



OSHER
LIFELONG
LEARNING
INSTITUTE

Summer 2020

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



OSHER
LIFELONG
LEARNING
INSTITUTE

CONSIDER A GIFT TO OSHER

To make a contribution to the Osher 4.0 Capital Project, please call the office at 412.268.7489, go through the Osher website with a credit card, or mail a check to the office. **All checks must be made payable to: "Carnegie Mellon University," with a memo of "Osher 4.0 Capital Project".** Thank you in advance for your generosity.

BOARD OF DIRECTORS

Jim Reitz, *President*
Allan Hribar, *Vice-President*
Jan Hawkins, *Secretary*
Marcia Taylor, *Treasurer*
John Olmsted, *Past President*
Ann Augustine
Rosalie Barsotti
Gary Bates
Jeffrey Holst
Ann Isaac
Raja Sooriamurthi
Jeffrey Swoger
Randy Weinberg
Mark Winer

Rebecca Culyba,
*Associate Provost
and University Liaison*

CURRICULUM COMMITTEE

Gary Bates
Lester Berkowitz
John Brown
Maureen Brown
Flip Conti
Jan Davis
Lyn Decker
Mary Duquin
Anna Estop
Byron Gottfried
Marilyn Maiello
Enid Miller
Helen-Faye Rosenblum
Judy Rubinstein
Rochelle Steiner
Jeffrey Swoger
Randy Weinberg

OFFICE STAFF

Lyn Decker, *Executive Director*
Olivia McCann, *Administrator / Programs*
Chelsea Prestia, *Administrator / Publications*
Kate Lehman, *Administrator / General Office*

CATALOG EDITORS

Chelsea Prestia, *Editor*
Olivia McCann
Helen-Faye Rosenblum
Roselyn Treger
Kate Lehman

CONTACT INFORMATION

Osher Lifelong Learning Institute
Carnegie Mellon University
4614 Wean Hall
5000 Forbes Avenue
Pittsburgh, PA 15213-3815

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

Phone: 412.268.7489

Email: osher@cmu.edu

Website: cmu.edu/osher

ON THE COVER

Though the Gates and Hillman Centers usually provide a space for intellectual stimulation, the outdoor volleyball court allows for a sense of relaxation and rejuvenation for the CMU community. This court, sitting below the Randy Pausch Bridge, can be accessed by exiting Gates on the 3rd floor by the Tazza D'Oro Café.

Front Cover: Olivia McCann

Additional catalog images courtesy of Wikimedia Commons, Pexels, and Unsplash.

What interests you? Find your courses by topic.

ARTS & HUMANITIES

Art	5
Cinema / Film	6
Drama / Theatre	7
Literature	7
Music	12

BUSINESS & COMMERCE

Business	14
Computers	14
Economics	15
Law	17

LEARN BY DOING

Art	19
Crafts / Hobbies	20
Culinary	21
Dance / Exercise	21
Finance / Insurance	24
Games	26
Language	29
Self-Improvement	29
Tours	31
Writing	33

SCIENCE

Architecture	34
Astronomy	35
Environment	36
Life Science	36
Medical	37

SOCIAL SCIENCE

Contemporary Topics / Sociology	39
Cultural	45
History	45
Pittsburgh	50
Politics / Government	52
Religion / Philosophy	55

General Info

Directors & Staff	Inside Cover
One- & Two-Day Classes	4
Index by Study Leader Name	66
Campus Map	70-71
General Information & Policies	72
Parking & Transportation	72
Bad Weather	72
Values & Expectations	73
Skip Dates	74
Refund Policy	74
Registration Info	74

IMPORTANT!

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

Session Dates

Session One: May 4 - June 26
List of Courses by Day: pgs. 56 - 60

Session Two: June 29 - August 21
List of Courses by Day: pgs. 61 - 65

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

ONE- & TWO-DAY COURSES

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

Start Date	# of Classes	Class ID	Class Name	Page #
May 3	1	3359	The Art And Science Of Wine Tasting And "Terroir"	41
May 18	1	3361	The Art Of The City	7
Jun. 8	1	3279	Mélo die	12
Jun. 9	2	3318	AARP Smart Driver 8-Hour Initial Course	30
Jun. 10	2	3300	After 70 Good Years, Rough Times Ahead	17
Jun. 15	1	3357	Pittsburgh Zoo & PPG Aquarium Jungle/Islands Tour	50
Jun. 16	1	3267	FBI Raises Awareness On Fraud Against Seniors	54
Jun. 16	2	3276	Pleasures Of Poetry	10
Jun. 16	2	3345	Project Nightmares: Why Good Projects Go Bad	14
Jun. 17	1	3260	Rodef Shalom Biblical Garden	32
Jun. 17	1	3255	Quintessentially Pittsburgh	51
Jun. 17	2	3334	Earl Hines: "They Didn't Believe I Could Do It"	12
Jun. 18	2	3353	Architectural Representation In The 21st Century	34
Jun. 18	2	3275	Air Pollution, Health, And The Environment	43
Jun. 18	2	3313	The Berlin Airlift	47
Jun. 22	1	3344	Pittsburgh's Last Duel	46
Jun. 23	1	3319	AARP Smart Driver Renewal Course	30
Jun. 23	1	3245	Verbal Self-Defense For Women	31
Jun. 24	1	3244	Create Trendy Jewelry	20
Jun. 24	1	3324	Cruise The Three Rivers	32
Jun. 24	1	3248	The Book Of Genesis And The Evolution Of The Universe	35
Jun. 24	1	3250	Regenerative Medicine	38
Jun. 24	1	3294	Tour Of ALCOSAN	50
Aug. 6	1	3347	Biomimicry In Architecture	34
Aug. 11	1	3246	Verbal Self-Defense For Women	31
Aug. 12	1	3329	Western PA Birds: Their Habits, Habitats, And History	36
Aug. 18	1	3331	National Aviary Veterinary Hospital Lecture And Tour	37
Aug. 20	1	3351	Protect Your Identity: Identity Theft Protection	14

You must be registered to attend these courses.

ARTS & HUMANITIES

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

ART

Design Principles In Practice

Study Leader: Daniel Boyarski

- 5 Classes: Jul. 2 – Jul. 30 *Class ID:* 3306
- Thursday, 9:30 AM - 11:00 AM
- Margaret Morrison, A-11



How might basic design principles—used by designers of all stripes in their work every day—be of use to those who are not designers? By introducing several basic principles and showing examples to explain them, these might help you see in a more critical way—when looking at art, design, architecture; when creating a poster for an event; when trying to select a font for a birthday card; or when taking pictures with your smart phone. Not all designed artifacts are well-designed, and it may be helpful to know why. Each class will focus on one principle or a set of principles around a theme. I will explain with lots of examples and we will discuss them.

Dan Boyarski is professor emeritus and former head of the School of Design at Carnegie Mellon University, where he has been for over 35 years. He taught courses in typography, information and interaction design, and time-based communication at graduate and undergraduate levels. His interests lie in visualizing complex information, interface and interaction design, and how word, image, sound, and motion may be combined for effective communication.

Art As Politics: What Happened Between The Wars

Study Leader: Cynthia Weisfield

- 4 Classes: Jul. 15 – Aug. 5 *Class ID:* 3297
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



Art is usually analyzed by formalistic considerations such as line, shape and color. This course will augment that trope by examining art as a socio-political phenomenon reflective of a time, place and society. That concept will be made clear by a study of representative objects throughout history, followed by a deep look at how art was used as a defining societal mechanism between the wars by Italy, Russia, and Germany. An extremely brief look at early 20th century art as a background for later events is included in this rapid paced course.

Cynthia F. Weisfield is an art historian with a degree from the University of Chicago. She is a freelance writer concentrating on art topics; she was also a contributor to the important national exhibition "Women of Abstract Expressionism."

Help us build our future by
donating to the 4.0 Capital
Project.

For more information,
visit cmu.edu/osher.

American History Through Artworks At The Smithsonian American Art Museum

Study Leader: Smithsonian AAM

- 4 Classes: Jun. 23 – Jul. 14 Class ID: 3272
- Tuesday, 1:30 PM - 3:00 PM
- Wean Hall, 4708

Beyond the Frame: American History Through Artworks at the Smithsonian American Art Museum will explore America's stories through a series of four highly interactive, artwork-driven video conferences. Artists give us a diverse window on American life, reflecting the cultural, social, and political climate of the time in which they work. Explore the question, "What does art reveal about America?" as you join Smithsonian American Art Museum study group leaders to examine America through the eyes of diverse artists in four discussion-based sessions, each focused on a separate era: Seeing is Thinking, Early America, Wars at Home and Abroad, and Contemporary Life.

The Smithsonian American Art Museum has connected with learners of all ages, focusing especially on lifelong learning sites during summers since 2013. American Art Museum study group leaders are a corps of seasoned volunteer videoconference presenters deeply familiar with the Museum's collections and facilitating conversations about artworks. Their professional experiences, paired with Museum-provided training, have prepared them to be responsive to participants' interests and to be facilitators of artwork-based discussions.

CINEMA/FILM

Lady Justice Goes To The Movies 2

Study Leader: Diane Berman, Lloyd Stires

- 6 Classes: May 5 – Jun. 9 Class ID: 3293
- Tuesday, 3:15 PM - 6:15 PM
- Wean Hall, 4708



The courtroom drama or comedy has been a staple of American cinema for decades and has resulted in many excellent films, with liberties taken in both law and procedure to enhance the effect of courtroom scenes. In the first edition of Lady Justice, we watched and discussed films from the 1950s and 1960s that raised both social and legal questions, and illustrated trial tactics still being used today. In this course, we will consider six movies from the 1980s and 1990s that pose different social and legal issues. Two study leaders with separate professional backgrounds—social psychology and law—will lead a discussion of problems and themes presented by each film. Please note that this is a film discussion class. It is hoped that you will be able to remain for the duration of the class. Four of the six films are rated R, due to rude language, violence, and sexual scenes.

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

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.

DRAMA/THEATRE

The Art Of The City

Study Leader: City Theatre Company

- 1 Class: May 18 Class ID: 3361
- Monday, 4:00 PM - 5:30 PM
- City Theatre,
1300 Bingham St., South Side

ONE
DAY

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

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

LITERATURE

Con

Study Leader: Gloriana St. Clair

- 6 Classes: May 14 – Jul. 23 Class ID: 3282
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4707



"I confess to God Almighty, before the whole company of heaven, and to you, my brothers and sisters, that I have sinned in thought, word, and deed." The campus Lutheran fellowship's Compline Choir chants this on winter Sunday evenings with the congregation repeating the confession and absolution. As in life, so also in literature, secrets and cons play a central role in creating and maintaining interesting plots acted out by fascinating characters. In this course, five famous examples will be read and discussed transparently. Gay Talese's *The Godfather* will start us off. Ariana Franklin's *Mistress of the Art of Death* will be followed by Herman Melville's *The Confidence Man*, and then Joseph Conrad's *Heart of Darkness*. We will conclude with the poet Toi Dericotte's *The Undertaker's Daughter*. During the last class, students will relate their own cons and receive the group's forgiveness for any faults therein.

Please note: *Meets every other week on 5/14 & 5/28, 6/11 & 6/25, 7/9 & 7/23*

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

Short Stories: Voices That Warrant Inclusion

Study Leader: Helen-Faye Rosenblum

Materials Fee: \$5*

- 6 Classes: May 4 – Jun. 15 *Class ID:* 3291
- Monday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

**Note: Class will not meet on 05/25/2020*

- 6 Classes: May 4 – Jun. 15 *Class ID:* 3292
- Monday, 3:15 PM - 5:15 PM
- Wean Hall, 4707

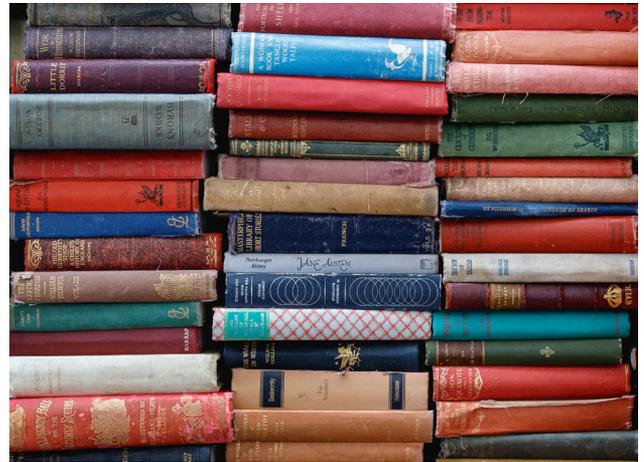
**Note: Class will not meet on 05/25/2020*

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

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

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

**Materials fees are not refundable; information on page 74.*



Great And Notable Novels Read And Revisited

Study Leader: Mary Schinhofen, Ken Joseph, Gloriana St. Clair, Helen-Faye Rosenblum

- 6 Classes: May 7 – Jul. 16 *Class ID:* 3298
- Thursday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

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

Please note: *Meets every other week on 5/7 & 5/21, 6/4 & 6/18, 7/2 & 7/16*

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.

Ken Joseph is a graduate of St. John's College (Annapolis) and the Duquesne University School of Law. He spent most of his working life as an attorney and has always enjoyed reading and discussing good literature

See **Gloriana St. Clair**, page 7

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

Contemporary Latin America Through Short Stories

Study Leader: Karen Goldman

- 5 Classes: May 7 – Jun. 4
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

Class ID: 3349



This class provides opportunities for learners to develop an in-depth understanding of contemporary Latin America through reading and discussing significant works of short narrative in English translation. We will examine Latin American short stories and novellas (under 100 pages) of the twentieth century, with an emphasis on the so-called "boom" of the 1960s. We will move chronologically through some examples of early 21st century writing, examining some of the most recent literary trends in Latin America in their social, political, and historical contexts.

Karen Goldman holds a Ph.D. in Spanish and Latin American Literature from Columbia University. She has taught courses in Spanish and Latin American literatures and cultures at Yale University, Pitzer College, Chatham University, and the University of Pittsburgh. Her recent scholarly work focuses on Spanish and Latin American cinema and representations of Latinos in U.S. popular culture.

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

Study Leader: Michael Mariani

- 6 Classes: Jun. 29 – Aug. 3
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

Class ID: 3323

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

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

A Midsummer Night's Dream: A Dream For Us All

Study Leader: Rebecca Carpenter

- 4 Classes: May 6 – May 27 *Class ID:* 3271
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

Pleasures Of Poetry

Study Leader: Judith Robinson

- 2 Classes: Jun. 16 and Jun. 23 *Class ID:* 3276
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

**TWO
DAY**

This will be a shorter version of the course I have taught at Osher CMU for the last 20 years. I will begin by emailing students examples of fine poetry. During the first class, we will read and discuss these and other poems as well as writing techniques. Prompts will be offered for those who wish to write. The second day will be a workshop to offer feedback and editing suggestions to the students who have written poems. Students who do not wish to write but do wish to hear great work and participate in the workshop are also encouraged to come. As always, writing is an option, listening is a pleasure.

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, and one novel; edited or co-edited eleven poetry collections. She has taught at Osher at Carnegie Mellon University and the University of Pittsburgh. Her newest collection, *Carousel*, was published in January 2017, Lummo Press. Her newest gallery exhibit "The Numbers Keep Changing," was on display at The Pittsburgh Holocaust Center, April through June 2019.

More Books Your Grandchildren Read

Study Leader: Amy Kellman

- 4 Classes: May 7 – May 28 *Class ID:* 3261
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

This course will explore the following topics about books for children and teens: diversity and what that means; some history and development of non-fiction; different types of fantasy and why it is so popular; the Graphic Novels; and Memoir. You will be asked to read four books for discussion in class.

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.

Golden Age Mysteries

Study Leader: Mark Banister

- 4 Classes: Jun. 30 – Jul. 21 *Class ID:* 3316
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

The Golden Age of Mystery Fiction is typically defined as the era of detective stories which follow the established conventions of fair play, clear plotting and clue presentation, and frequent surprising endings. Though this is usually thought to include stories written between World War I and World War II, we will look at influences prior to that time and also works of the genre after it. Since many of the authors have had their works dramatized for TV or movies, we will look at those as well. Not much will be made of the grand dame of the Golden Age, Agatha Christie, as she has an Osher class of her own!

Mark Banister retired from Carnegie Mellon in 2017, from the Environmental Health and Safety Office. He has been a ravenous reader of Golden Age Mystery Fiction for decades and has an embarrassing number of mystery books, TV shows, and movies related to them.



Paris: A Moment Of The Beautiful Age

Study Leader: Rebecca Taksel

- 5 Classes: Jul. 1 – Jul. 29 *Class ID:* 3163
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



In retrospect it was called *la belle époque*, the beautiful time of the last decade of the 19th century until WWI, when Paris was the center of the most daring and original art, ideas, and fashions as well as great expositions of science and progress. This course will create a portrait of a great city at a time of great crisis, the early 1890s, culminating in *l'affaire Dreyfus*. We will certainly spend time in the salons and cafés and nightclubs with the artists and intellectuals—Mallarmé, Apollinaire, and Zola; Debussy, Satie, and Stravinsky; Laurencin, Toulouse-Lautrec, Gauguin, and all the rest. We will also examine the opposing social and political currents that flowed under and around and through the life of the city, notably religious reaction vs. secular liberalism, nationalism and anti-Semitism vs. cosmopolitan tolerance—that led to the false conviction and cover-up in the case of Alfred Dreyfus.

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

MUSIC

Mélodie

Study Leader: Mark Carver, Sari Gruber

- 1 Class: Jun. 8 Class ID: 3279
- Monday, 3:00 PM - 4:30 PM
- College of Fine Arts, Kresge Theatre



Soprano Sari Gruber and pianist Mark Carver discuss and perform French art song, known as *Mélodie*.

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

Sari Gruber, a revered artist on the international stage, has many operatic credits, which include appearances with Lyric Opera of Chicago, NYC Opera, LA Opera, Netherlands Opera, Maggio Musicale di Firenze, Saito Kinen Festival, Seiji Ozawa's Ongaku-Juku, Opera Company of Philadelphia, Pittsburgh Opera, and many others nationally and internationally. She has performed many leading roles including *Susanna/Le nozze di Figaro*, *Gretel/Hänsel und Gretel*, *Juliette/Roméo et Juliette*, *Beth/Little Women*, *Miss Hedgehog/The Fantastic Mr. Fox* (World Premiere), and *Helena/A Midsummer Night's Dream*. An acclaimed recitalist and the 2005 Naumburg Competition first place winner, she has appeared in numerous solo recitals at Lincoln Center and Carnegie Hall in addition to other noted recital venues. Ms. Gruber has sung with the many notable symphony orchestras and chamber music festivals across the country.



Earl Hines: "They Didn't Believe I Could Do It"

Study Leader: Patricia Pugh Mitchell

- 2 Classes: Jun. 17 and Jun. 24 Class ID: 3334
- Wednesday, 1:15 PM - 2:45 PM
- Mellon Institute, Auditorium



This course will offer a glimpse of Hines' life, stylistic approach, and the musical mentors of one of America's primary architects in the formation of jazz piano. It is comprised of two sessions. Class one will offer a screening of a documentary on Earl Hines filmed at Blues Alley, Washington, DC, in 1975 (approx. 51 min.), followed by a brief question and answer session. Class two will follow a panel format with local jazz aficionados who will share their views on the impact of pianist Earl "Fatha" Hines on jazz and jazz piano as it has evolved. This final session will conclude with a musical tribute to Mr. Hines by local pianists.

Patricia Pugh Mitchell, native of Pittsburgh, is an avid writer, researcher, and curator of local African American history. A graduate of Hiram College with a B.A. in English, she holds masters of arts degrees in teaching and a history from the University of Pittsburgh. Patricia is the former Executive Director of Kuumba Trust, an African American arts service and advocacy organization; past Program Director for African American and Adult Programs at the Heinz History Center; former adjunct professor of English, African American Studies, and Education; and Literacy Coach for the Pittsburgh Board of Education. In addition to being the author/coauthor of several publications documenting the history of African Americans in Pittsburgh, she received an award from CMU's Center for African American Urban Studies and History for her Outstanding Contributions to Research and Writing on the subject in 2010.

Great Lyricists Of Popular Music: 1920-1960

Study Leader: Paul Roth

- 5 Classes: May 6 – Jun. 3 *Class ID:* 3266
- Wednesday, 3:00 PM - 4:30 PM
- Wean Hall, 4708

The first half of the 20th century saw the development of the traditional popular song. Most songs were a product of teamwork: composer and lyricist. Within the pantheon of outstanding lyricists were Ira Gershwin, Johnny Mercer, Cole Porter, Leo Robin, and many others. This course, intended as both a review of—and tribute to—these talented wordsmiths, presents a sampling and discussion of their most interesting and articulate works.

Paul Roth is a veteran teacher of entertainment-oriented courses for Elderhostels, Osher, and Chataqua. His courses have dealt with a wide range of music and comedy subjects. He is a retired faculty member (Computer Science) from Virginia Tech. A native of the Pittsburgh area, he is an author of a series of articles for the Heinz Museum's *Western Pennsylvania History* magazine. As an entertainer, he led a 1930s-style band and has much performance experience in amateur theater and as a radio and TV producer and host.

Degenerate: Jewish Music Of The Nazi Era

Study Leader: Daniel Muller

- 4 Classes: Jun. 29 – Jul. 20 *Class ID:* 3362
- Monday, 1:00 PM - 3:00 PM
- Mellon Institute, Auditorium

During World War II, the Nazis nearly removed a generation of music. They allowed no exceptions, pursuing established masters and young prodigies for their heritage, political beliefs, or musical aesthetic. We will define Nazi artistic ideals and follow artists from prominence to obscurity. Stops along the way include the ghetto Terezin, where arts flourished despite grim conditions, and America, where expatriate Jews revitalized musical culture.

Daniel Muller, saxophonist, has been a winner of the Pittsburgh Concert Society Major Artists Competition, a quarterfinalist in the Fischhoff National Chamber Music Competition, and a featured artist on numerous concert series in Pennsylvania. A graduate of Carnegie Mellon and Duquesne Universities, Muller studied with tenor saxophone pioneer James Houlik.

What's American About American Music

Study Leader: Owen Cantor

- 3 Classes: May 6 – May 20 *Class ID:* 3281
- Wednesday, 9:00 AM - 11:00 AM
- Wean Hall, 4708

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

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

BUSINESS & COMMERCE

Business | Computers | Economics | Law

BUSINESS

Project Nightmares: Why Good Projects Go Bad

Study Leader: Randy Weinberg

- 2 Classes: Jun. 16 and Jun. 23
 - Tuesday, 11:15 AM - 12:45 PM
 - Wean Hall, 4708
- Class ID: 3345



TWO
DAY

We live in a world of projects: from home improvement to building modern airports; from constructing ancient pyramids to crafting modern software systems; from the seemingly simple to the ultra-complex. In spite of best intentions, many projects turn into nightmares—whether over budget, late, never completed, failed to meet expectations, or scrapped entirely. The difference between going off the rails and staying on track is sometimes slight. In this light-hearted course, we examine various interesting projects from ancient times through today and uncover common factors that contribute to project successes and project nightmares.

Randy Weinberg retired from the Information Systems faculty at CMU in 2019. He taught software systems development and software project management for over 30 years. Over that span of time, he observed hundreds of student team projects and frequently lectured on effective (and ineffective) project management.

COMPUTERS

Protect Your Identity: Identity Theft Protection

Study Leader: Terri Anthony, Joseph Risher

- 1 Class: Aug. 20
 - Thursday, 11:15 AM - 12:45 PM
 - Wean Hall, 4708
- Class ID: 3351

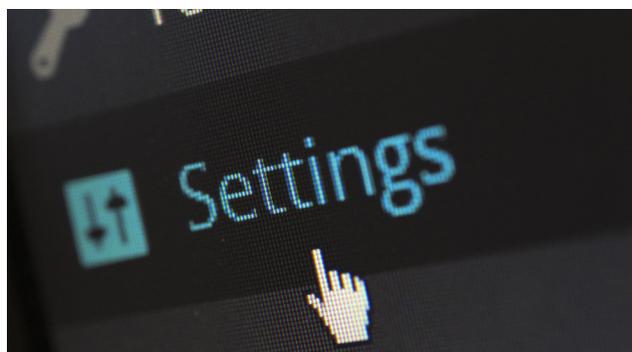


ONE
DAY

Identity theft is quickly becoming one of the most common crimes, and seniors — along with children, teens, and college students — are at a higher risk of identity theft scams. This class includes tips on the best types of passwords to use, how account holders can guard their mail and trash from identity thieves, how to prevent online identity theft, the do's and don'ts of e-commerce, and much more!

Terri Rae Anthony has been in the safety field for more than 35 years and has spent the past 19 years as a Safety Advisor at AAA East Central.

Joseph Risher is the Crime Prevention/Community Relations Officer for the Allegheny County Police Department. He has been a police officer for over six years.



Practical Computer Security

Study Leader: Jose Morales

- 5 Classes: May 7 – Jun. 4 *Class ID:* 3242
- 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. The course will address computer security in areas such as secure online transactions, passwords, mobile devices, surfing the web, emails, downloading programs and files, social networks, and more. At completion, the student will be able to use commerce sites securely, create usable and easy-to-understand passwords, avoid dubious websites and downloaded files, enjoy social networks while protecting private data, surf the web securely, and protect private data on mobile devices from misuse.

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

ECONOMICS

The Election Year Economy And Beyond

Study Leader: Norman Robertson

- 6 Classes: Jun. 29 – Aug. 3 *Class ID:* 3317
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



This course will provide an assessment of the U.S. economy since the end of WWII and evaluate longer-term prospects. We will discuss the economic outlook for 2020 — an election year. Our discussion will focus on a number of issues including the implications of the rapid growth of federal debt, the role of the Federal Reserve, and the rise of China as a global economic super power. How — and why — has the long-term outlook for the U.S. economy changed? What are the nation's prospects for the next decade? How fast can the economy grow? How will recent changes in trade policy affect the outlook? How serious is the rise in income inequality? Are regional economic disparities and tight labor markets a problem?

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

OSHER TRAVEL GROUP

American Heroes

April 27, 2020

\$93 per person

Course ID: 3363



Experience the sites in Somerset County, home of two life-changing events. Pay your respects at the Flight 93 National Memorial, the Memorial Chapel, and "The Tower of Voices." Take a tour of the Quecreek Mine Rescue site where nine members were rescued from 240 feet beneath the earth. *Lunch and motorcoach transportation are also included.*

To register for day trips,
call the office at (412) 268-7489.



Watch your Weekly Essentials for details!

A Financial Analysis Of The US Healthcare System

Study Leader: Hobart Harris

- 6 Classes: May 6 – Jun. 24* Class ID: 3321
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

**Note: Class will not meet on 05/27/2020, 06/03/2020*



We are all aware that American healthcare is much more expensive, on a per-person basis, than in any other advanced country. This course will briefly review the relative outcomes and costs of the U.S. system versus others, and then investigate possible root causes of these differences. Topics will include the impacts of private insurance, drug pricing, pluses and minuses of a competitive system, simple larceny, and others. Students will divide into groups and propose their own systems during the last class.

Hobart Harris earned a Ph.D. in Social Psychology from the University of Pittsburgh. He spent three years doing evaluation research of public mental health programs directly after receiving his degree. He then spent the rest of his career working for private consulting companies, where one of his major client groups were healthcare-related companies, including several of the largest private health insurers, several Blue Cross/Blue Shield plans and a number of hospitals and Physician Practice groups.

After 70 Good Years, Rough Times Ahead

Study Leader: Stephen Blank

- 2 Classes: Jun. 10 and Jun. 17
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall, 4708

Class ID: 3300



After World War II, change across many sectors of society was linear — incremental and predictable. Today we are moving rapidly into a world in which change in critical areas will be discontinuous, veering toward chaotic — chaotic in the sense of our being much less able to anticipate what is likely to happen next. Driven by technology, climate change, and demography, many core assumptions about how the world works are coming undone, and we face rough times ahead as we have to relearn how things work and make profound adjustments in how individuals and institutions try to meet the demands of this new era. Focusing on cases — automobiles, education, and agriculture, for example — the course examines where we have come from, and where we may be heading.

Stephen Blank's career has spanned the academic, business and not-for-profit communities. His academic careers, at Harvard and Pitt and later at Pace University was bridged by work in The Conference Board and by his role as a founding partner of MultiNational Strategies, an international management consulting firm. Blank's research on infrastructure, economic integration and logistics is well recognized, as are his writings on British, Canadian and North American politics. He served as Bissell Visiting Professor at the University of Toronto and Ross Distinguished Visiting Professor at Western Washington University and was awarded three Fulbright Professorships. He was Managing Director of an alliance of four North American business schools, and headed the largest Canadian-North American focused public affairs program in the US. In a change of pace, Blank and his wife headed a major project looking at the impact of global change on arts and cultural institutions, leading to several conferences at MOMA. A member of the Council on Foreign Relations, he was awarded L'Ordre National du Quebec by the Government of Quebec. He serves as Senior Fellow of the Institute for Science, Society and Policy at the University of Ottawa. Blank was educated at Dartmouth, Cambridge University and Harvard.

LAW

Elder Law — Being Prepared As One Grows Older

Study Leader: Carol Sikov Gross

- 5 Classes: May 7 – Jun. 4
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

Class ID: 3315

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 includes a discussion of wills, 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*.

Those Who Trespass Against Us — Introduction To Torts

Study Leader: Errol Miller

- 5 Classes: May 5 – Jun. 2 *Class ID:* 3270
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

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

Errol Miller graduated Dartmouth College and Harvard Law School, and has practiced law for 55+ years. He has been an Osher study leader since 2004, offering 6 different courses. Trust and Estates draws on his 40+ years in planning and administering estates and as a frequent lecturer in Continuing Legal Education on Elder Law. His two part, “Questioning The Criminal Justice System,” reflects a life-long interest in Criminal Justice Reform and his experiences as a law clerk to a Pennsylvania Supreme Court Justice; his post-conviction appeals, his activity on Boards of Community Mental Health Agencies, and his participation in local reform groups who share his interest in reforming the system so it is better coordinated with mental health services and principles. “Those Who Trespass Against Us” addresses tort cases (Civil Wrongs with practical advice for non-lawyers on the principles behind most civil cases. “The Current Supreme Court” reviews major decisions since Chief Justice Roberts assumed his position and what changes we might expect as court membership changes. Introduction to Real Estate Law explains the legal principles surrounding real estate transactions.

Emerging Legal Issues

Study Leader: David DeFazio

- 5 Classes: Jun. 30 – Jul. 28 *Class ID:* 3264
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

Each week the instructor will explore how the law struggles to keep pace with advances in science, technology, and social movements; in short, how the law reacts to our changing society and how our society responds to a changing legal landscape. Topics will include recent SCOTUS opinions from its 2019-2020 docket.

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

LEARN BY DOING

Art | Crafts/Hobbies | Culinary | Dance/Exercise | Finance/Insurance | Games | Language | Self-Improvement | Tours | Writing

ART

Independent Art Study

Study Leader: Gary Bates

-
- 6 Classes: May 8 – Jun. 12 *Class ID:* 3301
 - Friday, 1:00 PM - 3:00 PM
 - College of Fine Arts, TBA

-
- 6 Classes: Jul. 10 – Aug. 14 *Class ID:* 3302
 - Friday, 1:00 PM - 3:00 PM
 - College of Fine Arts, TBA

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

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

Figure Drawing

Study Leader: Betsy Bangley *Materials Fee:* \$36*

-
- 6 Classes: May 8 – Jun. 19* *Class ID:* 3312
 - Friday, 9:30 AM - 12:00 PM
 - College of Fine Arts, TBA

**Note: Class will not meet on 5/8/2020*

Discover a new world of artistic exploration and connect with humanity by learning to draw another human being. Beginning artists will learn the basics of observational drawing in a supportive environment, while experienced artists will enjoy honing their skills through the open studio format of the class. Our model will hold a variety of poses for us to observe and sketch. Each week we will start with quick gesture sketches and move on to longer drawings. You'll be surprised at the progress you make as you develop your new creative skills! Bring a pad of newsprint, drawing paper, a soft pencil, and charcoal.

Betsy Bangley has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently holds open studio figure drawing sessions with her husband, David, at a variety of venues in the Pittsburgh area, including at their country home in Beaver County. Betsy teaches Figure Drawing and other courses in the arts and humanities at the Community College of Beaver County through the Continuing Education and Workforce Development Department.

**Materials fees are not refundable; information on page 74.*

CRAFTS/HOBBIES

Knitting — The Other Way!

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

- 3 Classes: May 5 – May 19 Class ID: 3311
- Tuesday, 1:00 PM - 2:30 PM
- Friends Meeting House, Parlor
4836 Ellsworth Ave.



Many experienced knitters on this side of the big pond think they should be knitting continental style. It must be faster, they think. If you are one of these knitters, you probably know you can figure it out yourself — it will just take practice. But, for some reason, you haven't taken the time. This short workshop is for experienced knitters to try out — and practice — continental knitting. We'll also take some time to learn and practice what's known as backwards or mirror knitting. It's handy for short rows and patterns with few stitches. It just happens to also be knitting left-handed. So, if you're a leftie who's been knitting right-handed, come try your hand (pun intended) at knitting in a way that may be more comfortable to your hands ... and brain!

Barbara Gengler is a serial hobbyist who has played with fiber, glass, silver, and wood to create quilts, windows, vases, jewelry, musical instruments, and other functional art. As in her work developing software solutions, she enjoyed the challenge of creating functional solutions using resources and materials at hand. While some hobbies have come and gone, she always returns to her knitting and crocheting roots.

**Materials fees are not refundable; information on page 74.*

Create Trendy Jewelry

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

- 1 Class: Jun. 24 Class ID: 3244
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

**ONE
DAY**

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

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

**Materials fees are not refundable; information on page 74.*



CULINARY

International Jewish Foods

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

- 5 Classes: May 5 – Jun. 2 *Class ID:* 3333
- Tuesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Kitchen,
7604 Charleston Ave., Swissvale



When most of us in Pittsburgh think of Jewish food, we think of kugel, bagels and lox, matzo ball soup, and other Ashkenazic treats. But have you thought about what Jewish cuisine is like in India, Africa, or South America? In this class, we will explore some of the classics and their variations as well as delightful and interesting foods from Jewish communities throughout the world.

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 74.*

DANCE/EXERCISE

Hatha Yoga

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

- 7 Classes: May 7 – Jun. 18 *Class ID:* 3252
- 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 perform 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 better manage stress and tension. Exercises can be adapted for those with a variety of abilities. Participants will need a mat or pad to sit/lie on (a carpet strip, foam pad, or blanket is fine) and will need to wear loose, non-binding clothing.

Please note: *NO NEW STUDENTS* - Short summer session is for returning students only. New Students are welcome in the fall and winter. For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premises during any courses with physical activity.

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 74.*

Get Fit — A Fun Latin Cardio Workout

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

- 8 Classes: May 6 – Jun. 24 *Class ID:* 3299
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom,
5915 Beacon St., Squirrel Hill

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

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

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

**Materials fees are not refundable; information on page 74.*

Move It Or Lose It At Dance Alloy

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

- 6 Classes: May 5 – Jun. 23* *Class ID:* 3309
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio,
5530 Penn Ave., East Liberty

**Note: Class will not meet on 05/26/2020, 06/02/2020*

Enhance your own gift of movement with this class designed for the inner dancer hiding inside your mature body. Discover how attention to the way you move can increase your energy and make daily activities more comfortable. As we age, our movement repertoire narrows. By increasing the variety and range of our movements, we can better maintain and even enhance our physical capabilities. Accompanied by an eclectic array of recorded music, each class begins with gentle standing and seated floor exercises, and culminates in movement combinations to excite that inner dancer. The focus is on breath, flexibility, coordination, and balance. No prior experience is necessary — only a willingness to expand your movement horizons. Please bring a yoga mat or thick towel for the floor exercises.

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

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

**Materials fees are not refundable; information on page 74.*

Move It Or Lose It At Friends

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

- 6 Classes: May 7 – Jun. 25* Class ID: 3310
- Thursday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

**Note: Class will not meet on 05/28/2020, 06/04/2020*

Enhance your own gift of movement with this class designed for the inner dancer hiding inside your mature body. Discover how attention to the way you move can increase your energy and make daily activities more comfortable. As we age, our movement repertoire narrows. By increasing the variety and range of our movements, we can better maintain and even enhance our physical capabilities. Accompanied by an eclectic array of recorded music, each class begins with gentle standing and seated floor exercises, and culminates in movement combinations to excite that inner dancer. The focus is on breath, flexibility, coordination, and balance. No prior experience is necessary — only a willingness to expand your movement horizons. Please bring a yoga mat or thick towel for the floor exercises.

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

See **Elsa Limbach**, previous listing

**Materials fees are not refundable; information on page 74.*

Feeling Better—Therapeutic Exercise And Stretching Class

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

- 6 Classes: May 5 – Jun. 9 Class ID: 3285
- Tuesday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

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

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

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

**Materials fees are not refundable; information on page 74.*

Brain Health And Better Balance Through Dalcroze Eurhythmics

Study Leader: Leslie Upchurch

- 3 Classes: Jul. 8 – Jul. 22 *Class ID:* 3335
- Wednesday, 3:15 PM - 4:15 PM
- Margaret Morrison, 119

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

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

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

FINANCE/INSURANCE

Financial Success In Retirement

Study Leader: Seth Dresbold

- 4 Classes: Jul. 1 – Jul. 22 *Class ID:* 3259
- Wednesday, 3:00 PM - 4:30 PM
- Wean Hall, 4708

This course will focus on helping to identify the key elements a retiree should have in place to prepare for a financially successful retirement. We will focus on retirement income strategies; the proper way to invest our assets in retirement; identifying and protecting against certain risk factors in retirement; the advantages and disadvantages of certain insurance products; and estate planning concerns.

Seth Dresbold is a partner with Signature Financial Planning, having joined the firm in March of 2011 after graduating with his law degree and M.B.A. from the University of Pittsburgh. Seth is a licensed attorney, and a CFP(r) Practitioner and serves as a board member for several non-profit organizations, including serving as the Vice-Chair of FamilyLinks and the President of the ABOA for the American Cancer Society. In addition, Seth is very practiced in front of an audience, having won awards as a stand-up comedian. He combines his expertise in these numerous fields to give a holistic overview of retirement needs.

Respond to the Monkey in your email!

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

It's Good To Be Queen! A Woman's Financial Reign

Study Leader: Roselyn Wilkinson

- 5 Classes: May 5 – Jun. 2 Class ID: 3283
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

When it comes to your money and finances, are you a damsel in distress? If the whole idea of financial planning scares you, everything you need to know and do to reach your goals and reign supreme will be laid out in simple steps: from budgeting, determining your net worth, saving, and staying debt-free to vetting qualified professionals and protecting yourself and your assets with proper insurances. You'll master investment basics, industry terminology, and learn how to build wealth over time. Financial planning is no more complicated than eighth-grade math. It's time to own your financial life just as you do your career and health. Regardless of whether you're single, married, divorced, or widowed, making informed decisions about your short- and long-term financial security is critical to preserving your independence and expanding your options in life. Because today, happily ever after is not a fairy tale: it's a choice.

Roselyn Wilkinson helps people manage their money through comprehensive financial planning. With over 25 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, stocks, bonds, and mutual funds and a host of other investment vehicles. Passionate about helping women become more engaged in their finances, Roselyn is on the board of the Women & Girls Foundation of Pittsburgh and is a member of the Executive Women's Council. 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, author of *It's Good to be Queen: Every Woman's Pocket Guide to Financial Sovereignty*, and a multi-year recipient of the Five Star Wealth Manager Award. Roselyn Wilkinson is a Registered Representative of and securities offered through Berthel Fisher & Company Financial Services, Inc. (BFCFS). Member FINRA/SIPC. MD&A Financial Management Company and BFCFS are independent entities.

Giving With Intention

Study Leader: Brian Bohn

- 4 Classes: Jul. 2 – Jul. 23 Class ID: 3305
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4708



To an individual or family, every dollar has a purpose; whether it is a dinner out, retiring early, educating a child, or supporting a philanthropy, every dollar is meant to do something. In this course, we will discuss how to give to family with maturity and how to support philanthropies with distinct purpose. Examples include how to support family while avoiding conflict and teaching better money habits. We will also discuss the most efficient ways to support philanthropies through gifting. This course is perfect for someone looking to support and engage their loved ones or charities that are near and dear to them.

Brian Bohn, CFP, CPFA, CPWA is a partner of The Gleason, Bohn, Floberg Wealth Advisory Group at Merrill Lynch. He guides affluent individuals and families in every aspect of their financial lives. Brian is a sought after speaker for civic clubs, private organizations, and universities which he shares his expertise in managing the finances of wealthy families, widows, and executives. Brian has also been named to Forbes "Best-in-State Next-Generation Wealth Advisors" list.



GAMES

An Introduction To Fantasy Football

Study Leader: Peter Oleinick

- 3 Classes: Aug. 6 – Aug. 20 *Class ID:* 3338
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



If your kids and grandchildren enthusiastically play fantasy football and you would like to know more about what it is and why they like it so much, this is the course for you. In the course, I'll be covering the origins of the phenomenon, the mechanics of how it works, and the different forms of the game that now exist. The attendees will also have the opportunity to draft their own football teams, manage their players, and see how the game actually works as we play a few weeks of a simulated season.

Peter Oleinick earned a Ph.D. in electrical and computer engineering from CMU in 1978. He spent the next 13 years in Silicon Valley working for high-tech companies like HP and start-ups like Tandem Computers and Omni Solutions. Peter moved back to Pittsburgh in 1991 to work at Transarc, a startup formed by a number of CMU computer scientists. After a 40-year career at various high-tech companies, Peter retired in 2017. Peter now volunteers his time at a number of non-profits: The Pittsburgh Zoo, the Hebrew Free Loan Association, and the MS Society.

Bridge Potpourri

Study Leader: John Olmsted

- 6 Classes: Jun. 29 – Aug. 3 *Class ID:* 3268
- Monday, 3:00 PM - 4:30 PM
- Wean Hall, 4707



All bridge players would like to improve their game, and most players know where their weaknesses are. Bridge Potpourri will cover topics that the students choose. Coverage may include bidding conventions, defensive bidding, principles of declarer play, opening leads, and defensive playing tactics.

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

Bridge Communication Techniques

Study Leader: John Olmsted

- 6 Classes: May 4 – Jun. 15 *Class ID:* 3269
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

**Note: Class will not meet on 05/25/2020*

Successful bridge players communicate effectively with their partners using conventions both in the bidding and in the play of a deal. Bridge Communication Techniques will introduce a variety of such techniques, including special bidding conventions, defensive signaling, drawing inferences from both the bidding and the play. The format will be highly interactive, including challenge deals to study prior to each class, in-class example deals, and play and analysis of two deals each week. The course is open to all bridge players who feel comfortable in social bridge games but would like to raise their game another notch.

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

Frick Park Lawn Bowling

Study Leader: Daniel Boyarski *Materials Fee:* \$15*

- 3 Classes: May 5 – May 19 *Class ID:* 3274
- Tuesday, 2:00 PM - 4:00 PM
- Frick Park, Lawn Bowling Greens

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

Please note: *The course is three weeks. A fourth week will be used for a rain-date should it be needed.*

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

**Materials fees are not refundable; information on page 74.*

Party Games

Study Leader: Jeanette Matthews, Sherri Davis

- 6 Classes: May 7 – Jun. 11 *Class ID:* 3262
 - Thursday, 11:15 AM - 12:45 PM
 - Wean Hall, 4707
-
- 6 Classes: Jun. 30 – Aug. 4 *Class ID:* 3263
 - Tuesday, 11:15 AM - 12:45 PM
 - Wean Hall, 4707

Learn fun, quick, and easy-to-play games and activities that are guaranteed to liven up your next get-together with family (including children) and friends. During each of the first five sessions, we will learn one to two games that can be played by four or more players. Then the sixth week will be "open play" — the class will choose their favorite games to play again!

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

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

Bridge Basics I

Study Leader: Jack Patzer

- 6 Classes: May 6 – Jun. 10 *Class ID:* 3253
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4707

Bridge is a card game enjoyed by tens of millions of people who like social interaction as well as mental challenges. Bridge involves both bidding (competing for the right to select a master suit) and playing (one card at a time played by each of the four players). The Bridge Basics series (BB1, BB2, BB3) explores a progression in playing skills that is designed to take neophytes (never played bridge before) to confident social bridge aficionados. Participants receive some instruction and play two or more sample hands (followed by a detailed analysis of the hand) at every meeting. Bridge Basics 1 (BB1) introduces the participant to the Standard American bidding convention framework and provides instruction in the structure of the game, basic hand evaluation, opening suit bids, overcalls, competitive bidding, and play of the hand. BB1 is appropriate for neophytes or beginners who want to relearn the basics.

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

Bridge Basics II

Study Leader: Jack Patzer

- 6 Classes: Jul. 1 – Aug. 5 *Class ID:* 3286
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4707

Bridge is a card game enjoyed by tens of millions of people who like social interaction as well as mental challenges. Bridge involves both bidding (competing for the right to select a master suit) and playing (one card at a time played by each of the four players). The Bridge Basics series (BB1, BB2, BB3) explores a progression in playing skills that is designed to take neophytes (never played bridge before) to confident social bridge aficionados. Participants receive some instruction and play two or more sample hands (followed by detailed analysis of the hand) at every meeting. Bridge Basics 2 (BB2) explores slightly more advanced bidding techniques and preliminary strategies for both defender and declarer play of the hand. Topics covered include no trump bids and responses, weak 2-bids, and Jacoby 2NT. BB2 is appropriate for those who have completed BB1 or beginners familiar with Standard American bidding conventions.

See **Jack Patzer**, *previous listing*

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

LANGUAGE

Intermediate French Conversation

Study Leader: Veronique Schreurs

- 4 Classes: May 8 – May 29 *Class ID:* 3320
- Friday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

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.

SELF-IMPROVEMENT

Massage For Health And Happiness

Study Leader: Mary Duquin

- 5 Classes: May 5 – Jun. 2 *Class ID:* 3256
- Tuesday, 1:15 PM - 2:45 PM
- Wean Hall, 4707

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

Mary Duquin received her Ph.D. degree at Stanford University in education and taught at the University of Pittsburgh from 1974 to 2013 in the Department of Health and Physical Activity. She became a certified massage therapist in 1991 and taught massage therapy as a graduate course at the University of Pittsburgh from 1991 to 2008. She has taught massage therapy to various age groups including grandparents raising grandchildren. Mary maintains a private massage practice in Swissvale, and has had experience massaging the elderly, the critically ill, and the dying.

AARP Smart Driver 8-Hour Initial Course

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

- 2 Classes: Jun. 9 and Jun. 16 *Class ID:* 3318
- Tuesday, 1:00 PM - 5:00 PM
- Wean Hall, 4707

**TWO
DAY**

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

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

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

**Materials fees are not refundable; information on page 74.*

AARP Smart Driver 4-Hour Renewal Course

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

- 1 Class: Jun. 23 *Class ID:* 3319
- Tuesday, 1:00 PM - 5:00 PM
- Wean Hall, 4707

**ONE
DAY**

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

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

See **David Zimmer**, previous listing

**Materials fees are not refundable; information on page 74.*

Verbal Self-Defense For Women

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

- 1 Class: Jun. 23 *Class ID: 3245*
- Tuesday, 11:15 AM - 12:45 PM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

ONE
DAY

- 1 Class: Aug. 11 *Class ID: 3246*
- Tuesday, 11:15 AM - 12:45 PM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

ONE
DAY

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

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

**Materials fees are not refundable; information on page 74.*

TOURS

Our Three Rivers And Their Impact On Our Region

Study Leader: Scott Harshman, Richard Lockwood

- 7 Classes: May 6 – Jun. 17 *Class ID: 3350*
- Wednesday, 9:30 AM - 12:30 PM
- Various Locations, TBA

NEW

This course is intended to increase awareness of the participants to the value of the major watersheds in Western Pennsylvania and their impact on the economic health of the region and the quality of life of the citizens. This course will consist of seven unique field site visits that highlight important aspects related to the watersheds.

Scott Harshman, with over 20 years of public and private sector experience focusing on economic development, serves as the Marketing & Program Manager for the Port of Pittsburgh Commission. In this position, Scott works to promote the commercial and recreational use of our rivers and increase the visibility of the Commission's offerings in the Greater Pittsburgh region including the Revolving Loan Fund, financing packages for capital projects, access to various grant programs, and advocacy for increased lock and dam funding. Scott is a graduate of Indiana University of PA with a B.A. in political science and economics.

Richard "Rich" Lockwood recently retired as Chief of Operations and Readiness of the U.S. Army Corps of Engineers, Pittsburgh District with 42 years of service. Rich is a licensed Mariner, confirmed "River Rat," and a subject matter expert on the Inland Marine Transportation System and Rivers Information Services.

Rodef Shalom Biblical Garden

Study Leader: Rodef Shalom Garden

- 1 Class: Jun. 17 Class ID: 3260
- Wednesday, 11:00 AM - 12:00 PM
- Rodef Shalom, 4905 5th Ave., Oakland

ONE DAY

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

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

Marian Finegold has been a docent in The Biblical Garden for over 20 years. The Rodef Shalom Biblical Botanical Garden, established in 1987, is the largest such garden in North America. Sitting on a third of an acre, the garden is the only one of its kind to feature an ongoing program of research and publication.

Cruise The Three Rivers

Study Leader: Richard Lockwood, James McCarville
Materials Fee: \$15*

- 1 Class: Jun. 24 Class ID: 3324
- Wednesday, 9:30 AM - 12:30 PM
- Carnegie Science Center, RiverQuest Dock

NEW

ONE DAY

Cruise Pittsburgh's Ohio River on the RiverQuest, the educational vessel of the Rivers of Steel, Inc. Learn about how RiverQuest teaches our youth about the ecological value of the rivers. It will include hands-on science activities as well as an overview of Rivers of Steel other programming. We plan to go through a lock (river traffic permitting). The gangway to get onto the boat can also accommodate a wheelchair as long as river levels are within normal range. Explorer is subject to Coast Guard restrictions on sailing in the event of adverse conditions. Weather conditions can occasionally impact our ability to sail. We can coordinate a contingency plan in the event of a weather-related program cancellation. It is open to all Osher students and complements the experience of the "Our Three Rivers" courses.

See **Richard "Rich" Lockwood**, page 31

Jim McCarville retired from a 40-year career of working on ports and waterways, including 20 years as executive director of the Port of Pittsburgh Commission; chairman of an international waterway conference, SmartRivers; and one of eight representatives on the United States delegation to the Permanent International Association of Navigation Congresses (PIANC).

**Materials fees are not refundable; information on page 74.*

Drop a Course

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

WRITING

How To Self-Publish Your Own Book Successfully

Study Leader: Tom Costello

- 6 Classes: May 4 – Jun. 15 Class ID: 3339
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

**Note: Class will not meet on 05/25/2020*



Book publishing has undergone a revolution—a democratization. Doors are opening for the self-published author, and the lines between self-publishing and independent publishing are blurring while the big traditional houses struggle to keep up with the new reality. It used to be impressive to note that people like Martha Stewart and Deepak Chopra began by self-publishing their books and attracted the attention of big New York publishers to become celebrities. Today, self-published authors are using their impressive book sales to launch big careers without ever signing on with a commercial publisher. I will begin with a no-nonsense discussion on being honest about your writing skills and how to avoid making one of the worst mistakes a self-published author can make, or as one self-publishing company puts it, edit or regret it, which opens the doors to the actual process of successfully self-publishing a book. On our way to revealing the secrets and rules, we will share the most frequently asked questions we receive from writers, the secrets to demystifying Amazon and how to get yourself poised to ignite healthy and enduring book sales.

Tom Costello received his Ph.D. from Michigan State University and he taught writing and literature at Northwestern University. In the mid-90s, he founded Word Association Publishers in Tarentum, Pennsylvania. He serves as publisher and Editor-in-Chief. His wife and business partner, Francine Costello, who formerly worked for CBS News in Chicago, reviews new manuscript submissions and works closely with authors on their marketing strategies.

Writers' Workshop

Study Leader: Thalia Snyder, Helen Wilson

- 6 Classes: Jul. 1 – Aug. 5 Class ID: 3249
- Wednesday, 9:00 AM - 11:00 AM
- Wean Hall, 4707

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

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

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

ARCHITECTURE

Biomimicry In Architecture

Study Leader: Beatrice Spolidoro

- 1 Class: Aug. 6
 - Thursday, 9:30 AM - 11:00 AM
 - Wean Hall, 4708
- Class ID: 3347



The class will define the key terms of biophilia, biomimicry, sustainability, and organic architecture. After presenting some examples for each, participants will see some of the most successful examples of how nature can inspire new ideas in different fields. The focus of the class will be biomimicry and its applications in architecture. The study leader will present case studies from leaders in the field, but also interesting ideas developed in Pittsburgh, at Fisher ARCHitecture. She will present an example of biomimicry design process from idea to application. Attendees will be encouraged to present their own ideas for a group discussion.

Bea Spolidoro (AIA, LEED Green Associate, WELL AP) is an Italian architect registered in Pennsylvania. She is Principal at Fisher ARCHitecture, a Pittsburgh-based progressive Architecture firm focused on thoughtful, contextual and sustainable design. She is an active member of the American Institute of Architects (AIA) at a local level, and she has served as a judge for the Institute Honor Awards of AIA National in 2016. Bea is passionate about building sustainable, healthy environments. Her Italian background motivates her to be a steward of good design and of preservation. As a result, her projects aim to improve both the built world and society.

Architectural Representation In The 21st Century

Study Leader: Eric Fisher, Charles Rosenblum

- 2 Classes: Jun. 18 and Jun. 25
 - Thursday, 1:00 PM - 2:30 PM
 - Wean Hall, 4708
- Class ID: 3353



Architects create drawings and other representations of their projects up front in order to demonstrate project concepts and principles. At their best, these creations communicate project ideas in unique and unexpected ways. It used to be that architects would imagine what their projects would look like up-front, then design them. Now it's different: the computer has expanded our vision, allowing us to design projects all at once in three dimensions. How does this affect our buildings? The tools we use not only change the objects we create; ultimately, they affect the way we think. This class will investigate how architects' drawings have continued to evolve since the beginning of the new century and how this evolution has affected the resulting designs.

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

Charles Rosenblum (Ph.D.) is a Yale-educated journalist, critic, and scholar writing about architecture, art, and other aspects of visual culture. For 20 years, he taught the history of architecture and art at a number of universities in Western PA. His writing has appeared in publications nationally and regionally. He has won journalism awards for architectural writing in the *Pittsburgh City Paper* and *Pittsburgh Quarterly*. For several years, he worked as in-house writer for noted architecture practices in the Eastern U.S. In 2013, he was historical consultant and on-screen expert for the documentary, *Henry Hornbostel in Architecture and Legacy*. He earned a Ph.D. from the University of Virginia with a dissertation on Hornbostel's architecture.

The Architecture Of Antoni Gaudí

Study Leader: Matthew Schlueb

- 6 Classes: Jun. 29 – Aug. 3
- Monday, 3:00 PM - 4:30 PM
- Wean Hall, 4708

Class ID: 3342



Antoni Gaudí set out to restore humanity through a living architecture of expressionistic forms derived from nature's flora and fauna, constructed with structures reacting to weight and space, anticipating today's parametric architecture. This course will trace the arc of Gaudí's body of work, originating within Mudéjar and Gothic influences in Catalan culture centered on Barcelona at the turn of the 20th century. We will examine leitmotifs, *partis pris*, and material executions of his seminal works, contextualized by his collaborations with artisans and poets. The course is divided into six parts: exploring his relationship with patron industrialist Eusebi Güell; Gaudí's innovations repurposing discarded materials as in *trencadís* mosaics; his plaster cast experiments with natural form modeling sculptures for the Nativity façade; his study of equilibrated structure with inclined props and catenary curves; his perverted distortions in warped form weighted by metaphor; and his convex inversion of *bóvedas tabicadas* achieving compositional balance.

Matthew Schlueb is a licensed architect practicing for over two decades. He owns and operates a sole-proprietorship private practice, where he specializes in residential architecture and is dedicated to mastering the art of exceptionally tailored homes crafted by hand. He has authored ten books on architecture, and lectures from the kindergarten to postgraduate level. His designs have been recognized locally and nationally by juried competitions, receiving praise internationally in both print publications and television media. His own home, Villa Vuoto, is a manifesto on creativity, questioning the conventions of the building industry, while expanding the minds and sensitivities of his two sons raised within circular space, where rooms are rounded and walls sloped. The house is an ongoing experiment exploring human sensibilities to subtleties revealed only by a careful handling of soft, curvilinear, textural form. Matthew was awarded a Master of Architecture from Pratt Institute, where his thesis studied the visual perception of architectural space, exploring proxemic relationships between inhabitant and inhabitable form, isolating perceptual thresholds and their influences on human behavior. He continues this experimentation through his collaborations with local artists, folding their knowledge of materials and technique into his search for a meaningful architecture.

ASTRONOMY

The Book Of Genesis And The Evolution Of The Universe

Study Leader: Leonard Kisslinger

- 1 Class: Jun. 24
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Class ID: 3248



ONE DAY

The objective of this one-session course is to discuss the evolution of the universe based on theoretical astrophysics and observations compared to the Book of Genesis description of God creating the Universe. I will review Genesis days one-six and compare them to six events in the evolution of the Universe starting from a very early time, about 14 billion years ago, and ending at the present time. I will not use complicated mathematics or equations used by theoretical astrophysicists.

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.

ENVIRONMENT

How Renewable Energy Is Shaping Our World

Study Leader: Ivonne Pena Cabra

- 5 Classes: May 15 – Jun. 12
- Friday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Class ID: 3348



This course will provide you with a basic technical and market understanding of solar, wind, hydro, and storage integration. At the end of this course, you will be familiar with some basic technical aspects, and you will understand how this technology adoption is impacting the way we use energy and think about climate change and international cooperation. Examples and resources will be available for the students who want to study more details. Weeks one and two will cover basics of electricity demand and supply, and market overview of renewable technologies; week three will cover the implications of integration of renewable energy with a solar rooftop example and a grid-scale example; weeks four and five will cover the relationship between climate change and renewable energy; and week six will be a discussion of international cooperation initiatives and national mechanisms around the adoption of renewable energy.

Ivonne Peña Cabra is a senior engineer working at the National Energy Technology Laboratory in Pittsburgh with expertise on various electricity topics, including energy reliability, renewable energy integration, natural gas delivery challenges, electricity markets, and carbon capture systems. She has worked as a senior advisor for the Colombian Regulatory Energy and Gas Commission (CREG), as a research engineer and policy lead at the National Renewable Energy Laboratory in Colorado, and in the Department of Economic and Social Affairs at the U.N. Ivonne holds a Bachelor of Engineering in electronics engineering, a Master of International Development from the University of Pittsburgh, and a Ph.D. in engineering and public policy from Carnegie Mellon University, and the Technical University of Lisbon, Portugal. She has been featured as an inspiring leader in "Women @ Energy" at the Department of Energy, is published in *Applied Energy* and *Energy Policy*, and is fluent in French, Portuguese, and Spanish.

LIFE SCIENCE

Western PA Birds: Their Habits, Habitats, And History

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

- 1 Class: Aug. 12
- Wednesday, 10:00 AM - 12:00 PM
- National Aviary, Entrance, 700 Arch St., North Side

Class ID: 3329



The birds of western PA have been carefully studied by professional and amateur ornithologists alike since before the turn of the 20th century. In this presentation, National Aviary ornithologist Bob Mulvihill will introduce you to a selection of interesting and noteworthy species, talk about their ecological niches, and review their histories (some long and some very short!) as residents and visitors in our area. Whether you are a lifelong resident or a newcomer to the Pittsburgh area, a seasoned birder or a novice, this talk will have something of interest for you! Following your class, enjoy a guided tour of the National Aviary.

Robert S. Mulvihill, the National Aviary's Ornithologist, has been an active member of the birding and bird conservation community in western Pennsylvania for more than 40 years. He began his ornithological career at Powdermill Nature Reserve, the biological field station of the Carnegie Museum of Natural History, where he worked at the world-renowned Powdermill bird-banding station. During his nearly 30-year tenure there, Bob banded more than 200,000 birds and conducted in-depth long-term field research on the Dark-eyed Junco, Ruby-throated Hummingbird, and Louisiana Waterthrush. He has conducted field research across Pennsylvania and in Mexico and Central America. In 2013, shortly after he arrived at the National Aviary, Mulvihill brought Neighborhood Nestwatch, a citizen-science project developed by the Smithsonian Institution, to backyard bird-lovers in the Greater Pittsburgh area. He also brought Project OwlNet, a collaborative continent-wide study monitoring the migrations of Northern Saw-whet Owls, to Pittsburgh—banding owls three nights a week at a popular urban park in spring and fall. He also leads spring and fall birding tours for the National Aviary. Bob has received awards in recognition of his efforts to promote bird conservation from the Audubon Society of Western Pennsylvania and the Pennsylvania Society for Ornithology.

*Materials fees are not refundable; information on page 74.

National Aviary Veterinary Hospital Lecture And Tour

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

- 1 Class: Aug. 18 *Class ID:* 3331
- Tuesday, 10:00 AM - 12:00 PM
- National Aviary, Entrance,
700 Arch St., North Side

ONE
DAY

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

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

*Materials fees are not refundable; information on page 74.

MEDICAL

Evidence-Based Medicine: A Primer

Study Leader: Howard Seltman

- 3 Classes: May 4 – May 18 *Class ID:* 3341
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

NEW

This course will help you learn to evaluate the many medical studies we are told about in the media. The course is a non-technical examination of the intersection of medicine and statistics. We will talk about what makes a good medical study, how results are reported in the medical literature, and how they are reported in the media. In the last class, members are encouraged to participate in discussion of case studies of medical trials with a range of degrees of quality.

Howard Seltman earned his B.S. in biology from Oberlin College in 1975 and his M.D. from Medical College of Pennsylvania in 1979. He worked as a clinical pathologist for 15 years before switching fields to statistics. He earned his Ph.D. in statistics at CMU in 1999 and taught there until his retirement in 2019. He has authored or co-authored over 50 peer-reviewed papers in medicine and statistics.

Regenerative Medicine

Study Leader: Bryan Brown

ONE
DAY

- 1 Class: Jun. 24 Class ID: 3250
- Wednesday, 2:00 PM - 4:00 PM
- McGowan Institute for Regenerative Medicine, 450 Technology Dr., Room 503, 15219

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

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

Bryan Brown is a highly respected scientist, a committed educator, and a mentor extraordinaire. Dr. Brown currently serves as associate 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.

Autism Spectrum Disorders And ADHD: What's New?

Study Leader: Patricia Spear Lemer

- 5 Classes: May 6 – Jun. 3 Class ID: 3330
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

Everyone knows someone with autism or ADHD; these conditions are epidemic. What is happening? Are we diagnosing better? Including more kids? Or something else? Are these disabilities genetic, environmental, or both? Are they psychological or biomedical disorders? Is medication the only way to treat them? What are some alternatives? What new treatments are showing promise for these disorders? What are risk factors for those with affected family members? Can they be prevented? This course includes the latest information on possible causes 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 individuals with autism and ADHD can lead productive, independent lives.

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

SOCIAL SCIENCES

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

CONTEMPORARY TOPICS/ SOCIOLOGY

You're Both Right . . . Now What?

Study Leader: Art Sales

- 6 Classes: May 15 – Jun. 19 *Class ID:* 3336
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



Palestinians and Jews have been adversaries for over 100 years. Why? This course tries to take a look at both parties in the conflict and review how that came to be and where they are today. What do they each want? Where do they want to get to? What are some "bedrock" issues each espouses? What supports those "bedrock" issues? Are they reasonable? What does history reveal about these two peoples? Have they ever gotten along? If so, when? Can we learn from that? Does a path exist for this conflict to finally end? This six-week course will examine the foregoing and allow you to draw your own conclusions.

Arthur J. Sales is a lifelong resident of Pittsburgh and an Osher member for the past eight years. His education includes a B.A. in accounting from Duquesne and a Masters in information technology and communications from Robert Morris. His working life included being a chemist, CPA, CFO, CIO, systems analyst, and computer programmer. He studied as an adult to serve as a cantor for a number of local congregations. His passion is studying how and why things work the way they do and determining if something useful can be derived from that knowledge.

Reform Efforts In Education In The United States

Study Leader: Jack Ochs

- 4 Classes: May 6 – May 27 *Class ID:* 3340
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4708



Proposals to make college free of charge to children of lower-income families are simply the latest in a series of efforts to address the inequalities inherent in our systems of education. In this lecture series, we will address the impact of these efforts on both our education systems and on the disparities in academic achievement and lifetime prospects that exist in our country.

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

**Help us build our future by
donating to the 4.0 Capital
Project.**

**For more information,
visit cmu.edu/osher.**



Cannabis 101: A Scientific, Legal, And Medical Survey

Study Leader: Jason Lupoi, Patrick Nightingale, Bryan Doner

- 3 Classes: May 29 – Jun. 12 *Class ID:* 3254
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

Throughout human history, cannabis has been used to treat a variety of medical conditions. It wasn't until the 20th century that cannabis possession became prohibited and its use stigmatized. Over 200 million Americans currently live in a state with some form of medical cannabis reform. Decades of law enforcement and prohibition have left patients with imperfect protections, pervasive stereotypes, and often more questions than answers. The tangible aspects of cannabis's medical efficacy for facilitating happy, pain-free lives have been resurrected, yet, stigmas still exist. This course will illustrate basic scientific, medical, and legal portraits of using cannabis in pursuit of a better quality of life. Lectures will include cannabis plant science, active ingredients, the diverse products manufactured, methods of ingestion, how cannabis products can be used medicinally, what research has been conducted, myth debunking, and non-scientific issues associated with medical cannabis reform such as firearms rights, DUI, employment rights, and public policy.

Jason Lupoi graduated summa cum laude from LaRoche College in Pittsburgh, with a B.S. in chemistry, prior to earning a Ph.D. from Iowa State University. Dr. Lupoi is the Project Manager-Chemistry for Thar Process, a hemp extraction and purification company; is Editor-in-Chief of *Terpenes and Testing and Extraction Magazines*; is a peer-reviewer for *The Journal of Cannabinoid Medicine*, and has authored a book called *The Cannabis Terpene Experience*.

Patrick Nightingale is a practicing criminal defense attorney in both state and federal court in southwestern Pennsylvania. Since 2002, Mr. Nightingale has specialized in criminal defense with a particular focus on protecting the rights of cannabis consumers. Mr. Nightingale re-established the Pittsburgh NORML chapter in 2009. Since then he has spoken extensively on cannabis reform. In 2015 Mr. Nightingale joined the Pennsylvania Medical Cannabis Society and now serves as Executive Director.

Bryan Doner received his undergraduate education at Denison University and completed his graduate degree in medical sciences at the University of Massachusetts-Boston. He is a member of the American Academy of Cannabinoid Medicine, Americans for Safe Access, and the Society of Cannabis Clinicians. He is currently certified to attend for medical cannabis in NY, and soon, PA and OH.

The Art And Science Of Wine Tasting And "Terroir"

Study Leader: Ricardo Llovet *Materials Fee:* \$20*

- 2 Classes: May 4 – May 11
- Monday, 3:15 PM - 5:15 PM
- Wean Hall, 4708

Class ID: 3359



**TWO
DAY**

The objective of the course will be to provide the participants with the knowledge necessary to obtain an enhanced experience from their usual wine drinking. On the first day of this course, we will meet off-campus at Pointbreezeway to review the phases of wine tasting (visual, olfactive, tasting and aftertaste), and explain the art and some elemental science for each of those phases. In order to illustrate the topics, four different types of wine will be served. The second day the course will be taught on campus and we will focus on the concept of "terroir" and its influence on the wine. We will cover climate, geography, soil, and other topics.

Please note: *1st class — May 4 — will be at PointBreezeway: 7113 Reynolds St. Pittsburgh, PA 15208 from 5:00 PM to 7:00 PM.*

Ricardo Llovet has been a wine aficionado since his youth. He was taught by his father and then expanded his knowledge through extensive reading, tasting, travelling, and field trips. He has harvested grapes, made red and white wines at home, and visited many winemakers and vineyards in Spain, France, Italy, Bulgaria, Portugal, and the U.S. He has been conducting wine tastings during the last 35 years, well before it became a popular activity. Less than two years ago Ricardo started the website wineandfriends.net where he posts wine reviews and his most recent experiences in the world of wine. Ricardo just has a passion for wine and has been frequently told that he is able to transmit it.

**Materials fees are not refundable; information on page 74.*

Democracy For Realists

Study Leader: Lloyd Stires

- 6 Classes: Jul. 1 – Aug. 5
- Wednesday, 1:15 PM - 2:45 PM
- Wean Hall, 4708

Class ID: 3322

Our democracy may be in serious trouble. While the United States faces many urgent problems, our government appears to ignore the wants and needs of its citizens. We proceed from the premise that, in a democracy, all citizens should have as equal a voice in public policy as possible. We look at a number of governmental structures and deliberate political interventions that have sometimes resulted in minority rule in this country. We examine data on how responsive our political system is to public opinion—a relationship which varies by social class. Finally, we explore some of the reasons for a lack of responsiveness, including the role of money in politics, the limited ability of our judicial system to punish corruption, and the ability of the mass media to shift public opinion in directions favored by elites. Attention will be paid to what we as citizens can do to counteract these trends.

See **Lloyd Stires**, page 6

Enjoying *The New Yorker*

Study Leader: Mona Strassburger

- 6 Classes: Jun. 29 – Aug. 3 Class ID: 3251
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

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

Mona Strassburger is a lifelong Pittsburgher and has been a member of Osher since 2011. She was a high school English teacher, and then for 19 years, a psychotherapist at the YWCA Women's Counseling Center. After retiring, she became involved as a volunteer with many community organizations. She has facilitated support groups at the Good Grief Center for Bereavement, Gilda's Club, and most recently, the Women's Center and Shelter. She volunteers at the Carriage House Children's Center and the National Council of Jewish Women. She is a board member for Awesome Pittsburgh.

Enjoying *The New Yorker*

Study Leader: Mary Duquin

- 6 Classes: May 6 – Jun. 10 Class ID: 3257
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

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

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

The Palestinian Story: Hope In The Absence Of Hope

Study Leader: Tina Whitehead

- 5 Classes: May 5 – Jun. 2 Class ID: 3314
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

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

Air Pollution, Health, And The Environment

Study Leader: GASP

- 2 Classes: Jun. 18 and Jun. 25 Class ID: 3275
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

**TWO
DAY**

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, 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.

A Brief Tour Of Asian Thought

Study Leader: Joseph Givvin

- 6 Classes: Jun. 30 – Aug. 4
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

Class ID: 3327

NEW

We all ask ourselves the big questions of life: What is morally right? What is our ultimate purpose in life? What is a good society? This course will introduce you to the answers given in Indian, Chinese, and Japanese thought. The course emphasizes the role of these philosophies/religions in the social-political life and on the artistic expressions (from calligraphy to film) of the peoples of Asia and how they influence our world today.

Joe Givvin, Ph.D., has returned to live in the Pittsburgh area after 33 years of teaching at Mount Mercy University, Iowa, where he is Professor Emeritus. He has been a member of the American Association of Philosophy Teachers (AAPT) since 1984 and has presented 12 workshops on teaching philosophy at AAPT conferences. He has also chaired two conferences sponsored by the AAPT. As a result of his work for the AAPT, he was presented an "Award of Merit for Outstanding Leadership and Achievements in the Teaching of Philosophy." He greatly enjoys the opportunity to teach in the Osher Program and engage with curious minds in thoughtful conversation, especially about humor and happiness and the ethical aspect of human life.

Your input is welcomed and valued.

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

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

What's Philosophy Good For?

Study Leader: Joseph Givvin

- 5 Classes: Jul. 2 – Jul. 30 Class ID: 3328
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



There's an old saying, "philosophy bakes no bread." Yes, philosophy doesn't help you start your car on a cold Pittsburgh morning or make you better looking. Then why spend time on philosophizing? We philosophize because we all wonder: What is the meaning of life? What can I be certain of? Can we prove that there is a God? What should government do and not do? The instructor will lecture to provoke your wonder and thought on these questions. This course is a brief introduction, or re-introduction to philosophy. The instructor will provide optional online reading materials.

See **Joe Givvin**, page 43

What's Happening With Religion In America?

Study Leader: Daniel Aleshire

- 3 Classes: May 5 – May 26* Class ID: 3265
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707



*Note: Class will not meet on 5/12/2020

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

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

Classroom Etiquette

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

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

CULTURAL

India: An Enigma — Understanding The Rich And Diverse Culture

Study Leader: Ravi Koka

- 3 Classes: Jul. 2 – Jul. 16 *Class ID:* 3355
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

India is an ancient land with a diverse and rich civilization. Understanding India requires a study of history, conquests and colonization, freedom movement, diversity, and economic complexity. Indian civilization has survived in spite of major disruptions during 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: Aryans, Dravidians, Huns, Mongols, and Turks; many ethnic groups — Punjabis, Tamils, Marathas, Bengalis, Andhras; many religious groups — Hindus, Muslims, Sikhs, Christians, and Buddhists. Indian mythology, like the Ramayana and Mahabharata, and Indian philosophy sets 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.

Ravi Koka is an entrepreneur and builds enterprise software products. He is currently the CEO of Stocksnips Inc focused on emerging cloud, mobile and machine learning technologies. Prior to this, he was a Partner at Polaris Financial Technology Limited, a leading provider of enterprise software for the banking and insurance industry. He founded SEEC Inc. in 1988 and successfully completed SEEC's IPO on Nasdaq in 1997. He started his career with System Development Corporation (originally a division of RAND). Though his training and background is in computer science, he has been interested in social sciences, particularly Indian history. His study of Indian history ranges from 3000 BC through the 20th Century. He has collected books and material over the years on the subject from renowned historians, and has had dialogue with Professors of Indian history and economics in India over the years. He moved to the United States in 1988, and has an appreciation of American History and culture. He is able to draw parallels between the two civilizations which happen to be the largest multi-racial democracies in the world.



HISTORY

Our Flag: The Stars And Stripes

Study Leader: Peter Keim

- 4 Classes: Jul. 1 – Jul. 22 *Class ID:* 3337
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



This course is a discussion of the history of the American flag to help understand our passion for it and what it represents to each of us. The series will be a chronological walk through the history of our flag and nation, highlighting events and stories that have impacted what this symbol represents to us. It will include collecting and historical stories and display of some related artifacts.

Peter J. Keim, M.D., a graduate of St. Vincent College and The University of Pittsburgh School of Medicine, served in the U. S. Army, then practiced family medicine in the Allegheny Valley, followed by a career in healthcare management with Health America, Coventry Corp., and as Chief Medical Officer for Gateway Health Plan, a Medicaid and Medicare plan in PA. For 45 years, he has been an avid collector of historic American flags, which he has exhibited in museum and other venues across the country, while speaking publicly on the history of our flag. He is recognized as an expert on the American flag. He co-authored *A Grand Old Flag*, with his son, Kevin, telling the history of the U.S. through its flag. It was published by Dorling Kindersley (DK) in 2007. He serves on the board of directors of the National Flag Foundation and was previously on the board of the National Civil War Museum. He lives with his wife, Patricia, celebrating their 60th anniversary this year, here in Pittsburgh.

Pittsburgh's Last Duel

Study Leader: Michael Frachioni

- 1 Class: Jun. 22
 - Monday, 3:00 PM - 4:30 PM
 - Wean Hall, 4708
- Class ID: 3344



This course is a one-session, 90-minute class discussing the last duel fought in the city of Pittsburgh, and likely the last in the Commonwealth of Pennsylvania. Two young men, local political opponents as well as publishers of opposition newspapers, became such bitter rivals during the 1805 Pennsylvania gubernatorial election that they finally decided to end their dispute with dueling pistols. The lecture will discuss the history of dueling, generally, as well as the heated local and state politics of the time. Noted historical figures making an appearance include Henry Baldwin, Judge Hugh Henry Brackenridge, Walter Forward, General John Neville, Colonel Presley Neville, and William Wilkins. A 2,500-word account of the event authored by the Study Leader was published in the *Pittsburgh Post-Gazette* on October 22, 2006.

Michael Frachioni is an attorney who has been practicing in Pittsburgh for 25 years. In addition, he has published and lectured on a number of areas, including law, history, cartography, poetry, and this subject. He has long been fascinated by the history of the Pittsburgh region, and enjoys sharing stories and information about it.



FDR 75 Years Later

Study Leader: Robert Netzer

- 6 Classes: Jun. 29 – Aug. 3
 - Monday, 9:30 AM - 11:00 AM
 - Wean Hall, 4708
- Class ID: 3243



April 12, 2020 marks the 75th anniversary of the death of Franklin D. Roosevelt. FDR came to the presidency (1933) at a time when the nation was facing the most severe economic depression in its history. The country knew little of him up to this time. Born to wealth and educated in the proper manner, he married into another branch of the Roosevelt clan. He modeled his career after Uncle Ted, President Theodore Roosevelt, and served as Asst. Secretary of the Navy and later Governor of New York. Although severely physically handicapped, he was determined to serve his country. His bold action in dealing with the economic downturn changed the relationship of the government with its citizens. FDR showed the same leadership in time of war and helped to ensure victory over our enemies. FDR remains one of the most remarkable individuals to have occupied the White House.

Robert Netzer was a teacher in the Pittsburgh Public Schools for over 36 years, the last 12 years of which he was the Instructional Chairperson of the Social Studies Department at Peabody High School. Mr. Netzer holds a B.A. and M.Ed, with further graduate work at the University of Pittsburgh and Carnegie Mellon. He also served as a docent and as an outside lecturer at the Heinz History Center. He has taught many courses at Osher in the field of social sciences.

The 10,000-Year-Old Story Of Beer

Study Leader: Joe McAllister, Paul Young

Materials Fee: \$15*

- 5 Classes: May 6 – Jun. 3 Class ID: 3356
- Wednesday, 3:30 PM - 5:00 PM
- Bier's Pub,
900 Western Ave., North Side



Beer is the third-most consumed liquid on the planet and reigns as Americans' preferred alcoholic beverage. In 1978 there were 89 breweries in the U.S. Today, there are over 8,000—mostly small—craft breweries. Beer is intertwined with all aspects of our history, including economics, war, immigration, politics, gender roles, and spirituality. We will explore the 10,000-year-old story of beer, from the origins of civilization to the diversity and aspirations represented in the contemporary craft beer movement. Historical research on beer will be presented in an entertaining and engaging manner. The process of making beer, understanding a beer menu, food-to-beer pairing, and appropriate beer glassware will also be addressed.

Joe McAllister has been working full-time for several years on the establishment of a large-scale museum of beer in Pittsburgh, a first-day destination attraction with 20,000-square-feet of exhibit space, capable of accommodating 400,000+ visitors per year. He has developed exhibits on beer in WWII for the West Overton Museum and on the story of beer in Pennsylvania for The Seven Springs resort. He presented the keynote speech for The American Society of Civil Engineers in Pittsburgh and has offered lectures on the story of beer at the Carnegie Science Center, Thrival festival, and PechaKucha at Alphabet City.

Paul Young developed and curated the Louisville Brewseum, a mobile exhibit covering 200 years of beer history. He is a professional brewer, and he formerly operated a homebrewing store, where he taught hundreds the joy of brewing their own beer. He has presented lectures on beer at Bierport in Lawrenceville and at the Carnegie Science Center. He graduated from the University of New Orleans in 2005 with a film degree and has worked in documentary film making.

**Materials fees are not refundable; information on page 74.*

The Berlin Airlift

Study Leader: David Albert

- 2 Classes: Jun. 18 and Jun. 25 Class ID: 3313
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

**TWO
DAY**

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

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

The Great French Revolution, 1789-1815

Study Leader: Sheila Werner

- 6 Classes: May 5 – Jun. 9 *Class ID:* 3325
- Tuesday, 11:15 AM - 12:45 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."

The Great War: World War I, 1914-1918

Study Leader: Sheila Werner

- 6 Classes: Jun. 29 – Aug. 3 *Class ID:* 3326
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

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

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

To Participate in Class . . .

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



A Visit To Barcelona And Catalonia

Study Leader: Alberto Guzman

- 5 Classes: Jul. 2 – Jul. 30 Class ID: 3308
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



Barcelona is the second-largest Spanish city. Founded by the Romans around the first century BC, its history is extremely rich, with many events that forged its identity. Through the years, Barcelona has become a major cultural center. The extraordinary architecture (mainly the works by Gaudi and others) the progressive and liberal life, the museums art collections and more, attract millions of visitors every year. As we walk along the city streets and parks, we will have the opportunity to admire all these artistic creations. After Barcelona we will continue our trip to the beautiful landscapes of Catalonia where we will visit several cities, medieval towns, and a beautiful resort area on the Costa Brava. We will conclude our course with a work-study on the Catalan independence movement, which seeks the separation of Catalonia from Spain to form a new nation.

Alberto Guzman has been a study leader at CMU Osher since 2014. He has taught courses on energy and the environment and the effects of global warming and climate change on the global population and life on Earth. In addition, he has also lectured on two amazing cities, Venice and Istanbul, and their historic role in past times. Dr. Guzman has been a Senior Research Fellow at the Mellon Institute and subsequently was a Director at the Carnegie Mellon Research Institute until his retirement in 2001 after serving CMU for 35 years.

Great Societies Of The Past

Study Leader: Ram Kossowsky

- 5 Classes: Jun. 30 – Jul. 28 Class ID: 3158
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



This class is designed to bring to life accomplishments of ancient societies, some that would be enviable to the Romans. We will discuss the "first Commercial City of Ur," 22 century BCE, on the shore of the Persian Gulf; the Minoan civilization of Crete that flourished from about 3000 BCE to about 1100 BCE; the Etruscans, "the forgotten forbearers of the Romans," and the Assyrians who established the first efficient Empire. We shall devote time to discuss the Golden Age of Islam, which introduced the West to the wisdom of the ancient Greeks and Indians.

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 six 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 at CMU and Pitt OLLI semesters, and monthly installments of a study of "Archaeology of Ancient Israel" at Temple Sinai and Osher at 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.

PITTSBURGH

Pittsburgh Zoo & PPG Aquarium Jungle/Islands Tour

Study Leader: Karen Vacco Materials Fee: \$15*

- 1 Class: Jun. 15 Class ID: 3357
- Monday, 11:00 AM - 12:30 PM
- Pittsburgh Zoo, Main Gate



Guided by Karen Vacco, Assistant Mammal Curator at The Pittsburgh Zoo & PPG Aquarium, tour the Jungle/Islands habitats. Learn what it takes to care for some of the most critically endangered species in the world. How and why decisions are made on daily husbandry, breeding recommendations, and specialized diet to ensure the highest quality of life. What do you feed a Giant Anteater if you don't have ants? Why don't the Siamangs leave the island? What is so special about Clouded Leopard breeding? These questions will be answered, plus many more.

Karen Vacco is the Assistant Mammal Curator at The Pittsburgh Zoo & PPG Aquarium. Karen's zoo career started 28 years ago as a Relief Keeper then Primary Keeper of primates. She then became Lead Keeper of Primates before taking her current position as Assistant Mammal Curator. Karen considers herself very fortunate and honored to have the opportunity to work with these amazing animals.

**Materials fees are not refundable; information on page 74.*

Tour Of ALCOSAN

Study Leader: Zelda Curtiss

- 1 Class: Jun. 24 Class ID: 3294
- Wednesday, 11:00 AM - 1:00 PM
- ALCOSAN, 3300 Preble Ave., Pgh 15233



ALCOSAN is the largest sewage treatment plant in Western Pennsylvania. It provides wastewater treatment services to 83 municipalities, including the City of Pittsburgh. Our visit will start with a presentation from ALCOSAN staff about the facility, its history, and its agreements and commitments with the state and federal governments to upgrade the facility, including its proposals for green infrastructure. Following the presentation, we will be taken on a guided tour of this immense, incredible facility.

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



Quintessentially Pittsburgh

Study Leader: Bob Regan, Laura Zurowski

- 1 Class: Jun. 17
- Wednesday, 9:00 AM - 11:00 AM
- Wean Hall, 4708

Class ID: 3255



Quintessential has come to mean something that is the most typical or something worthy of a pattern to be imitated. The adverbial form, quintessentially, means "in a manner that is typical or characteristic of a thing's nature." One could argue that it is Pittsburgh's nature to be, well—Pittsburgh; and many features that are typically "Pittsburgh" are certainly worthy of imitation. Quintessentially Pittsburgh highlights many of the unique aspects of the City. In particular, its historic trolley and incline systems, its rich tradition of athletic stadiums, and its historic theaters. It also details one of Pittsburgh's most unique treasures, the city steps. These are only a few of the many facets that give special significance to the place called Pittsburgh.

Bob Regan is a retired research professor at the University of Pittsburgh. Dr. Regan is the author of several books about the city; among them are *The Steps of Pittsburgh*, *The Bridges of Pittsburgh*, *The Names of Pittsburgh*, and *Pittsburgh Steps*. All his books are listed at bobreganbooks.com. In this presentation, he will draw from his research to point out the factors, some intangible, that attest to the quintessence of the city in which we live.

Laura Zurowski, in her work documented on MisSteps.com: *Our Missed Connections with Pittsburgh's City Steps*, attempts to recreate the journey undertaken nearly 20 years ago by Bob Regan in his books "The Steps of Pittsburgh: Portrait of a City" (2004) and "Pittsburgh Steps" (2015). Laura began publishing her journey through the city's 739 stairs in July 2017, and the anticipated completion date for the project is 2021. In her project she attempts to portray the heart, soul, and history of these decaying structures through Polaroid photos, Risograph prints, and short creative nonfiction stories inspired by the stairs and the surrounding environment.

All About The Osher Institute At CMU

Study Leader: Lyn Decker, Allan Hribar, James Reitz

- 3 Classes: Jul. 2 – Jul. 16 *Class ID:* 3295
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

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

The course is co-taught by **Allan Hribar** and **James Reitz**, both officers of the Osher board directors, and **Lyn Decker**, Osher Executive Director and Registrar.

POLITICS/GOVERNMENT

Can Our Republic Survive Upheaval And Inequality?

Study Leader: Bill Presutti, Jr.

- 3 Classes: Jun. 5 – Jun. 19 *Class ID:* 3346
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



This course will draw on important works published over the past eight years to answer what may be the most fundamental question of our time. The works cross the political spectrum, from the views of Peter Wehner, advisor to President George W. Bush (*The Death of Politics*) to those of Ganesh Sitaraman, advisor to Senator Elizabeth Warren (*The Crisis of the Middle Class Constitution*). Course content will also be drawn from Steven Levitsky and Daniel Ziblatt's *How Democracies Die*, David K. Johnston's *The Peril of Our Growing Inequality*, Robert B. Reich's *The Common Good*, and Edward J. Watt's *Mortal Republic: How Rome Fell Into Tyranny*, as well as other works related to this topic. Benjamin Franklin was asked by a citizen, "Mr. Franklin, what kind of government have you given us?" His response: "A republic if you can keep it." Participants are encouraged to bring their informed perspectives to this topic.

Bill Presutti, Jr. served on the faculty at Duquesne University for 29 years after his service as a Logistics Office in the U. S. Air Force and several years of experience in industry. He earned his BS degree from Duquesne, an MA in Economics from Northeastern University and a Ph.D. from Carnegie-Mellon in Applied History. He has taught two other courses for the Osher Institute including "Leadership Lessons from the Battle of Gettysburg" and "The Role of Exercise for Aging Adults." Dr. Presutti has been studying the issue of economic inequality in the U. S. for the past several years building on his major op-ed article, "Closing the Income Gap," published by the *Pittsburgh Post-Gazette* in September, 2014.

Challenges To Foreign Policy Today

Study Leader: Dennis Jett

- 5 Classes: May 7 – Jun. 18* Class ID: 3352
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



*Note: Class will not meet on 5/14/2020 or 5/21/2020

The course will be a lecture series on the challenges to making foreign policy today and will consist of six talks followed by discussion. The topics of those talks will be: 1. Why foreign policy is harder to make today; 2. Where ambassadors come from, where they go, and why they still matter; 3. Intelligence and foreign policy; 4. Domestic politics and foreign policy; 5. The Iran nuclear deal and what it says about how foreign policy is made; and 6. Why it's hard to have a treaty with anyone anymore.

Dennis Jett is a founding faculty member and professor in the School of International Affairs at Penn State University. A former career diplomat, he served 28 years in the State Department in a wide range of positions including as Ambassador to Peru and Mozambique, Senior Director for African Affairs on the National Security Council, Deputy Chief of Mission and Charge d'Affaires in Malawi and Liberia, and in Argentina and Israel. From 2000 to 2008, he was Dean of the International Center at the University of Florida. He has a Ph.D. in international relations from the University of Witwatersrand and is the author of four books published by Palgrave-Macmillan: *Why Peacekeeping Fails*, *Why American Foreign Policy Fails*, *American Ambassadors — The Past, Present and Future of America's Diplomats*, and *The Iran Nuclear Deal—Bombs, Bureaucrats, and Billionaires*. He has been interviewed on PBS, CNN, NPR, BBC, and other national and international news programs. A member of the Council on Foreign Relations and the American Academy of Diplomacy, he has written over 170 opinion pieces for major newspapers. During spring semester 2016, he was a Fulbright Senior Scholar and professor at Tel Aviv University. He lives in Pittsburgh with his wife, Lynda Schuster.

Faith And Politics

Study Leader: Ronald Stone

- 6 Classes: Jul. 2 – Aug. 6 Class ID: 3332
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Contemporary political struggles are intersected and sometimes driven by religious perspectives. This subject will be examined through lecture and discussion referring to the perspectives of Reinhold Niebuhr and Paul Tillich. The theses of the course are found in Ronald H. Stone, *Politics and Faith: Reinhold Niebuhr and Paul Tillich at Union Seminary in New York* (Mercer University Press, 2012).

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

Women And Politics: The Pursuit Of Equality

Study Leader: Susan Hansen

- 5 Classes: May 5 – Jun. 2
- Tuesday, 1:00 PM - 3:00 PM
- Wean Hall, 4708

Class ID: 3258



This class will explore the status of women in American politics since 1776. The Declaration of Independence states that "all men are created equal," yet despite considerable progress, many barriers remain. Beginning with the suffrage movement, we will consider the efforts women have made to achieve equality in politics, legal and economic status, and reproductive rights. We will also consider male/female differences in opinions, voting behavior, campaigning for office, and styles of leadership.

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 is the author of *The Politics of Sex: Public Opinion, Parties, and Presidential Elections* (Routledge, 2014).

FBI Raises Awareness On Fraud Against Seniors

Study Leader: FBI

- 1 Class: Jun. 16
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall, 4708

Class ID: 3267



This course is meant to raise awareness of the latest information on what the FBI is seeing in fraud against seniors. Coordinated law enforcement actions in the past year, they said, resulted in criminal cases against more than 260 defendants who victimized more than two million Americans, most of them elderly. Losses are estimated to have exceeded more than \$700 million. Course participants will receive tips on how they can protect themselves and their families from fraud, and what to do if fraud is suspected.

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

RELIGION/PHILOSOPHY

Abraham, Isaac, And Jacob: A Family Story

Study Leader: Bruce Antonoff

- 5 Classes: May 7 – Jun. 4
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

Class ID: 3247



Abraham and Sarah, Isaac and Rebecca, Jacob and Leah, and Rachel — these are the patriarchs and matriarchs revered by Judaism and Christianity (and, to a lesser extent, by Islam). However, they are presented in the Bible as completely human, telling of their flaws as well as their virtues, their weaknesses as well as their strengths. In this course we will read what the Bible says about them, and we will discuss how each generation's actions affect the next.

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



The Religious Heritage Of Pittsburgh

Study Leader: Paul Schradling

- 5 Classes: May 5 – Jun. 2
- Tuesday, 1:30 PM - 3:00 PM
- Various Locations, TBA

Class ID: 3296

The Pittsburgh area has a rich and varied history of religious groups. This course over the past six years has visited 30 different worship locations without repeating any one. This year we will revisit some of the main locations we have visited in past years. The main traditions will be Roman Catholic, Jewish, Episcopal, Muslim, and Reformed. Leaders from each tradition will meet with us and share their history, their worship patterns, and answer questions.

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

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

MONDAY | Session ONE / May 4 – June 26

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	Evidence-Based Medicine: A Primer	3341	<i>Howard Seltman</i>	37
11:00 AM - 12:30 PM	Pittsburgh Zoo & PPG Aquarium Jungle/Islands Tour	3357	<i>Karen Vacco</i>	50
11:15 AM - 12:45 PM	Bridge Communication Techniques	3269	<i>John Olmsted</i>	36
1:00 PM - 3:00 PM	Short Stories: Voices That Warrant Inclusion	3291	<i>Helen-Faye Rosenblum</i>	8
	How To Self-Publish Your Own Book Successfully	3339	<i>Tom Costello</i>	33
3:00 PM - 4:30 PM	Mélo die	3279	<i>Mark Carver</i>	12
	Pittsburgh's Last Duel	3344	<i>Michael Frachioni</i>	46
3:15 PM - 5:15 PM	Short Stories: Voices That Warrant Inclusion	3292	<i>Helen-Faye Rosenblum</i>	8
	The Art And Science Of Wine Tasting And "Terroir"	3359	<i>Ricardo Llovet</i>	41
4:00 PM - 5:30 PM	The Art Of The City	3361	<i>City Theatre Company</i>	7

TUESDAY | Session ONE / May 4 – June 26

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:00 AM - 11:00 AM	FBI Raises Awareness On Fraud Against Seniors	3267	<i>FBI</i>	54
9:30 AM - 11:00 AM	Those Who Trespass Against Us - Introduction To Torts	3270	<i>Errol Miller</i>	18
	What's Happening With Religion In America?	3265	<i>Daniel Aleshire</i>	44
10:00 AM - 11:30 AM	Move It Or Lose It at Dance Alloy	3309	<i>Elsa Limbach</i>	22
	Feeling Better—Therapeutic Exercise And Stretching Class	3285	<i>Mark Spanos</i>	23
11:15 AM - 12:45 PM	The Palestinian Story: Hope In The Absence Of Hope	3314	<i>Tina Whitehead</i>	42
	The Great French Revolution, 1789-1815	3325	<i>Sheila Werner</i>	48
	Pleasures Of Poetry	3276	<i>Judith Robinson</i>	10
	Project Nightmares: Why Good Projects Go Bad	3345	<i>Randy Weinberg</i>	14
	Verbal Self-Defense For Women	3245	<i>Jackie Umans</i>	31
1:00 PM - 2:30 PM	Knitting - The Other Way!	3311	<i>Barbara Gengler</i>	20
1:00 PM - 3:00 PM	International Jewish Foods	3333	<i>David Green</i>	21
	Women And Politics: The Pursuit Of Equality	3258	<i>Susan Hansen</i>	54
	AARP Smart Driver 8-Hour Initial Course	3318	<i>David Zimmer</i>	30
1:00 PM - 5:00 PM	AARP Smart Driver Renewal Course	3319	<i>David Zimmer</i>	30
1:15 PM - 2:45 PM	Massage For Health And Happiness	3256	<i>Mary Duquin</i>	29
1:30 PM - 3:00 PM	The Religious Heritage Of Pittsburgh	3296	<i>Paul Schradling</i>	55
	American History Through Artworks At The Smithsonian American Art Museum	3272	<i>Smithsonian AAM</i>	6
2:00 PM - 4:00 PM	Frick Park Lawn Bowling	3274	<i>Daniel Boyarski</i>	27
3:15 PM - 4:45 PM	It's Good To Be Queen! A Woman's Financial Reign	3283	<i>Roselyn Wilkinson</i>	25
3:15 PM - 6:15 PM	Lady Justice Goes To The Movies 2	3293	<i>Lloyd Stires, Diane Berman</i>	6

WEDNESDAY | Session ONE / May 4 – June 26

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:00 AM - 11:00 AM	What's American About American Music	3281	Owen Cantor	13
	Quintessentially Pittsburgh	3255	Bob Regan	51
9:30 AM - 11:00 AM	Autism Spectrum Disorders And ADHD: What's New?	3330	Patricia Spear Lemer	38
9:30 AM - 12:30 PM	Our Three Rivers And Their Impact On Our Region	3350	Scott Harshman, Richard Lockwood	31
	Cruise The Three Rivers	3324	Richard Lockwood, James McCarville	32
11:00 AM - 1:00 PM	Tour Of ALCOSAN	3294	Zelda Curtiss	50
11:00 AM - 12:00 PM	Rodef Shalom Biblical Garden	3260	Rodef Shalom Garden	32
11:15 AM - 12:45 PM	A Midsummer Night's Dream: A Dream For Us All	3271	Rebecca Carpenter	10
	Enjoying The New Yorker	3257	Mary Duquin	42
	Create Trendy Jewelry	3244	Gerry Florida	20
	The Book Of Genesis And The Evolution Of The Universe	3248	Leonard Kisslinger	35
1:15 PM - 2:30 PM	Get Fit — A Fun Latin Cardio Workout	3299	Connie Pollack	22
1:15 PM - 2:45 PM	Bridge Basics I	3253	Jack Patzer	28
	Reform Efforts In Education In The United States	3340	Jack Ochs	39
	Earl Hines: "They Didn't Believe I Could Do It"	3334	Patricia Pugh Mitchell	12
	After 70 Good Years, Rough Times Ahead	3300	Stephen Blank	17
2:00 PM - 4:00 PM	Regenerative Medicine	3250	Bryan Brown	38
3:00 PM - 4:30 PM	Great Lyricists Of Popular Music: 1920-1960	3266	Paul Roth	13
3:15 PM - 4:45 PM	A Financial Analysis Of The US Healthcare System	3321	Hobart Harris	16
3:30 PM - 5:00 PM	The 10,000-Year-Old Story Of Beer	3356	Joe McAllister	47

THURSDAY | Session ONE / May 4 – June 26

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	Elder Law - Being Prepared As One Grows Older	3315	<i>Carol Sikov Gross</i>	17
	Challenges To Foreign Policy Today	3352	<i>Dennis Jett</i>	53
	The Berlin Airlift	3313	<i>David Albert</i>	47
1:00 PM - 2:30 PM	Abraham, Isaac, And Jacob: A Family Story	3247	<i>Bruce Antonoff</i>	55
	Con	3282	<i>Gloriana St. Clair</i>	7
	Architectural Representation In The 21st Century	3353	<i>Eric Fisher</i>	34
1:00 PM - 3:00 PM	Great And Notable Novels Read And Revisited	3298	<i>Mary Schinhofen, Helen-Faye Rosenblum, Ken Joseph, Gloriana St. Clair</i>	8
10:00 AM - 11:30 AM	Move It Or Lose It at Friends	3310	<i>Elsa Limbach</i>	23
10:00 AM - 12:00 PM	Hatha Yoga	3252	<i>Loretta Barone</i>	21
11:15 AM - 12:45 PM	More Books Your Grandchildren Read	3261	<i>Amy Kellman</i>	11
	Party Games	3262	<i>Sherri Davis, Jeanette Matthews</i>	27
	Air Pollution, Health, And The Environment	3275	<i>GASP</i>	43
3:15 PM - 4:45 PM	Contemporary Latin America Through Short Stories	3349	<i>Karen Goldman</i>	9
6:00 PM - 7:30 PM	Practical Computer Security	3242	<i>Jose Morales</i>	15

FRIDAY | Session ONE / May 4 – June 26

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	Cannabis 101: A Scientific, Legal, And Medical Survey	3254	<i>Jason Lupoi</i>	40
9:30 AM - 12:00 PM	Figure Drawing	3312	<i>Betsy Bangley</i>	19
11:15 AM - 12:45 PM	Can Our Republic Survive Upheaval And Inequality?	3346	<i>Bill Presutti, Jr.</i>	52
	You're Both Right . . . Now What?	3336	<i>Art Sales</i>	39
1:00 PM - 2:30 PM	Intermediate French Conversation	3320	<i>Veronique Schreurs</i>	29
	How Renewable Energy Is Shaping Our World	3348	<i>Ivonne Pena</i>	36
1:00 PM - 3:00 PM	Independent Art Study	3301	<i>Gary Bates</i>	19

MONDAY | Session TWO / June 29 – August 21

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	An Homage to Harper Lee And <i>To Kill A Mockingbird</i>	3323	<i>Michael Mariani</i>	9
	FDR 75 Years Later	3243	<i>Robert Netzer</i>	46
11:15 AM - 12:45 PM	The Election Year Economy-And Beyond	3317	<i>Norman Robertson</i>	15
1:00 PM - 2:30 PM	Enjoying The <i>New Yorker</i>	3251	<i>Mona Strassburger</i>	42
	The Great War: World War I, 1914-1918	3326	<i>Sheila Werner</i>	48
1:00 PM - 3:00 PM	Degenerate: Jewish Music Of The Nazi Era	3362	<i>Daniel Muller</i>	13
3:00 PM - 4:30 PM	Bridge Potpourri	3268	<i>John Olmsted</i>	26
	The Architecture Of Antoni Gaudi	3342	<i>Matthew Schlueb</i>	35

TUESDAY | Session TWO / June 29 – August 21

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	Golden Age Mysteries	3316	<i>Mark Banister</i>	11
10:00 AM - 12:00 PM	National Aviary Veterinary Hospital Lecture And Tour	3331	<i>National Aviary</i>	37
11:15 AM - 12:45 PM	Party Games	3263	<i>Sherri Davis, Jeanette Matthews</i>	27
	Great Societies Of The Past	3158	<i>Ram Kossowsky</i>	49
	Verbal Self-Defense For Women	3246	<i>Jackie Umans</i>	31
1:00 PM - 2:30 PM	A Brief Tour Of Asian Thought	3327	<i>Joseph Givvin</i>	43
3:15 PM - 4:45 PM	Emerging Legal Issues	3264	<i>David DeFazio</i>	18

WEDNESDAY | Session TWO / June 29 – August 21

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:00 AM - 11:00 AM	Writers' Workshop	3249	<i>Thalia Snyder, Helen Wilson</i>	33
9:30 AM - 11:00 AM	Our Flag: The Stars And Stripes	3337	<i>Peter Keim</i>	45
10:00 AM - 12:00 PM	Western PA Birds: Their Habits, Habitats, And History	3329	<i>National Aviary</i>	36
11:15 AM - 12:45 PM	Art As Politics: What Happened Between The Wars	3297	<i>Cynthia Weisfield</i>	5
	Paris: A Moment Of The Beautiful Age	3163	<i>Rebecca Taksel</i>	11
1:15 PM - 2:45 PM	Bridge Basics II	3286	<i>Jack Patzer</i>	28
	Democracy For Realists	3322	<i>Lloyd Stires</i>	41
3:00 PM - 4:30 PM	Financial Success In Retirement	3259	<i>Seth Dresbold</i>	24
3:15 PM - 4:15 PM	Brain Health And Better Balance Through Dalcroze Eurhythmics	3335	<i>Leslie Upchurch</i>	24

THURSDAY | Session TWO / June 29 – August 21

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	Design Principles In Practice	3306	<i>Daniel Boyarski</i>	5
	A Visit To Barcelona And Catalonia	3308	<i>Alberto Guzman</i>	49
	All About The Osher Institute At CMU	3295	<i>Lyn Decker, Allan Hribar, Jim Reitz</i>	52
	Biomimicry In Architecture	3347	<i>Beatrice Spolidoro</i>	34
11:15 AM - 12:45 PM	What's Philosophy Good For?	3328	<i>Joseph Givvin</i>	44
	Faith And Politics	3332	<i>Ronald Stone</i>	53
	An Introduction To Fantasy Football	3338	<i>Peter Oleinick</i>	26
	Protect Your Identity: Identity Theft Protection	3351	<i>Terri Anthony</i>	14
1:00 PM - 2:30 PM	Giving With Intention	3305	<i>Brian Bohn</i>	25
3:15 PM - 4:45 PM	India: An Enigma — Understanding The Rich And Diverse Culture	3355	<i>Ravi Koka</i>	45

FRIDAY | Session TWO / June 29 – August 21

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
1:00 PM - 3:00 PM	Independent Art Study	3302	<i>Gary Bates</i>	19

INDEX | By Study Leader Last Name

Albert	David	3313	The Berlin Airlift	47
Aleshire	Daniel	3265	What's Happening With Religion In America?	44
Anthony	Terri	3351	Protect Your Identity: Identity Theft Protection	14
Antonoff	Bruce	3247	Abraham, Isaac, And Jacob: A Family Story	55
Bangley	Betsy	3312	Figure Drawing	19
Banister	Mark	3316	Golden Age Mysteries	11
Barone	Loretta	3252	Hatha Yoga	21
Bates	Gary	3301/3302	Independent Art Study	19
Berman	Diane	3293	Lady Justice Goes To The Movies 2	6
Blank	Stephen	3300	After 70 Good Years, Rough Times Ahead	17
Bohn	Brian	3305	Giving With Intention	25
Boyarski	Daniel	3274	Frick Park Lawn Bowling	27
Boyarski	Daniel	3306	Design Principles In Practice	5
Brown	Bryan	3250	Regenerative Medicine	38
Cantor	Owen	3281	What's American About American Music	13
Carpenter	Rebecca	3271	<i>A Midsummer Night's Dream: A Dream For Us All</i>	10
Carver	Mark	3279	Mélodie	12
City Theater	Company	3361	The Art Of The City	7
Costello	Tom	3339	How To Self-Publish Your Own Book Successfully	33
Curtiss	Zelda	3294	Tour Of ALCOSAN	50
Davis	Sherri	3262/3262	Party Games	27
Decker	Lyn	3295	All About The Osher Institute At CMU	52
DeFazio	David	3264	Emerging Legal Issues	18
Dresbold	Seth	3259	Financial Success In Retirement	24
Duquin	Mary	3256	Massage For Health And Happiness	29
Duquin	Mary	3257	Enjoying The <i>New Yorker</i>	42
FBI	Pittsburgh	3267	FBI Raises Awareness On Fraud Against Seniors	54
Fisher	Eric	3353	Architectural Representation In The 21st Century	34
Florida	Gerry	3244	Create Trendy Jewelry	20
Frachioni	Michael	3344	Pittsburgh's Last Duel	46
GASP	Pittsburgh	3275	Air Pollution, Health, And The Environment	43
Gengler	Barbara	3311	Knitting - The Other Way!	20
Givvin	Joseph	3327	A Brief Tour Of Asian Thought	43
Givvin	Joseph	3328	What's Philosophy Good For?	44
Goldman	Karen	3349	Contemporary Latin America Through Short Stories	9
Green	David	3333	International Jewish Foods	21
Guzman	Alberto	3308	A Visit To Barcelona And Catalonia	49

INDEX | By Study Leader Last Name

Hansen	Susan	3258	Women And Politics: The Pursuit Of Equality	54
Harris	Hobart	3321	A Financial Analysis Of The US Healthcare System	16
Harshman	Scott	3350	Our Three Rivers And Their Impact On Our Region	31
Hribar	Allan	3295	All About The Osher Institute At CMU	52
Jett	Dennis	3352	Challenges To Foreign Policy Today	53
Joseph	Ken	3298	Great And Notable Novels Read And Revisited	8
Keim	Peter	3337	Our Flag: The Stars And Stripes	45
Kellman	Amy	3261	More Books Your Grandchildren Read	11
Kisslinger	Leonard	3248	The Book Of Genesis And The Evolution Of The Universe	35
Koka	Ravi	3355	India: An Enigma - Understanding The Rich And Diverse Culture	45
Kossowsky	Ram	3158	Great Societies Of The Past	49
Lemer	Patricia Spear	3330	Autism Spectrum Disorders And ADHD: What's New?	38
Limbach	Elsa	3309	Move It Or Lose It at Dance Alloy	22
Limbach	Elsa	3310	Move It Or Lose It at Friends	23
Llovet	Ricardo	3359	The Art And Science Of Wine Tasting And "Terroir"	41
Lockwood	Richard	3350	Our Three Rivers And Their Impact On Our Region	31
Lockwood	Richard	3324	Cruise The Three Rivers	32
Lupoi	Jason	3254	Cannabis 101: A Scientific, Legal, And Medical Survey	40
Mariani	Michael	3323	An Homage to Harper Lee and <i>To Kill a Mockingbird</i>	9
Matthews	Jeanette	3262/3263	Party Games	27
McAllister	Joe	3356	The 10,000-Year-Old Story Of Beer	47
McCarville	James	3324	Cruise The Three Rivers	32
Miller	Errol	3270	Those Who Trespass Against Us — Introduction To Torts	18
Mitchell	Patricia Pugh	3334	Earl Hines: "They Didn't Believe I Could Do It"	12
Morales	Jose	3242	Practical Computer Security	15
Muller	Daniel	3362	Degenerate: Jewish Music Of The Nazi Era	13
National	Aviary	3331	National Aviary Veterinary Hospital Lecture And Tour	37
National	Aviary	3329	Western PA Birds: Their Habits, Habitats, And History	36
Netzer	Robert	3243	FDR 75 Years Later	46
Ochs	Jack	3340	Reform Efforts In Education In The United States	39
Oleinick	Peter	3338	An Introduction To Fantasy Football	26
Olmsted	John	3269	Bridge Communication Techniques	26
Olmsted	John	3268	Bridge Potpourri	26
Patzer	Jack	3253	Bridge Basics I	28
Patzer	Jack	3286	Bridge Basics II	28
Pena	Ivonne	3348	How Renewable Energy Is Shaping Our World	36
Pollack	Connie	3299	Get Fit — A Fun Latin Cardio Workout	22

INDEX | By Study Leader Last Name

Presutti, Jr.	Bill	3346	Can Our Republic Survive Upheaval And Inequality?	52
Regan	Bob	3255	Quintessentially Pittsburgh	51
Reitz	Jim	3295	All About The Osher Institute At CMU	52
Robertson	Norman	3317	The Election Year Economy-And Beyond	15
Robinson	Judith	3276	Pleasures Of Poetry	10
Rodef	Shalom	3260	Rodef Shalom Biblical Garden	32
Rosenblum	Helen-Faye	3291/3292	Short Stories: Voices That Warrant Inclusion	8
Rosenblum	Helen-Faye	3298	Great And Notable Novels Read And Revisited	8
Roth	Paul	3266	Great Lyricists of Popular Music: 1920-1960	13
Sales	Art	3336	You're Both Right . . . Now What?	39
Schinhofen	Mary	3298	Great And Notable Novels Read And Revisited	8
Schlueb	Matthew	3342	The Architecture Of Antoni Gaudi	35
Schrading	Paul	3296	The Religious Heritage Of Pittsburgh	55
Schreurs	Veronique	3320	Intermediate French Conversation	29
Seltman	Howard	3341	Evidence-Based Medicine: A Primer	37
Sikov Gross	Carol	3315	Elder Law — Being Prepared As One Grows Older	17
Smithsonian	Art Museum	3272	American History Through Artworks At The Smithsonian American Art Museum	6
Snyder	Thalia	3249	Writers' Workshop	33
Spanos	Mark	3285	Feeling Better— Therapeutic Exercise And Stretching Class	23
Spolidoro	Beatrice	3347	Biomimicry In Architecture	34
St. Clair	Gloriana	3282	Con	7
St. Clair	Gloriana	3298	Great And Notable Novels Read And Revisited	8
Stires	Lloyd	3293	Lady Justice Goes To The Movies 2	6
Stires	Lloyd	3322	Democracy For Realists	41
Stone	Ronald	3332	Faith And Politics	53
Strassburger	Mona	3251	Enjoying The <i>New Yorker</i>	42
Taksel	Rebecca	3163	Paris: A Moment Of The Beautiful Age	11
Umans	Jackie	3245/3246	Verbal Self-Defense For Women	31
Upchurch	Leslie	3335	Brain Health And Better Balance Through Dalcroze Eurhythmics	24
Vacco	Karen	3357	Pittsburgh Zoo & PPG Aquarium Jungle/Islands Tour	50
Weinberg	Randy	3345	Project Nightmares: Why Good Projects Go Bad	14
Weisfield	Cynthia	3297	Art As Politics: What Happened Between The Wars	5
Werner	Sheila	3325	The Great French Revolution, 1789-1815	48
Werner	Sheila	3326	The Great War: World War I, 1914-1918	48
Whitehead	Tina	3314	The Palestinian Story: Hope In The Absence Of Hope	42
Wilkinson	Roselyn	3283	It's Good To Be Queen! A Woman's Financial Reign	25

INDEX | By Study Leader Last Name

Wilson	Helen	3249	Writers' Workshop	33
Young	Paul	3356	The 10,000-Year-Old Story Of Beer	47
Zimmer	David	3318	AARP Smart Driver 8-Hour Initial Course	30
Zimmer	David	3319	AARP Smart Driver Renewal Course	30

CAMPUS MAP

BUILDINGS

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

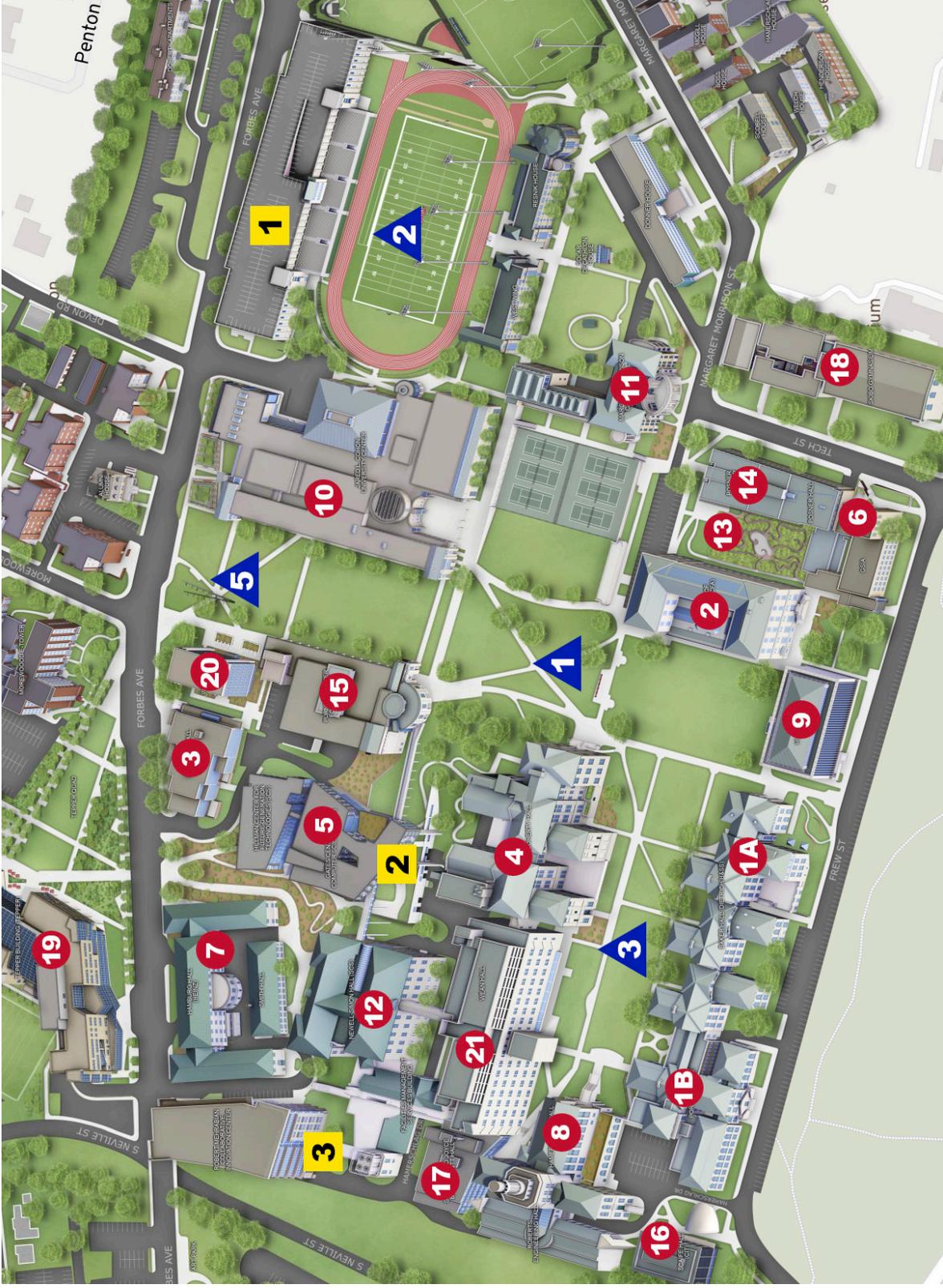
PARKING

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

LANDMARKS

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





Carnegie Mellon University



CAMPUS MAP

GENERAL INFORMATION & POLICIES

Classroom Locations

If you are not familiar with Carnegie Mellon, we strongly advise you to visit the campus before the first day of classes. CMU has an Information Desk in the Cohon University Center, 1st level (#9 on the map). There is a map on the previous two pages or go to the CMU website to see campus maps.

Photos and Videos

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

Classroom Etiquette

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

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

Email Notifications

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

The Osher office will send "broadcast emails" to remind you of upcoming Osher or Carnegie Mellon activities and important information.

The Osher office will send email notices to specific classes for important course changes.

Parking

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

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

Handicapped Parking - \$50 per term

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

Transportation

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

Bad Weather Days

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

Handouts

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

Catalogs

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

Check Your Schedule

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

Controversial Speakers

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

Non-Discrimination

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

Scholarships

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

Osher at CMU Values and Expectations

Mission: The mission of Osher at CMU is to provide its members with learning and social enrichment opportunities that increase their knowledge, enhance skills and interactions with peers, and increase cultural and social awareness, complementing CMU's leading role in educational, intellectual, and cultural life in the Pittsburgh region.

Vision: Osher at CMU's vision is to be a premier quality source of lifelong learning for its members through cost effective, short-term, non-credit courses, lectures, field trips, special interest groups, and other events supporting its mission.

Values: Osher at CMU provides a dynamic, intellectually stimulating, and participative environment of continuous learning. To ensure the effectiveness of that environment, we highly value:

- mutual respect,
- personal and academic integrity, and
- civil discourse.

Expectations and Actions: Osher at CMU expects its participants (members, study leaders, staff, volunteers and prospects) to observe our values. Participants agree:

1. To embrace diverse perspectives on subjects, thereby ensuring vitality, relevance, and further learning.
2. To ensure that discourse and interactions are about the course and not the individual.
3. To respect all participants through regular attendance, only at courses for which registered.
4. To participate in appropriate ways that help the group to grow.

Osher at CMU holds a high behavioral standard, expecting no personal attacks or other behavior that fails to meet these expectations, including denigrating other's views or opinions, threatening behaviors, use of offensive or abusive language, disruptive classroom conduct, sexual harassment or discrimination, and monopolizing discussions.

Anyone who disregards the values and expectations of Osher at CMU may be denied the privilege of participating in courses and/or other Osher activities even to the extent of discontinued membership.

We encourage participants in the Osher at CMU community to notify the Executive Director or the Board President if they observe behavior that is inconsistent with our Values and Expectations.

We are committed to fostering a community environment of lifelong learning.

REGISTRATION INFORMATION

READY TO REGISTER?

Registration Fee

Osher at CMU offers three terms per year. The registration fee for members per term is \$60 for an unlimited number of courses. The Prospect registration fee is \$85 per term.

Register Online - It is to your advantage!

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

Paper Registration - *If you must*

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

Materials Fees

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

Building Fees

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

Confirmation Letters

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

Adding and Dropping Courses

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

Important:

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

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

Refund Policy

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

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

Osher Ambassadors Are Vital

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

Observed 2020 Official Osher Skip Days

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

Martin Luther King Jr. Day*	Jan. 20
CMU Carnival	Apr. 17
Memorial Day*	May 25
Independence Day*	Jul. 4
Labor Day*	Sep. 7
Thanksgiving Wednesday	Nov. 25
Thanksgiving Day*	Nov. 26
Thanksgiving Friday*	Nov. 27
Winter Break*	Dec. 24 - Jan. 3

*office is closed

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

Questions? Please call the office at (412)268-7489 or email us at osher@cmu.edu. The office staff is here to serve you!

3 Important Messages From Osher 4.0

1. Plans for our new space in Cyert Hall continue to progress. The total cost estimates are \$1.5 million.

2. In light of that, **it is critical** that each and every Osher member contributes to help us meet the fundraising goal. If you have already made your contribution – thank you! If you have not, please join our effort.

3. Finally, many fundraising goals are met with the help of foundations and corporations. We are asking that those of you who may have a friend, relative or neighbor with such a connection, please contact Jeffrey Swoger at jcs2032@gmail.com.

Information on the entire 4.0 project is available on the Osher website – 4.0 button, FAQs. These FAQs will be updated as the project moves along.

Together we can do this!

To donate, use the **DONATE** button on our website or call the office for assistance.



Creating a **Grade A** Learning Environment

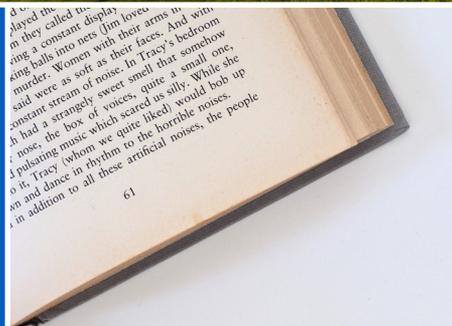
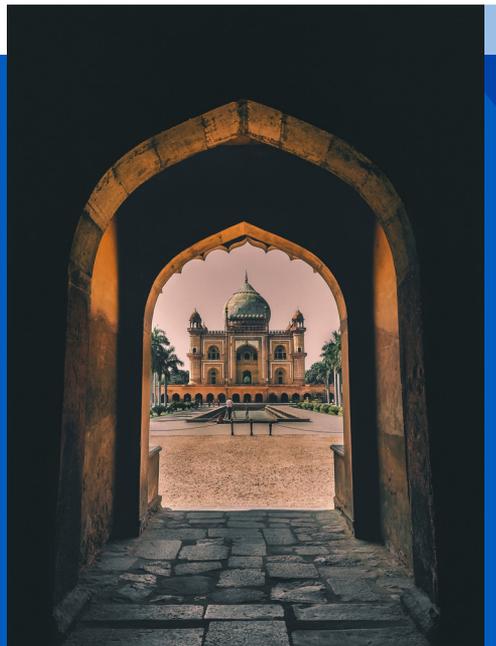


Carnegie Mellon University
 Osher at Carnegie Mellon University
 4614 Wean Hall
 5000 Forbes Avenue
 Pittsburgh, PA 15213-3815

Nonprofit Org.
 U.S. Postage
PAID
 Pittsburgh, PA
 Permit No. 251

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

Join us!



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

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