Winter/Spring 2018

at Carnegie Mellon University | www.cmu.edu/osher
Greetings Osher at CMU Member:

The curriculum committee has out done itself! For the first time, the Winter/Spring term has over 160 courses to choose from. Of these, 52 are new! Why leave town when you have such mind-stimulating opportunities available to while away the Pittsburgh winter?

With so many choices, I know it will be tempting to sign up for many. Please be sure you will be able to attend all that you signed up for. Our study leaders work hard to offer their course(s) and depend on your presence. So, if you sign up, do show up!

To prepare for registration:

1) Plan out which courses you can attend,
2) Review how to register online by watching the How-To video on the Osher website, and
3) Watch for the “Registration Is Now Open” email notification towards the end of November.

We are now half way through our 25th anniversary year. I hope you have taken the opportunity to watch our anniversary video, sit in one of the 25 Adirondack chairs donated by Osher scattered around campus, and eat lots of cake at our various events throughout the year. Twenty-five years is quite an accomplishment that all should be proud of.

In closing, I hope you have a Happy New Year and that I’ll see you at the winter luncheon where we’ll have even more cake!

Lyn Decker / Registrar
CONSIDER A GIFT TO OSHER

Should you wish, you may make a contribution to the Osher Annual Fund or the 25th Anniversary Fund by calling the office at 412.268.7489, going through the Osher website with a credit card, or mailing a check to the office. Thank you in advance for your generosity.
ARTS & HUMANITIES
Art | Cinema/Film | Drama/Theatre | Literature | Music

ART

Fifteen Centuries Of Irish Decorative Arts

Study Leader: Anne Burnham

• 4 Classes: Jan. 9 – Jan. 30  Class ID: 2205
• Tuesday, 1:15 PM - 2:45 PM
• Wean Hall, 4707

Perhaps better known for her literature and music, Ireland has also a rich heritage in decorative and architectural arts. From early, brilliantly illuminated manuscripts and intricate metalwork to the elegance of Georgian furniture, silverware, and painting, through Victorian intricacies, to the excellence of contemporary crafts, industrial design, and architecture, this course will take you on a whirlwind visual tour illustrating famous and lesser-known objects, buildings, and paintings and their surprising influence on the architecture and decorative arts in America.

Anne Burnham is a freelance writer and editor who has made her home in Pittsburgh for many years. She was the founding editor and diplomatic correspondent of Washington's Diplomatic Dossier, a contributing writer to The Washington Post; a writer of several documentaries for WQED; and an author or editor of numerous articles for national and international publications. She is a collaborator with Rolf and Magda Loeber on A Guide to Irish Fiction: 1650-1900 and has edited many articles on Irish history, architecture, and poetry. She is the former liaison for the International Poetry Forum, and for over 25 years she has organized the annual Pittsburgh celebration of Bloomsday with readings around the city from James Joyce's Ulysses. She serves on the boards of the Ireland Institute of Pittsburgh and Autumn House Press, an independent literary publisher in Pittsburgh.

The Mattress Factory: Art You Can Get Into

Study Leader: Mattress Factory  Materials Fee: $10*

• 2 Classes: Feb. 22 and Mar. 1  Class ID: 2279
• Thursday, 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 Mattress Factory is a museum of contemporary installation art.

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

Registration Video

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

Only Members can register online.
From Text To Image: The Artist As Biblical Interpreter

**Study Leader:** Karen Bowden Cooper

- **5 Classes:** Jan. 10 – Feb. 7  
  **Class ID:** 2331  
- **Wednesday:** 3:15 PM - 4:45 PM  
- **Hunt - Osher Classroom**

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

Karen Bowden Cooper is Curator of the Kelso Museum of Near Eastern Archaeology and lecturer in Hebrew at Pittsburgh Theological Seminary. She has an MA with an emphasis in Biblical Studies from PTS and a PhD in comparative literature from UC Berkeley. Her research interests include the interplay of orality and literacy in the literature of the ancient Near East and Mediterranean, and visual representations of biblical figures and episodes as reflections of and challenges to traditional readings of the text.

CINEMA/FILM

Filmmakers From The Muslim World

**Study Leader:** Kalpana Biswas

- **6 Classes:** Jan. 9 – Feb. 13  
  **Class ID:** 2182  
- **Tuesday:** 11:15 AM - 12:45 PM  
- **Wean Hall, 4707**

While wars and insurgencies take their toll, Muslim women have taken to film to show the world the other war that urgently needs to be fought—to free the women from religious and social oppression. Innovations in film production, technology, and social media have enabled women’s voices from the Muslim world to be heard. Driven more by passion than formal schooling, with limited exposure to films or film education, women filmmakers have found innovative ways to focus world attention on the reality of life for women in their homelands. Kalpana Biswas will show excerpts from her own film in progress, *Jewels of Kandahar*—a documentary film about Afghan women living with war. She spent six weeks filming in Kabul and Kandahar. In addition, she will show clips from feature films and documentaries made by Muslim women from a range of countries and discuss them in the context of their social and political realities. The classes are interactive, and lively discussions are strongly encouraged.

Kalpana Biswas, who has recently returned from an extended period of filming in Afghanistan, is an independent documentary filmmaker. She turned to filmmaking after a career in marketing research and consulting to follow her lifelong interest in the role of storytelling as medium for social change. Her current project focuses on civilians, especially women and children living with war in closed societies such as Afghanistan, and their challenges and opportunities, while attempting to rebuild after lengthy periods of war and social turbulence. She is board chairperson of Women in Film and Media, Pittsburgh, and past president of the American Marketing Association.
Cinema Arts: The Documentary IV

Study Leader: Charles Glassmire

- 6 Classes: Mar. 9 – Apr. 27*
- Friday, 1:00 PM - 4:00 PM
- Wean Hall, 4708

*Note: Class will not meet on Mar. 30, Apr. 20

Class ID: 2227

This course will exhibit some of the classic Documentary Films made 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.

Please Note: Students are reminded this is an academic class for the study of the Documentary form. In the past, fluctuations in attendance have been severe, making planning difficult. Please do not enroll unless positive you will attend all of the sessions. (Projection will be via DVD onto a large screen. Some films may be subtitled. This Part IV session will not repeat any films shown in the earlier sessions.)

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

Saturday Night Live: The Gilda Years

Study Leader: Martin Marshall

- 6 Classes: Mar. 6 – Apr. 10
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Class ID: 2265

The first five years of Saturday Night Live featured such stars as Gilda Radner, John Belushi, Dan Aykroyd, Bill Murray, and Jane Curtin as well as writer-performer regulars such as Steve Martin, Buck Henry, and (now U.S. Senator) Al Franken. The musical guests ranged from Frank Zappa, Bob Dylan, Ray Charles, The Grateful Dead, Bonnie Raitt, Paul Simon, and James Taylor to The Roches and Devo. This course focuses briefly on the formation of the show by Lorne Michaels, and then moves on to the creations of the “Not Ready for Prime Time Players.” Gilda brings to life Roseanne Rosannadanna, Baba Wawa, Emily Litella, Lisa Loopner, Judy Miller, Candy Slice, and Rhonda and the Rhondettes. Dan Aykroyd becomes alternately Jimmy Carter, Richard Nixon, and along with Steve Martin, one of the two Wild and Crazy Guys. Bill Murray checks in as Nick, the Lounge Singer, as well as the ultimate nerd Todd. The Coneheads, the Killer Bees, Belushi’s Samurai Series and Steve Martin’s King Tut all come back to life, along with background stories and off-stage shenanigans. This is the fourth installment of Mr. Marshall’s “Contemporary Comedic Genius” series at CMU.

Martin Marshall became fascinated with comedy as a kid in the 1950s, going to Saturday matinees to absorb the works of Laurel and Hardy, the Marx Brothers, Buster Keaton, Harold Lloyd, and Charlie Chaplin, as well as all of the pre-code Warner Brothers cartoons from Betty Boop to Daffy Duck. He grew up on Ernie Kovacs, Steve Allen, the Honeymooners, Red Skelton, and Lucille Ball, and then as a teenager transitioned to Lenny Bruce, the Firesign Theater, the Smothers Brothers, and Jonathan Winters as a teenager. He first climbed onto the stage of the L.A. Committee to learn improvisational theater, and then founded People Theater in L.A. in 1970. He taught what he had learned of improvisation to Columbia University students in NYC later in 1970. In the 1970s, he returned to San Francisco to become a founding member of Improvisation, Inc., which had a small theater off Union Square in downtown San Francisco. He has written, produced, and directed comedic films in Silicon Valley, and has been a slam poet and founding cast member of Geezer Theater, an offshoot for seniors in the style of the San Francisco Mime Troupe. He has taught the “Contemporary Comedic Genius” series for the past three years at various locations in the San Francisco Bay Area, most notably in the CSU EastBay and San Francisco State University OLLI programs.
Creative Process Of CMU’s School Of Drama Plays

**Study Leader:** Richard Block

- 2 Classes: Feb. 22 and Apr. 12  
  - Thursday, 5:30 PM - 6:30 PM  
  - Purnell Center, Chosky Theatre

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

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

The Art Of The City

**Study Leader:** Kristen Link

- 3 Classes: Feb. 12, Mar. 19, Apr. 23  
  - Class ID: 2176  
  - Monday, 4:00 PM - 5:30 PM  
  - City Theatre, 1300 Bingham St., South Side

In this course, City Theatre staff, including members of the artistic, production, and administrative departments, will present topics that are related to the current production or the theatre at large. Actors, designers, theatre management, and others may interact with City Theatre staff and bring to light behind-the-scenes material, including what it takes to mount a production and run a non-profit professional theatre company. The class aims to enhance and deepen everyone’s theatre experience. This class will meet at City Theatre.

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

CMU International Film Festival 3-Day Workshop

- 3 Classes: Mar. 23 – Mar. 25  
  - Class ID: 2330  
  - Materials Fee: $50*

Osher students are invited to participate with CMU film students in a 3-day workshop in conjunction with the 2018 CMU International Film Festival entitled Faces of (In)Equality. The course introduces students to the socio-political significance and artistic merits of the films and teaches a basic foundation for film analysis. This course provides the rare opportunity to engage directly with the filmmakers, offering the chance to expand on the film’s controversial, global themes and learn more about the filmmaking industry and artistic process.

Included in the material fee is a pass to see all the festival films shown during the two week festival along with food at each workshop.

Friday, March 23, 2018 - 4:00-5:30pm (McConomy Auditorium)  
Saturday, March 24, 2018: 2:00-4:00pm (Doherty Hall A302)  
Sunday, March 25, 2018: 12:00-2:00pm (Doherty Hall A302)
West Side Story Suite: The Ballet

**Study Leader:** Lisa Auel

- **1 Classes:** Apr. 19*
- **Class ID:** 2195
- **Thursday, 11:00 AM - 1:00 PM**
- **Pittsburgh Ballet Theatre, 2900 Liberty Ave**

In 1957 Jerome Robbins and Leonard Bernstein upended the Broadway musical scene with their game-changing collaboration, *West Side Story*. Robbins’ choreography blended street dancing with ballet movements; this innovation earned him one of his five Tony Awards and set a new bar for dance on Broadway. In the 1990s, Robbins adapted the work for ballet, creating *West Side Story Suite*—a sampling of classic songs and dances from the full-length musical and film. The class will look at Robbins’ choreographic style through the prism of *West Side Story Suite*, and *In the Night*, an intimate work set to four Chopin nocturnes. We will delve into the relevance of his work to ballet today—the art form that informed all of his choreography—as the world celebrates the centennial of the births of both Robbins and Bernstein in 2018.

**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.

---

**LITERATURE**

### Julius Caesar

**In The Twenty-first Century**

**Study Leader:** Michael Mariani

- **6 Classes:** Jan. 8 – Feb. 19*
- **Class ID:** 2185
- **Monday, 9:30 AM - 11:00 AM**
- **Hunt Library, Osher Classroom**

"Et Tu, Brute," three words etched in the lexicon of literature, written by William Shakespeare, who crystallized human experience. He seemed to understand human life better than any English writer. *Julius Caesar*, written in 1599, is universal, applying to all people at all times including this era of poetical upheaval, shifting empowerment, duplicity, patriotism, and uncertainty. Caesar conquered all of the known world only to lose his life to his best friend Brutus. How can this be? Shakespeare’s words show the literary bloodlines of human choices, enduring as he explains the inexplicable. His play although a history, is fundamentally, a tragedy, displaying an application of honor resulting in disaster on personal levels as well as on a world stage.

**Mike Mariani** is a retired English teacher of 42 years. He received his B.S. in education from Duquesne and master’s degree in English from Catholic University. He believes English is not only the conduit through which information is gained and given, but it’s the subject that best lends itself to the discussion, understanding, internalization, and development of individuality and community. Mariani’s love of reading and literature led to a love of writing, and the analysis of writing enhanced his appreciation of literature. Since reading and writing are intertwined disciplines, an active study of literature 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. He has published poetry in *Virginia Writing* and op-ed articles in the *Journal Newspaper*. 
### A Midsummer Night’s Dream: A Dream For Us All

**Study Leader:** Rebecca Carpenter  

- **5 Classes:** Mar. 5 – Apr. 2  
- **Class ID:** 2186  
- **Monday:** 11:15 AM - 12:45 PM  
- **Wean Hall, 4707**

This course will focus on William Shakespeare's romantic comedy *A Midsummer Night’s Dream*. We will explore its beauty, fantasy, and mythology, and the themes of imagination, creativity, love, and the elevation of self. While many think of this play as little more than a childish romp in a forest full of moonlight and fairies, there is much more to discover in this exquisite midsummer adventure. The last class will be devoted to a film version of the play. Come and be transported, as only some quality time with Shakespeare can provide! Students may use their own copies of the play.

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

### From Tradition To Text: An Introduction To Homer

**Study Leader:** Karen Bowden Cooper  

- **5 Classes:** Mar. 7 – Apr. 4  
- **Class ID:** 2211  
- **Wednesday:** 3:15 PM - 4:45 PM  
- **Hunt Library, Osher Classroom**

The *Iliad* and *Odyssey* were foundational texts in the life of ancient Greece: they were performed in relay at religious festivals, served as resources in Greek education, and inspired artists, dramatists, and philosophers. We will discuss settings of the poems in both tradition and text, the narrative structure and "plot", and go on to explore key episodes for their inherent interest and also their distinctive style and what it reveals about the oral traditions that the poems reflect and preserve. The course aims to serve as an invitation to seminal poems and as an opportunity to explore the powers of both writing and oral tradition. The course will include four sessions, and, for those who would like to read further, an opportunity (TBA) to meet informally.

*See Karen Bowden Cooper, pg. 6*

---

**Important**

Registration occurs before catalogs are mailed. If you no longer wish to receive a paper catalog, please notify the office.
Shakespeare and Outsiders: *Othello* And *Lear*

*Study Leader:* Marianne Novy

- 6 Classes: Jan. 9 – Feb. 13
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

Shakespeare's plays are full of outsiders of many kinds, and often their dynamics resonate with today’s issues. Othello, the racial outsider, is accepted by some, but his religious status is dubious to others. Women are both outsiders and insiders. Gender, age, poverty, madness, and illegitimacy create outsiders in *Lear*. Classes will be mostly discussion, though some scenes will be shown. Students should read the plays or watch them between classes.

*Marianne Novy* is a professor emerita at Pitt and has taught many Shakespeare courses. Her book *Shakespeare and Outsiders* was published in 2013. She is also interested in recent dramatic and literary rewritings of Shakespeare, especially those focusing on gender and race.

The Book Of Joy: Lasting Happiness In A Changing World

*Study Leader:* Joan Bernard, Gloriana St. Clair

- 4 Classes: Mar. 5 – Mar. 26  
- Monday, 1:15 PM - 2:45 PM
- Hunt Library, Osher Classroom

This class will discuss the question: “How do we find joy in the face of life’s inevitable suffering?” We will do so in the context of *The Book of Joy*. This *New York Times* best-seller chronicles a five-day visit between his Holiness the Dalai Lama XIV and Archbishop Desmond Mpilo Tutu, both of whom are Nobel Peace Prize Laureates. During their visit, they explored The Nature of True Joy, Obstacles to Joy, Eight Pillars of Joy, and their Daily Joy Practices. Together we will read this deceptively simple and thought-provoking book. Class participants will be invited to lead a class discussion.

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

*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 the Osher Lifelong Learning Institute 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.
Non-Fiction Pulitzer Prize Books Revisited

Study Leader: Joan Bernard

• 6 Classes: Jan. 12 – Feb. 16
• Friday, 1:15 PM - 2:45 PM
• Hunt Library, Osher Classroom

Since 1917, when the Pulitzer Prizes were created, more than 350 books have won, or been finalists for, prizes in Biography, History, and General Non-Fiction. The format will be roundtable discussion of each book. The book for this semester is A Bright Shining Lie: John Paul Vann and America in Vietnam. It won the Pulitzer Prize for General Non-Fiction in 1989. In addition, in 1989 it was a finalist both for the Pulitzer for History and the Pulitzer for Biography. Both the author, Neil Sheehan, and the subject, John Paul Vann, were featured in the 2017 Ken Burns’ PBS series, The Vietnam War.

See Joan Bernard, pg. 11

Pleasures Of Poetry

Study Leader: Judith Robinson

• 5 Classes: Mar. 5 – Apr. 2
• Monday, 1:15 PM - 2:45 PM
• Wean Hall, 4707

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

Judith R. Robinson is an editor, teacher, fiction writer, poet, and visual artist. A 1980 summa cum laude graduate of the University of Pittsburgh, she is listed in the Directory of American Poets and Writers. She has published 75+ poems, five poetry collections, one fiction collection; one novel; edited or co-edited eleven poetry collections, including Signatures, Osher/CMU.

Uniting For James Joyce’s Ulysses

Study Leader: Gloriana St. Clair

• 6 Classes: Jan. 11 – Mar. 22
• Thursday, 1:00 PM - 2:30 PM
• Hunt Library, Osher Classroom

Ambitious readers may wish to strive with companions to understand, appreciate, and enjoy James Joyce’s 265,000 word (over 730 pages) modernist novel Ulysses. Considered one of the greatest literary works ever, Ulysses traces Leopold Bloom’s single day journey around Dublin on June 16th, 1904. Because Joyce draws heavily on allusions, parodies, and puns to enliven the stream of consciousness account, Osher students have asked for the support of a class with a hard-working study leader to help them through this highly-praised yet difficult example of 20th century fiction. Banned, censored, and burned in the United Kingdom and United States, the book’s racy passages are now considered mild. At the end of reading about Bloom’s day, the class will have laughed, had fun, and checked this off personal accomplishment bucket lists.

Please note: Meets: Jan 11 & 25, Feb 8 & 22, Mar 8 & 22

See Gloriana St. Clair, pg. 11
Twentieth Century Latin American Poetry In Translation

Study Leader: Keith McDuffie

• 6 Classes: Mar. 7 – Apr. 11  Class ID: 2266
• Wednesday, 1:15 PM - 2:45 PM
• Hunt Library, Osher Classroom

The extraordinarily rich poetic production of Latin America in the 20th Century has attracted some of the finest writers and poets of the English language to translate the work of an imposing number of Latin American poets and intellectuals: people like Elizabeth Bishop, Eliot Weinberger, Samuel Beckett, Galway Kinnell, W.S. Merwin, James Wright, Robert Bly, and William Carlos Williams, among others. Robert Frost said that poetry is what gets lost in translation, and Paul Valéry said a translated poem is a new poem. We'll consider these points of view, but emphasis will be on the translated poems themselves and what we consider them to say. (Knowledge of Spanish, Portuguese, French, Ki-ché (Quiché) or Nahuatl may be helpful but not essential!) Aside from some perhaps helpful information, elicited primarily by your questions, I will not lecture and ask only that students be willing to read and discuss the poems we read.

Please note: The required text for this course is Twentieth-Century Latin American Poetry/A Bilingual Anthology, ed. Stephen Tapscott, Univ. of Texas Press, Austin, TX, 1996.

Keith McDuffie was professor and chair of the Department of Hispanic Languages and Literatures at the University of Pittsburgh, where he taught from 1974 to 1996. His interests centered primarily on 20th Century Latin American poetry and narrative. He gave courses on the novel and short story at both the undergraduate and graduate levels. Those courses were taught in Spanish, but as a native of Washington State (Seattle), his English is also pretty good.

Great And Notable Novels Read And Revisited

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

• 6 Classes: Jan. 18 – Mar. 29  Class ID: 2289
• Thursday, 1:00 PM - 3:00 PM
• Hunt Library, Osher Classroom

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

Please note: Meets Jan 18, Feb 1 & 15, Mar 1, 15, 29

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

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

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

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

**Study Leader:** Helen-Faye Rosenblum  
**Materials Fee:** $5*  

- 6 Classes: Jan. 8 – Feb. 19*  
- Monday, 1:00 PM - 3:00 PM  
- Hunt Library, Osher Classroom  
  
*Note: Class will not meet on Jan. 15  

- 6 Classes: Jan. 8 – Feb. 19*  
- Monday, 3:15 PM - 5:15 PM  
- Hunt Library, Osher Classroom  
  
*Note: Class will not meet on Jan. 15  

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.  

Please note: Initially, everyone will be waitlisted. $5.00 fee is to cover the cost of printing of handouts.  

See Helen-Faye Rosenblum, pg. 13  

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

Issues In Children’s Literature  

**Study Leader:** Amy Kellman  
**Class ID:** 2250  

- 4 Classes: Feb. 6 – Feb. 27  
- Tuesday, 11:15 AM - 12:45 PM  
- Wean Hall, 4708  

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

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

Study Leader: Robert J Gangewere

- 5 Classes: Mar. 5 – Apr. 2  
- Monday, 9:15 AM - 10:45 AM  
- Wean Hall, 4707

Emily Dickinson, Walt Whitman, Robert Frost, Wallace Stevens, and T.S. Eliot—each life shows the changing world of poetic culture in America for a century, from 1860 to 1960. In the 19th century, Dickinson, a virtually unpublished recluse, lived during the era of Whitman’s outspoken self-promotion as the popular voice of American democracy. In the 20th century, Frost revealed Greek tragedy in everyday rural life, and Stevens had two separate lives, as both a philosophic poet and a Hartford executive. The American-born Eliot became a British citizen to satisfy his longing for English life and literary tradition. Seen through their life stories, and their most popular poems, you understand why their intense private journeys led them to become great modern poets. Each life shows a different side of American literary tradition. Decades after their deaths, these five poets still draw new readers and are icons in modern American literary history. Five classes—one devoted to each poet.

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

MUSIC

Gone With The Winds

Study Leader: James Gorton

- 5 Classes: Jan. 10 – Feb. 7  
- Wednesday, 6:00 PM - 7:30 PM  
- Wean Hall, 4708

A survey with brief history of the woodwind instruments of the orchestra (flute, oboe, clarinet, bassoon) with musical examples. Guests from the Pittsburgh Symphony Orchestra and Carnegie Mellon University will be brought in for demonstrations and mini-performances.

James Gorton, Co-Principal Oboist of the Pittsburgh Symphony from 1971 until he retired in 2012. He is a former member of the Rochester Philharmonic and current faculty member at Duquesne University and Carnegie Mellon University.
On The Wings Of Song: The Evolution Of The Requiem

Study Leader: Jeffrey Swoger

• 5 Classes: Mar. 5 – Apr. 2  
  Class ID: 2303
• Monday, 3:15 PM - 5:15 PM
• Wean Hall, 4708

The Requiem is a mass for the dead in the Catholic liturgy. Over 2,000 such masses have been set to music from before Mozart to Brahms and on to Stravinsky and beyond. In the 18th century, the Requiem began migrating out of the church and onto the concert stage. Texts began to morph away from the strict Catholic mass and the genre became more varied, even omitting text altogether. The course will survey some of the most famous as well as some of the lesser-known of their works. Apart from the religious aspects of the Requiem, on purely musical terms, the compositions span the entire spectrum of musical expression from anguish to quiet solitude to heaven-shaking splendor. Far from being universally morose, much of this music can be uplifting, thrilling, and, most importantly, life affirming.

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

Beyond The Notes: Music In The 20th Century

Study Leader: Benjamin Tisherman

• 6 Classes: Jan. 8 – Feb. 19*  
  Class ID: 2308
• Monday, 5:30 PM - 6:30 PM
• Wean Hall, 4708
  *Note: Class will not meet on Jan. 15

Why did Igor Stravinsky’s Rite of Spring incite riots at its premier in 1917? In what ways does the music of Witold Lutoslawski reflect the spirit of Europe after the Second World War? And just why did John Cage compose a piece that consists of four and a half minutes of silence? This course will explore these questions and the aesthetic movements that shaped the 20th century. We will delve into music written after 1900, using audio, video, and live performance to make the music of the 20th century come alive. From Bernstein to Boulez, modern classical music can be rich, complex, or even a little jarring. This course will give you, the audience member, new insights and listening strategies to better understand and appreciate music of this era. Throughout these six weeks, we will aim to illuminate the narrative of 20th-century music and enrich the concert experience for everyone.

Benjamin Tisherman, clarinetist and teaching artist, is devoted to inspiring audiences of all ages through music and the performing arts. He is currently on a graduate fellowship at Carnegie Mellon University where he studies with PSO principal clarinet Michael Rusinek. At CMU, Ben frequently performs with the Philharmonic and in addition, coaches the clarinet section of the All-University Orchestra. Committed to bringing music into the community, he works with youth music programs, teaches clarinet privately, and performs educational outreach concerts throughout the city of Pittsburgh. Ben has performed chamber music at the Bay View Chamber Festival, Brevard Music Center, and Boston University’s Tanglewood Institute. He received his Bachelor’s degree from Northwestern University and has spent several summers teaching clarinet and chamber music at the Interlochen Center for the Arts.
Music: How Is It Possible?

Study Leader: Flavio Chamis

• 3 Classes: Mar. 6 – Mar. 20  
• Tuesday, 1:00 PM - 3:00 PM  
• Mellon Institute, Auditorium

How can music captivate humans in such a visceral way? How can all of Western music be built by combining just twelve notes, adding rhythm and coloring these sounds with instruments or voice? We’ll embark on the quest of breaking down the simple elements that composers use to build intricate works of artistic excellence that became some of humanity’s most expressive cultural treasures. We’ll explore Mozart with an in depth view of his creative style. We’ll look at “Instrumentation and Orchestration in the last 400 Years,” which shows how a small baroque orchestra gradually evolved into an ensemble of monumental proportions. Flavio will expose the class to the realm of “Entartete Musik”—a term adopted by the Third Reich to describe “Degenerate Art.” This emotional journey into this extraordinary music gives tribute to the ability of human beings to remain productively creative in the midst of horrific hardships.

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

JOIN US

for

Luncheons
Evening Lectures
Special Events

We are busy planning many wonderful events from now until the end of the year.
Notices will be sent by email and surface mail and posted online at www.cmu.edu/isher.
Registration is important!
Computers

Practical Computer Security

*Study Leader: Jose Morales*

- 5 Classes: Mar. 8 – Apr. 5  
- Thursday, 6:00 PM - 7:30 PM  
- Wean Hall, 4708

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

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

Economics

What Can We Learn From European Health Insurance Systems?

*Study Leader: Jack Ochs*

- 3 Classes: Mar. 9 – Mar. 23  
- Friday, 11:15 AM - 12:45 PM  
- Wean Hall, 4707

There are substantial differences in health insurance programs among European countries. But, they share common goals: universal access for all citizens, effective care for better health outcomes, efficient use of resources, high-quality services, and responsiveness to patient concerns. These are goals to which Americans also subscribe. Yet, by some measures we are further from reaching these goals than are Europeans. So, in this course, we will review the variety of European experience in the hope that we can learn something from them.

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

Study Leader: James Burnham

- 4 Classes: Jan. 10 – Jan. 31  
  Class ID: 2206
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4707

This course, slightly modified from previous deliveries, will explore some of the issues surrounding the mystery and secrets of economic growth: How should we measure it? Why do some nations (or regions within nations) achieve and sustain relatively high living standards, while others do not? Case studies will include economic growth in China (ancient and modern), Ireland, Argentina, the Ottoman Empire, and the United States. The class will also discuss some of the basic ideas of Adam Smith, David Landes, Ian Morris, and others who have tried to explain what it is that creates sustained economic progress. A reading list with relevant titles will be provided.

James Burnham has studied, worked, and traveled in more than 40 countries. He has served as senior vice president and manager, Global Treasury, and chairman of the Country Risk Committee for Mellon Bank; U.S. executive director at the World Bank; and staff director of the President’s Council of Economic Advisors. He was a faculty member in Duquesne University’s School of Business as Professor and Murrin Chair in Global Competitiveness 1990-2009 and Distinguished Service Professor 2009-2014. He has received Fulbright grants for study in Brazil (1961) and Turkey (2005).

Women & Money

Study Leader: Roselyn Wilkinson

- 6 Classes: Jan. 9 – Feb. 13  
  Class ID: 2312
- Tuesday, 3:30 PM - 5:00 PM
- Wean Hall, 4708

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

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

Study Leader: Carol Sikov Gross

- 5 Classes: Mar. 15 – Apr. 12  
  Thursday, 9:15 AM - 10:45 AM  
  Wean Hall, 4707

Individuals can face a variety of legal issues as they grow older. It is important to be prepared for life's eventualities. This course will cover estate planning, which will include a discussion of wills, various types of trusts, durable financial powers of attorney, healthcare powers of attorney and living wills, as well as an explanation of the process of probate and estate administration. There will also be a discussion of long-term care planning and asset protection planning to help individuals and their families if long-term care is needed as well as a discussion of health insurance coverage for long term care.

Carol Sikov Gross is the managing partner of the Pittsburgh law firm of Sikov and Love, P.A. She received her B.S., her M.B.A., and her J.D. from the University of Pittsburgh. Ms. Sikov Gross is a Certified Elder Law Attorney through the National Elder Law Foundation as authorized by the Supreme Court of Pennsylvania. She was the founding chair of the Elder Law Committee of the Allegheny County Bar Association (ACBA) in 1998 and is a member of the National Academy of Elder Law Attorneys as well as serving on the Council of the Pennsylvania Association of Elder Law Attorneys. Ms. Sikov Gross is the chair of the Probate and Trust Law Section of the ACBA. She is a fellow in the American College of Trust and Estate Counsel (ACTEC). She developed and implemented the “Very Important Papers” Project for the Elderly and writes for the Pittsburgh Legal Journal and the Pennsylvania Bar Institute. She is a frequent speaker on legal issues for the elderly, has been listed as an elder law attorney in Best Lawyers in America and has been selected for inclusion in Pennsylvania Super Lawyers and Top 50 Lawyers in Pittsburgh.

The Current U.S. Supreme Court

Study Leader: Errol S. Miller

- 6 Classes: Mar. 7 – Apr. 11  
  Wednesday, 9:30 AM - 11:00 AM  
  Wean Hall, 4707

John Roberts has been Chief Justice of the US Supreme Court for over 11 years. Although on his appointment Chief Justice Roberts promised to be an “unbiased umpire,” who would try to lead the court to use “judicial restraint” to maintain “equal justice under law,” this Osher course will discuss many significant cases where his court, often by a 5-4 vote, in the words of one writer, “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 unconstitutional, the laws prohibiting gay marriage. This course which has been taught once before, will now also discuss changes which might occur now that Justice Gorsuch has assumed Justice Scalia’s seat, and what the future might hold.

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

Study Leader: Carl Frankel

- 5 Classes: Mar. 7 – Apr. 4  
  Class ID: 2220
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

Through the lens of actual steelworker cases, this course examines issues of general interest which have the following in common: they imply sharply conflicting values on which ordinary citizens as well as judges will differ. The applicable law or constitutional text is not complex, and there is no obvious “correct” result. The cases range across areas from treaty adoption; civil rights, including voluntary, negotiated minority job quotas; union governance, such as a bar against outsider contributions to elections for international office; and, more recently, the status of Northwestern University football scholarship players as “employees” under the labor law and whether the NLRB should assert jurisdiction over that issue; and whether Duquesne University is exempt on religious grounds from the provisions of the same law so as to preclude its adjunct professors from organizing and engaging in collective bargaining. In some instances, the course will include some of the behind-the-scenes long-term strategy underlying these cases.

Carl B. Frankel was a lawyer for the United Steelworkers of America from 1968 until 2000, when he retired. He served as associate general counsel-litigation 1971-1996 and general counsel 1996-2000, playing a role in all the above cases but one. In addition, he has argued cases before nearly all the United States Courts of Appeal as well as the Supreme Court. Early in his career, he was a supervising or trial attorney in the Chicago and Milwaukee offices of the NLRB. Frankel is a graduate of the College (B.A. 1954) and the Law School (J.D. 1957) of the University of Chicago. He is among the first members elected by the founders to the College of Labor and Employment Lawyers.
Art

**Stone Sculpture, Or Let’s Rock On!**

*Study Leader: Mary Collins*

- 6 Classes: Jan. 9 – Feb. 13  
  Class ID: 2210
- Tuesday, 10:00 AM - 12:00 PM
- Wilkins Community Center

Learn how to carve soap stone and learn all parts of this fascinating ancient medium. You will learn the whole process of stone carving from the beginning chisels, to the files and finishing process. Students are encouraged and helped to produce the type of work that interests them! Class discussion and demonstration accompany many peaceful hours of working and connecting with the stone. No previous experience required! Please pick up your soap stone and rasp at Arts and Craftsman on Hobart or online through Amazon or Dick Blick art supplies. Come participate in the magical medium of stone sculpture!

Please Note: Course will be on 2nd floor with no handicap accessibility.

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

---

**Drawing: A Lifelong Journey**

*Study Leader: Judy Spahr*

- 6 Classes: Mar. 9 – Apr. 27*  
  Class ID: 2299
- Friday, 9:30 AM - 12:00 PM
- To Be Announced
*Note: Class will not meet on Mar. 30, Apr. 20

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

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

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

**Study Leader:** Karen Fung Yee

- **Class ID:** 2317
- **5 Classes:** Mar. 16 – Apr. 27*
- **Friday:** 11:15 AM - 12:45 PM
- **Hunt Library, Osher Classroom**

*Note: Class will not meet on Mar. 30, Apr. 20

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

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

Create Your Own Personal Labyrinth Art

**Study Leader:** Beth Asper  
**Materials Fee:** $20*

- **4 Classes:** Jan. 12 – Feb. 2
- **Friday:** 3:15 PM - 4:45 PM
- **Hunt Library, Osher Classroom**

This will be a studio class. On a 22x22” cardboard background, you will arrange and glue down a variety of mosaic and collage pieces to create your own labyrinth art. We will get our inspiration from the labyrinth in the Chartres Cathedral in France. For over 1,000 years, people have walked the Chartres Labyrinth because it enables them to feel more spiritually centered. In the same way, making labyrinth art will hopefully let you feel more spiritually in tune to your life’s path. A number of spiritual traditions will be incorporated, including the Native American Medicine Wheel and the psychology of symbols and mandalas. All supplies will be provided.

Beth Asper is an art teacher with a master’s degree in art therapy. She has taught art in the Pittsburgh Public Schools and also at The Children’s Institute. She currently works as an art therapist for Art Expression, an organization devoted to bringing therapeutic art experiences to people in homeless shelters and to children in after-school programs.

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

Demystifying The Line Part II

**Study Leader:** Gary Bates

- **Class ID:** 2197
- **6 Classes:** Jan. 9 – Feb. 13
- **Tuesday:** 11:15 AM - 12:45 PM
- **To Be Announced**

If you have taken “Demystifying the Line” and wish to expand your newly established talents, this course will allow you to design and create your own projects under the direction and supervision of the study leader.

Gary Bates is a recent resident of the Pittsburgh area. In New York he spent the bulk of his career as an artist, arts educator, and administrator in the visual arts in public schools and university settings. An extensive record of his work includes exhibitions in seven states and Mexico. He has been honored as New York State Art Educator of the Year and has received recognition from the National Art Education Association as an outstanding secondary school arts administrator for the northeastern region of the United States. He is past president of the New York State Art Teachers Association and The University Council for Art Education, a national organization affiliated with Columbia University.
LEARN BY DOING | Crafts/Hobbies

All About Gold, Platinum, Silver

Study Leader: Theodore Shiff

• 6 Classes: Jan. 22 – Feb. 26
• Monday, 3:15 PM - 4:45 PM
• Wean Hall, 4708

Precious metals have been accumulated, hoarded, used as coinage, and also killed for. Why? What makes them so special? What place do they hold today? In 500 BCE we began to evaluate and set ratios which surprisingly have impacted political decision-making since and even returned in 1980 to the level established then (500 BCE). What does the future hold? What methods of acquisition are available and whom should we trust? What can be done to avoid counterfeiting, misrepresentation, as well as outright fraud? Can we protect ourselves or is third-party involvement necessary? What costs does ownership entail and how do we factor inflation into our equation? How does paper representation differ from physical ownership?

Ted Shiff has been an expert in numismatics (study of coinage) for over 50 years. His academic credentials include a B.S. in economics, two years graduate study in accounting before receiving his law degree (J.D.) from the University of Michigan. He started a coin and supply business in the 1950s which eventually became a retail store in the largest mall in Pennsylvania and had one of the first coin internet presences (even before eBay). He has life memberships in the American Numismatic Association (also APS) plus active membership in several other organizations and clubs. Talks and research papers on ancient Green and Roman coins, Augustus Saint-Gaudens (designer of gold coins) and many other subjects have been given. The business he founded is now run by his three children.

Trendy Magnetic Bracelet

Study Leader: Gerry Florida  Materials Fee: $15*

• 1 Class: Apr. 13
• Friday, 1:00 PM - 2:30 PM
• Hunt Library, Osher Classroom

Create a beautiful bead and fabric bracelet using ribbon, beads, and wire on a magnetic clasp. A little bit of skill and a lot of flair will make this easy-to-wear trendy bracelet an added plus to your spring fashion style.

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

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

This And That

Study Leader: Al Kosmal    Materials Fee: $55*

- 6 Classes: Mar. 8 – Apr. 12    Class ID: 2255
- Thursday, 11:30 AM - 1:00 PM
- To Be Announced

While living in Europe, I had the chance to visit many countries and enjoy their favorite foods. In addition to this, I learned to cook many wonderful dishes from my mother, who was of Austrian/Hungarian heritage. So in "This and That," you’ll learn and taste some of the wonderful foods from Spain, Italy, Germany, Austria, Hungary, and France.

Please note: This course will not be kosher. If you have any food or spice allergies, you are advised not to take this course. In addition, if you are sensitive to wine or alcohol, I will be using both in some of the prepared dishes.

Al Kosmal, a Pittsburgh native, has worn many career hats in fashion, retail merchandising, and marketing, but his favorite hat is that of chef/cook, caterer, and party planner. After leaving retail as a senior VP for Macy’s, Al returned to Pittsburgh to do marketing for the Pittsburgh Symphony and Andre Previn, its former conductor. In 1979, he left for a six-year period in Cologne, Germany, where his PR firm represented artists from the classical music and opera worlds. Returning to the U.S., he did marketing and advertising for the Denver Symphony. While in Denver, he opened the Brown Bag Deli, which became renowned for its food and atmosphere and for three years in a row was named Best in Denver. In 1995, he moved to Vermont, where he opened Igelhoff B&B and another award-winning restaurant, Flowers Café. Al has catered parties up and down the East Coast from Virginia Beach to Maine and gives private lessons, schedule permitting. He is fluent in German and attended the Goethe Institute in Koln, Germany.

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

Wine Appreciation — Bordeaux

Study Leader: Chris Forbes    Materials Fee: $40*

- 2 Classes: Feb. 21 and Feb. 28    Class ID: 2218
- Wednesday, 6:30 PM - 8:30 PM
- Rodef Shalom, 4905 5th Ave, Oakland

Bordeaux is one of France’s most hallowed wine regions, but it is far from being a homogeneous region. We’ll examine wines from both the Left and Right Bank. The first class we’ll study and sample wines from the Medoc, Haut Medoc, and Graves districts, collectively part of Bordeaux’s Left Bank. They are based largely on the Cabernet Sauvignon grape, but also usually include juice from three-to-five other allowed grapes, especially Merlot and Cabernet Franc. These are the wines that established Bordeaux’s high reputation as much as two centuries ago. While prices for the wines from most of the well-known chateaux are astronomical, there are still some deals to be had. The second class the focus will be on wines from the Right Bank, notably from St. Emilion, Pomerol, some satellites of these, and other districts described as cotes. They are largely based on the Merlot and Cabernet Franc grapes with smaller amounts of Cabernet Sauvignon and the other allowed grapes. Many of these are wines that also have established a very high reputation, and have prices to match, but they can be a little softer and are usually ready to drink somewhat earlier than those of the Left Bank. We’ll taste mostly wines that have been cellared for a few years, and artisan breads, cheeses, and nuts will also be served.

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

*Materials fees are not refundable; information on page 92.
**The Foods Of Persia**

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

• 5 Classes: Jan. 22 – Feb. 19  
• Monday, 1:00 PM - 3:00 PM  
• Wilkins Community Center, Kitchen,  
7604 Charleston Ave, Swissvale

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

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

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

---

**DANCE/EXERCISE**

**Hatha Yoga**

*Study Leader: Loretta Barone  
Materials Fee: $20*

• 11 Classes: Jan. 11 – Mar. 22  
• Thursday, 10:00 AM - 12:00 PM  
• Dance Alloy Studio,  
5530 Penn Ave, East Liberty

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

**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 92.
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 into several routines. Engage your mind through exercise and by learning a new formula designed to fit your needs. Wear comfortable clothing and tennis shoes that allow for easy movement. Bring your water and join the party!

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

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

---

Are you looking for a new way to jazz up your exercise routine? Then this is a class for you! Come groove to an energetic mix of hip-hop, international, and Latin-inspired music and dance movements like the cha-cha, salsa, samba, and more. This class embraces all levels of ability by providing step-by-step instructions, demonstrations, and modified moves. No prior experience is necessary! This class is like no other because it gives you a full-body workout that incorporates aerobic dance movements, muscle toning, stretching, and relaxation exercises. It’s a great way to build your cardio fitness while having fun. Each session consists of warm-up exercises, aerobic/Latin cardio dance segments, light weights, muscle toning, stretching, and cool down. Please wear tennis shoes and bring a water bottle, thick towel or mat for floor exercises, and light hand weights (1- or 2-lb weights recommended). Try it—You’ll like it!

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

*Materials fees are not refundable; information on page 92.
LEARN BY DOING | Dance/Exercise

Move It Or Lose It At Friends

Study Leader: Elsa Limbach  
Materials Fee: $10*

- 5 Classes: Jan. 11 – Feb. 8  
  Class ID: 2261
- Thursday, 9:30 AM - 11:00 AM
- Friends Meeting House, Ballroom,  
  4836 Ellsworth Ave, Oakland

- 5 Classes: Mar. 8 – Apr. 5  
  Class ID: 2262
- Thursday, 9:30 AM - 11:00 AM
- Friends Meeting House, Ballroom,  
  4836 Ellsworth Ave, Oakland

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

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

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

Move It Or Lose It At Dance Alloy

Study Leader: Elsa Limbach  
Materials Fee: $10*

- 5 Classes: Jan. 9 – Feb. 6  
  Class ID: 2269
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio,  
  5530 Penn Ave, East Liberty

- 5 Classes: Mar. 6 – Apr. 3  
  Class ID: 2325
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio,  
  5530 Penn Ave, East Liberty

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

See Elsa Limbach, previous listing

*Materials fees are not refundable; information on page 92.
Feeling Better: Stretching Exercises For Eliminating Pain

Study Leader: Mark Spanos  
Materials Fee: $10*

- 6 Classes: Jan. 9 – Feb. 13  
  Class ID: 2180
- Tuesday, 10:00 AM - 11:30 AM
- Friends Meeting House,  
  4836 Ellsworth Ave, Oakland

- 6 Classes: Mar. 6 – Apr. 10  
  Class ID: 2300
- Tuesday, 10:00 AM - 11:30 AM
- Friends Meeting House,  
  4836 Ellsworth Ave, Oakland

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

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

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

Tamburitzan Kolo Dancing

Study Leader: George Schexnayder  
Materials Fee: $10*

- 6 Classes: Jan. 10 – Feb. 14  
  Class ID: 2287
- Wednesday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom,  
  4836 Ellsworth Ave, Oakland

- 6 Classes: Mar. 7 – Apr. 11  
  Class ID: 2288
- Wednesday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom,  
  4836 Ellsworth Ave, Oakland

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

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

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

Improve Your Party Bridge Skills  

Study Leader: John Olmsted  

- 6 Classes: Jan. 9 – Feb. 13  
- Tuesday, 3:15 PM - 4:45 PM  
- Hunt Library, Osher Classroom  

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

Please note: Initially, everyone will be waitlisted.

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

Bridge: Play Of The Hand  

Study Leader: John Olmsted  

- 6 Classes: Mar. 8 – Apr. 12  
- Thursday, 11:15 AM - 12:45 PM  
- Hunt Library, Osher Classroom  

There is a near-infinite variety of bridge hands, and playing your hand so as to maximize your team's tricks is as much art as science. This course will provide instruction and practice in the play of the hand. We will cover declarer techniques including planning the sequence of play, managing entries, establishing long suits, when and how to finesse, managing the trump suit, end plays and squeezes. In addition we will look at defensive strategies including opening leads, signaling partner, and deceiving the declarer. The level of coverage will depend in part on the needs of the students, but a basic knowledge of bidding and play will be assumed.

See John Olmsted, previous listing.
How to Solve Cryptic Crossword Puzzles

Study Leader: Cherie Maharam

- 6 Classes: Jan. 12 – Feb. 16
- Friday, 11:15 AM - 12:45 PM
- Hunt Library, Osher Classroom

These aren’t your grandma’s crossword puzzles! And they’re not your crossword puzzles either. Cryptic crossword clues are baffling at first, and don’t make sense when you first look at them. For example, the clue “Who drove a buggy bearing Sneezy, the first dwarf?” is not about the Snow White story. Or, the solution to the clue “Bears to let ears loose” doesn’t have any animals or floppy ears in it. In fact, the instructions for solving are hiding in the clue. The solution might be an anagram, a hidden word, a homophone, a substitution, or some other word play. This class will show you how to find those instructions and reach the solutions. Spoiler alert: The answer to the first clue example is OVERSHADOW, and the second is TOLERATES. Would you like to know how we got there? If so, this class is for you.

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

GARDENING

The Evening Garden

Study Leader: Nina Sowiski

- 2 Classes: Feb. 21 and Feb. 28
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

For many of us, both those who continue to work and those who are retired (and thus busier than when they were working), the evening is a time to relax. And, in the appropriate weather conditions, there is no place better than in a garden designed to be enjoyed in the evening. This class will be an introduction on how to design such a garden, taking into account specifics of low light vision, insect attractants and pollinators, light, and sound.

Nina Sowiski grew up in Forest Hills in a gardening family. Her parents grew vegetables in an empty lot across the street where each child was given a small plot for personal use. Her first solo garden was a “Victory Garden” plot in the Fenway, in Boston, Mass. She then moved to Charlestown, Mass, and was permitted to create a garden in the back yard of her apartment building, where she included the children of neighboring families in planting and tending whatever they wanted to grow in the yard. In 1990 she moved back to Forest Hills to care for family, and created gardens in each of the three homes she lived in. In 1995 she successfully completed the Phipps Master Gardener Class to become a Master Gardener and then went on to teach the vegetable portion of the course to the Master Gardener students in the Phipps program for many years. Now retired, she lives and gardens on an unusual flat property on top of a hill in Forest Hills.
LEARN BY DOING  |  Gardening  |  Language

Growing Vegetables And Herbs In Your Space

Study Leader: Nina Sowiski

• 6 Classes: Mar. 6 – Apr. 10  
• Tuesday, 3:15 PM - 4:45 PM  
• Wean Hall, 4707

This course is for you if you want to grow vegetables, regardless of prior experience. Maybe you have gardened before and want a review, are space challenged, or have an empty acre or window box and want to grow vegetables. This course will address the question, why, where, when, what, who, and how to grow vegetables. It will include information from botany, soil science, chemistry, physics, common sense, and astronomy (for those who want to garden by the moon and star phases). You will hear anecdotes of successes and failures as well as see illustrative photographs, drawings, charts, and more. Bring your questions and ideas to the class. This course will teach you everything you need to know in order to grow vegetables in your own space, no matter the size, and you will learn many non-essential facts such as why a tomato is known as a vegetable rather than as a fruit.

See Nina Sowiski, previous listing

LANGUAGE

Basic German Conversation

Study Leader: Ruth L. M. Kuschmierz

• 5 Classes: Mar. 5 – Apr. 2  
• Class ID: 2256
• Monday, 9:15 AM - 10:45 AM  
• Hunt Library, Osher Classroom

In this course, intense immersion in basic spoken German will prepare the student for using the language spontaneously and correctly. The internet will create real-life situations for actual application in the classroom. Deutsche Welle, the official communicator of German language and culture, offers the series Deutsch, Warum Nicht? (German, Why Not?) for this course. The simultaneous use of hearing, seeing, and speaking will facilitate learning. Cultural elements will enhance the enjoyment of this course. Audio-visuals will provide the background of some cities, such as Munich, Berlin, Potsdam, and Brandenburg. Emphasis will be placed upon vocabulary needed to conduct everyday activities, such as traveling, shopping, and ordering services. Course material will be sent to the students one week before each class.

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

*Study Leader: Veronique Schreurs*

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

*Note: Class will not meet on Mar. 30*

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

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

**Parli Italiano 2**

*Study Leader: Viviana Altieri*

- 5 Classes: Jan. 11 – Feb. 8
- Thursday, 9:15 AM - 10:45 AM
- Hunt Library, Osher Classroom

During this term, students will continue to develop vocabulary through communicative activities and role play with the goal of successfully navigating through everyday scenarios and travel situations. Students will master the use of the present tense and simple sentence structures.

Please note: This course is for students that have taken Parli Italiano 1 or have had previous exposure to the basics of the Italian language. Students will pay $5 to the study leader at the time of class.

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

---

**Singing In A Choral Group**

*Study Leader: Constance Rapp  Materials Fee: $10*

- 6 Classes: Mar. 8 – Apr. 12
- Thursday, 1:00 PM - 2:30 PM
- Friends Meeting House, Parlor-4836 Ellsworth Ave.

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

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

---

*Materials fees are not refundable; information on page 92.
LEARN BY DOING | Music & Drama | Self-Improvement

Have You Ever Wanted To Act On Stage?

Study Leader: C. R. Thomas, Nancy Santangelo
Materials Fee: $10*

- 6 Classes: Mar. 7 – Apr. 11  
  Class ID: 2307
- Wednesday, 1:00 PM - 3:00 PM
- Friends Meeting House, Ballroom
  4836 Ellsworth Ave, Oakland

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

Please note: Evening Performance April 11 at 6:00PM

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

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

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

SELF-IMPROVEMENT

Journey Toward Wholeness: Revealing Our Authentic Selves

Study Leader: Elizabeth Rodenz

- 5 Classes: Mar. 7 – Apr. 4  
  Class ID: 2285
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

"Wholeness is not achieved by cutting off a portion of one’s being but by integration of the contraries." C.G. Jung
Beginning in later life, there arises a deep calling for wholeness. The “undeveloped” parts of ourselves must be developed if we are to be fully functioning people in our later years. Without this urge towards wholeness, we remain like a lopsided wheel trying to roll down the hill. Opening up to our inner "otherness" is not only a compilation of our fears and flaws, but also of our fundamental beauty, lovable qualities, and sacred potential. To become whole, to live life to its fullest, as fully engaged citizens of the world, the journey must be taken. This course will explore that journey using Carl Jung’s work on psyche and self.

Elizabeth Rodenz has been a student of Carl Jung for over 30 years, initially drawn to his work on personality type during her doctoral studies. She has used his body of work in a variety of venues as a teacher, manager, facilitator of workshops, and executive and transformational coach. She is author of Odd Ducks and Birds of a Feather, A Mystery of Type, a unique, dynamic, ground-breaking approach to teaching the dimensions of personality types, based on the original work of Jung and used as the basis of the Myers-Briggs Type Indicator. She has taught courses in typology, archetypes and fairytales, wholeness/individuation, etc. at Osher in Maine and at the Maine Jung Center. Currently, she is fictionalizing the story of her great-grandmother, as well as conducting workshops and retreats for writers and women. She teaches a variety of Jungian courses, making his work accessible and relatable.
Observation Skills: Art, Looking, And Thinking

Study Leader: Louise Lippincott

- 5 Classes: Mar. 8 – Apr. 5  
- Thursday, 1:15 PM - 2:45 PM  
- Carnegie Museum of Art, 4400 Forbes Ave., 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 (museum admission is required at the participant’s expense). Louise Lippincott, curator at the Carnegie Museum of Art, 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.

Louise Lippincott earned her B.A. in art history from Yale University, and a Ph.D. degree in European history from Princeton. She has been curator of fine arts at Carnegie Museum of Art since 1991. She has also worked at the J. Paul Getty Museum and the Philadelphia Museum of Art. She is a specialist in European painting and sculpture c. 1750-1900, with a particular interest in artists and scientific inquiry.

The Five People You Meet In Heaven

Study Leader: David Fortun

- 5 Classes: Jan. 10 – Feb. 7  
- Wednesday, 11:15 AM - 12:45 PM  
- Wean Hall, 4708

In Mitch Albom’s novel, *The Five People You Meet in Heaven*, “Eddie is a grizzled war veteran who feels trapped in a meaningless life of fixing rides at a seaside amusement park. . . . then, on his 83rd birthday, Eddie dies in a tragic accident trying to save a girl from a falling cart. . . . He awakened in the afterlife, where he learns that heaven is not a lush Garden of Eden, but a place where your earthly life is explained to you by five people who were in it. These people may have been loved ones or distant strangers, yet each of them changed you forever.” Who are your five people, the five people you’ll meet in heaven? Whose life have you influenced? Who has influenced your life? Each class will be 1/3 book and 2/3 you. In the book segment of each class, we will discuss one of Eddie’s five people. In the “you” segment, you will have the opportunity each week to introduce us to one of your five people. Albom’s book will provide meaningful reference points, it is more important to be willing to participate and share, briefly, each week. Participation is certainly not mandatory, however. Retrospection, at our age, can be illuminating, to ourselves as well as to others. This course provides an opportunity to share that illumination.

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

The Alexander Technique: Learning To Do The Same Thing Differently

Study Leader: Janet Seltman

• 6 Classes: Mar. 7 – Apr. 11
• Wednesday, 1:15 PM - 2:45 PM
• Wilkins Community Center
  7604 Charleston Ave., Swissvale

We all have our ways of doing what we do, whether it’s walking, climbing stairs, cooking, playing golf, or tying our shoes. Sometimes those ways make us less comfortable than we’d like to be. How can we change that? The Alexander Technique is a process for creating new, more comfortable, and easy ways to do the same old things. This class is experiential. Please wear comfortable clothing and come with activities that you’d like to improve. (No previous experience necessary.)

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.

Declutter

Study Leader: Rosa Averbach

• 4 Classes: Mar. 6 – Mar. 27
• Tuesday, 11:15 AM - 12:45 PM
• Hunt Library, Osher Classroom

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

Rosa 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.

Grandparenting 101

Study Leader: Mark Diamond

• 3 Classes: Feb. 6 – Feb. 20
• Tuesday, 9:30 AM - 11:00 AM
• Hunt Library, Osher Classroom

The course will cover new professional recommendations regarding child rearing such as the latest in feeding recommendations, immunizations, safety, etc. We will discuss the challenges and pitfalls of being a grandparent, such as what to say, when to say it, and how far to go.

Mark Diamond is a pediatrician with 40 years of experience. He is the winner of Children's Hospital of Pittsburgh Howard Mermelstein award as best pediatrician in the area in 2014. He is the father of 3 and grandfather of 7 and has been married for 45 years.
Mastering The Art Of Conversation: How Your Conversations Can Change Your Life

Study Leader: Susan Morris

- 5 Classes: Mar. 6 – Apr. 3  Class ID: 2274
- Tuesday, 1:15 PM - 2:45 PM
- Hunt Library, Osher Classroom

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

Susan Morris conducts workshops on social skills in the Pittsburgh area. Previously she was a talk show host and radio journalist, covering stories for National Public Radio and Voice of America. Susan's radio work earned her a Matrix Women in Communications Award, along with three Golden Quills and a Fellowship from the PA Council on the Arts. She has a degree in government from Mills College in Oakland, California, and has worked on both local and national campaigns.

Writing Your Obituary: Your Story, Your Words

Study Leader: Susan Morris

- 2 Classes: Mar. 6 and Mar. 13  Class ID: 2275
- Tuesday, 9:15 AM - 10:45 AM
- Hunt Library, Osher Classroom

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

See Susan Morris, previous listing

AARP Smart Driver 4-Hour Renewal Course

Study Leader: David Zimmer

- 1 Class: Mar. 9  Class ID: 2322
- Friday, 1:00 PM - 5:00 PM
- Hunt Library, Osher Classroom

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

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

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

AARP Smart Driver 8-Hour Course

Study Leader: David Zimmer

- 2 Classes: Mar. 16 and Mar. 23  Class ID: 2323
- Friday, 1:00 PM - 5:00 PM
- Hunt Library, Osher Classroom

The AARP Smart Driver course is the nation’s first refresher course specifically designed for drivers 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). 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.

See David Zimmer, previous listing
TECHNOLOGY

iPhone Basics: Getting The Most Out Of Your iPhone
Study Leader: Wyatt Walter-Dawahare

- 2 Classes: Jan. 12 and Jan. 19  
  • Friday, 9:15 AM - 10:45 AM  
  • Hunt Library, Osher Classroom  
  Class ID: 2334
- 2 Classes: Feb. 2 and Feb. 9  
  • Friday, 9:15 AM - 10:45 AM  
  • Hunt Library, Osher Classroom  
  Class ID: 2335
- 2 Classes: Feb. 23 and Mar. 2  
  • Friday, 9:15 AM - 10:45 AM  
  • Hunt Library, Osher Classroom  
  Class ID: 2336

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

Please note: You must own an Apple iPhone SE and above to register for this course.

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

TRAVEL

Travel With Me To . . .
Study Leader: Morris Kornblit

- 5 Classes: Mar. 5 – Apr. 2  
  • Monday, 1:15 PM - 2:45 PM  
  • Wean Hall, 4708  
  Class ID: 2254

Travel can mean many things to many people. It can get you from here to there, penalize a player in sports, position a mechanical movement, or let you know that your luggage has ventured beyond where you are, (Oh the Travel). But for this class a suitable definition is provided by Merriam Webster as "a journey especially to a distant or unfamiliar place." Each of the five classes will present a speaker who traveled somewhere on a personal journey, with emphasis on journey, not location. That somewhere can be distant or near, separated by time or space, but certainly presented from a unique perspective. They will share their journeys with you in pictures and first-hand descriptions of their experiences. So if you are an adventurer willing to wander into unfamiliar places, be they near or far, whether you've been contemplating where you may want to venture next, or just curious, join us as we take you down some personal paths. This is a continuation of previous classes offered, with new speakers and new adventures. No advance itineraries will be provided; each revealed the day of the class. Remember, one's destination is never a place, but a new way of seeing things’ (Henry Miller).

Morris Kornblit is a registered professional engineer who retired from a career in electrical power distribution with the General Electric Company. His personal interests and approximately 40-year relationship with GE resulted in much worldwide travel, including a long-term assignment in Asia. He, his wife, and younger daughter resided in Beijing from 2005 through 2008.
Dementia Care: Talking To, Caring For, And Understanding People With Dementia

Study Leader: Rachael Wonderlin

• 4 Classes: Jan. 19 – Feb. 9  Class ID: 2190
• Friday, 11:15 AM - 12:45 PM
• Wean Hall, 4707

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

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

Mental Aerobics

Study Leader: Jeanette Matthews

• 6 Classes: Mar. 6 – Apr. 10  Class ID: 2188
• Tuesday, 3:15 PM - 5:15 PM
• Hunt Library, Osher Classroom

Mental Aerobics is a fun and interactive way to pump up your brain. We will discuss the normal aging process and its effect on the brain. Then we will build a toolbox of strategies that will stimulate and activate all parts of the brain by employing a variety of activities and games designed to give the brain a good mental workout. While participating in group and individualized activities, participants will become informed on how the brain functions, what is "normal" aging of the brain (and what is not), and how to keep it as fit as possible as we age. We're never too young or too old to begin pumping up our brains. Key words for this class are fun, variety, and challenging. Come prepared for all three!

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

*Study Leader: Bruce S. Rabin*

- 4 Classes: Jan. 10 – Jan. 31  
  Class ID: 2179
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

This course will offer education to help individuals understand the mental and physical effects of stress, and will provide them with skills that will minimize the effect of stress on their health. The course is intended for healthy individuals who will benefit from increased stress-coping skills, and also for individuals with diseases where coping can promote an enhanced sense of well-being and can possibly influence the course of a disease. Examples of diseases that may benefit from enhanced stress-coping skills include hypertension, depression, asthma, arthritis, cancer, atherosclerotic heart disease, chronic pain, sleep disturbances, psoriasis, chronic fatigue syndrome, multiple sclerosis, lupus, fibromyalgia, irritable bowel syndrome, and inflammatory bowel disease.

Bruce S. Rabin is professor of pathology and psychiatry at the University of Pittsburgh and medical director of the Healthy Lifestyle Program for the UPMC Health System. He has dedicated his professional life to understanding the immune system and the factors that influence it. He discovered early on that stress — a variable in every person’s life — exerts a profound influence on the human immune system—the mind/body connection. He has developed programs to help people identify, learn, and adhere to behaviors that will maintain their wellness and lower their risk of developing serious and potentially life-threatening conditions and diseases. People from a variety of backgrounds have learned to cope with stress more effectively. As a result of his work, new approaches to disease have been understood, mind-body connections are more widely recognized, and innovative approaches to health care management have emerged.

**Exercise For Older Adults**

*Study Leader: Bill Presutti, Jr.*

- 3 Classes: Jan. 10 – Jan. 24  
  Class ID: 2282
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

This course will not include exercise per se, but will provide the necessary background knowledge to establish an exercise program suitable to each individual participant. It will discuss the physiology of aging and the role of exercise, including the principles of exercise programming for older adults, and the psychological benefits of physical activity. It will help participants to identify the stages of readiness to be physically active and the keys to adhering to exercise. Participants will also learn the keys to assessing the level of their fitness and specific exercise techniques for older adults including basic strength training guidelines. It will also provide the keys to getting started and the opportunity to complete a self-assessment questionnaire as an important takeaway. The most important takeaway will be the understanding that exercise is an indispensable element for maintaining peak health and functional independence.

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

Study Leader: Rosa Averbach

• 4 Classes: Jan. 9 – Jan. 30
• Tuesday, 11:15 AM - 12:45 PM
• Hunt Library, Osher Classroom

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

See Rosa Averbach, pg. 36

Writing | Writing | LEARN BY DOING

Writing For Fun And Exercising Your Imagination

Study Leader: Ruth Drescher

• 5 Classes: Mar. 7 – Apr. 4
• Wednesday, 11:15 AM - 12:45 PM
• Hunt Library, Osher Classroom

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

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

Study Leader: Mimi Botkin

• 6 Classes: Jan. 9 – Feb. 13
• Tuesday, 1:00 PM - 3:00 PM
• Hunt Library, Osher Classroom

Class ID: 2200

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

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

Writers’ Workshop

Study Leader: Thalia Snyder, Helen Wilson

• 6 Classes: Mar. 7 – Apr. 11
• Wednesday, 9:00 AM - 11:00 AM
• Hunt Library, Osher Classroom

Class ID: 2296

Would you like to connect to fellow classmates through your writing—tell them about you and what you’re passionate about in essay, poetry, memoir, fiction or creative nonfiction? This writing workshop will get your writing juices flowing. Each week we will begin with an in-class writing exercise. In addition, you will be asked to bring to class copies of a two-page work which we will take home with us, review, and then discuss the following week. The second half of our class time will be spent discussing your work. 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 creative 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 voice-over artist at Carnegie Library for the Blind and Physically Handicapped. She enjoys writing poetry and memoir. Her work was published in Signatures (Osher Lifelong Learning Institute at Carnegie Mellon University, 2016). Thalia has been a member of the Writers’ Workshop for many years where the experience has been as joyful as it is enlightening.

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

Course Changes

Often class times and locations will change after the catalog is printed. Please check our website, www.cmu.edu/osh, for the most up-to-date information. Click on “Schedule Changes” to see all course changes. Members may sign into their account to view the most up-to-date schedule.
Publishing For Writers

**Study Leader: Scott Smith**

- 6 Classes: Jan. 10 – Feb. 14  
- Wednesday, 9:15 AM - 10:45 AM  
- Wean Hall, 4707  

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

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

Memoir Writing From Photographs

**Study Leader: Molly Youngling**

- 5 Classes: Jan. 11 – Feb. 8  
- Thursday, 11:15 AM - 12:45 PM  
- Hunt Library, Osher Classroom  

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

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

Bible And Archaeology - The Raging Debate

Study Leader: Ram Kossowsky

- 5 Classes: Mar. 7 – Apr. 4
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

The debate has been raging since a 1999 publication by Prof. Herzog asking: "Are the Narratives in the Hebrew Bible Supported by Archaeological Finding?". Does archaeology confirm the Biblical narratives? Was there an Exodus, followed by a Conquest? We will review the main points of contention, with emphasis on archaeological findings in excavated Canaanite city-states claimed in the book of Joshua.

Ram Kossowsky, a native of Israel, has lived in Pittsburgh since 1966. He earned advanced degrees in material science from the University of Pennsylvania. He spent 20 years at the Westinghouse Research Center, and 6 years at Penn State University. He has worked as an independent consultant since 1990. His passionate hobbies include the study of history of ancient societies, with emphasis on the Near East, and shooting and editing movies of his travels. He presented the courses "India, Then and Now" and "Ancient Societies Expressions in Stone" during past Osher-CMU and PIT OLLI semesters, and a monthly installments of a study of “Archaeology of Ancient Israel” at Temple Sinai and Osher-CMU. He was invited to present a lecture on “Ancient Codes of Law” and “Ethnogenesis of Israel” at meetings of the Biblical Archaeology Society of Pittsburgh. In April 2012 he took on the task of the president of the Biblical Archaeology Society of Pittsburgh.

ARCHITECTURE

World Class Architecture In America’s Heartland: Columbus, Indiana

Study Leader: Jeffrey Swoger

- 6 Classes: Jan. 8 – Feb. 19*
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

*Note: Class will not meet on Jan. 15

The story of Columbus, Indiana is the story of J. Irwin Miller and his vision for his company, Cummins Engine Company, and his community. The fruits of that remarkable vision include a vibrant, thriving community and a collection of architecturally significant buildings that rivals any major city in America, let alone one the size of Columbus. The course will examine how this amazing collection of buildings came to be and the architects that created each of them, among them both Saarinens, I. M. Pei, and Robert Venturi. The course will also explore the house that Eero Saarinen designed for the Miller family, itself a recognized modernist landmark.

See Jeffrey Swoger, pg. 16
Exploring Pittsburgh’s Architectural Heritage

Study Leader: Ray Schinhofen

- 6 Classes: Mar. 8 – Apr. 12  
- Thursday, 9:15 AM - 10:45 AM  
- Wean Hall, 4708

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

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

ASTRONOMY

Astrophysics And Evolution Of The Universe

Study Leader: Leonard Kisslinger

- 5 Classes: Jan. 8 – Feb. 12*  
- Monday, 11:15 AM - 12:45 PM  
- Wean Hall, 4707

*Note: Class will not meet on Jan. 15

The objective of this course is to teach how the universe evolved and discuss some important events. The five sessions are: a review of elementary particles and Hubble’s Law (the universe expands — the Big Bang); our solar system, galaxies, and dark matter; supernovae, pulsars, and black holes; the radius R(t) and temperature T(t) of the universe (t=time); inflation and dark energy; cosmic microwave background radiation (CMBR) and what it teaches us about the universe; cosmological phase transitions such as how electroweak phase transition—particles got their masses; quantum chromodynamics phase transition — quarks clustered to form protons, supernovae, and dark energy. In session 3, a brief discussion of the detection of gravity waves in 2015-2016 will be added. Some mathematics is required for complete understanding.

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

Spring Bird Migration And Identification

**Study Leader:** National Aviary  **Materials Fee:** $30*

- 1 Class: Apr. 24
- Tuesday, 10:00 AM - 12:00 PM
- National Aviary
  700 Arch St, North Side

The migration of birds has fascinated human beings going back to the time of Aristotle more than 2,000 years ago. Our scientific understanding of migration may have changed a lot since that time, but our fascination remains! Especially in springtime, when "V"s" of geese and swans slice noisily northward and red-winged blackbirds return to take up their territorial posts atop last year's cattail stalks, the migration of birds is one of the most beautiful spectacles in nature. In this program National Aviary Ornithologist Bob Mulvihill will talk about why, how, when, and where birds migrate, and about the many recent technological and scientific advances that have enabled scientists to learn so much more about the phenomenon in recent years. In addition, Bob will teach you how to identify birds by sight and song (yes, there will be a quiz), and he will give advice on the best places to go watch birds in the Pittsburgh region. A tour will follow. Bring along your binoculars if you have them!

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

**MATH**

Art, Architecture, Kidney Stones . . . and Mathematics

**Study Leader:** Richard Wertheimer

- 5 Classes: Jan. 11 – Feb. 8  **Class ID:** 2315
- Thursday, 3:15 PM - 4:45 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 occurrence in art, architecture, and nature. We will study Frank Lloyd Wright’s Fallingwater, the Guggenheim Museum in New York, Notre Dame Cathedral in Paris, the art of M.C. Escher, the Pantheon in Rome, the famous Guastavino stairway at CMU’s Baker Hall, and an elegant cure for kidney stones. The only prerequisite for this course is a desire to understand and appreciate the world around us.

**Richard Wertheimer** retired as the 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.

*Materials fees are not refundable; information on page 92.*
Naked To The Bone: A Brief History Of Medical Imaging

Study Leader: Richard Daffner

• 4 Classes: Mar. 8 – Mar. 29  Class ID: 2213
• Thursday, 11:15 AM - 12:45 PM
• Wean Hall, 4707

Medical Imaging (radiology) began in February 1896, shortly after Roentgen’s discovery of x-rays in November 1895. Between then and 1971 radiographs (x-rays) were the mainstay of the radiologist’s armamentarium. In 1973 Hounsfield published his results using computed tomography (CT) for diagnosing brain lesions. This ushered in an explosion of new diagnostic imaging techniques that include magnetic resonance imaging (MRI), ultrasound, and molecular imaging. Today, virtually every patient undergoes some sort of imaging as part of a workup for various medical conditions. This course will cover three periods: 1895-1927, the dawn of radiology, including its hazards; 1928-1972, the era of expansion and innovation; and, 1973-present, the age of modern imaging. The discussion will be “low-tech” and in terms that class participants can easily understand, particularly if they have had a high school class in physics.

Richard H. Daffner, M.D., is a retired radiologist who worked at Allegheny General Hospital for 30 years as director of the Division of Musculoskeletal, Trauma, and Emergency Imaging. His entire professional career has been spent in academic settings, including the University of Louisville School of Medicine and Duke University Medical Center. He is emeritus clinical professor of radiology at Temple University School of Medicine. He is the author of Clinical Radiology: The Essentials, a text for medical students, and Imaging of Vertebral Trauma.
African Adventures: Traveling With A Medical Team

Study Leader: Katrina Zeigler

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

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

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

Aging Without Growing Old

Study Leader: Richard Kalla

- 1 Class: Feb. 27
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

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

Everything You’ve Always Wanted To Know about Disease But Were Afraid To Ask

Study Leader: Stephen Fisher

- 6 Classes: Jan. 10 – Feb. 14
- Wednesday, 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.
Osteoporosis:
Reducing The Risk Of Fracture

Study Leader: Janice Gordon      Materials Fee: $10*

- 2 Classes: Apr. 16 and Apr. 23      Class ID: 2234
- Monday, 3:15 PM - 4:45 PM
- Friends Meeting House, Ballroom
  4836 Ellsworth Ave., Oakland

This course will include basic information about osteoporosis as well as specific advice about how to reduce your risk of breaking a bone. You can choose to participate in gentle activities that will be included. All information presented in the course is based on a program called Bone Fit. Bone Fit is a joint project of the Province of Ontario and Osteoporosis Canada, an organization whose mission is to educate and support people who have osteoporosis. The Bone Fit program was developed in conjunction with an advisory committee of expert clinicians and academics. It is based on evidence from the most-recent research on osteoporosis and is rooted in anatomical principles.

Please note: the instructor cannot address the specific medical issues of individual students.

Janice Gordon received her degree in physical therapy from Northwestern University in 1975. She is retired from her position with UPMC/Jefferson Regional Home Health, where she had many years of experience working with people over the age of 50. In 1997 she received a doctorate in developmental and Educational Psychology from the University of Pittsburgh with a special interest in statistics and research methods. She also spent many years teaching introductory statistics parttime at the University of Pittsburgh. After retiring from both careers, Janice completed the Bone Fit program in Toronto with the goal of providing community education on osteoporosis.

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

What You Should Know About Your DNA

Study Leader: Anna Estop

- 6 Classes: Jan. 11 – Feb. 15      Class ID: 2216
- Thursday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

Human Genetics is everywhere today. New facts emerge as we speak, and newer technologies are quickly applied in day-to-day clinical testing and in direct-to-consumer testing. This course will explore the latest basic science and technology human genetics focusing on the following topics: DNA editing—will we one day change the genetic makeup of our species? Human genetic variability—what's good and what's not so good in how different we are from one another? Personalized medicine—are we using it now, or will it be the medicine of the future? Newer forms of genetic testing and the controversy over widespread direct-to-consumer testing will be discussed as well.

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

Study Leader: Bryan Brown

• 1 Class: Apr. 24
• Tuesday, 3:00 PM - 5:00 PM
• McGowan Institute for Regenerative Medicine
450 Technology Dr., Suite 300 15219

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

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

Treating Autism Spectrum Disorders And ADHD Without Drugs

Study Leader: Patricia Spear Lemer

• 6 Classes: Jan. 11 – Feb. 15
• Thursday, 11:15 AM - 12:45 PM
• Wean Hall, 4707

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

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

Don't be a "no show"
If you’ll miss two or more classes, please call the office to drop that course. This allows another member on the waiting list to attend.

We appreciate your cooperation.
TED videos are recordings of speeches given by strong speakers who have high-impact and inspiring ideas that can spark global change. Initially these were winners of a prize from a conference on Technology, Entertainment, and Design, but the group broadened when TEDx groups (independent TED-like conferences) emerged. This class will view and discuss two long (or three short) TED videos per session (for four sessions). Leaders will pick the TED videos for the first session or two. Students will nominate other related TED videos for remaining sessions. Definite videos to be shown include "My Stroke of Insight" (Dr. Jill Bolte Taylor), "Listening to Shame" (Dr. Brene Brown), "The World Needs All Kinds of Minds" (Dr. Temple Grandin), and "The Surprising Science of Happiness" (Dan Gilbert).

Sarah Sheard is an accomplished systems engineer and process improvement consultant who has presented invited talks on five continents. She created the precursor of this course while operating her own consulting firm and pursuing her doctorate on the effect of complexity on systems engineering. Previously, she engineered satellites and clarified requirements for air traffic control software. In 2012, she joined CMU’s Software Engineering Institute, where she performs research on systems and software engineering and complexity. She is a Fellow of the International Council on Systems Engineering, a Certified Systems Engineering Professional. Her paper, "Twelve Systems Engineering Roles", has been adopted as part of introductory systems engineering courses at over 25 universities around the world. Her paper "Principles of Complex Systems for Systems Engineering" won a systems engineering award.

Brown Crusts And How To Avoid Pan Scrubbers

Study Leader: Robert Heard

- 2 Classes: Feb. 21 and Feb. 28
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

This is a two-class course to explain the potential perils of cookware selection. Students will learn basic properties of materials and basic engineering principles that influence the cooking process, and how cookware design and material can influence the cooking process. The first class will focus on baking and bakeware, the second on stovetop cooking and pots. After taking the class, you may not be a better cook or baker, but you should be able to understand some of those kitchen mysteries. Bring your experiences and kitchen stories to help us all improve our kitchen skills!

Robert Heard is a teaching professor in the Department of Materials Science and Engineering (MSE) at Carnegie Mellon. He is a bread baker and loves to cook. (Basically, he loves anything processed at high temperatures). Before coming to Carnegie Mellon, Robert had 17 years of engineering experience in processing equipment design and operation in high temperature metallurgical processes. Robert currently teaches lab courses, project courses, and material selection courses for the MSE department.
CONTEMPORARY TOPICS/ SOCIOPY

Civilized Discourse

*Study Leader: John Burton, Larry Ehrlich*

- 6 Classes: Jan. 11 – Feb. 15  
- Thursday, 3:15 PM - 4:45 PM  
- Wean Hall, 4707

Larry and I would like to invite you to take a metaphorical "walk" with us. Using TED Talks, each week we will introduce a topic weekly about which we all may have differing opinions. We are concerned about the Balkanization of America and the damage we fear from it. As a society, we suffer from "hardening of the categories." Each of us reads and listens to information that reinforces our attitudes and opinions, virtual echo chambers. This has led many of us to believe in our absolute "rightness." Since our goals are virtuous, we believe that those who do not see the world as we do are, at a minimum, misguided, wrong, or even stupid or evil. Let's disagree without being disagreeable. We see discussion leading to softening our edges and the possibility of acquiring attitude-altering information.

*John Burton* was born and raised in Oklahoma City, Ok where his father was an oilman and his mother a small-town teacher. He attended public school before leaving for boarding school in Indiana, and then attended Trinity College, Hartford, CT, and UCLA. John has been a professional sales trainer, an author of training courses, and was a principal and investment advisor for a NYSE firm, where he founded a corporate retirement planning practice. Larry and John have been neighbors and have biked and walked the streets of Pittsburgh together for 25 years.

*Larry Ehrlich* grew up as a NYC apartment dweller whose German Jewish parents were refugees who escaped from the Holocaust. His father was a Teamster and his mother, an LPN. Larry attended public schools and colleges, earning his undergraduate and master's degrees, was a VISTA worker in the 60s, and then became a public-school teacher and president of the local teachers' union. He has been a Northside resident for 48 years.

US Healthcare: Documentary And Discussion

*Study Leader: Norm Wien*

- 1 Class: Feb. 27  
- Tuesday, 1:00 PM - 3:00 PM  
- Wean Hall, 4708

The US healthcare system remains unsettled and controversial. There will be a showing of The Healthcare Movie, a documentary which traces the historical development of the US and Canadian healthcare systems followed by an audience participation discussion.

*Norm Wien* is the retired senior vice president of Children's Hospital of Pittsburgh. He is an affiliate member of the PNHP (Physicians for a National Health Program) and a member of Health Care 4all PA and the Western PA Coalition for Single Payer Health Care.

American Westerns 1

*Study Leader: Lloyd Stires*

- 6 Classes: Mar. 6 – Apr. 10  
- Tuesday, 6:00 PM - 7:30 PM  
- Wean Hall, 4707

The Hollywood Western is one of the most pervasive influences on American culture, politics, and national identity. Most westerns were not authentic re-creations of life in the Western states between the Civil War and the turn of the century. Instead, the filmmakers used the Western as a blank canvas on which to project the myth of the American frontier and their attitudes toward social issues of the time the films were produced. We will watch six classic Westerns from the 1930s through the 1960s, including some of the more beautifully photographed films made in this country. There will be an opportunity to appreciate what made these films great and also to critique some of their assumptions.

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

Study Leader: John Brown, Maureen Brown

- 6 Classes: Jan. 8 – Feb. 19*  
  Class ID: 2202
- Monday, 11:15 AM - 12:45 PM  
- Hunt Library, Osher Classroom  
  *Note: Class will not meet on Jan. 15

- 6 Classes: Mar. 5 – Apr. 9  
  Class ID: 2203
- Monday, 11:15 AM - 12:45 PM  
- Hunt Library, Osher Classroom

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

John Brown is a retired city planner and university professor. He has a master's degree in city planning from Michigan State University and a Ph.D. in Public Policy from the University of Pittsburgh.

Maureen Brown is a former journalist and public relations director. She has a bachelor degree in Political Science from Georgetown University and a master degree in Public Policy from the University of Pittsburgh.

The Female Sleuth: Gender Norms And Mysteries

Study Leader: Phyllis Kitzerow

- 4 Classes: Jan. 9 – Jan. 30  
  Class ID: 2251
- Tuesday, 9:30 AM - 11:00 AM  
- Wean Hall, 4707

This course will focus on the development of the female sleuth and her growing popularity. From Miss Silver and Miss Marple to the variety of present-day female sleuths, we will trace gender norms and their contraventions. The class will be a combination of lecture, video, and readings. Students will be expected to buy one paperback to read and discuss in class. This course is not a literature course. I will be teaching as a sociologist and will not toss around literature terms or possibly even recognize them. My interest is in the application of sociological concepts to mystery fiction. My background in reading mysteries, starting with Nancy Drew and continuing to the present, will be combined with my background in sociology and my interest in gender. I invite people interested in that combination to join me in exploring these three strands even though your favorite author may never be mentioned.

Phyllis Kitzerow has a Ph.D. in sociology and retired from Westminster College in 2011 after 40 years of teaching. Her areas of interest are gender, deviance, and race/ethnicity. She is the recipient of a Distinguished Faculty Award from Westminster and the author of *Women Attorneys and the Changing Workplace: High Hopes, Mixed Outcomes*. Dr. Kitzerow has previously taught an Osher course entitled “Women’s Lives as Portrayed in the 1900 House.”

Your input is welcomed and valued.

Osher at CMU depends on member assistance and involvement. Your suggestions for instructors, courses, events, and lectures are necessary to help us serve your interests. We depend on member involvement on committees and as volunteer Osher Ambassadors. Please email the office at osher@cmu.edu to volunteer!
Redesigning Learning Spaces

Study Leader: Norton Gusky

• 6 Classes: Jan. 12 – Feb. 16
• Friday, 9:30 AM - 11:00 AM
• Wean Hall, 4708

As conventional teaching models evolve and emerging technologies gain a solid foothold in classrooms worldwide, formal learning environments require an upgrade to reflect the 21st-century practices taking place within them. Education has traditionally relied on teacher-centric approaches where lectures have been the main source for knowledge transfer. Today, student-centric pedagogies are being embraced to better prepare learners for the future workforce, and new approaches to classroom design are supporting this shift. Active learning spaces have the characteristics of being mobile, flexible, varied, and connected—they value tables, stations, and hubs over rigid structures. Additionally, innovative thinking in architecture and space planning is influencing the sustainable design and construction of new school infrastructures that can significantly improve learning by enhancing student well-being with an eye to conserving energy.

Norton L. Gusky has been an adjunct faculty member at the H. John Heinz III School of Public Policy and Management, and has been an adjunct professor at the University of Pittsburgh. He was the coordinator of educational technology for the Fox Chapel Area School District for over twenty years. He is currently an educational technology broker for his own firm, NLG Consulting, LLC. He currently coordinates the Three Rivers Educational Technology Conference. He is a member of the International Society of Technology in Education and the co-chair of the Emerging Technology Committee for the Consortium for School Networking (CoSN). His degrees include a B.A. degree in history from Dickinson College and an M.A.T. degree in elementary education from the University of Pittsburgh. He has completed post-graduate work in instructional technology at Penn State, and in gifted education and computer education at West Virginia University.

Understanding Police And Active Shooter Review

Study Leader: Carla Gedman

• 4 Classes: Jan. 10 – Jan. 31
• Wednesday, 6:00 PM - 7:30 PM
• Wean Hall, 4707

• 4 Classes: Mar. 7 – Mar. 28
• Wednesday, 6:00 PM - 7:30 PM
• Wean Hall, 4707

This class will examine issues in policing including police culture/personality and stressors, discretion and decision-making, and accountability and current issues. Several Supreme Court cases governing police intervention will be included. Class discussion will be a central part of each session. The last class will review general information on active shooter events. Homeland Security’s program "Run/Hide/Fight" will be reviewed.

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

Study Leader: Melvin Gornic

- 4 Classes: Jan. 10 – Jan. 31  Class ID: 2235
- Wednesday, 9:15 AM - 10:45 AM
- Hunt Library, Osher Classroom

This class will focus on how the automobile has influenced American lives, culture, and economy. We will look at the men and women who brought about the changes made by the automobile. Development of roads, freeways, and suburban areas will be addressed. The class study will include how America has gone from a culture of having no cars to having more than one for every two people. We will discuss different types of motorized vehicles, including those powered by steam, gasoline, and electricity. Concept cars and vehicles of the future will be presented and discussed. We will end with a presentation from CMU’s Traffic21 that will provide insight into transportation technology improvements.

Melvin Gornic has had a lifelong interest in cars, but has never driven one on a highway. He has driven off-road vehicles for recreational purposes. Throughout his life Mr. Gornic has relied heavily on mass transit for personal transportation needs. His interest in cars developed through working in the family auto-repair business for years prior to entering college and through personal interests in auto racing and restoration. He holds a bachelor’s degree in business administration from Point Park University with minors in accounting and economics.

Air Pollution, Health, And The Environment

Study Leader: Group Against Smog and Pollution

- 2 Classes: Mar. 8 and Mar. 15  Class ID: 2238
- Thursday, 3:30 PM - 5:00 PM
- Wean Hall, 4708

How does air pollution impact your life? What about the lives of your children or grandchildren? Join GASP (Group Against Smog and Pollution) as we examine the effects of living with some of the most heavily polluted air in the nation. This course will include two classes. An introductory lecture will cover the basics, consisting of the history of air pollution in "The Smokey City," what kinds of air pollutants we worry about today, and the health concerns related to living in poor air quality. The second class will be a walk through Schenley Park as we learn about environmental impacts of air pollution followed by a discussion about what CAN be and IS being done locally to improve our air. In a time when government agencies are actively giving up the rights to protect our air quality, what will you do to make your voice heard?

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

Study Leader: Ravi Koka

• 3 Classes: Mar. 28 – Apr. 11
• Wednesday, 3:15 PM - 4:45 PM
• Wean Hall, 4708

Understanding India requires a study of many facets: history, conquests and colonization; freedom movement, religious diversity and economic complexity. Indian civilization has survived in spite of major disruptions during the Muslim invasions and British occupation. India is often viewed as an over-populated, chaotic region, inhabited by many races, religions, cultures, with a history of disunity, internal warfare, and continuous invasion by external forces. The nation is made up of many races and religious groups. Indian mythology like the Ramayana and Mahabharata and Indian philosophy set the tone of people’s outlook and is the common thread that holds them together. Freedom, democracy, and innovation define the Indian spirit, and we see the nation making progress in spite of its major problems and economic poverty. In this course we will discuss ancient and modern Indian history with emphasis on the economic transformation post independence in 1947.

Ravi Koka graduated from the University of Madras with a degree in electronics and communications engineering and a master’s degree in computer science from Kansas State University. While his training and background is in computer science, he has been passionate about studying the culture, history, and business environment of countries where he has spent considerable time in his career such as India, Zambia, Australia, the UK, and the USA. Over the last three decades, he has been able to meet and extensively interact with thinkers/government officials/journalists and corporate leaders from India, and has gained insights into post-independence challenges and achievements of India. He moved to the United States in 1988 and has an appreciation of American history and culture and is able to draw parallels between the two civilizations which happen to be the largest multi-racial democracies in the world. He is the CEO of Osage Labs focused on R. and D. in emerging cloud, mobile, and machine-learning technologies. Prior to that, he founded S.E.E.C. Inc. in 1988 and successfully completed S.E.E.C.’s I.P.O. on Nasdaq in 1997.

100 Years Of Jewish Life in Shanghai

Study Leader: Bill Greenspan

• 3 Classes: Jan. 12 – Jan. 26
• Friday, 9:15 AM - 10:45 AM
• Wean Hall, 4707

The course will cover the history of Jewish life in Shanghai and its three distinctive immigration groups: Sephardic Jews from Iraq, Ashkenazi Jews from Eastern Europe, and from Austria-Germany. An emphasis will be placed on the fate of Jews escaping from Nazi Germany and Austria. The class will cover not only Jewish life in Shanghai in general but also will explore lives of individuals like Victor Sassoon, Silas Hardoon, “Two-gun Cohen” and more.

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

Study Leader: Ellen Bedell

- 6 Classes: Mar. 7 – Apr. 11  
  Class ID: 2198
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Egypt is the best known and the least understood ancient civilization. Fiction writers and film producers have twisted facts to dramatize events in ancient Egypt. In this course, we will use archaeology, ethnographic evidence, tomb paintings, philology, written documents, and physical anthropological evidence to demystify ancient Egyptian culture. We will find out the origin of the historical Egyptians. The latest DNA evidence has corroborated archaeological and linguistic sources, indicating that agriculturalists came from Canaan. We will learn who built the pyramids. Movies depict slaves dragging huge blocks of stone up ramps to build the pyramids, yet there were no slaves in Old Kingdom Egypt. We will explore the role of women in society. Egyptian women were pharaohs, physicians, judges, and estate managers. We will also look at the topics of medicine, literature, and law.

Ellen Dailey Bedell has a Ph.D. in Mediterranean Studies, with a specialty in Egyptology, from Brandeis University. Her dissertation is on criminal law in the Egyptian Ramesside Period. A trained archaeologist, she has worked on sites in Israel, Jordan, Belize, and the United States. She has taught numerous archaeology workshops for teachers and has developed curricula and lesson plans, including a chapter on writing in hieroglyphs for the revised Pennsylvania Archaeological Council’s archaeology curriculum. Dr. Bedell developed a simulated dig and two online archaeology projects for her classes at the Ellis School, where she taught for 25 years. She was head of the history department at the Ellis School for 17 years and was awarded the Mary H. Grant Endowed Faculty Chair in History in 2011. She also served as chair of the Educational Outreach Committee of the American Schools of Oriental Research.

Ancient Egypt: Mystery, Magic, And Ma’at

Study Leader: Anita LaLumere

- 6 Classes: Jan. 8 – Feb. 19*  
  Class ID: 2258
- Monday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

*Note: Class will not meet on Jan. 15

More than 5000 years ago, a culture known as Egypt experiences an explosion of creativity and innovation in a rapidly advancing society along the Nile River. Ancient Egypt has fascinated people throughout history. This course will examine how and why the world’s first nation rose to power and introduced the known world to systems of social order, arts, literature, and medicine that continue to influence modern life. The course will examine pre-dynastic Egypt, the rise of the nation, the development of its worldview, and its religion. We will explore Egyptian mythology, learn about the prominent gods, and experience daily life along the Nile.

Anita LaLumere has been a practicing licensed and certified school psychologist for 50 years. She held positions as an adjunct and visiting professor at the Duquesne University School of Graduate Education for 9 years. Currently she maintains a small private practice in clinical psychology and has been a docent at the Carnegie Museum of Natural History for the past 10 years. Throughout her career she has enjoyed an avocation of archeology and cultural anthropology in pursuit of understanding human behavior. Her particular interests have included ancient Egypt, ancient Greece, and the ancient and modern people of the American southwest.
A Visit To Turkey And Istanbul

Study Leader: Alberto Guzman

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

Class ID: 2241

For about 20 centuries, many civilized cultures have emerged and declined within Turkey's present borders. Three major empires, the Byzantine, the Roman and the Ottoman ruled the country for hundreds of years, leaving rich layers of history. Ancient palaces and harems, impressive churches and mosques, fascinating museums and remarkable ruins offer visitors a wide range of unique and enjoyable learning opportunities. Istanbul, previously known as Byzantium and Constantinople, is a monumental city that for 16 centuries was the imperial capital of the Byzantine and Ottoman empires. Huge historical and cultural treasures were left behind for us to explore. During a series of six lectures, the class will travel across Turkey under my guidance to learn and discover the splendor of this great country.

Alberto Guzman has been a CMU Osher study leader since 2014. His initial lectures focused on technology issues related to global warming, climate changes, and the development of green energy sources. He recently redirected his teaching interests to a new field and completed a course on the City of Venice that included its very rich history and culture. Following the same line, a new course on Turkey and Istanbul will be presented to the audience, using the same format as the Venetian lectures.
Women In The Antebellum South

Study Leader: Joan Gundersen

- 5 Classes: Jan. 11 – Feb. 8
- Thursday, 1:15 PM - 2:45 PM
- Wean Hall, 4707

The class will explore the lives of women (Hispanic, Native American, white, and black) living in the slave states of the South from 1790 to 1860. Urban women had different opportunities and challenges from those in rural areas. The type of agriculture impacted everything from work routines to family and community organization. Race and ethnicity shaped much of their lives. We will explore the ways women worked within and resisted gender expectations and the slave systems. We will look at the ways women participated in politics, worshipped, studied, built families, dealt with disease, and struggled against legal restraints (including divorce, property rights, child custody, the criminal code, and race).

Joan Gundersen is professor emeritas of history at California State University San Marcos. Author of seven history books, and numerous scholarly articles, she taught women’s history for more than 30 years at a variety of institutions, including Vanderbilt University, St. Olaf College, CSU San Marcos, and Elon University. She came to Pittsburgh in 2000 as a senior administrator for Chatham University. She currently works for the Episcopal Diocese of Pittsburgh as Archivist and has been a visiting scholar in Women’s Studies at the University of Pittsburgh. Recipient of several awards for teaching and writing, she enjoys sharing the fascinating world of women’s history with others.

Flares Of Memory

Study Leader: Linda Hurwitz

- 5 Classes: Jan. 8 – Feb. 12*
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

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

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

The Life And Contributions Of Benjamin Franklin

Study Leader: Cleon Cornes

- 6 Classes: Mar. 6 – Apr. 10
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Benjamin Franklin died 227 years ago, but his ideas, inventions, and books remain influential today. His talents, endeavors, and energy were amazing. As an inventor, writer, politician, scientist, diplomat, civil servant, philosopher, and businessman, he made an indelible mark on our young country. The class will discuss the dramatic events in his life and learn more about his many contributions to our history and culture.

Cleon Cornes is a retired psychiatrist who enjoys teaching courses (mostly about eccentric geniuses) at the Osher Lifelong Learning Institute at CMU, at the Mt. Lebanon Library, and at Providence Point. He has visited some sites related to Benjamin Franklin in Philadelphia and London.
The War Of 1812: America's Second War Of Independence

Study Leader: Edward Hale

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

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

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

Sailing On The US Brig Niagara: 1813 And Today

Study Leader: Edward Hale

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

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

See Edd Hale, previous listing

The Great Castle Shannon Bank Robbery Of 1917

Study Leader: Edward Hale

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

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

See Edd Hale, previous listing
The Great French Revolution, 1789-1815

Study Leader: Sheila Werner

- 6 Classes: Mar. 6 – Apr. 10  Class ID: 2314
- Tuesday, 1:15 PM - 2:45 PM
- Wean Hall, 4707

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

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

This Was The Week That Was — Discussion Of The Week’s Events

Study Leader: Arthur Goldberg

- 6 Classes: Jan. 8 – Feb. 19*  Class ID: 2232
- Monday, 5:15 PM - 6:15 PM
- Wean Hall, 4707
  *Note: Class will not meet on Jan. 15

A calm discussion of the current domestic and international political scene and how we got to where we are. We will try express our own opinions logically and without demeaning others discriminating between opinion and fact. We hope divergent views will be expressed and explored and we call all learn.

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 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.

America From A Weak New Nation To Industrial Might And Imperial Power

Study Leader: Arthur Goldberg

- 6 Classes: Jan. 8 – Feb. 19*  Class ID: 2231
- Monday, 3:30 PM - 5:00 PM
- Wean Hall, 4707
  *Note: Class will not meet on Jan. 15

We barely survived the War of 1812 with Great Britain, and then turned inward to develop ourselves and expand westward. Political power passed from the Founders to the next generation. Issues of a strong national government vs. the powers of the states came to the fore, leading to the Civil War and its aftermath. We dealt with the Native Americans (badly) and industrialized with tremendous social change and unrest. The 19th century ended with our joining the ranks of imperial powers. Along the way, the definition of democracy changed well beyond what the Founders had in mind. Class discussion will cover these areas.

See Arthur Goldberg, previous listing
Tributes To President Kennedy

Study Leader: Steve Russell

- 5 Classes: Jan. 12 – Feb. 9
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Class ID: 2286

The existential quality of President Kennedy will be explored in written and video tributes developed as a result of his martyrdom. From LBJ's November 27, 1963, speech to congress titled "Heal the Nation" to the 2017 Centennial, JFK's influence has haunted each presidency. In JFK's Amherst speech a month before his passing, he said, "A nation reveals itself not only by the men it produces but also by the men it honors, the men it remembers." Norman Mailer caught the essence of JFK in an Esquire article a few days before his election, titled, "Superman Comes to the Super Market." An icon can capture the imagination and untapped reserve of people's aspirations.

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

PITTSBURGH

Tour The Kelso Museum Of Near East Archaeology

Study Leader: Jennifer Hipple

- 1 Class: Mar. 1
- Thursday, 1:00 PM - 3:00 PM
- Pittsburgh Theological Seminary, Kelso Museum, East Liberty

Class ID: 2247

Come unearth some of Pittsburgh's rich history of archaeological involvement in the Near East! The Kelso Museum is home to over 6,000 registered artifacts (with more being processed), most from excavations at sites in modern-day Israel, Jordan, and the West Bank. Pittsburgh Theological Seminary's roots in archaeology reach back to 1908, co-sponsoring digs since the 1920s. Artifacts range from Calcolithic-early Islamic times (roughly 3600 BCE-1000 CE). Some well-known sites included Beitin (Biblical Bethel), the Philistine city of Ashdod, Herodian Jericho, Bab edh-Dhra (cemeteries and settlements that span the entire 1000 year period of the Early Bronze Age), and Tell Beit Mirsim, a key site excavated with legendary archaeologist W.F. Albright. The tour will include opportunities to handle actual artifacts, a peek into our lab, and a chance to view early photographs and 1930s film footage of excavation work and scenes from everyday life in the land.

Please note: The Kelso Museum is on the ground floor of Long Hall on the Seminary campus at 616 N Highland Avenue, 15206

Jennifer Hipple is associate curator of the Kelso Museum of Near Eastern Archaeology. She earned her B.A. in history from the University of Pittsburgh in 2002, with courses concentrated in Jewish studies, anthropology, and religious studies. She later went on to attend the Pittsburgh Theological Seminary, attracted especially by their ongoing involvement in archaeology with excavation work at Tel Zayit in Israel. Although the timing wasn't right to participate in the field, she obtained a work-study position at the Kelso where she discovered a knack for pottery restoration work. Other opportunities arose for travel to Israel/Palestine and later to parts of the Mediterranean and Central Asia. Work-study and summer work positions at the Kelso provided time for deeper familiarity with the museum's collection. Jennifer graduated from PTS in 2011 with an M.A. in theological studies. In the summer of 2016 she returned to the museum to assist with pottery restoration for the Rumeith exhibit, when the opportunity opened up to join the staff as Assistant Curator. Jennifer stepped into the role of Associate Curator last December.
PowerPoint Tour Of The Pittsburgh Zoo And PPG Aquarium

Study Leader: Cathy Gialloreto

• 1 Class: Feb. 27
• Tuesday, 1:15 PM - 2:45 PM
• Wean Hall, 4707

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

Cathy Gialloreto is a retired teacher. She has been a docent at the Pittsburgh Zoo and PPG Aquarium for 32 years. She volunteers at the Pittsburgh International Airport and the O’Reilly Theater, and is active in community theater. She is on the board of the Pittsburgh New Works Festival.

How Pittsburgh Became The World’s Steelmaking Center During the Carnegie Era

Study Leader: Ken Kobus

• 6 Classes: Mar. 6 – Apr. 10
• Class ID: 2252
• Tuesday, 1:15 PM - 2:45 PM
• Wean Hall, 4708

This class will explore the heretofore-misunderstood path of Pittsburgh’s rise to dominance of the world’s steel industry in the late 19th Century. Obviously, Andrew Carnegie, the founder of this university, figured dominantly in that passage. However, this course will investigate previously unrecognized technical advancements devised and the synergies developed that made the city’s journey to the top possible. It will be necessary to provide a more detailed understanding of the various steelmaking processes that were in use and/or evolving during the period. A layman’s comprehension of the industrial process is the goal; no mathematical or chemical formulae will be used. Some of the more-important local men involved in the evolution of this industry, for example: Carnegie, Frick, Bill Jones, Phipps, Schwab, Julian Kennedy, and Holley will be briefly discussed.

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

**Study Leader:** Barbara Burstin

- 5 Classes: Jan. 9 – Feb. 6
- Tuesday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

What do you really know about the history of this city and its place in the sweep of American history? Let's have some fun looking at various aspects of the Pittsburgh experience from the town's founding up through modern times. What was George Washington's connection to this town, and how were we ground zero in the French and Indian War? How enthusiastic were Pittsburghers for the American Revolution, and why did so many townsmen want to secede from the state of Pennsylvania? When did the city gain its reputation as “Hell with the Lid On” and Hell with the Lid Off,” and why did we become such an industrial powerhouse? What about World War II and what was the so-called Pittsburgh Renaissance? Who were some famous and not-so-famous Pittsburgh movers and shakers who have contributed to our development in the past? Come explore the rich and fascinating history of your hometown.

**Barbara Burstin** has offered a number of Osher classes over the years. She is on the faculty of both Carnegie Mellon University and the University of Pittsburgh. In addition to her other courses, Barbara has taught a History of Pittsburgh course to undergraduates. She has written a number of books about Pittsburgh, including: *After the Holocaust: The Migration of Polish Christians and Polish Jews to Pittsburgh after World War II, Steel City Jews, (vol. 1)* and *Steel City Jews in Prosperity, Depression and War, (vol. 2), 1915-1950*. She has also compiled Jewish Pittsburgh, a picture book for the *Images of America Series*. She is currently doing research for a biography of Sophie Masloff.

Whiskey And Rebellion At Pittsburgh’s Only Whiskey Distillery

**Study Leader:** Mark C. Meyer

- 1 Class: Feb. 8
- Thursday, 1:00 PM - 2:30 PM
- Wigle Whiskey
  2401 Smallman St., Strip District

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

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

Study Leader: Helen Wilson

• 6 Classes: Mar. 6 – Apr. 10      Class ID: 2316
• Tuesday, 9:15 AM - 10:45 AM
• Wean Hall, 4708

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

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

City Beautiful: The Architecture Of Oakland

Study Leader: Robert Jucha

• 6 Classes: Jan. 9 – Feb. 13      Class ID: 2175
• Tuesday, 9:30 AM - 11:00 AM
• Wean Hall, 4708

The World’s Columbian Exposition held in Chicago in 1893 inspired civic leaders across America to embark upon beautification and planning schemes known as the City Beautiful Movement. In Pittsburgh, this inspiration resulted in the development of the Oakland Civic Center which between the early 1890s and 1920s was filled with an impressive number of public buildings such as the Carnegie Institute, a grand hotel, private clubs, institutions of higher learning, public landscaping with fountains, and even a world-class baseball stadium. The course will focus on this development through its movements and some of the city’s finest architects who were responsible for Civic Center architecture: Alden and Harlow, Henry Hornbostel, and Benno Janssen among them. The course also focuses on the individuals who were primarily responsible for creating the Civic Center: Edward Bigelow, the father of Pittsburgh’s parks; philanthropist Andrew Carnegie; the real estate developer Franklin Nicolla; and University of Pittsburgh Chancellor John Bowman.

Robert Jucha is a former book editor who worked in the educational publishing field for 30 years. In 1980, he received a Ph.D. in American studies from George Washington University for his dissertation, Shadyside: Anatomy of a Streetcar Suburb. For the last 9 years, he has led and created docent tours for the Pittsburgh History and Landmarks Foundation on many areas of Pittsburgh.

Share the "air time"

Limit the number of questions and comments you make in class to allow time for others to share. It is only fair!
City Of Asylum: Pittsburgh’s Worldwide Hub Where Writers & Artists Convene

*Study Leader: Anne Lackner*

- **1 Class:** Feb. 27  
  **Class ID:** 2257  
  **ONE DAY**  
  - **Tuesday,** 11:30 AM - 1:30 PM  
  - **Alphabet City Center,**  
    40 W. North Avenue, North Side

- **1 Class:** Mar. 1  
  **Class ID:** 2329  
  **ONE DAY**  
  - **Thursday,** 11:30 AM - 1:30 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: This course will feature indoor lectures as well as walking the .5 miles to the Reading Garden along Sampsonia Way.*

**Anne Lackner** is co-founder of the Lackner Group, Inc., a software company committed to providing innovative solutions in trust and estate administration to law firms, bank trust officers, and C.P.As. She has helped anchor the development of the Garden Theater block. She is a member of the external advisory board at the University of Pittsburgh’s EU Center of Excellence/European Studies Center and a board member of City of Asylum. As member of the World Affairs Council Pittsburgh, she is a facilitator working to create high school students’ awareness, understanding, and appreciation of world cultures and global issues.

Behind The Scenes At KDKA-TV

*Study Leader: Lee Golomb, Chelsea Strub*

- **6 Classes:** Mar. 9 – Apr. 27*  
  **Class ID:** 2233  
  **NEW**  
  - **Friday,** 10:00 AM - 11:30 AM  
  - **Wean Hall,** 4708

*Note: Class will not meet on Mar. 30, Apr. 20

Have you ever wondered what goes on at KDKA-TV to bring the news to the people of Pittsburgh? Well, here is your chance. Six speakers chosen by KDKA will come to Osher and give us a first-hand picture of how the news is provided. If you have taken the Pittsburgh Post-Gazette classes at Osher, you know what fun the classes are. KDKA presentations will be just as fun and informative. Come be part of this great learning experience.

**Lee Golomb** has been a member of Osher for the last few years. He and his wife Sandy live in Collier Twp. with their two therapy Chinese Cresteds, Ike and Rambo.

**Chelsea Strub** is the acting Marketing Producer at KDKA-TV. She has also been a member of the Pittsburgh’s CW Green Team, a promotional street team for WPCW-TV (KDKA’s sister station) since 2013. As marketing producer, her responsibilities include producing and editing station-sponsored event promotions, managing and fulfilling talent requests, and much more!

New Engineering Technologies at CMU

*Study Leader: CMU College of Engineering*

- **3 Classes:** Jan. 23 – Feb. 6  
  **Class ID:** 2341  
  **NEW**  
  - **Tuesday,** 1:00 PM - 2:30 PM  
  - **Scott Hall,** 6142

Meet a variety of engineering researchers from the College of Engineering at CMU. Each meeting will feature a different engineer and area of researcher who will discuss new technologies they are developing in their labs, and the impact their work is having or will have in our world. Technologies presented can include new bioengineering technologies and devices, ways to make infrastructure and transportation smarter, the development of new technologies and devices, and/or new approaches to create more environmentally friendly and sustainable lifestyles.

*Please note: This course may contain tours which are not handicap accessible.*

Each class will feature a different CMU engineer and their area of research in the College of Engineering.
History 412: 
Discover The Sites And Stories That Make Our Region Unique

Study Leader: Robert Stakeley

- 5 Classes: Mar. 7 – Apr. 11*
- Wednesday, 6:00 PM - 7:30 PM
- Heinz History Center

*Note: Class will not meet on Mar. 28

You may be familiar with the history of the City of Pittsburgh, but what about Cement City or Brownsville? George Washington, Roberto Clemente, and Fred Rogers are names that we should all recognize. Hopefully, we have also learned about their impact on the region and world. However, do we recognize the names and likenesses of Gabriel Walker or Jacob Bowman? The Senator John Heinz History Center, through its History Center Affiliates Program (HCAP), will facilitate the captivating discovery and exploration of several Affiliate sites (museums, historical societies, etc.) and their remarkable stories. Representatives from these Affiliate sites will take great pride in sharing with you the rich history of some of our area’s lesser known, but historically significant people, places, events, and accomplishments. You’ll be surprised at what you’ll learn, and leave each class with a heightened sense of pride in calling our region home.

Robert O. Stakeley is the History Center Affiliates Program (HCAP) Coordinator at the Senator John Heinz History Center, where he provides various levels of instruction and guidance for a diverse patron audience. He oversees the Affiliates Program (HCAP), a program that assists more than 400 historically-minded organizations, including historical societies, museums, libraries, churches, theaters, etc., in achieving their goals by helping them in various capacities through advocating best practices. Previously, Robert had served as the Docent Program Coordinator, which involved providing training for the more than 75 docents. Robert is a former librarian, archivist, and educator who has extensive experience in the collecting, preserving, and providing access to collections. This work has included delivering reference services; conducting research; accessioning, processing, digitizing, and cataloguing of collections; publishing of research; and the proper handling and display of collections. As a lifelong educator and learner, Robert enjoys working with people of all ages, especially students, in providing access to primary and secondary sources. His approach to history and in “bringing collections to life” is simple: establish a connection and make it fun.

A View Of Oakland: 
Past, Present, And Future

Study Leader: Connie White

- 3 Classes: Jan. 9 – Jan. 23
- Tuesday, 9:30 AM - 11:00 AM
- Hunt Library, Osher Classroom

The course will provide rare photographs, interesting facts and a history of Oakland: How did we get here? As Ansel Adams said, “There are two people in every photograph, the viewer and the photographer.” Come be the viewer of my present-day pictures of Oakland: What is it like to live here? Lastly, a guest speaker from the Oakland Planning and Development Corporation will address Oakland’s future: Where are we headed? A trivia quiz will test your knowledge of Oakland.

Connie White has been creating arts and crafts projects since childhood, but only recently tried her hand at glass art. She has been involved in the Friendship arts community for 16 years. Connie was on the Board of Directors of the Friendship Preservation Group when the Pittsburgh Glass Center opened its doors in 2001. Although a lifelong art patron, Osher has inspired her to become a participant.

The Development Of The NFL 
And The Formation Of The Pittsburgh Steelers

Study Leader: John R. McGinley, Jr.

- 3 Classes: Mar. 7 – Mar. 21
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

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

John McGinley, Jr., is an attorney with Eckert Seamans Cherin & Mellott. His family has, for many years, owned stock in the Pittsburgh Steelers Football Club, and he served for many years as a director.
What makes Carnegie Mellon special is the students and the environment they have created that reflects their creativity, diversity and values. Students are the force behind so much that happens outside the classroom. You will learn how students are inspired and supported to engage in a transformative university experience that shapes their evolving understanding of self and community. A history of the evolution of Student Affairs will be offered, but the focus will be on how students have transformed life on campus. Students have been the architects of change and enhancement to the social, cultural, spiritual, intellectual, and recreational climate on campus. You will have the opportunity to hear from current students who are helping shape life both outside and inside their labs, studios, classrooms and residential areas.

Anne Witchner, Carnegie Mellon alumna, has been working at Carnegie Mellon in the Division of Student Affairs since 1977. She spent her first 20 years as director of the Skibo University Center and Student Activities; she has had the privilege of working with the best and brightest students who helped create some of the most exciting and memorable programs on campus including the annual Spring Carnival, Buggy Races, the Martin Luther King, Jr., Day of events, concerts, lectures, film series, etc. For the past 18 years, she has worked collaboratively to develop an award-winning orientation program, that would not be what it is without the leadership roles that students have played in the planning, promotion, and execution of this Week of Welcome in August. During her entire career, she has felt it a privilege to be part of such a rich and rewarding environment that supports the students both inside and outside of class.

Marcia Taylor is retired from the staff of the municipality of Mt. Lebanon, Pennsylvania where she served as Assistant Manager and Director of Finance. She also served for ten years as a member of the Governmental Accounting Standards Board. Prior to her work in Mt. Lebanon, she served on the audit staff of a national accounting firm. She has a master in public management degree from CMU and a bachelor of science degree in accounting from Bucknell University. Throughout her career she has been a frequent speaker for professional organizations and community groups on a wide variety of governmental topics, and has contributed articles to publications concerned with improving local government. She is a Certified Public Accountant, Certified Government Financial Manager and Credentialed Manager (government management).
Unions: Who Needs Them Anyway?

Study Leader: Jack Yoedt

• 5 Classes: Mar. 6 – Apr. 3
• Tuesday, 9:15 AM - 10:45 AM
• Wean Hall, 4707

Why do workers want unions, and why do business owners resist them? Western Pennsylvania has a rich and storied labor history. What is it that unions do? Are they relevant? Why are some employees unionized and others not? Learn about the history of labor unions, their structure, and how they operate. How are union leaders chosen? Discover where unions get their money and what is meant by a "right to work." We will explore the different types of unions along with federal, public, and private sector unions. Learn how union contracts are negotiated. Strikes, lockouts, plant closings: what do they all mean?

Jack Yoedt is a graduate of Washington and Jefferson College with a bachelor of arts degree in economics. He received a Juris Doctor degree from Duquesne University School of Law in 1974 and in 1984 passed the Uniform Certified Public Accounting Examination in Pennsylvania. He has been a Commissioner with the Federal Mediation and Conciliation Service since 1998. He is experienced in mediating labor disputes in both the private and public sectors. He has provided joint training to labor and management in such areas as labor-management committee effectiveness, interest-based bargaining and problem solving, collective bargaining negotiations, labor contract administration, and other joint cooperative initiatives. He has also been instrumental in establishing programs for employers and unions to problem solve at remote geographic sites through computer-enabled technology. Jack has taught courses at various colleges and universities, and as the attorney for the Service Employees International Union (SEIU) he negotiated over 400 labor contracts.

Understanding Public Opinion: Who Believes What And Why

Study Leader: Susan Hansen

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

This course will consider various definitions of public opinion and the role it should (or does) play in American politics, elections, and public policy. How is public opinion measured? How accurate are various polls and surveys? What are the sources of people’s beliefs and attitudes? How do opinions change over time? What do Americans think about current issues: the economy, taxation, gay rights, climate change, abortion, women’s rights, gun control, foreign policy, health care, the role of government, the political role of religion? How responsive are elected officials to public preferences? The final class will consider how well the general public’s views are reflected in voting behavior and the results of the 2016 election.

Susan B. Hansen is professor emerita of political science at the University of Pittsburgh, where she taught a course on women in politics every year since 1980. She received her Ph.D. degree in political science from Stanford University in 1972 and has also taught courses in American politics at the universities of Washington State, Illinois, and Michigan. She has taught a class, “A Woman for President?” for Osher at the University of Pittsburgh, and at CMU has taught “The Politics of Sex” and “The Politics of Reproduction.” She recently completed a book, The Politics of Sex: Public Opinion, Parties, and Presidential Elections (Routledge, 2014).
The Civil War As Seen Through the Eyes Of Two Soldiers

Study Leader: Carleton Young

• 6 Classes: Mar. 8 – Apr. 12  
  Class ID: 2319  
  Thursday, 1:15 PM - 2:45 PM  
  Wean Hall, 4707

Imagine clearing out your parents’ attic in Churchill and finding hundreds of letters written by two brothers as they fought in the Civil War. Faced with that situation, and not knowing where the letters came from, the instructor for this class called in Osher study leader Edd Hale. Along with their wives, Osher members Carol Young and Nancy Hale, they spent many years transcribing the letters, visiting the home area of the two Vermont soldiers, and touring battlefields to follow in their footsteps as they prepared to write a book about the two brothers. This class will trace the history of the Civil War with frequent references to the vivid accounts of battles and other aspects of army life as described by these two soldiers. It will emphasize the battles in which they participated: the Peninsula Campaign, South Mountain, Antietam, Fredericksburg, Chancellorsville, Gettysburg, the Wilderness, and Cedar Creek.

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

Great Decisions 2018

Study Leader: Marcia Frumerman

• 6 Classes: Mar. 8 – Apr. 12  
  Class ID: 2222  
  Thursday, 1:00 PM - 3:00 PM  
  Wean Hall, 4708

The Great Decisions course is back! Great Decisions 2018 takes you beyond the headlines by providing a look at six of the most significant and far-reaching challenges facing the world. This course is designed to encourage debate and discussion about the important global issues of our time. Our explorations will be based on the soft-cover briefing book Great Decisions 2018, published by the independent nongovernmental Foreign Policy Association. These balanced articles are on crucial foreign policy issues. They consist of ten-page briefings that give the historical background of present and future policy options and offer impartial analyses to help you assess the challenges ahead. Great Decisions course has been taught by Marcia Frumerman from 1996 - 2011, 2016 and 2017

Please Note: Course members are asked to purchase the briefing book Great Decisions 2018 online. Prior to each class you will be asked to read a 10-page chapter to be discussed, I will send you each week the pages I will cover in class.

Marcia Frumerman holds a graduate degree in international education from the University of Pittsburgh and a B.S. degree in psychology from Carnegie Mellon. For over 20 years Marcia served as a consultant and trainer to various agencies of the federal government, from the National Institutes of Health to the Department of the Navy, performing management studies and conducting seminars on a wide variety of topics. She is a founding member of A.L.L. (Osher).
Jane Austin And Carl Jung—
A Dynamic Duo

Study Leader: Elizabeth Rodenz

• 4 Classes: Jan. 8 – Feb. 5*
• Monday, 1:00 PM - 3:00 PM
• Wean Hall, 4707

*Note: Class will not meet on Jan. 15

This course will focus on the character archetypes that pop up across the writing of Jane Austen. Jung rejected the notion that we are born with a blank slate. Instead, he said that we are born with universal patterns of being (archetypes) that exist in everyone around us. We are all familiar with them, because everywhere we turn, there they are! If we learn to identify the archetypes that we embody individually and those in the world around us, we learn about ourselves. Using Austen’s *Pride and Prejudice* and *Emma* and feminine and masculine archetypes, we will explore such questions as: will Elizabeth and Darcy live happily ever after, but also why did they even get together? Is Bingley the best choice of husbands for Jane? What attracted Mr. Knight to Emma? Why did Emma befriend Harriett? Why are all the Bennett sisters so different? Why do you respond to some of the characters positively and others negatively?

See Elizabeth Rodenz, pg. 34

Women Of The Bible:
Portraits Of Strength

Study Leader: Bruce Antonoff

• 5 Classes: Jan. 10 – Feb. 7
• Wednesday, 9:15 AM - 10:45 AM
• Wean Hall, 4708

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

Bruce Antonoff has a bachelor of science degree in aerospace engineering from Polytechnic Institute of Brooklyn, a master of science degree in engineering science from Rensselaer Polytechnic Institute, and a master of business administration degree from 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.
An Introduction To Hinduism

Study Leader: Christine Asenjo

- 4 Classes: Jan. 10 – Jan. 31
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

This course is an introduction to Hinduism, widely considered to be the world’s oldest religion. Hindus view their religion’s name as “Sanatana Dharma” which means “The Eternal Path.” Though Hinduism has no founder, general philosophy or uniform customs, Hindus are held together by a belief that the Vedas, sacred scriptures that are accepted as Spiritual Authority, provide their tradition with legitimacy. We’ll move on to Hindu gods and goddesses that include Rama and Sita, representing the ideal husband and wife; a discussion of arranged marriages; and the ancient tradition of the caste system and why it persists in modern times.

Christine Asenjo is International Programs Coordinator in the Office of the Vice Provost for International Programs and Strategy, Carnegie Mellon University. She received her B.A. in English and Technical Writing at Penn State; and her M.A. in Religious Studies at the University of Pittsburgh. Her research focus was on the weekly abhishekam puja (ritual) for Lord Vishnu. She has visited India twice, and her field research for the degree was conducted at the Sri Venkateswara Hindu Temple in Penn Hills. It is one of the most revered Hindu temples outside of India, and she has spent the last 20 years taking visitors there. It’s a privilege to introduce people to this faith and to share this wonderful cultural resource here in Pittsburgh.

The Reformations Of The Sixteenth Century

Study Leader: David Wollman

- 5 Classes: Jan. 11 – Feb. 8
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Christendom was fairly (though not completely) unified during the medieval period, at least in Western Europe, until the 16th century when the Reformations of the church resulted in fragmentation of the Universal or Catholic Church. After a summary of Christendom until about 1500, participants will look at the five Reformations of the 16th century: the Lutheran (or Protestant); the Reformed (or Calvinist); the Radical, the Anglican, and the Catholic (or Counter) Reformations.

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

Respond to the Monkey in your email!

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

Study Leader: William Lassek

- 6 Classes: Mar. 8 – Apr. 12
- Thursday, 3:15 PM - 5:15 PM
- Wean Hall, 4707

This course looks at the increasingly perilous situation of humanity today from the viewpoint of biology, anthropology, and evolutionary psychology. Because evolution depends only on success in reproducing, we have genes only from ancestors that succeeded in having offspring—and from far fewer men than women. Men’s brains, inundated with testosterone starting at 9 weeks of life, have been strongly shaped primarily for success in competing for mates through 600 million years of random change and female choice, including the 200,000 years our species lived as hunter-gatherers. Unfortunately, a masculinized brain optimized for mating competition is proving very ill-suited for dealing with the many critical problems that seriously threaten the survival of our species today, as the events of the past year illustrate only too well. Our female ancestors’ mate choices helped to create this mismatch. Can women’s less-impaired brains save us now? Suggestions will be welcome.

Will Lassek is a physician and retired Assistant Surgeon General in the US Public Health Service and has an appointment as professor of anthropology at the University of California at Santa Barbara. He is the lead author of a number of scientific papers related to human biology, sex differences, and evolutionary psychology and of the book *Why Women Need Fat*. He has previously taught Osher courses on the history of medicine and "Why God Hates Women."

CHUTZ-POW! Superheroes Of The Holocaust Volume Three: Youth Survivors

Study Leader: Rabbi Ron Symons

- 5 Classes: Jan. 29 – Feb. 26
- Monday, 10:00 AM - 11:30 AM
- Jewish Community Center, 5738 Darlington Road, Squirrel Hill

Using CHUTZ-POW! Superheroes of the Holocaust Volume Three: Youth Survivors as a diving-off point, we will focus on ways lessons learned about morality, perseverance and indifference during the Holocaust remain relevant today. Guest speakers include staff from the Holocaust Center, CHUTZ-POW’s creative team, and the University of Pittsburgh Religious Studies Department. Both an exhibit and comic book featuring stories of survivors who live in Pittsburgh, CHUTZ-POW includes the original storyboards and drawings demonstrating the creative process. These personal accounts from World War Two transcend their time-period with inspiration, caution, and instruction for contemporary readers/viewers. The focus of CHUTZ-POW! Volume 3 turns to the ordeals of Young Survivors, where viewers will discover the wide-ranging experiences youth endured to survive during the Holocaust. Despite their travails — as hidden children, visible-hidden children, ghetto and camp survivors, and refugees — these most-vulnerable of victims emerged from incredible hardships to represent strength of spirit that refused to be oppressed.

Rabbi Ronald B.B. Symons, Senior Director of Jewish Life at the JCC of Greater Pittsburgh, is passionate about Jewish living and Jewish community. He is committed to engaging and meaningful experiences that lead to intellectually, culturally, spiritually, and socially responsible Jewish living. A student of effective learning, Ron strives for educational excellence across the ages. Whether with his 4-foot tall puppet Sheli and toddlers with their parents, elementary school students up to their elbows in challah dough, on a Jewish road trip with teens, or engaged in text-based meaningful conversations with adults, Ron gets inspired through active learning experiences. Most important, Ron is the supportive husband of Rabbi Barbara Symons of Temple David, Monroeville, PA. (Yes, they met in their first week of rabbinic school in Jerusalem!) They are the proud parents of Aviva, Ilana, and Micah. Ron enjoys cooking, woodworking/home projects, and Broadway musicals.
<table>
<thead>
<tr>
<th>TIME</th>
<th>COURSE TITLE</th>
<th>CLASS ID</th>
<th>LEADER(S)</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 AM - 11:00 AM</td>
<td>Flares Of Memory</td>
<td>2248</td>
<td>Linda Hurwitz</td>
<td>59</td>
</tr>
<tr>
<td>9:30 AM - 11:00 AM</td>
<td>Julius Caesar In The Twenty-First Century</td>
<td>2185</td>
<td>Michael Mariani</td>
<td>9</td>
</tr>
<tr>
<td>10:00 AM - 11:30 AM</td>
<td>CHUTZ-POW! Superheroes Of The Holocaust Volume Three: Youth Survivors</td>
<td>2305</td>
<td>Rabbi Ron Symons</td>
<td>73</td>
</tr>
<tr>
<td>11:15 AM - 12:45 PM</td>
<td>World Class Architecture In America’s Heartland: Columbus, Indiana</td>
<td>2304</td>
<td>Jeffrey Swoger</td>
<td>44</td>
</tr>
<tr>
<td></td>
<td>Astrophysics And Evolution Of The Universe</td>
<td>2181</td>
<td>Leonard Kisslinger</td>
<td>45</td>
</tr>
<tr>
<td></td>
<td>Enjoying The New Yorker</td>
<td>2202</td>
<td>John Brown</td>
<td>53</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Maureen Brown</td>
<td></td>
</tr>
<tr>
<td>1:00 PM - 3:00 PM</td>
<td>Short Stories - The Small Is Large</td>
<td>2183</td>
<td>Helen-Faye Rosenblum</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Jane Austin And Carl Jung - A Dynamic Duo</td>
<td>2284</td>
<td>Elizabeth Rodenz</td>
<td>71</td>
</tr>
<tr>
<td></td>
<td>The Foods Of Persia</td>
<td>2236</td>
<td>David Green</td>
<td>26</td>
</tr>
<tr>
<td>1:15 PM - 2:45 PM</td>
<td>Ancient Egypt: Mystery, Magic, And Ma’at</td>
<td>2258</td>
<td>Anita LaLumere</td>
<td>57</td>
</tr>
<tr>
<td>3:15 PM - 4:45 PM</td>
<td>All About Gold, Platinum, Silver</td>
<td>2294</td>
<td>Theodore Shiff</td>
<td>24</td>
</tr>
<tr>
<td>3:15 PM - 5:15 PM</td>
<td>Short Stories - The Small Is Large</td>
<td>2184</td>
<td>Helen-Faye Rosenblum</td>
<td>14</td>
</tr>
<tr>
<td>3:30 PM - 5:00 PM</td>
<td>America From A Weak New Nation To Industrial Might And Imperial Power</td>
<td>2231</td>
<td>Arthur Goldberg</td>
<td>61</td>
</tr>
<tr>
<td>4:00 PM - 5:30 PM</td>
<td>The Art Of The City</td>
<td>2176</td>
<td>Kristen Link</td>
<td>8</td>
</tr>
<tr>
<td>5:15 PM - 6:15 PM</td>
<td>This Was The Week That Was - Discussion Of The Week’s Events</td>
<td>2232</td>
<td>Arthur Goldberg</td>
<td>61</td>
</tr>
<tr>
<td>5:30 PM - 6:30 PM</td>
<td>Beyond The Notes: Music In The 20th Century</td>
<td>2308</td>
<td>Benjamin Tisherman</td>
<td>16</td>
</tr>
</tbody>
</table>
# TUESDAY | Session ONE / January 8 – March 2

<table>
<thead>
<tr>
<th>TIME</th>
<th>COURSE TITLE</th>
<th>CLASS ID</th>
<th>LEADER(S)</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 AM - 11:00 AM</td>
<td>The Female Sleuth: Gender Norms And Mysteries</td>
<td>2251</td>
<td>Phyllis Kitzerow</td>
<td>53</td>
</tr>
<tr>
<td></td>
<td>City Beautiful: The Architecture Of Oakland</td>
<td>2175</td>
<td>Robert Jucha</td>
<td>65</td>
</tr>
<tr>
<td></td>
<td>A View Of Oakland: Past, Present And Future</td>
<td>2310</td>
<td>Connie White</td>
<td>67</td>
</tr>
<tr>
<td></td>
<td>Grandparenting 101</td>
<td>2215</td>
<td>Mark Diamond</td>
<td>36</td>
</tr>
<tr>
<td>10:00 AM - 11:30 AM</td>
<td>Move It Or Lose It At Dance Alloy</td>
<td>2269</td>
<td>Elsa Limbach</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td>Feeling Better: Stretching Exercises For Eliminating Pain</td>
<td>2180</td>
<td>Mark Spanos</td>
<td>29</td>
</tr>
<tr>
<td>10:00 AM - 12:00 PM</td>
<td>Stone Sculpture Or Lets Rock On!</td>
<td>2210</td>
<td>Mary Collins</td>
<td>22</td>
</tr>
<tr>
<td>11:15 AM - 12:45 PM</td>
<td>Filmmakers From The Muslim World</td>
<td>2182</td>
<td>Kalpana Biswas</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Demystifying The Line Part II</td>
<td>2197</td>
<td>Gary Bates</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td>Healthy Eating</td>
<td>2172</td>
<td>Rosa Barnett Averbach</td>
<td>41</td>
</tr>
<tr>
<td></td>
<td>Issues In Children’s Literature</td>
<td>2250</td>
<td>Amy Kellman</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Aging Without Growing Old</td>
<td>2249</td>
<td>Richard Kalla</td>
<td>48</td>
</tr>
<tr>
<td>11:30 AM - 1:30 PM</td>
<td>City Of Asylum: Pittsburgh Worldwide Hub</td>
<td>2257</td>
<td>Anne Lackner</td>
<td>66</td>
</tr>
<tr>
<td></td>
<td>Where Writers And Artists Convene</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM - 3:00 PM</td>
<td>The Writing Circle: Write Now!</td>
<td>2200</td>
<td>Mimi Botkin</td>
<td>42</td>
</tr>
<tr>
<td></td>
<td>U.S. Healthcare: Documentary And Discussion</td>
<td>2311</td>
<td>Norm Wien</td>
<td>52</td>
</tr>
<tr>
<td></td>
<td>New Engineering Technologies At CMU</td>
<td>2341</td>
<td>College of Engineering</td>
<td>66</td>
</tr>
<tr>
<td>1:15 PM - 2:45 PM</td>
<td>Fifteen Centuries Of Irish Decorative Arts</td>
<td>2205</td>
<td>Anne Burnham</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>How About Some History Of Pittsburgh?</td>
<td>2207</td>
<td>Barbara Burstin</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td>PowerPoint Tour Of The Pittsburgh Zoo And PPG Aquarium</td>
<td>2226</td>
<td>Cathy Gialloreto</td>
<td>63</td>
</tr>
<tr>
<td>3:15 PM - 4:45 PM</td>
<td>Shakespeare And Outsiders: Othello And Lear</td>
<td>2276</td>
<td>Marianne Novy</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Improve Your Party Bridge Skills</td>
<td>2173</td>
<td>John Olmsted</td>
<td>30</td>
</tr>
<tr>
<td>3:30 PM - 5:00 PM</td>
<td>Women &amp; Money</td>
<td>2312</td>
<td>Roselyn Wilkinson</td>
<td>19</td>
</tr>
</tbody>
</table>
### Session ONE
**January 8 – March 2**

<table>
<thead>
<tr>
<th>TIME</th>
<th>COURSE TITLE</th>
<th>CLASS ID</th>
<th>LEADER(S)</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15 AM - 10:45 AM</td>
<td>Publishing For Writers</td>
<td>2295</td>
<td>Scott Smith</td>
<td>43</td>
</tr>
<tr>
<td></td>
<td>How Cars Have Influenced Our Lives And Culture</td>
<td>2235</td>
<td>Melvin Gornic</td>
<td>55</td>
</tr>
<tr>
<td></td>
<td>Women Of The Bible: Portraits Of Strength</td>
<td>2192</td>
<td>Bruce Antonoff</td>
<td>71</td>
</tr>
<tr>
<td>10:00 AM - 11:30 AM</td>
<td>Tamburitian Kolo Dancing</td>
<td>2287</td>
<td>George Schexnayder</td>
<td>29</td>
</tr>
<tr>
<td>11:15 AM - 12:45 PM</td>
<td><strong>The Five People You Meet In Heaven</strong></td>
<td>2219</td>
<td>David Fortun</td>
<td>35</td>
</tr>
<tr>
<td></td>
<td>Understanding And Managing Stress For Better Mental And Physical Health</td>
<td>2179</td>
<td>Bruce S. Rabin</td>
<td>40</td>
</tr>
<tr>
<td>1:00 PM - 2:30 PM</td>
<td>Brown Crusts And How To Avoid Pan Scrubbers</td>
<td>2246</td>
<td>Robert Heard</td>
<td>51</td>
</tr>
<tr>
<td>1:15 PM - 2:30 PM</td>
<td>Get Fit - A Fun Latin Cardio Workout</td>
<td>2280</td>
<td>Connie Pollack</td>
<td>27</td>
</tr>
<tr>
<td>1:15 PM - 2:45 PM</td>
<td>Mystery Of Economic Growth</td>
<td>2206</td>
<td>James Burnham</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>Exercise For Older Adults</td>
<td>2282</td>
<td>Bill Presutti Jr</td>
<td>40</td>
</tr>
<tr>
<td>3:15 PM - 4:45 PM</td>
<td>From Text To Image: The Artist As Biblical Interpreter</td>
<td>2331</td>
<td>Karen Bowden Cooper</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Everything You’ve Always Wanted To Know About Disease But Were Afraid To Ask</td>
<td>2217</td>
<td>Stephen Fisher</td>
<td>48</td>
</tr>
<tr>
<td></td>
<td>An Introduction To Hinduism</td>
<td>2191</td>
<td>Christine Asenjo</td>
<td>72</td>
</tr>
<tr>
<td></td>
<td>The Evening Garden</td>
<td>2297</td>
<td>Nina Sowiski</td>
<td>31</td>
</tr>
<tr>
<td>6:00 PM - 7:30 PM</td>
<td>Gone With The Winds</td>
<td>2228</td>
<td>James Gorton</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Understanding Police And Active Shooter Review</td>
<td>2224</td>
<td>Carla Gedman</td>
<td>54</td>
</tr>
<tr>
<td>6:30 PM - 8:30 PM</td>
<td>Wine Appreciation - Bordeaux</td>
<td>2218</td>
<td>Chris Forbes</td>
<td>25</td>
</tr>
<tr>
<td>TIME</td>
<td>COURSE TITLE</td>
<td>CLASS ID</td>
<td>LEADER(S)</td>
<td>PAGE</td>
</tr>
<tr>
<td>---------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>----------</td>
<td>-------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>9:15 AM - 10:45 AM</td>
<td>Parli Italiano 2</td>
<td>2187</td>
<td>Viviana Altieri</td>
<td>33</td>
</tr>
<tr>
<td>9:30 AM - 11:00 AM</td>
<td>Move It Or Lose It At Friends</td>
<td>2261</td>
<td>Elsa Limbach</td>
<td>28</td>
</tr>
<tr>
<td>10:00 AM - 11:30 AM</td>
<td>The Mattress Factory: Art You Can Get Into</td>
<td>2279</td>
<td>The Mattress Factory</td>
<td>5</td>
</tr>
<tr>
<td>10:00 AM - 12:00 PM</td>
<td>Hatha Yoga</td>
<td>2174</td>
<td>Loretta Barone</td>
<td>26</td>
</tr>
<tr>
<td>11:15 AM - 12:45 PM</td>
<td>Memoir Writing From Photographs</td>
<td>2320</td>
<td>Molly Youngling</td>
<td>43</td>
</tr>
<tr>
<td></td>
<td>Treating Autism Spectrum Disorders And ADHD without Drugs</td>
<td>2177</td>
<td>Patricia Spear Lemer</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>The Reformations Of The Sixteenth Century</td>
<td>2178</td>
<td>David Wollman</td>
<td>72</td>
</tr>
<tr>
<td></td>
<td>Sailing On The US Brig Niagara: 1813 And Today</td>
<td>2243</td>
<td>Edward Hale</td>
<td>60</td>
</tr>
<tr>
<td>11:30 AM - 1:30 PM</td>
<td>City Of Asylum: Pittsburgh Worldwide Hub Where Writers And Artists Convene</td>
<td>2329</td>
<td>Anne Lackner</td>
<td>66</td>
</tr>
<tr>
<td>1:00 PM - 2:30 PM</td>
<td>Uniting For James Joyce’s <em>Ulysses</em></td>
<td>2204</td>
<td>Gloriana St Clair</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Whiskey And Rebellion At Pittsburgh’s Only Whiskey Distillery</td>
<td>2270</td>
<td>Mark C. Meyer</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td>Braddock’s Defeat And The Rise of George Washington</td>
<td>2268</td>
<td>Robert Messner</td>
<td>58</td>
</tr>
<tr>
<td>1:00 PM - 3:00 PM</td>
<td>Great And Notable Novels Read And Revisited</td>
<td>2289</td>
<td>Mary Schinhofen, Thomas Lazaroff,</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Helen-Faye Rosenblum, Jane Purifoy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tour The Kelso Museum Of Near East Archaeology</td>
<td>2247</td>
<td>Jennifer Hipple</td>
<td>62</td>
</tr>
<tr>
<td>1:15 PM - 2:45 PM</td>
<td>What You Should Know About Your DNA</td>
<td>2216</td>
<td>Anna Estop</td>
<td>49</td>
</tr>
<tr>
<td></td>
<td>Women In The Antebellum South</td>
<td>2239</td>
<td>Joan Gundersen</td>
<td>59</td>
</tr>
<tr>
<td>3:15 PM - 4:45 PM</td>
<td>Art, Architecture, Kidney Stones . . . And Mathematics</td>
<td>2315</td>
<td>Richard Wertheimer</td>
<td>46</td>
</tr>
<tr>
<td></td>
<td>Civilized Discourse</td>
<td>2208</td>
<td>John Burton</td>
<td>52</td>
</tr>
<tr>
<td>4:00 PM - 5:30 PM</td>
<td>Carnegie Mellon-The Student Experience</td>
<td>2313</td>
<td>Anne Witchner</td>
<td>68</td>
</tr>
<tr>
<td>5:30 PM - 6:30 PM</td>
<td>Creative Process Of CMU’s School Of Drama Plays</td>
<td>2330</td>
<td>Richard Block</td>
<td>8</td>
</tr>
<tr>
<td>TIME</td>
<td>COURSE TITLE</td>
<td>CLASS ID</td>
<td>LEADER(S)</td>
<td>PAGE</td>
</tr>
<tr>
<td>--------------------</td>
<td>------------------------------------------------------------------------------</td>
<td>----------</td>
<td>----------------------</td>
<td>------</td>
</tr>
<tr>
<td>9:15 AM - 10:45 AM</td>
<td><strong>iPhone Basics:</strong> Getting The Most Out Of Your iPhone</td>
<td>2334</td>
<td>Wyatt Walter-Dawahare</td>
<td>38</td>
</tr>
<tr>
<td></td>
<td><strong>iPhone Basics:</strong> Getting The Most Out Of Your iPhone</td>
<td>2335</td>
<td>Wyatt Walter-Dawahare</td>
<td>38</td>
</tr>
<tr>
<td></td>
<td><strong>iPhone Basics:</strong> Getting The Most Out Of Your iPhone</td>
<td>2336</td>
<td>Wyatt Walter-Dawahare</td>
<td>38</td>
</tr>
<tr>
<td>9:30 AM - 11:00 AM</td>
<td><strong>Redesigning Learning Spaces</strong></td>
<td>2240</td>
<td>Norton Gusky</td>
<td>54</td>
</tr>
<tr>
<td>11:15 AM - 12:45 PM</td>
<td><strong>How To Solve Cryptic Crossword Puzzles</strong></td>
<td>2264</td>
<td>Cherie Maharam</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td><strong>Dementia Care: Talking To, Caring For, And Understanding People With Dementia</strong></td>
<td>2190</td>
<td>Rachael Wonderlin</td>
<td>39</td>
</tr>
<tr>
<td></td>
<td><strong>Tributes To President Kennedy</strong></td>
<td>2286</td>
<td>Steve Russell</td>
<td>62</td>
</tr>
<tr>
<td>1:15 PM - 2:45 PM</td>
<td><strong>Non-Fiction Pulitzer Prize Books Revisited</strong></td>
<td>2327</td>
<td>Joan Bernard</td>
<td>12</td>
</tr>
<tr>
<td>1:30 PM - 3:00 PM</td>
<td><strong>Human Sexuality</strong></td>
<td>2326</td>
<td>Maurice Cerul</td>
<td>47</td>
</tr>
<tr>
<td>3:15 PM - 4:45 PM</td>
<td><strong>Create Your Own Personal Labyrinth Art</strong></td>
<td>2193</td>
<td>Beth Asper</td>
<td>23</td>
</tr>
<tr>
<td>TIME</td>
<td>COURSE TITLE</td>
<td>CLASS ID</td>
<td>LEADER(S)</td>
<td>PAGE</td>
</tr>
<tr>
<td>---------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td>----------</td>
<td>----------------------------</td>
<td>------</td>
</tr>
<tr>
<td></td>
<td>Basic German Conversation</td>
<td>2256</td>
<td>Ruth L. M. Kuschmierz</td>
<td>32</td>
</tr>
<tr>
<td>11:15 AM - 12:45 PM</td>
<td><em>A Midsummer Night’s Dream</em>: A Dream For Us All</td>
<td>2186</td>
<td>Rebecca Carpenter</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Enjoying The <em>New Yorker</em></td>
<td>2203</td>
<td>John Brown, Maureen Brown</td>
<td>53</td>
</tr>
<tr>
<td></td>
<td>A Visit To Turkey And Istanbul</td>
<td>2241</td>
<td>Alberto Guzman</td>
<td>58</td>
</tr>
<tr>
<td>1:15 PM - 2:45 PM</td>
<td>The Book Of Joy: Lasting Happiness In A Changing World</td>
<td>2199</td>
<td>Joan Bernard, Gloriana St Clair</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Pleasures Of Poetry</td>
<td>2283</td>
<td>Judith Robinson</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Travel With Me To . . .</td>
<td>2254</td>
<td>Morris Kornblit</td>
<td>38</td>
</tr>
<tr>
<td>3:15 PM - 4:45 PM</td>
<td>Osteoporosis: Reducing The Risk Of Fracture</td>
<td>2234</td>
<td>Janice Gordon</td>
<td>49</td>
</tr>
<tr>
<td>3:15 PM - 5:15 PM</td>
<td>On the Wings Of Song: The Evolution Of The Requiem</td>
<td>2303</td>
<td>Jeffrey Swoger</td>
<td>16</td>
</tr>
<tr>
<td>TIME</td>
<td>COURSE TITLE</td>
<td>CLASS ID</td>
<td>LEADER(S)</td>
<td>PAGE</td>
</tr>
<tr>
<td>--------------------------</td>
<td>------------------------------------------------------------------------------</td>
<td>----------</td>
<td>----------------------</td>
<td>------</td>
</tr>
<tr>
<td>9:15 AM - 10:45 AM</td>
<td>Writing Your Obituary: Your Story: Your Words</td>
<td>2275</td>
<td>Susan Morris</td>
<td>37</td>
</tr>
<tr>
<td></td>
<td>Development Of Squirrel Hill - A Journey Through Time And Art</td>
<td>2316</td>
<td>Helen Wilson</td>
<td>65</td>
</tr>
<tr>
<td></td>
<td>Unions: Who Needs Them Anyway</td>
<td>2318</td>
<td>Jack Yoedt</td>
<td>69</td>
</tr>
<tr>
<td>10:00 AM - 11:30 AM</td>
<td>Move It Or Lose It At Dance Alloy</td>
<td>2325</td>
<td>Elsa Limbach</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td>Feeling Better: Stretching Exercises For Eliminating Pain</td>
<td>2300</td>
<td>Mark Spanos</td>
<td>29</td>
</tr>
<tr>
<td>10:00 AM - 12:00 PM</td>
<td>Spring Bird Migration And Identification</td>
<td>2196</td>
<td>National Aviary</td>
<td>46</td>
</tr>
<tr>
<td>11:15 AM - 12:45 PM</td>
<td>Saturday Night Live: The Gilda Years</td>
<td>2265</td>
<td>Martin Marshall, Enid Miller</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Declutter</td>
<td>2194</td>
<td>Rosa Barnett Averbach</td>
<td>36</td>
</tr>
<tr>
<td></td>
<td>The Life And Contributions Of Benjamin Franklin</td>
<td>2212</td>
<td>Cleon Cornes</td>
<td>59</td>
</tr>
<tr>
<td>1:00 PM - 3:00 PM</td>
<td>Music: How Is It Possible?</td>
<td>2209</td>
<td>Flavio Chamis</td>
<td>17</td>
</tr>
<tr>
<td>1:15 PM - 2:45 PM</td>
<td>Mastering the Art Of Conversation: How Your Conversations Can Change Your Life</td>
<td>2274</td>
<td>Susan Morris</td>
<td>37</td>
</tr>
<tr>
<td></td>
<td>How Pittsburgh Became The World’s Steelmaking Center During The Carnegie Era</td>
<td>2252</td>
<td>Ken Kobus</td>
<td>63</td>
</tr>
<tr>
<td></td>
<td>The Great French Revolution, 1789-1815</td>
<td>2314</td>
<td>Sheila Werner</td>
<td>61</td>
</tr>
<tr>
<td>3:00 PM - 5:00 PM</td>
<td>Regenerative Medicine</td>
<td>2201</td>
<td>Bryan Brown</td>
<td>50</td>
</tr>
<tr>
<td>3:15 PM - 4:45 PM</td>
<td>Growing Vegetables And Herbs in Your Space</td>
<td>2298</td>
<td>Nina Sowiski</td>
<td>32</td>
</tr>
<tr>
<td></td>
<td>Understanding Public Opinion: Who Believes What And Why</td>
<td>2245</td>
<td>Susan Hansen</td>
<td>69</td>
</tr>
<tr>
<td>3:15 PM - 5:15 PM</td>
<td>Mental Aerobics</td>
<td>2188</td>
<td>Jeanette Matthews</td>
<td>39</td>
</tr>
<tr>
<td>6:00 PM - 7:30 PM</td>
<td>American Westerns 1</td>
<td>2302</td>
<td>Lloyd Stires</td>
<td>52</td>
</tr>
<tr>
<td>TIME</td>
<td>COURSE TITLE</td>
<td>CLASS ID</td>
<td>LEADER(S)</td>
<td>PAGE</td>
</tr>
<tr>
<td>------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>----------</td>
<td>----------------------------</td>
<td>------</td>
</tr>
<tr>
<td>9:00 AM - 11:00 AM</td>
<td><strong>Writers’ Workshop</strong></td>
<td>2296</td>
<td>Thalia Snyder, Helen Wilson</td>
<td>42</td>
</tr>
<tr>
<td>9:30 AM - 11:00 AM</td>
<td><strong>The Current U.S. Supreme Court</strong></td>
<td>2272</td>
<td>Errol S. Miller</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td><strong>Bible And Archaeology - The Raging Debate</strong></td>
<td>2340</td>
<td>Ram Kossowsky</td>
<td>44</td>
</tr>
<tr>
<td>10:00 AM - 11:30 AM</td>
<td><strong>Tamburitzan Kolo Dancing</strong></td>
<td>2288</td>
<td>George Schexnayder</td>
<td>29</td>
</tr>
<tr>
<td>11:15 AM - 12:45 PM</td>
<td><strong>Writing for Fun And Exercising Your Imagination</strong></td>
<td>2214</td>
<td>Ruth Drescher</td>
<td>41</td>
</tr>
<tr>
<td></td>
<td><strong>Ancient Egyptian Culture: Unraveling Myths And Misconceptions</strong></td>
<td>2198</td>
<td>Ellen Bedell</td>
<td>57</td>
</tr>
<tr>
<td></td>
<td><strong>The Development Of The NFL And The Formation Of The Pittsburgh Steelers</strong></td>
<td>2267</td>
<td>John R McGinley Jr</td>
<td>67</td>
</tr>
<tr>
<td></td>
<td><strong>African Adventures: Traveling With A Medical Team</strong></td>
<td>2321</td>
<td>Katrina Zeigler</td>
<td>48</td>
</tr>
<tr>
<td>1:00 PM - 3:00 PM</td>
<td><strong>Have You Ever Wanted To Act On Stage?</strong></td>
<td>2307</td>
<td>C R Thomas, Nancy Santangelo</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td><strong>Journey Toward Wholeness - Revealing Our Authentic Selves</strong></td>
<td>2285</td>
<td>Elizabeth Rodenz</td>
<td>34</td>
</tr>
<tr>
<td>1:15 PM - 2:30 PM</td>
<td><strong>Get Fit - A Fun Latin Cardio Workout</strong></td>
<td>2281</td>
<td>Connie Pollack</td>
<td>27</td>
</tr>
<tr>
<td>1:15 PM - 2:45 PM</td>
<td><strong>Twentieth Century Latin American Poetry In Translation</strong></td>
<td>2266</td>
<td>Keith McDuffie</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td><strong>Steelworkers And Important Legal Issues</strong></td>
<td>2220</td>
<td>Carl Frankel</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td><strong>The Alexander Technique: Learning To Do The Same Thing Differently</strong></td>
<td>2292</td>
<td>Janet Seltman</td>
<td>36</td>
</tr>
<tr>
<td>3:15 PM - 4:45 PM</td>
<td><strong>From Tradition To Text: An Introduction To Homer</strong></td>
<td>2211</td>
<td>Karen Bowden Cooper</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td><strong>India: An Enigma - Understanding The Rich And Diverse Culture</strong></td>
<td>2253</td>
<td>Ravi Koka</td>
<td>56</td>
</tr>
<tr>
<td>6:00 PM - 7:30 PM</td>
<td><strong>Understanding Police /Active Shooter Review</strong></td>
<td>2225</td>
<td>Carla Gedman</td>
<td>54</td>
</tr>
<tr>
<td></td>
<td><strong>History 412: Discover The Sites And Stories That Make Our Region Unique</strong></td>
<td>2301</td>
<td>Robert Stakeley</td>
<td>67</td>
</tr>
<tr>
<td>TIME</td>
<td>COURSE TITLE</td>
<td>CLASS ID</td>
<td>LEADER(S)</td>
<td>PAGE</td>
</tr>
<tr>
<td>---------------------</td>
<td>--------------------------------------------------</td>
<td>----------</td>
<td>-------------------</td>
<td>------</td>
</tr>
<tr>
<td>9:15 AM - 10:45 AM</td>
<td>Exploring Pittsburgh’s Architectural Heritage</td>
<td>2290</td>
<td>Ray Schinhofen</td>
<td>45</td>
</tr>
<tr>
<td></td>
<td>Elder Law - Being Prepared As One Grows Older</td>
<td>2237</td>
<td>Carol Sikov Gross</td>
<td>20</td>
</tr>
<tr>
<td>9:30 AM - 11:00 AM</td>
<td>Move It Or Lose It At Friends</td>
<td>2262</td>
<td>Elsa Limbach</td>
<td>28</td>
</tr>
<tr>
<td>11:00 AM - 1:00 PM</td>
<td>West Side Story Suite: The Ballet</td>
<td>2195</td>
<td>Lisa Auel</td>
<td>9</td>
</tr>
<tr>
<td>11:15 AM - 12:45 PM</td>
<td>Bridge: Play Of The Hand</td>
<td>2278</td>
<td>John Olmsted</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>Naked To The Bone: A Brief History Of Medical Imaging</td>
<td>2213</td>
<td>Richard Daffner</td>
<td>47</td>
</tr>
<tr>
<td></td>
<td>The War Of 1812: America’s Second War Of Independence</td>
<td>2242</td>
<td>Edward Hale</td>
<td>60</td>
</tr>
<tr>
<td></td>
<td>The Great Castle Shannon Bank Robbery Of 1917</td>
<td>2244</td>
<td>Edward Hale</td>
<td>60</td>
</tr>
<tr>
<td>11:30 AM - 1:00 PM</td>
<td>This And That</td>
<td>2255</td>
<td>Al Kosmal</td>
<td>25</td>
</tr>
<tr>
<td>11:30 AM - 12:30 PM</td>
<td>Dance Fitness Gold</td>
<td>2230</td>
<td>Maureen Gemeinhart</td>
<td>27</td>
</tr>
<tr>
<td>1:00 PM - 2:30 PM</td>
<td>Singing In A Choral Group</td>
<td>2333</td>
<td>Constance Rapp</td>
<td>33</td>
</tr>
<tr>
<td></td>
<td>Whiskey And Rebellion At Pittsburgh’s Only Whiskey Distillery</td>
<td>2271</td>
<td>Mark C. Meyer</td>
<td>64</td>
</tr>
<tr>
<td>1:00 PM - 3:00 PM</td>
<td>Great Decisions 2018</td>
<td>2222</td>
<td>Marcia Frumerman</td>
<td>70</td>
</tr>
<tr>
<td>1:15 PM - 2:45 PM</td>
<td>Observation Skills: Art, Looking, And Thinking</td>
<td>2260</td>
<td>Louise Lippincott</td>
<td>35</td>
</tr>
<tr>
<td></td>
<td>The Civil War As Seen Through The Eyes Of Two Soldiers</td>
<td>2319</td>
<td>Carleton Young</td>
<td>70</td>
</tr>
<tr>
<td>3:15 PM - 5:15 PM</td>
<td>Malestrom: How Men’s Natural Stupidity Endangers Us All</td>
<td>2259</td>
<td>William Lassek</td>
<td>73</td>
</tr>
<tr>
<td>3:30 PM - 5:00 PM</td>
<td>Air Pollution, Health, and the Environment</td>
<td>2238</td>
<td>GASP</td>
<td>55</td>
</tr>
<tr>
<td>6:00 PM - 7:30 PM</td>
<td>Practical Computer Security</td>
<td>2273</td>
<td>Jose Morales</td>
<td>18</td>
</tr>
<tr>
<td>TIME</td>
<td>COURSE TITLE</td>
<td>CLASS ID</td>
<td>LEADER(S)</td>
<td>PAGE</td>
</tr>
<tr>
<td>-------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>----------</td>
<td>--------------------</td>
<td>------</td>
</tr>
<tr>
<td>9:00 AM - 11:00 AM</td>
<td>Intermediate French Conversation</td>
<td>2291</td>
<td>Veronique Schreurs</td>
<td>33</td>
</tr>
<tr>
<td>9:30 AM - 12:00 PM</td>
<td>Drawing: A Lifelong Journey</td>
<td>2299</td>
<td>Judy Spahr</td>
<td>22</td>
</tr>
<tr>
<td>10:00 AM - 11:30 AM</td>
<td>Behind The Scenes At KDKA-TV</td>
<td>2233</td>
<td>Lee Golomb</td>
<td>66</td>
</tr>
<tr>
<td>11:15 AM - 12:45 PM</td>
<td>What Can We Learn From European Health Insurance Systems?</td>
<td>2277</td>
<td>Jack Ochs</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>Ikebana For Your Space</td>
<td>2317</td>
<td>Karen Fung Yee</td>
<td>23</td>
</tr>
<tr>
<td>1:00 PM - 2:30 PM</td>
<td>Trendy Magnetic Bracelet</td>
<td>2324</td>
<td>Gerry Florida</td>
<td>24</td>
</tr>
<tr>
<td>1:00 PM - 4:00 PM</td>
<td>Cinema Arts: The Documentary V</td>
<td>2227</td>
<td>Charles Glassmire</td>
<td>7</td>
</tr>
<tr>
<td>1:00 PM - 5:00 PM</td>
<td>AARP Smart Driver 4-Hour Renewal Course</td>
<td>2322</td>
<td>David Zimmer</td>
<td>37</td>
</tr>
<tr>
<td></td>
<td>AARP Smart Driver 8-Hour Course</td>
<td>2323</td>
<td>David Zimmer</td>
<td>37</td>
</tr>
<tr>
<td>1:15 PM - 2:45 PM</td>
<td>What’s Happening At City Hall? Understanding Your Local Government</td>
<td>2306</td>
<td>Marcia Taylor</td>
<td>68</td>
</tr>
<tr>
<td>3:15 PM - 4:45 PM</td>
<td>Discuss TED Videos On Mind and Personality</td>
<td>2293</td>
<td>Sarah Sheard</td>
<td>51</td>
</tr>
<tr>
<td>LAST NAME</td>
<td>FIRST NAME</td>
<td>CLASS ID</td>
<td>CLASS TITLE</td>
<td>PAGE</td>
</tr>
<tr>
<td>--------------</td>
<td>------------</td>
<td>----------</td>
<td>------------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Altieri</td>
<td>Viviana</td>
<td>2187</td>
<td>Parli Italiano 2</td>
<td>33</td>
</tr>
<tr>
<td>Antonoff</td>
<td>Bruce</td>
<td>2192</td>
<td>Women Of The Bible: Portraits Of Strength</td>
<td>71</td>
</tr>
<tr>
<td>Asenjo</td>
<td>Christine</td>
<td>2191</td>
<td>An Introduction To Hinduism</td>
<td>72</td>
</tr>
<tr>
<td>Asper</td>
<td>Beth</td>
<td>2193</td>
<td>Create Your Own Personal Labyrinth Art</td>
<td>23</td>
</tr>
<tr>
<td>Auel</td>
<td>Lisa</td>
<td>2195</td>
<td>West Side Story Suite: The Ballet</td>
<td>9</td>
</tr>
<tr>
<td>Averbach</td>
<td>Rosa Barnett</td>
<td>2194</td>
<td>Declutter</td>
<td>36</td>
</tr>
<tr>
<td>Averbach</td>
<td>Rosa Barnett</td>
<td>2172</td>
<td>Healthy Eating</td>
<td>41</td>
</tr>
<tr>
<td>Barone</td>
<td>Loretta</td>
<td>2174</td>
<td>Hatha Yoga</td>
<td>26</td>
</tr>
<tr>
<td>Bates</td>
<td>Gary</td>
<td>2197</td>
<td>Demystifying The Line Part II</td>
<td>23</td>
</tr>
<tr>
<td>Bedell</td>
<td>Ellen</td>
<td>2198</td>
<td>Ancient Egyptian Culture</td>
<td>57</td>
</tr>
<tr>
<td>Bernard</td>
<td>Joan</td>
<td>2199</td>
<td>The Book Of Joy: Lasting Happiness In A Changing World</td>
<td>11</td>
</tr>
<tr>
<td>Bernard</td>
<td>Joan</td>
<td>2327</td>
<td>Non-Fiction Pulitzer Prize Books Revisited</td>
<td>12</td>
</tr>
<tr>
<td>Biswas</td>
<td>Kalpana</td>
<td>2182</td>
<td>Filmmakers From The Muslim World</td>
<td>6</td>
</tr>
<tr>
<td>Block</td>
<td>Richard</td>
<td>2330</td>
<td>Creative Process Of CMU's School Of Drama Plays</td>
<td>8</td>
</tr>
<tr>
<td>Botkin</td>
<td>Mimi</td>
<td>2200</td>
<td>The Writing Circle: Write Now!</td>
<td>42</td>
</tr>
<tr>
<td>Brown</td>
<td>Bryan</td>
<td>2201</td>
<td>Regenerative Medicine</td>
<td>50</td>
</tr>
<tr>
<td>Brown</td>
<td>John</td>
<td>2202/2203</td>
<td>Enjoying The New Yorker</td>
<td>53</td>
</tr>
<tr>
<td>Brown</td>
<td>Maureen</td>
<td>2202/2203</td>
<td>Enjoying The New Yorker</td>
<td>53</td>
</tr>
<tr>
<td>Burnham</td>
<td>Anne</td>
<td>2205</td>
<td>Fifteen Centuries Of Irish Decorative Arts</td>
<td>5</td>
</tr>
<tr>
<td>Burnham</td>
<td>James</td>
<td>2206</td>
<td>Mystery Of Economic Growth</td>
<td>19</td>
</tr>
<tr>
<td>Burstin</td>
<td>Barbara</td>
<td>2207</td>
<td>How About Some History Of Pittsburgh?</td>
<td>64</td>
</tr>
<tr>
<td>Burton</td>
<td>John</td>
<td>2208</td>
<td>Civilized Discourse</td>
<td>52</td>
</tr>
<tr>
<td>Carpenter</td>
<td>Rebecca</td>
<td>2186</td>
<td>A Midsummer Night's Dream: A Dream For Us All</td>
<td>10</td>
</tr>
<tr>
<td>Cerul</td>
<td>Maurice</td>
<td>2326</td>
<td>Human Sexuality</td>
<td>47</td>
</tr>
<tr>
<td>Chamis</td>
<td>Flavio</td>
<td>2209</td>
<td>Music: How Is It Possible?</td>
<td>17</td>
</tr>
<tr>
<td>College of Engineering</td>
<td>2341</td>
<td>New Engineering Technologies At CMU</td>
<td>66</td>
<td></td>
</tr>
<tr>
<td>Collins</td>
<td>Mary</td>
<td>2210</td>
<td>Stone Sculpture Or Lets Rock On!</td>
<td>22</td>
</tr>
<tr>
<td>Cooper</td>
<td>Karen Bowden</td>
<td>2331</td>
<td>From Text To Image: The Artist As Biblical Interpreter</td>
<td>6</td>
</tr>
<tr>
<td>Cooper</td>
<td>Karen Bowden</td>
<td>2211</td>
<td>From Tradition To Text: An Introduction To Homer</td>
<td>10</td>
</tr>
<tr>
<td>Cornes</td>
<td>Cleon</td>
<td>2212</td>
<td>The Life And Contributions Of Benjamin Franklin</td>
<td>59</td>
</tr>
<tr>
<td>Daffner</td>
<td>Richard</td>
<td>2213</td>
<td>Naked To The Bone: A Brief History Of Medical Imaging</td>
<td>47</td>
</tr>
<tr>
<td>Diamond</td>
<td>Mark</td>
<td>2215</td>
<td>Grandparenting 101</td>
<td>36</td>
</tr>
<tr>
<td>Drescher</td>
<td>Ruth</td>
<td>2214</td>
<td>Writing For Fun And Exercising Your Imagination</td>
<td>41</td>
</tr>
<tr>
<td>Ehrlich</td>
<td>Larry</td>
<td>2208</td>
<td>Civilized Discourse</td>
<td>52</td>
</tr>
<tr>
<td>Estop</td>
<td>Anna</td>
<td>2216</td>
<td>What You Should Know About Your DNA</td>
<td>49</td>
</tr>
<tr>
<td>Factory</td>
<td>Mattress</td>
<td>2279</td>
<td>The Mattress Factory: Art You Can Get Into</td>
<td>5</td>
</tr>
<tr>
<td>Fisher</td>
<td>Stephen</td>
<td>2217</td>
<td>Everything You've Always Wanted To Know About Disease</td>
<td>48</td>
</tr>
<tr>
<td>Florida</td>
<td>Gerry</td>
<td>2324</td>
<td>Trendy Magnetic Bracelet</td>
<td>24</td>
</tr>
<tr>
<td>LAST NAME</td>
<td>FIRST NAME</td>
<td>CLASS ID</td>
<td>CLASS TITLE</td>
<td>PAGE</td>
</tr>
<tr>
<td>------------</td>
<td>------------</td>
<td>----------</td>
<td>-----------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Forbes</td>
<td>Chris</td>
<td>2218</td>
<td>Wine Appreciation - Bordeaux</td>
<td>25</td>
</tr>
<tr>
<td>Fortun</td>
<td>David</td>
<td>2219</td>
<td>The Five People You Meet In Heaven</td>
<td>35</td>
</tr>
<tr>
<td>Frankel</td>
<td>Carl</td>
<td>2220</td>
<td>Steelworkers And Important Legal Issues</td>
<td>214</td>
</tr>
<tr>
<td>Frumerman</td>
<td>Marcia</td>
<td>2222</td>
<td>Great Decisions 2018</td>
<td>70</td>
</tr>
<tr>
<td>Gedman</td>
<td>Carla</td>
<td>2224/2225</td>
<td>Understanding Police / Active Shooter Review</td>
<td>54</td>
</tr>
<tr>
<td>Gemeinhart</td>
<td>Maureen</td>
<td>2230</td>
<td>Dance Fitness Gold</td>
<td>27</td>
</tr>
<tr>
<td>Gialloreto</td>
<td>Cathy</td>
<td>2226</td>
<td>PowerPoint Tour Of The Pittsburgh Zoo</td>
<td>63</td>
</tr>
<tr>
<td>Glasmire</td>
<td>Charles</td>
<td>2227</td>
<td>Cinema Arts: The Documentary V</td>
<td>7</td>
</tr>
<tr>
<td>Goldberg</td>
<td>Arthur</td>
<td>2231</td>
<td>America From A Weak New Nation To</td>
<td>61</td>
</tr>
<tr>
<td>Goldberg</td>
<td>Arthur</td>
<td>2232</td>
<td>This Was The Week That Was</td>
<td>61</td>
</tr>
<tr>
<td>Golomb</td>
<td>Lee</td>
<td>2233</td>
<td>Behind The Scenes At KDKA-TV</td>
<td>66</td>
</tr>
<tr>
<td>Gordon</td>
<td>Janice</td>
<td>2234</td>
<td>Osteoporosis: Reducing The Risk Of Fracture</td>
<td>49</td>
</tr>
<tr>
<td>Gornic</td>
<td>Melvin</td>
<td>2235</td>
<td>How Cars Have Influenced Our Lives And Culture</td>
<td>55</td>
</tr>
<tr>
<td>Gorton</td>
<td>James</td>
<td>2228</td>
<td>Gone With The Winds</td>
<td>15</td>
</tr>
<tr>
<td>Green</td>
<td>David</td>
<td>2236</td>
<td>The Foods Of Persia</td>
<td>26</td>
</tr>
<tr>
<td>Greenspan</td>
<td>Bill</td>
<td>2229</td>
<td>100 Years Of Jewish Life In Shanghai</td>
<td>56</td>
</tr>
<tr>
<td>GASP</td>
<td>GASP</td>
<td>2238</td>
<td>Air Pollution, Health, And The Environment</td>
<td>55</td>
</tr>
<tr>
<td>Gundersen</td>
<td>Joan</td>
<td>2239</td>
<td>Women In The Antebellum South</td>
<td>59</td>
</tr>
<tr>
<td>Gusky</td>
<td>Norton</td>
<td>2240</td>
<td>Redesigning Learning Spaces</td>
<td>54</td>
</tr>
<tr>
<td>Guzman</td>
<td>Alberto</td>
<td>2241</td>
<td>A Visit To Turkey And Istanbul</td>
<td>58</td>
</tr>
<tr>
<td>Hale</td>
<td>Edward</td>
<td>2242</td>
<td>The War Of 1812: America’s Second War</td>
<td>60</td>
</tr>
<tr>
<td>Hale</td>
<td>Edward</td>
<td>2243</td>
<td>Sailing On The US Brig Niagara: 1813 And Today</td>
<td>60</td>
</tr>
<tr>
<td>Hale</td>
<td>Edward</td>
<td>2244</td>
<td>The Great Castle Shannon Bank Robbery Of 1917</td>
<td>60</td>
</tr>
<tr>
<td>Hansen</td>
<td>Susan</td>
<td>2245</td>
<td>Understanding Public Opinion: Who Believes What</td>
<td>69</td>
</tr>
<tr>
<td>Heard</td>
<td>Robert</td>
<td>2246</td>
<td>Brown Crusts And How To Avoid Pan Scrubbers</td>
<td>51</td>
</tr>
<tr>
<td>Hippie</td>
<td>Jennifer</td>
<td>2247</td>
<td>Tour The Kelso Museum Of Near East Archaeology</td>
<td>62</td>
</tr>
<tr>
<td>Hurwitz</td>
<td>Linda</td>
<td>2248</td>
<td>Flores Of Memory</td>
<td>59</td>
</tr>
<tr>
<td>Jucha</td>
<td>Robert</td>
<td>2175</td>
<td>City Beautiful: The Architecture Of Oakland</td>
<td>65</td>
</tr>
<tr>
<td>Kalla</td>
<td>Richard</td>
<td>2249</td>
<td>Aging Without Growing Old</td>
<td>48</td>
</tr>
<tr>
<td>Kellman</td>
<td>Amy</td>
<td>2250</td>
<td>Issues In Children’s Literature</td>
<td>14</td>
</tr>
<tr>
<td>Kisslinger</td>
<td>Leonard</td>
<td>2181</td>
<td>Astrophysics And Evolution Of The Universe</td>
<td>45</td>
</tr>
<tr>
<td>Kitzerow</td>
<td>Phyllis</td>
<td>2251</td>
<td>The Female Sleuth: Gender Norms And Mysteries</td>
<td>53</td>
</tr>
<tr>
<td>Koubus</td>
<td>Ken</td>
<td>2252</td>
<td>How Pittsburgh Became The World’s Steelmaking</td>
<td>63</td>
</tr>
<tr>
<td>Koka</td>
<td>Ravi</td>
<td>2253</td>
<td>India: An Enigma - Understanding The Rich</td>
<td>56</td>
</tr>
<tr>
<td>Kornblit</td>
<td>Morris</td>
<td>2254</td>
<td>Travel With Me To ...</td>
<td>38</td>
</tr>
<tr>
<td>Kossowsky</td>
<td>Ram</td>
<td>2290</td>
<td>Bible And Archaeology: The Raging Debate</td>
<td>32</td>
</tr>
<tr>
<td>Kosmal</td>
<td>Al</td>
<td>2255</td>
<td>This And That</td>
<td>25</td>
</tr>
<tr>
<td>Kuschmierz</td>
<td>Ruth L. M.</td>
<td>2256</td>
<td>Basic German Conversation</td>
<td>32</td>
</tr>
<tr>
<td>LAST NAME</td>
<td>FIRST NAME</td>
<td>CLASS ID</td>
<td>CLASS TITLE</td>
<td>PAGE</td>
</tr>
<tr>
<td>-----------</td>
<td>------------</td>
<td>----------</td>
<td>-------------</td>
<td>------</td>
</tr>
<tr>
<td>Lackner</td>
<td>Anne</td>
<td>2257/2329</td>
<td>City Of Asylum.</td>
<td>66</td>
</tr>
<tr>
<td>LaLumere</td>
<td>Anita</td>
<td>2258</td>
<td>Ancient Egypt: Mystery, Magic, And Ma’at</td>
<td>57</td>
</tr>
<tr>
<td>Lassek</td>
<td>William</td>
<td>2259</td>
<td>Malestrom: How Men’s Natural Stupidity Endangers Us All</td>
<td>77</td>
</tr>
<tr>
<td>Lemer</td>
<td>Patricia Spear</td>
<td>2177</td>
<td>Treating Autism Spectrum Disorders . . .</td>
<td>50</td>
</tr>
<tr>
<td>Limbach</td>
<td>Elsa</td>
<td>2261/2262</td>
<td>Move It Or Lose It At Friends</td>
<td>28</td>
</tr>
<tr>
<td>Limbach</td>
<td>Elsa</td>
<td>2269/2325</td>
<td>Move It Or Lose It At Dance Alloy</td>
<td>28</td>
</tr>
<tr>
<td>Link</td>
<td>Kristen</td>
<td>2176</td>
<td>The Art Of The City</td>
<td>8</td>
</tr>
<tr>
<td>Lippincott</td>
<td>Louise</td>
<td>2260</td>
<td>Observation Skills: Art, Looking, And Thinking</td>
<td>35</td>
</tr>
<tr>
<td>Maharam</td>
<td>Cherie</td>
<td>2264</td>
<td>How To Solve Cryptic Crossword Puzzles</td>
<td>31</td>
</tr>
<tr>
<td>Mariani</td>
<td>Michael</td>
<td>2185</td>
<td>Julius Caesar In The Twenty-First Century</td>
<td>9</td>
</tr>
<tr>
<td>Marshall</td>
<td>Martin</td>
<td>2265</td>
<td>Saturday Night Live: The Gilda Years</td>
<td>7</td>
</tr>
<tr>
<td>Matthews</td>
<td>Jeanette</td>
<td>2188</td>
<td>Mental Aerobics</td>
<td>39</td>
</tr>
<tr>
<td>McDuffie</td>
<td>Keith</td>
<td>2266</td>
<td>Twentieth Century Latin American Poetry In Translation</td>
<td>13</td>
</tr>
<tr>
<td>McGinley Jr</td>
<td>John R</td>
<td>2267</td>
<td>The Development Of The NFL And The Formation . . .</td>
<td>67</td>
</tr>
<tr>
<td>Messner</td>
<td>Robert</td>
<td>2268</td>
<td>Braddock’s Defeat And The Rise Of George Washington</td>
<td>58</td>
</tr>
<tr>
<td>Meyer</td>
<td>Mark C.</td>
<td>2270/2271</td>
<td>Whiskey And Rebellion At Pittsburgh’s Only . . .</td>
<td>64</td>
</tr>
<tr>
<td>Miller</td>
<td>Errol S.</td>
<td>2272</td>
<td>The Current U.S. Supreme Court</td>
<td>20</td>
</tr>
<tr>
<td>Morales</td>
<td>Jose</td>
<td>2273</td>
<td>Practical Computer Security</td>
<td>18</td>
</tr>
<tr>
<td>Morris</td>
<td>Susan</td>
<td>2274</td>
<td>Mastering The Art Of Conversation . . .</td>
<td>37</td>
</tr>
<tr>
<td>Morris</td>
<td>Susan</td>
<td>2275</td>
<td>Writing Your Obituary: Your Story: Your Words</td>
<td>37</td>
</tr>
<tr>
<td>National</td>
<td>Aviary</td>
<td>2196</td>
<td>Spring Bird Migration And Identification</td>
<td>46</td>
</tr>
<tr>
<td>Novy</td>
<td>Marianne</td>
<td>2276</td>
<td>Shakespeare And Outsiders: Othello And Lear</td>
<td>11</td>
</tr>
<tr>
<td>Ochs</td>
<td>Jack</td>
<td>2277</td>
<td>What Can We Learn From European Health . . .</td>
<td>18</td>
</tr>
<tr>
<td>Olmsted</td>
<td>John</td>
<td>2173</td>
<td>Improve Your Party Bridge Skills</td>
<td>30</td>
</tr>
<tr>
<td>Olmsted</td>
<td>John</td>
<td>2278</td>
<td>Bridge: Play Of The Hand</td>
<td>30</td>
</tr>
<tr>
<td>Pollack</td>
<td>Connie</td>
<td>2280/2281</td>
<td>Get Fit - A Fun Latin Cardio Workout</td>
<td>27</td>
</tr>
<tr>
<td>Presutti Jr</td>
<td>Bill</td>
<td>2282</td>
<td>Exercise For Older Adults</td>
<td>40</td>
</tr>
<tr>
<td>Rabin</td>
<td>Bruce S.</td>
<td>2179</td>
<td>Understanding And Managing Stress For Better . . .</td>
<td>40</td>
</tr>
<tr>
<td>Rapp</td>
<td>Constance</td>
<td>2333</td>
<td>Singing In A Choral Group</td>
<td>33</td>
</tr>
<tr>
<td>Robinson</td>
<td>Judith</td>
<td>2283</td>
<td>Pleasures Of Poetry</td>
<td>12</td>
</tr>
<tr>
<td>Rodenz</td>
<td>Elizabeth</td>
<td>2285</td>
<td>Journey Toward Wholeness - Revealing Our Authentic Selves</td>
<td>34</td>
</tr>
<tr>
<td>Rodenz</td>
<td>Elizabeth</td>
<td>2284</td>
<td>Jane Austin And Carl Jung - A Dynamic Duo</td>
<td>71</td>
</tr>
<tr>
<td>Rosenblum</td>
<td>Helen-Faye</td>
<td>2183/2184</td>
<td>Short Stories - The Small Is Large</td>
<td>14</td>
</tr>
<tr>
<td>Russell</td>
<td>Steve</td>
<td>2286</td>
<td>Tributes To President Kennedy</td>
<td>62</td>
</tr>
<tr>
<td>Schexnayder</td>
<td>George</td>
<td>2287/2288</td>
<td>Tamburitzan Kolo Dancing</td>
<td>29</td>
</tr>
<tr>
<td>Schinhofen</td>
<td>Mary</td>
<td>2289</td>
<td>Great And Notable Novels Read And Revisited</td>
<td>13</td>
</tr>
<tr>
<td>Schinhofen</td>
<td>Ray</td>
<td>2290</td>
<td>Exploring Pittsburgh’s Architectural Heritage</td>
<td>45</td>
</tr>
<tr>
<td>Schreurs</td>
<td>Veronique</td>
<td>2291</td>
<td>Intermediate French Conversation</td>
<td>33</td>
</tr>
<tr>
<td>Seltman</td>
<td>Janet</td>
<td>2292</td>
<td>The Alexander Technique: Learning To Do The . . .</td>
<td>36</td>
</tr>
<tr>
<td>Sheard</td>
<td>Sarah</td>
<td>2293</td>
<td>Discuss TED Videos On Mind And Personality</td>
<td>51</td>
</tr>
<tr>
<td>LAST NAME</td>
<td>FIRST NAME</td>
<td>CLASS ID</td>
<td>CLASS TITLE</td>
<td>PAGE</td>
</tr>
<tr>
<td>------------</td>
<td>------------</td>
<td>----------</td>
<td>----------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Shiff</td>
<td>Theodore</td>
<td>2294</td>
<td>All About Gold, Platinum, Silver</td>
<td>24</td>
</tr>
<tr>
<td>Sikov Gross</td>
<td>Carol</td>
<td>2237</td>
<td>Elder Law - Being Prepared As One Grows Older</td>
<td>20</td>
</tr>
<tr>
<td>Smith</td>
<td>Scott</td>
<td>2295</td>
<td>Publishing For Writers</td>
<td>43</td>
</tr>
<tr>
<td>Snyder</td>
<td>Thalia</td>
<td>2296</td>
<td>Writers' Workshop</td>
<td>42</td>
</tr>
<tr>
<td>Sowiski</td>
<td>Nina</td>
<td>2297</td>
<td>The Evening Garden</td>
<td>31</td>
</tr>
<tr>
<td>Sowiski</td>
<td>Nina</td>
<td>2298</td>
<td>Growing Vegetables And Herbs In Your Space</td>
<td>32</td>
</tr>
<tr>
<td>Spahr</td>
<td>Judy</td>
<td>2299</td>
<td>Drawing: A Lifelong Journey</td>
<td>22</td>
</tr>
<tr>
<td>Spanos</td>
<td>Mark</td>
<td>2180/2300</td>
<td>Feeling Better: Stretching Exercises For Eliminating Pain</td>
<td>29</td>
</tr>
<tr>
<td>St Clair</td>
<td>Gloriana</td>
<td>2204</td>
<td>Uniting For James Joyce's Ulysses</td>
<td>12</td>
</tr>
<tr>
<td>St Clair</td>
<td>Gloriana</td>
<td>2199</td>
<td>The Book Of Joy: Lasting Happiness In A Changing World</td>
<td>11</td>
</tr>
<tr>
<td>Stakeley</td>
<td>Robert</td>
<td>2301</td>
<td>History 412: Discover The Sites And Stories</td>
<td>67</td>
</tr>
<tr>
<td>Stires</td>
<td>Lloyd</td>
<td>2302</td>
<td>American Westerns I</td>
<td>52</td>
</tr>
<tr>
<td>Strub</td>
<td>Chelsea</td>
<td>2233</td>
<td>Behind The Scenes At KDKA-TV</td>
<td>66</td>
</tr>
<tr>
<td>Swoger</td>
<td>Jeffrey</td>
<td>2303</td>
<td>On The Wings Of Song: The Evolution Of The Requiem</td>
<td>16</td>
</tr>
<tr>
<td>Swoger</td>
<td>Jeffrey</td>
<td>2304</td>
<td>World Class Architecture In America’s Heartland</td>
<td>44</td>
</tr>
<tr>
<td>Symons</td>
<td>Rabbi Ron</td>
<td>2305</td>
<td>CHUTZ-POW! Superheroes Of The Holocaust</td>
<td>73</td>
</tr>
<tr>
<td>Taylor</td>
<td>Marcia</td>
<td>2306</td>
<td>What’s Happening At City Hall? Understanding</td>
<td>68</td>
</tr>
<tr>
<td>Thomas</td>
<td>C R</td>
<td>2307</td>
<td>Have You Ever Wanted To Act On Stage?</td>
<td>34</td>
</tr>
<tr>
<td>Tisherman</td>
<td>Benjamin</td>
<td>2308</td>
<td>Beyond The Notes: Music In The 20th Century</td>
<td>16</td>
</tr>
<tr>
<td>Walter</td>
<td>Wyatt</td>
<td>2334/2335</td>
<td>iPhone Basics: Getting The Most Out Of Your iPhone</td>
<td>38</td>
</tr>
<tr>
<td>Dawahare</td>
<td></td>
<td>2336</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Werner</td>
<td>Sheila</td>
<td>2314</td>
<td>The Great French Revolution, 1789-1815</td>
<td>61</td>
</tr>
<tr>
<td>Wertheimer</td>
<td>Richard</td>
<td>2315</td>
<td>Art, Architecture, Kidney Stones... And Mathematics</td>
<td>46</td>
</tr>
<tr>
<td>White</td>
<td>Connie</td>
<td>2310</td>
<td>A View Of Oakland: Past, Present And Future</td>
<td>67</td>
</tr>
<tr>
<td>Wien</td>
<td>Norm</td>
<td>2311</td>
<td>U.S. Healthcare: Documentary and Discussion</td>
<td>52</td>
</tr>
<tr>
<td>Wilkinson</td>
<td>Roselyn</td>
<td>2312</td>
<td>Women &amp; Money</td>
<td>19</td>
</tr>
<tr>
<td>Wilson</td>
<td>Helen</td>
<td>2316</td>
<td>Development of Squirrel Hill - A Journey Through Time</td>
<td>65</td>
</tr>
<tr>
<td>Witchner</td>
<td>Anne</td>
<td>2313</td>
<td>Carnegie Mellon-The Student Experience</td>
<td>68</td>
</tr>
<tr>
<td>Wollman</td>
<td>David</td>
<td>2178</td>
<td>The Reformations of the Sixteenth Century</td>
<td>72</td>
</tr>
<tr>
<td>Wonderlin</td>
<td>Rachael</td>
<td>2190</td>
<td>Dementia Care: Talking To, Caring For</td>
<td>39</td>
</tr>
<tr>
<td>Yee</td>
<td>Karen Fung</td>
<td>2317</td>
<td>Ikebana For Your Space</td>
<td>23</td>
</tr>
<tr>
<td>Yoedt</td>
<td>Jack</td>
<td>2318</td>
<td>Unions, Who Needs Them Anyway</td>
<td>69</td>
</tr>
<tr>
<td>Young</td>
<td>Carleton</td>
<td>2319</td>
<td>The Civil War As Seen Through the Eyes of Two Soldiers</td>
<td>70</td>
</tr>
<tr>
<td>Youngling</td>
<td>Molly</td>
<td>2320</td>
<td>Memoir Writing From Photographs</td>
<td>43</td>
</tr>
<tr>
<td>Zeigler</td>
<td>Katrina</td>
<td>2321</td>
<td>African Adventures: Traveling with a Medical Team</td>
<td>48</td>
</tr>
<tr>
<td>Zimmer</td>
<td>David</td>
<td>2322</td>
<td>AARP Smart Driver 4-Hour Renewal Course</td>
<td>37</td>
</tr>
<tr>
<td>Zimmer</td>
<td>David</td>
<td>2323</td>
<td>AARP Smart Driver 8-Hour Course</td>
<td>37</td>
</tr>
</tbody>
</table>
* Mellon Institute’s auditorium is located on the second floor. In the event of a fire alarm activation and subsequent evacuation, the elevators would be inactive and students would be required to ascend stairs to leave the building.
GENERAL INFORMATION & POLICIES

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

OFF-CAMPUS

<table>
<thead>
<tr>
<th>Address</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ALCOSAN</td>
<td>3300 Preble Ave., 15233</td>
</tr>
<tr>
<td>Alphabet City</td>
<td>40 W North Ave., North Side</td>
</tr>
<tr>
<td>Beth Shalom</td>
<td>5915 Beacon St., Squirrel Hill</td>
</tr>
<tr>
<td>Braddock Battlefield History Center</td>
<td>609 Sixth St., North Braddock, 15104</td>
</tr>
<tr>
<td>Carnegie Museum of Art</td>
<td>4400 Forbes Ave., Oakland</td>
</tr>
<tr>
<td>City Theatre</td>
<td>1300 Bingham St., South Side</td>
</tr>
<tr>
<td>Dance Alloy Studio</td>
<td>5530 Penn Ave. at Stratford, East Liberty</td>
</tr>
<tr>
<td>Friends Meeting House</td>
<td>4836 Ellsworth Ave., Oakland</td>
</tr>
<tr>
<td>Heinz History Center</td>
<td>1212 Smallman St, Strip District</td>
</tr>
<tr>
<td>Jewish Community Center</td>
<td>5738 Forbes Ave., Squirrel Hill</td>
</tr>
<tr>
<td>Mattress Factory</td>
<td>500 Sampsonia Way, North Side</td>
</tr>
<tr>
<td>McGowan Institute For Regenerative Medicine</td>
<td>450 Technology Dr., Suite 300 15219 (off 2nd Ave. at Bates St.)</td>
</tr>
<tr>
<td>National Aviary</td>
<td>700 Arch St., North Side</td>
</tr>
<tr>
<td>Pittsburgh Ballet Theatre</td>
<td>2900 Liberty Ave., Strip District</td>
</tr>
<tr>
<td>Pittsburgh Theological Seminary</td>
<td>616 N. Highland Ave., East Liberty</td>
</tr>
<tr>
<td>Rodef Shalom</td>
<td>4905 5th Ave., Oakland</td>
</tr>
<tr>
<td>Wigle Whiskey</td>
<td>2401 Smallman St., Strip District</td>
</tr>
<tr>
<td>Wilkins Community Ctr.</td>
<td>7604 Charleston Ave., Regent Sq.</td>
</tr>
</tbody>
</table>

Parking

<table>
<thead>
<tr>
<th>Garage/Lot</th>
<th>Address</th>
<th>Map #</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Campus Parking Garage*</td>
<td>Forbes Ave.</td>
<td>1</td>
</tr>
<tr>
<td>(Free after 5 pm and on weekends)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RMCIC Parking Garage</td>
<td>S. Neville St.</td>
<td>2</td>
</tr>
<tr>
<td>Gates Bldg Parking Garage*</td>
<td>Hamerschlag Dr.</td>
<td>3</td>
</tr>
</tbody>
</table>

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

Handicapped Parking - $50 per term
Our mobility committee has arranged for a shared handicapped parking space just outside the rear ground floor entrance to Wean Hall. This handicapped space will be for the exclusive use of mobility-challenged Osher members who have a state issued disabled parking placard. You must pre-register for this spot and it is on a first-come, first-served basis. Cost for a member is $50.00 per term. If you are interested in knowing more, please call Jim Reitz at 412-521-6575 or call the office to purchase a handicapped parking permit.

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

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

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

• The Osher office will send “broadcast emails” to remind you of upcoming Osher or Carnegie Mellon activities. The Weekly Essentials can be found on cmu.edu/osh.
• The Osher office will send email notices to specific classes for important course changes.

Handouts
If you want a printed handout for a class, call the office to run it off. It is your responsibility to pick it up from the office. The office is now charging 25¢ a page for copies. Please call us at 412-268-7489.

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

Check Your Schedule
The most up-to-date information about all classes is always available at cmu.edu/osh. 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.

Raise Your Hand
To ensure everyone has a chance to speak in class, please raise your hand and wait to be called upon.

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 or board president if they observe behavior that is a significant violation of this code of conduct. The executive director or president shall investigate and address the problem with the violator. Serious or repeated violations shall be referred to the Executive Committee, which may impose appropriate penalties including suspension of membership privileges.
REGISTRATION INFORMATION

READY TO REGISTER?

Registration Fee
The registration fee for members per term is $50.00 for an
unlimited number of courses. The Prospect registration fee
is $85.00 per term.

Register Online - It is to your advantage!
To register online, go to cmu.edu/osher and click "Member
Sign In". You will be redirected to the Augusoft "welcome"
page. Please sign in using your username and password.
Please email the office if you do not know your username.

Paper Registration - If you must.
To register for your term courses by mail, use the registra-
tion form supplied on the next page. Paper registrations are
not entered until after registration is opened.

Materials Fees
Materials fees are due at the time of registration unless
otherwise stated. Where indicated, materials fees are
non-refundable. Should you not be admitted to a course,
your prepaid fee will be made into an electronic credit
(voucher).
NEW A $10 material fee is required for all off campus
courses to subsidize the rental fee.

Confirmation Letters
As you are registered, a "confirmation of class registration"
will be automatically emailed to you for each course you are
enrolled in. If you do not have email, a course confirmation
will be mailed to you. Should a course not be listed, it
means that you are on the waiting list for which you will
receive a waitlist email. You will be notified via email, or
phone, if and when you are enrolled in a wait listed class.
Please do not attend any classes 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, please also notify the office so another
member can attend. This cannot be done online; email the
office at osher@cmu.edu.

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

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

All refunds, minus a $10 administrative fee, will be given
to those who drop all their classes and notify the office at least three full business days prior to the first class.
Rental portion of material fees are not refunded.

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

Osher Ambassadors Are Vital
The responsibilities of the OA are to welcome new members
to class, take attendance, and act as liaison between the
classroom and the office. To volunteer, please send email
with your name and the name of your course(s) to
osh@cmu.edu. OAs no longer have to call members who
do not show up to class.

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Years Day</td>
<td>Jan. 1, 2018</td>
</tr>
<tr>
<td>Martin Luther King Jr. Day</td>
<td>Jan. 15, 2018</td>
</tr>
<tr>
<td>Day before Passover</td>
<td>Mar. 30, 2018</td>
</tr>
<tr>
<td>Good Friday</td>
<td>Mar. 30, 2018</td>
</tr>
<tr>
<td>Memorial Day</td>
<td>May 28, 2018</td>
</tr>
<tr>
<td>Independence Day</td>
<td>Jul. 4, 2018</td>
</tr>
<tr>
<td>Labor Day</td>
<td>Sep. 3, 2018</td>
</tr>
<tr>
<td>First full day of:</td>
<td></td>
</tr>
<tr>
<td>Rosh Hashana</td>
<td>Sep. 10, 2018</td>
</tr>
<tr>
<td>Yom Kippur</td>
<td>Sep. 19, 2018</td>
</tr>
<tr>
<td>Thanksgiving Wednesday</td>
<td>Nov. 21, 2018</td>
</tr>
<tr>
<td>Thanksgiving Day</td>
<td>Nov. 22, 2018</td>
</tr>
<tr>
<td>Thanksgiving Friday</td>
<td>Nov. 23, 2018</td>
</tr>
<tr>
<td>Winter Break</td>
<td>Dec. 23, 2018 through Jan. 2, 2019</td>
</tr>
</tbody>
</table>

Questions? Please call the office at 412-268-7489
or email us at osher@cmu.edu.
All refunds, minus a $10 administrative fee, will be given to those who drop all their classes and notify the office at least three full business days prior to the first class. Rental portion of material fees are non-refundable.

Payment Method: check or credit card

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

☐ Check Number: __________________________
   Payable to “Osher at Carnegie Mellon”

☐ VISA  ☐ MasterCard  ☐ American Express  ☐ Discover

Cardholder Name (PLEASE PRINT) ____________________________________________________________

Expiration Date _____ / ______ CVV Code ______

Card Number ________________________________________________________________________________
For help with online registration, please visit cmu.edu/osher, click on "Membership Sign In" and watch the online registration video. This video will walk you step-by-step through the process of registering for courses and events at Osher at CMU.

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

MOBILE PHONE INSTRUCTIONS:

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

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

Please check the website regularly for course updates.

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