study Leader:* Sarada Sangameswaran, Emily Troyer

- 1 Class: Oct. 23 *Class ID:* 2941
- Wednesday, 10:00 AM - 11:30 AM
- Pittsburgh Botanic Garden,  
799 Pinkerton Run Road - Oakdale - 15071-3007

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

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

**Emily Troyer** is Volunteer and Adult Programs Coordinator at Pittsburgh Botanic Garden. Emily has a master's of public administration from George Mason University. She oversees the volunteer program at the Garden, and is working on growing our volunteer program.

## POLITICS/GOVERNMENT

### The Civil War As Seen Through The Eyes Of Two Soldiers

*Study Leader:* Carleton Young

- 6 Classes: Oct. 28 – Dec. 2 *Class ID:* 3066
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

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. For 37 years he taught AP American history at Thomas Jefferson High School. He has also taught classes as an adjunct professor at the Community College of Allegheny County, the University of Pittsburgh, and Eastern Gateway Community College.

## The Politics Of Coups D’etat

Study Leader: John Chin

- 1 Class: Oct. 22 Class ID: 3085
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



The class will introduce a new typology of coups and survey the causes and consequences of different types of coups. Some types of coups lead to the collapse of democratic regimes and install an autocratic regime, whereas others may actually give birth to democracy. The talk provides insight on distinguishing these different types of consequences of coups based on a new dataset of coups d’etat.

**John J. Chin** is a postdoctoral fellow at Carnegie Mellon University’s Institute of Politics and Strategy. His academic interests span international relations and comparative politics. His doctoral dissertation on “Military Power and Democratization” at Princeton University examined how military power influences regime change, democratic diffusion, military coups, and civil resistance. He worked as an international affairs analyst at the Congressional Budget Office (2008-2010) and has worked at the Rand Corporation, Treasury Department, State Department, and Atlantic Council of the United States. He holds a Ph.D. and M.A. in Politics from Princeton, an M.P.P. from the University of Michigan, and a B.A. in Political Science and Chinese from the University of Notre Dame. His article *The Longest March: Why China’s Democratization Is Not Imminent* has been published in the *Journal of Chinese Political Science* (March 2018). He is currently working on publishing a *Historical Dictionary of Modern Coups D’etat* with Joseph Wright and David Carter.

## Will The American Democracy Survive President Trump?

Study Leader: Benjamin Wechsler

- 6 Classes: Oct. 31 – Dec. 12\* Class ID: 3095
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



\*Note: Class will not meet on Nov. 28

A look at the potential long-term effects of the Trump presidency on the voting process, cabinet departments and their cutbacks and changes of direction, appointments to the Federal Courts, appointments and attempted appointments to various agencies, the lack of co-operation with the Congress, the attacks on the court system, the extensive use of executive orders, his potential violation of the emoluments clause, the granting of security clearances to those not recommended for clearance, and other issues constantly in the headlines.

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

## PSYCHOLOGY

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### Cognition And Aging

*Study Leader:* Bruce Goldstein

- 6 Classes: Sep. 3 – Oct. 8 *Class ID:* 3018
- Tuesday, 1:00 PM - 3:00 PM
- 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's happening on the road while you're driving? Negative changes in memory, attention, and other cognitive functions do occur as we age, but the amount of change differs for different people, and – most important of all – we can optimize our cognitive functioning by engaging in “critical lifestyle activities.” We will discuss both what happens to our cognitive functioning as we age, and how six critical activities — Exercising, Eating Right, Meditating, Being Mindful, Sleeping, and Socializing — can help keep us sharp as we age. A shorter version of this course (three 90-minute sessions) was taught at CMU Osher in Fall 2018.

See **Bruce Goldstein**, page 39

## RELIGION/PHILOSOPHY

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### When God Began To Create: Genesis From Adam To Abraham

*Study Leader:* Bruce Antonoff

- 5 Classes: Sep. 4 – Oct. 2 *Class ID:* 2984
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707



The Bible is not a children's book, but the only exposure many of us have had to the Book of Genesis was as children's bible stories. And yet, these stories are crucial to understanding the developing relationship between God and people, and that is one of the basic themes of the Bible. Whether you approach it as divine revelation or human creation, or any combination of the two, the Bible has valuable lessons for those who take it seriously. In this class, we will read the two stories of Creation, the story of Noah, and at least part of the story of Abraham.

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



## TRAVEL

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### On Safari In Botswana

*Study Leader:* Maria Piantanida

- 1 Class: Oct. 21
- Monday, 1:00 PM - 3:00 PM
- Wean Hall, 4708

*Class ID:* 3030



Pictures of wildlife and landscapes will be used to illustrate information about the geology, geography, climate, animals, and plants in four ecologically diverse areas. First is the rain forest created by the spray from Victoria Falls. Second is the remote region of Chobe National Park. Third is the Linyati Wildlife Reserve, which encompasses an unusual geographic feature. The Savute Channel will flow for many years and then suddenly dry up, only to return again, sometimes decades later. Fourth is the Okavango Delta, the largest inland delta in the world. Within each area, variations in topography, animal populations, and vegetation create an incredibly rich tapestry of this fascinating environment.

**Maria Piantanida** most recently offered an Osher course on her trip to see polar bears in Churchill, Manitoba. Now, having recently returned from an African safari, she is eager to share her experience and lessons learned. When she is not traveling, Maria tends to her independent publishing company, Learning Moments Press. In addition to a number of writing projects, Maria is working with two colleagues to create a website in support of educators who value the scholarship of practice.

# MONDAY | Session ONE / September 3 – October 25

| TIME                | COURSE TITLE  | CLASS ID | LEADER(S)                   | PAGE |
|---------------------|---|----------|-----------------------------|------|
| 9:15 AM - 10:45 AM  | <b>Mahjong Mania! Level 1</b>                                 | 2967     | <i>Sherri Davis</i>         | 31   |
| 9:30 AM - 11:00 AM  | <b>The Illustrated History of Squirrel Hill</b>               | 3021     | <i>Helen Wilson</i>         | 62   |
| 10:00 AM - 11:30 AM | <b>Tai Chi Ch'uan: Long Form, First Section</b>               | 3080     | <i>Judith Crow</i>          | 26   |
| 10:00 AM - 12:00 PM | <b>Bird Migration Around The World</b>                        | 3049     | <i>Robert Mulvihill</i>     | 46   |
|                     | <b>Intro To Medical Marijuana And Its Medicinal Value</b>     | 2953     | <i>Richard Greer</i>        | 49   |
| 11:15 AM - 12:45 PM | <b>Enjoying the <i>New Yorker</i></b>                         | 3028     | <i>John Brown</i>           | 52   |
|                     | <b>The Great War, World War I, 1914-1918</b>                  | 2951     | <i>Sheila Werner</i>        | 59   |
|                     | <b>PowerPoint Tour of The Pittsburgh Zoo And PPG Aquarium</b> | 3048     | <i>Cathy Gialloreto</i>     | 62   |
| 1:00 PM - 3:00 PM   | <b>Biography And Memoir On Film And Written</b>               | 2935     | <i>Stephen Stept</i>        | 6    |
|                     | <b>Short Stories: The Shape Of The Whole - II</b>             | 3011     | <i>Helen-Faye Rosenblum</i> | 10   |
|                     | <b>Western Music In 12 Notes</b>                              | 3061     | <i>Flavio Chamis</i>        | 15   |
|                     | <b>On Safari In Botswana</b>                                  | 3030     | <i>Maria Piantanida</i>     | 67   |
| 1:30 PM - 3:00 PM   | <b>Improving Observation Skills Through Observing Art</b>     | 3041     | <i>Akemi May</i>            | 33   |
| 3:15 PM - 5:15 PM   | <b>Short Stories: The Shape Of The Whole - II</b>             | 3012     | <i>Helen-Faye Rosenblum</i> | 10   |
| 3:30 PM - 5:00 PM   | <b>Masters Of Modern Architecture</b>                         | 2944     | <i>Jeffrey Swoger</i>       | 42   |

# TUESDAY | Session ONE / September 3 – October 25

| TIME                | COURSE TITLE   | CLASS ID | LEADER(S)                      | PAGE |
|---------------------|--|----------|--------------------------------|------|
| 9:30 AM - 11:00 AM  | <b>The Mystery Of Flight And More</b>                | 3014     | <i>Stan Angrist</i>            | 50   |
|                     | <b>Enjoying The New Yorker</b>                       | 3039     | <i>Mary Duquin</i>             | 52   |
|                     | <b>Library Of America: Champion Of . . .</b>         | 3042     | <i>Gene O'Sullivan</i>         | 12   |
|                     | <b>Jimmy Doolittle And The Raid To Avenge . . .</b>  | 2988     | <i>Mark Wilson</i>             | 61   |
| 10:00 AM - 11:30 AM | <b>Feeling Better—Therapeutic Exercise . . .</b>     | 2964     | <i>Mark Spanos</i>             | 27   |
|                     | <b>Move It Or Lose It</b>                            | 3074     | <i>Elsa Limbach</i>            | 26   |
|                     | <b>The Mattress Factory</b>                          | 2948     | <i>Shannon Phy</i>             | 5    |
| 10:00 AM - 12:00 PM | <b>Falconry, The Sport Of Kings</b>                  | 3047     | <i>Cathy Schlott</i>           | 46   |
| 11:15 AM - 12:45 PM | <b>Talking Trash: The Reality Of Our Solid . . .</b> | 3025     | <i>Justin Stockdale</i>        | 17   |
|                     | <b>Write Your Life Story</b>                         | 2949     | <i>Kimberly Palmiero</i>       | 41   |
|                     | <b>Such Friends: Max Perkins and . . .</b>           | 3071     | <i>Kathleen Dixon Donnelly</i> | 12   |
|                     | <b>The Politics Of Coups D'etat</b>                  | 3085     | <i>John Chin</i>               | 65   |
| 11:15 AM - 1:15 PM  | <b>City Of Asylum</b>                                | 2955     | <i>Anne Billiet Lackner</i>    | 63   |
| 1:00 PM - 2:30 PM   | <b>A Knitting Circle</b>                             | 3009     | <i>Barbara Gengler</i>         | 22   |
|                     | <b>Understanding And Managing . . .</b>              | 2961     | <i>Marcia Semper</i>           | 28   |
| 1:30 PM - 2:50 PM   | <b>Truth And Power: The Past And . . .</b>           | 3022     | <i>Nico Slate</i>              | 53   |
| 1:00 PM - 3:00 PM   | <b>Classic Sauces</b>                                | 3081     | <i>David Green</i>             | 24   |
|                     | <b>Cognition And Aging</b>                           | 3018     | <i>Bruce Goldstein</i>         | 66   |
| 1:00 PM - 4:00 PM   | <b>A Musical Retrospective Of Cole Porter</b>        | 2931     | <i>Joe Lagnese</i>             | 16   |
| 1:00 PM - 5:00 PM   | <b>AARP Smart Driver 8-Hour Course</b>               | 3045     | <i>David Zimmer</i>            | 35   |
| 2:00 PM - 4:00 PM   | <b>Regenerative Medicine</b>                         | 2947     | <i>Bryan Brown</i>             | 47   |
| 2:30 PM - 4:20 PM   | <b>Intro to Physical Computing: Design Partners</b>  | 3102     | <i>Robert Zacharias</i>        | 36   |
| 3:15 PM - 4:45 PM   | <b>What's Happening With Religion In America?</b>    | 2934     | <i>Daniel Aleshire</i>         | 54   |
| 3:15 PM - 5:15 PM   | <b>Music Of Bach</b>                                 | 3035     | <i>Stephen Schultz</i>         | 13   |
| 3:15 PM - 6:15 PM   | <b>Lady Justice Goes To The Movies</b>               | 3087     | <i>Lloyd Stires</i>            | 5    |

# WEDNESDAY | Session ONE / September 3 – October 25

| TIME                | COURSE TITLE  | CLASS ID | LEADER(S)                           | PAGE |
|---------------------|---|----------|-------------------------------------|------|
| 9:30 AM - 11:00 AM  | <b>Pittsburgh: Someplace Special</b>                          | 3004     | <i>Robert Jucha</i>                 | 63   |
|                     | <b>When God Began To Create: Genesis From Adam To Abraham</b> | 2984     | <i>Bruce Antonoff</i>               | 66   |
|                     | <b>Welcoming Refugees: From Global To Local</b>               | 3083     | <i>Leslie Aizenman</i>              |      |
| 10:00 AM - 11:30 AM | <b>Tamburitzan Kolo Dancing</b>                               | 3100     | <i>George Schexnayder</i>           | 27   |
|                     | <b>Pittsburgh Botanic Garden - From Black To Green</b>        | 2941     | <i>Sarada Sangameswaran</i>         | 64   |
| 10:00 AM - 12:00 PM | <b>Why <i>Giselle</i> Matters</b>                             | 3101     | <i>Lisa Auel</i>                    | 7    |
|                     | <b>The Biology Of Aging</b>                                   | 3008     | <i>Toren Finkel</i>                 | 50   |
| 11:15 AM - 12:45 PM | <b>The Financial Journey Of Women</b>                         | 2917     | <i>Brian Bohn</i>                   | 29   |
|                     | <b>Leadership Lessons From The Battle of Gettysburg</b>       | 3094     | <i>Bill Presutti Jr</i>             | 60   |
|                     | <b>The Art Of Voice: Poetry, Writing, And Discussion</b>      | 3089     | <i>Mike Schneider</i>               | 15   |
| 1:00 PM - 2:30 PM   | <b>Are We As Rational As We Think We Are?</b>                 | 3027     | <i>Martin Gavin</i>                 | 56   |
|                     | <b>Ethical Issues In American Healthcare</b>                  | 2954     | <i>James Reilly</i>                 | 55   |
|                     | <b>Universal Basic Income: What's It All About?</b>           | 3091     | <i>Donald Carter</i>                | 19   |
| 1:00 PM - 3:00 PM   | <b>Have You Ever Wanted To Act On Stage?</b>                  | 2924     | <i>C R Thomas, Nancy Santangelo</i> | 32   |
|                     | <b>Minerals Of The Carnegie Museum Of Natural History</b>     | 3026     | <i>Harlan Clare</i>                 | 44   |
|                     | <b>Worst Trade Agreement? The Real NAFTA</b>                  | 3053     | <i>Stephen Blank</i>                | 19   |
| 1:15 PM - 2:30 PM   | <b>Get Fit: A Fun Latin Cardio Workout</b>                    | 3058     | <i>Connie Pollack</i>               | 25   |
| 1:15 PM - 3:00 PM   | <b>The Magic Behind The Opera</b>                             | 3090     | <i>Marilyn Egan</i>                 | 14   |
| 3:15 PM - 4:45 PM   | <b>Bridge Basics III</b>                                      | 2976     | <i>Jack Patzer</i>                  | 30   |
|                     | <b>America From A Weak New Nation To An Imperial Power</b>    | 2963     | <i>Arthur Goldberg</i>              | 59   |

# THURSDAY | Session ONE / September 3 – October 25

| TIME                | COURSE TITLE  | CLASS ID | LEADER(S)   | PAGE |
|---------------------|---|----------|---|------|
| 8:45 AM - 12:45 PM  | <b>AARP Smart Driver 4-Hour Renewal Course</b>              | 3046     | <i>David Zimmer</i>   | 35   |
| 9:30 AM - 11:00 AM  | <b>Poetry Interpretation: Shakespeare to Swift</b>          | 3006     | <i>Richard Yount</i>  | 11   |
|                     | <b>Frontier Women</b>                                       | 3088     | <i>Joan Gundersen</i>   | 58   |
|                     | <b>How Museum Building Project Can Succeed</b>              | 3023     | <i>Billie DeWalt</i>  | 56   |
|                     | <b>Insights Into The World Of Elite Tennis Athletes</b>     | 3056     | <i>Aldene Lacaria</i>   | 54   |
|                     | <b>Our Social Fabric: Stronger Than Steel</b>               | 3099     | <i>Rabbi Ron Symons</i>   | 51   |
| 10:00 AM - 11:30 AM | <b>Hatha Yoga</b>   | 2936     | <i>Loretta Barone</i>   | 24   |
| 11:00 AM - 12:30 PM | <b>Verbal Self Defense For Women</b>                        | 2978     | <i>Jackie Umans</i>   | 36   |
| 11:15 AM - 12:45 PM | <b>Harmonica Repertoire</b>                                 | 3068     | <i>Caroline Mitchell</i>  | 23   |
|                     | <b>Declutter</b>  | 2972     | <i>Rosa Barnett Averbach</i>  | 34   |
|                     | <b>Mental Aerobics</b>                                      | 2974     | <i>Jeanette Matthews</i>  | 37   |
|                     | <b>Where Are The Boundaries?</b>                            | 3057     | <i>Janis Ramey</i>  | 54   |
| 11:30 AM - 12:30 PM | <b>Dance Fitness Gold</b>                                   | 3044     | <i>Maureen Gemeinhart</i>   | 25   |
| 1:00 PM - 2:30 PM   | <b>Singing In A Choral Class</b>                            | 2945     | <i>Constance Rapp</i>   | 32   |
|                     | <b>Our Solar System</b>                                     | 2991     | <i>Bill Roemer</i>  | 42   |
|                     | <b>Daring To Diddle Through Dickens' <i>Bleak House</i></b> | 3065     | <i>Gloriana St Clair</i>  | 10   |
| 1:00 PM - 3:00 PM   | <b>Great And Notable Novels Read And Revisited</b>          | 2973     | <i>Mary Schinhofen,<br/>Helen-Faye Rosenblum<br/>Thomas Lazaroff<br/>Gloriana St. Clair</i> | 11   |
| 3:15 PM - 4:45 PM   | <b>The Real Truth About Forensic Science</b>                | 2983     | <i>Michael Sobel</i>  | 48   |
| 5:30 PM - 6:30 PM   | <b>Creative Process Of Plays At CMU's School of Drama</b>   | 3037     | <i>Richard Block</i>  | 7    |

# FRIDAY | Session ONE / September 3 – October 25

| TIME                | COURSE TITLE   | CLASS ID | LEADER(S)                                      | PAGE |
|---------------------|--|----------|--|------|
| 9:30 AM - 11:00 AM  | <b>Chemistry For Non-Scientists:<br/>A Periodic Table Tour</b> | 2993     | <i>John Olmsted</i>                            | 45   |
|                     | <b>How Does It Matter Who The President Is?</b>                | 3084     | <i>Ignacio Arana</i>                           | 57   |
| 9:30 AM - 12:00 PM  | <b>First Fridays At Redeemer</b>                               | 2986     | <i>Ann Labounsky</i>                           | 16   |
| 11:00 AM - 1:00 PM  | <b>Tour Of ALCOSAN</b>   | 2933     | <i>Zelda Curtiss</i>                           | 63   |
| 11:15 AM - 12:45 PM | <b>Southern Gothic Short Story</b>                             | 3069     | <i>Rebecca Carpenter</i>                       | 9    |
|                     | <b>In Refinement, Not Retirement</b>                           | 2966     | <i>Raymond Werner</i>                          | 55   |
|                     | <b>Thinking About The Economics<br/>Of Climate Change</b>      | 2977     | <i>Jack Ochs</i>                               | 18   |
|                     | <b>Create Trendy Jewelry</b>                                   | 2950     | <i>Gerry Florida</i>                           | 23   |
| 1:00 PM - 2:30 PM   | <b>Introduction To Cryptocurrency/Bitcoin</b>                  | 3031     | <i>Michael Pikus</i>                           | 18   |
| 1:00 PM - 3:00 PM   | <b>Independent Art Study</b>                                   | 3078     | <i>Gary Bates</i>                              | 21   |
| 1:00 PM - 3:30 PM   | <b>Better Choices, Better Health</b>                           | 2928     | <i>Jeanette Matthews<br/>Rosemary Liebmann</i> | 38   |

# MONDAY | Session TWO / October 28 – December 20

| TIME                | COURSE TITLE  | CLASS ID | LEADER(S)              | PAGE |
|---------------------|---|----------|------------------------|------|
| 9:15 AM - 10:45 AM  | <b>Mahjong Mania! Level 2</b>                                 | 2968     | <i>Sherri Davis</i>    | 31   |
| 9:30 AM - 11:00 AM  | <b>Photovoltaic System Design</b>                             | 3092     | <i>Jenna Kappelt</i>   | 44   |
|                     | <b>Flares Of Memory</b>                                       | 2980     | <i>Linda Hurwitz</i>   | 58   |
| 11:15 AM - 12:45 PM | <b>Memoir Writing From Photographs</b>                        | 2985     | <i>Molly Youngling</i> | 40   |
| 1:00 PM - 2:30 PM   | <b>Enjoying the <i>New Yorker</i></b>                         | 3029     | <i>John Brown</i>      | 52   |
|                     | <b>The Civil War As Seen Through The Eyes Of Two Soldiers</b> | 3066     | <i>Carleton Young</i>  | 64   |
| 3:15 PM - 4:45 PM   | <b>Everything You've Always Wanted To Know About Disease</b>  | 2956     | <i>Stephen Fisher</i>  | 48   |
| 3:15 PM - 5:15 PM   | <b>Senior Health Care</b>                                     | 2940     | <i>Barbara Veazey</i>  | 28   |
| 4:00 PM - 5:30 PM   | <b>The Art Of The City</b>                                    | 3005     | <i>Katie Trupiano</i>  | 8    |

# TUESDAY | Session TWO / October 28 – December 20

| TIME                | COURSE TITLE   | CLASS ID | LEADER(S)                  | PAGE |
|---------------------|--|----------|----------------------------|------|
| 9:00 AM - 11:00 AM  | <b>Seasoned Investors</b>  | 3060     | <i>Brett Pechersky</i>     | 29   |
| 9:30 AM - 11:00 AM  | <b>Return To Maycomb -<br/>A Homage To Harper Lee</b>                | 2992     | <i>Michael Mariani</i>     | 9    |
| 9:30 AM - 11:30 AM  | <b>Continuing Painting In Acrylics</b>                               | 3072     | <i>Francine VandenBerg</i> | 21   |
| 10:00 AM - 11:30 AM | <b>Feeling Better—<br/>Therapeutic Exercise And Stretching Class</b> | 2965     | <i>Mark Spanos</i>         | 27   |
|                     | <b>Move It Or Lose It</b>  | 3076     | <i>Elsa Limbach</i>        | 26   |
| 11:15 AM - 12:45 PM | <b>Secrets To A Truly Great Conversation</b>                         | 3064     | <i>Susan Morris</i>        | 34   |
|                     | <b>Art, Architecture, Kidney Stones . . .<br/>And Mathematics</b>    | 2943     | <i>Richard Wertheimer</i>  | 47   |
| 1:00 PM - 2:30 PM   | <b>A Knitting Circle</b>   | 3010     | <i>Barbara Gengler</i>     | 22   |
|                     | <b>Individual And Social Responses<br/>To Climate Change</b>         | 3070     | <i>Bob Mitchell</i>        | 43   |
| 1:00 PM - 3:00 PM   | <b>Writing For Self Discovery</b>                                    | 3019     | <i>Bruce Goldstein</i>     | 39   |
| 3:15 PM - 4:45 PM   | <b>Bridging The Gap</b>  | 2994     | <i>John Olmsted</i>        | 30   |

# WEDNESDAY | Session TWO / October 28 – December 20

| TIME                | COURSE TITLE  | CLASS ID | LEADER(S)                              | PAGE |
|---------------------|---|----------|--|------|
| 9:00 AM - 11:00 AM  | <b>Writers' Workshop</b>  | 2939     | <i>Thalia Snyder,<br/>Helen Wilson</i> | 39   |
| 9:30 AM - 11:00 AM  | <b>The Current U.S. Supreme Court</b>                                     | 3015     | <i>Errol Miller</i>                    | 20   |
| 10:00 AM - 11:30 AM | <b>Tamburitzan Kolo Dancing</b>   | 2975     | <i>George Schexnayder</i>              | 27   |
| 11:15 AM - 12:45 PM | <b>Adaptations: A Look At Novels,<br/>Plays, And Films</b>                | 2990     | <i>Molly Youngling</i>                 | 40   |
|                     | <b>Geology Of The National Parks</b>                                      | 2946     | <i>Barbara Manner</i>                  | 43   |
| 1:00 PM - 3:00 PM   | <b>What's American About American Music</b>                               | 3086     | <i>Owen Cantor</i>                     | 14   |
| 1:15 PM - 2:30 PM   | <b>Get Fit: A Fun Latin Cardio Workout</b>                                | 3059     | <i>Connie Pollack</i>                  | 25   |
| 1:30 PM - 3:00 PM   | <b>Moving Elegantly, Moving Confidently</b>                               | 3054     | <i>Janet Seltman</i>                   | 33   |
| 3:15 PM - 4:45 PM   | <b>Native Americans of Western Pennsylvania:<br/>Who, When, and Where</b> | 2989     | <i>Roland Vendeland</i>                | 61   |
| 3:15 PM - 5:15 PM   | <b>Discover SoulCollage</b>   | 3063     | <i>Alice Carnes</i>                    | 38   |

# THURSDAY | Session TWO / October 28 – December 20

| TIME                | COURSE TITLE  | CLASS ID | LEADER(S)            | PAGE |
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|                     | Will The American Democracy Survive President Trump?        | 3095     | Benjamin Wechsler    | 65   |
| 11:15 AM - 12:45 PM | Etymologies VII: "Who Knew?!"                               | 2937     | David Fortun         | 8    |
|                     | Staying Healthy In A Toxic World                            | 3038     | Patricia Spear Lemer | 49   |
| 11:30 AM - 12:30 PM | Dance Fitness Gold  | 3043     | Maureen Gemeinhart   | 25   |
| 1:00 PM - 2:30 PM   | Singing in a Choral Class                                   | 2998     | Constance Rapp       | 32   |
|                     | The Nobel Prizes: The Good, The Bad, And The Human          | 3034     | Enid Miller          | 53   |
|                     | Urban Planning Choices                                      | 2938     | Ruth Cooper Reidbord | 51   |
| 3:15 PM - 4:45 PM   | Evolution Of Man From Bacteria Over 3.5 Billion Years       | 3098     | Alan Waggoner        | 45   |
|                     | Has Our Country Lost Its Way On Social And Economic Issues? | 3017     | Russ Sheldon         | 17   |

# FRIDAY | Session TWO / October 28 – December 20

| TIME                | COURSE TITLE  | CLASS ID | LEADER(S)                 | PAGE |
|---------------------|---|----------|---------------------------|------|
| 9:00 AM - 11:00 AM  | <b>Emerging Legal Issues</b>                                    | 2996     | <i>David DeFazio</i>      | 20   |
| 9:30 AM - 11:00 AM  | <b>Jane Austen's <i>Emma</i> and <i>Pride And Prejudice</i></b> | 3024     | <i>Allison Thompson</i>   | 13   |
| 11:15 AM - 12:45 PM | <b>First Aid: You Are The True "First Responder"</b>            | 2942     | <i>Richard Daffner</i>    | 37   |
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|                     | <b>Intermediate French Conversation</b>                         | 3007     | <i>Veronique Schreurs</i> | 31   |
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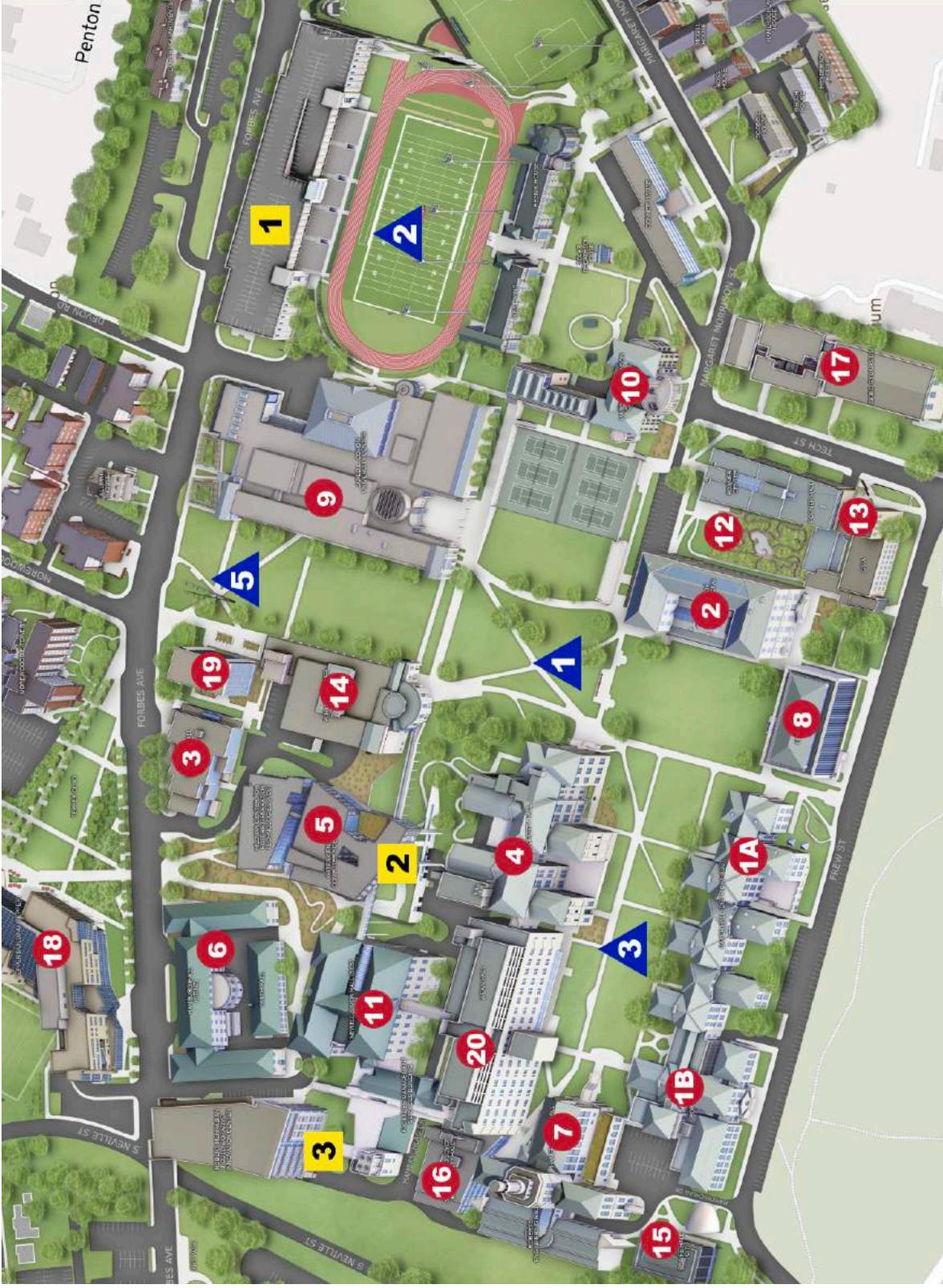
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Carnegie Mellon University



# CAMPUS MAP

# GENERAL INFORMATION & POLICIES

## Classroom Locations

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

## Photos and Videos

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

## Classroom Etiquette

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

- attending only course(s) for which you have registered
- arriving to class on time and silencing your cell phone
- raising your hand to be recognized and stating your name each time before you speak
- staying on topic during discussions
- respecting the instructor's time at the end of class
- not wearing fragrances out of respect for those with sensitivities

## Parking

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

\*For garage rates, please visit: [www.cmu.edu/parking/about](http://www.cmu.edu/parking/about)

## Handicapped Parking - \$50 per term

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

## Transportation

- PAT (Port Authority of Allegheny Co.) provides information on bus routes to campus. Schedules are available online at [www.portauthority.org](http://www.portauthority.org) — or by calling (412) 442-2000.
- Carnegie Mellon has shuttle buses that run through Oakland, Shadyside, and Greenfield. Show your Osher ID card to the driver. Schedules are online at [cmu.edu/police](http://cmu.edu/police), click "Shuttle and Escort" then "Shuttle service."
- AgeWell Rides, a service of AgeWell Pittsburgh through Jewish Family & Children's Services, offers rides for senior citizens who do not drive. For more information, please call 412-422-0400.

## Bad Weather Days

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

## Email Notifications

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

- The Osher office will send "broadcast emails" to remind you of upcoming Osher or Carnegie Mellon activities. The Weekly Essentials can be found on [cmu.edu/osher](http://cmu.edu/osher).
- We recommend you use an email provider other than AOL or Verizon.
- The Osher office will send email notices to specific classes for important course changes.

## Handouts

If you want a printed handout for a class, please email your request at least 2 days prior. It is your responsibility to pick it up from the office. The office charges 25¢ a page for copies. Please call 412-268-7489 to arrange printing and pickup.

## Catalogs

If you don't want to receive a catalog please email the office at [osher@cmu.edu](mailto:osher@cmu.edu). Osher cannot be responsible for catalogs not delivered by the Post Office. If for some reason you do not receive a catalog, please contact the Osher office to confirm your address. To receive your catalog at an alternate address, submit the "Catalog Delivery Management" form at [cmu.edu/osher](http://cmu.edu/osher) in the "Quick Links" bar. Catalogs are sent bulk mail which is not forwarded.

## Check Your Schedule

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

## Controversial Speakers

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

## Non-Discrimination

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

## Scholarships

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

# Osher at CMU Code of Conduct

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

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

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

# REGISTRATION INFORMATION

## READY TO REGISTER?

### Registration Fee

The registration fee for members per term is \$60 for an unlimited number of courses. The Prospect registration fee is \$85 per term.

### Register Online - It is to your advantage!

To register online, go to [cmu.edu/osher](http://cmu.edu/osher) and click "Member Sign In". You will be redirected to the Augusoft "welcome" page. Please sign in using your username and password. Please email the office if you do not know your username.

### Paper Registration - *If you must*

To register by paper, please print a registration form from our website, [cmu.edu/osher](http://cmu.edu/osher). Paper registrations will be delayed one week in being processed.

### Materials Fees

Materials fees are due at the time of registration unless otherwise stated. Where indicated, materials fees are non-refundable.

### Building Fees

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

### Refund Policy

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

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

Building and materials fees will be refunded only if they have not yet been paid to the facility or SL.

### Terms Per Year

Osher at CMU offers three terms: Winter, Summer, and Fall. For the registration fee of \$60 for members and \$85 for prospects per term, you can take an unlimited number of classes during that term.

### Osher Ambassadors Are Vital

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

### Confirmation Letters

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

### Adding and Dropping Courses

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

### Important:

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

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

### Observed 2019-2020 Official Osher Skip Days

Osher Lifelong Learning Institute is a nonsectarian organization. The organization follows the CMU holiday calendar:

|                             |                  |
|-----------------------------|------------------|
| Martin Luther King Jr. Day* | Jan. 21          |
| CMU Carnival                | Apr. 12          |
| Memorial Day*               | May 27           |
| Independence Day*           | Jul. 4           |
| Labor Day*                  | Sep. 2           |
| Thanksgiving Wednesday      | Nov. 27          |
| Thanksgiving Day*           | Nov. 28          |
| Thanksgiving Friday*        | Nov. 29          |
| Winter Break*               | Dec. 23 - Jan. 3 |

\*office is closed

As you are setting up your course schedule, please be sure the class dates do not conflict with your family events, trips, or other events to which you are committed. We know class attendance is important to the Study Leaders who have prepared, and hope it is for you.

**Questions?** Please call the office at 412-268-7489 or email us at [osher@cmu.edu](mailto:osher@cmu.edu).

# 27<sup>TH</sup> ANNUAL MEETING



JOIN US

TUESDAY, SEPTEMBER 24, 2019

FOR THE OSHER ANNUAL MEETING

Cohon University Center  
Rangos 1 & 2

5:30 - 6:30 PM: Reception with refreshments  
CMU group to provide entertainment  
6:30 - 8:30 PM: Annual Meeting

**Learn about exciting things happening at Osher.**

**Register for course 3104.**

Free parking after 5:00 PM in the East Campus Garage.

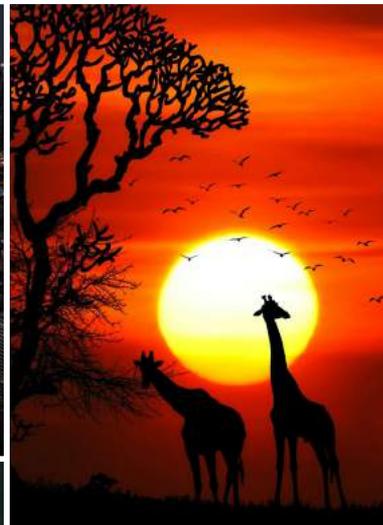


Carnegie Mellon University  
Osher at Carnegie Mellon University  
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Pittsburgh, PA 15213-3833

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

# Join us!



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



412.268.7489 | [cmu.edu/osher](http://cmu.edu/osher)  
[osher@cmu.edu](mailto:osher@cmu.edu)