Fall 2024
at Carnegie Mellon University | cmu.edu/osopher
CONSIDER A GIFT TO OSHER

To make a contribution to the Osher Annual Fund, call the office at 412-268-7489, go through your Osher Augusoft account with a credit card, or mail a check to the office. Thank you in advance for your generosity.

“University Center Mural” by Douglas Cooper

Outside the Rangos Ballroom, faculty member Douglas Cooper, who graduated from CFA in 1970, created a printed mural that depicts CMU’s campus as it looked in 1996 before the Purnell Center for the Arts was complete.

Cover photo: Lyn Decker

Additional catalog images courtesy of wikimedia commons, pexels, unsplash, Betsy & David Bangley, Matthew Todd, Peter Oleinick, Matthew Jacon, Rick Landesberg, UPMC, David Bachman

ON THE COVER

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Look for the 58 **NEW!** courses being offered this term!
# In-Person Courses: pgs. 6 - 34

<table>
<thead>
<tr>
<th>ARTS &amp; HUMANITIES</th>
<th>LEARN BY DOING</th>
<th>SCIENCE</th>
<th>SOCIAL SCIENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art</td>
<td>Art</td>
<td>Architecture</td>
<td>Archaeology</td>
</tr>
<tr>
<td>Cinema/Film</td>
<td>Culinary</td>
<td>Astronomy</td>
<td>Contemporary Topics / Sociology</td>
</tr>
<tr>
<td>Drama/Theatre</td>
<td>Dance/Exercise</td>
<td>Environment</td>
<td>History</td>
</tr>
<tr>
<td>Literature</td>
<td>Finance/Insurance</td>
<td>Medical</td>
<td>Pittsburgh</td>
</tr>
<tr>
<td>Music</td>
<td>Games</td>
<td>Science</td>
<td>Politics / Government</td>
</tr>
<tr>
<td></td>
<td>Language</td>
<td></td>
<td>Psychology</td>
</tr>
<tr>
<td></td>
<td>Music &amp; Drama</td>
<td></td>
<td>Religion/Philosophy</td>
</tr>
<tr>
<td></td>
<td>Self Improvement</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wellness</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Writing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

BUSINESS & COMMERCE

| Law | 13 |

In-Person Courses: pgs. 6 - 34
What interests you? Find your courses by topic and location.

### Zoom Courses: pgs. 34 - 50

<table>
<thead>
<tr>
<th>ARTS &amp; HUMANITIES</th>
<th>LEARN BY DOING</th>
<th>SCIENCE</th>
<th>SOCIAL SCIENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art</td>
<td>Art</td>
<td>Environment</td>
<td>Contemporary Topics / Sociology</td>
</tr>
<tr>
<td>Cinema/Film</td>
<td>Self Improvement</td>
<td>Technology</td>
<td></td>
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<td>Literature</td>
<td>Wellness</td>
<td>History</td>
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<td>Music</td>
<td>Writing</td>
<td>Pittsburgh</td>
<td></td>
</tr>
</tbody>
</table>

| BUSINESS & COMMERCE | | | | |
|---------------------| | | | |
| Economics           | | | | |

For information about the NRC Osher Online courses, please see our website cmu.edu/osher and click on the “NRC’s Osher Online” tab across the top.

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

Classes in this section will be held in-person at Carnegie Mellon University campus, Wilkins Community Center, or nearby Pittsburgh organizations.
ART

Self-Taught Artists, Their Stories And Their Works

Study Leader: Rebecca Carpenter

- 5 Classes: Nov. 7 – Dec. 12*  
- Thursday, 9:15 AM - 10:45 AM  
- Cyert Hall, Osher Room B  
*Note: Class will not meet on Nov. 28

This class will introduce participants to the genre of Self-Taught art and the artists who create it. Formerly called “Outsider Art,” these artists paint, sculpt, sew, and decorate spaces with minimal to no influences from outside sources. Their materials are commonly what is at hand, found objects for sculpture, cardboard for canvases, and scraps for quilts. We will look at a number of American artists, many of whom had little to no education and lived in economically challenged situations, and/or who had mental illness and produced what is called “visionary art.” We may also have the opportunity to talk directly to some self-taught artists in Pittsburgh and to learn about their inspiration and process.

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.

CINEMA/FILM

Appreciating Casablanca

Study Leader: Ron Backer

- 2 Classes: Oct. 23 and Oct. 30  
- Wednesday, 12:45 PM - 2:15 PM  
- Cyert Hall, Osher Room B

Over 80 years after its initial release, Casablanca remains one of the most beloved movies of all time—because of its engaging love story, its tale of intrigue during World War II, its theme of sacrifice for the greater good, and its wonderful cast, including Humphrey Bogart and Ingrid Bergman. Casablanca is a masterpiece of filmmaking, with the technical expertise of Warner Bros. Studios, including direction, cinematography, score, wardrobe, and makeup, performing at the highest level. Using clips from the movie, excerpts from documentaries, frame grabs, behind-the-scenes photos, and other visuals, “Appreciating Casablanca” will address all of these aspects of the movie, plus the making of the film and its release. The course is being taught on the basis that the students have seen Casablanca at least once and are familiar with the film.

Ron Backer, an attorney in Pittsburgh for over 45 years, has written five books on film, his most recent being Baseball Goes to the Movies. Mr. Backer has contributed articles about baseball and the movies to publications of SABR (the Society for American Baseball Research). He has previously taught courses for Osher at CMU about the great movie comedians and sports, baseball movies, Perry Mason, and Norman Rockwell.
Woody Allen’s Films And Life

*Study Leader:* Joseph Givvin

- 5 Classes: Nov. 12 – Dec. 10  
- Class ID: 5240
- Tuesday, 2:30 PM - 4:30 PM
- Cyert Hall, Osher Room B

Who is Woody Allen? He has been called many names: comedic genius, sexual pervert, nerd, moral reprobate, auteur, philosopher, and great filmmaker. This class will explore the many aspects of his life and work. One question we will consider is, can we appreciate the art or comedy of a person for whom we have serious questions about that person’s moral character? The class will emphasize his films with a view to understanding and evaluating the character and thought behind them.

*Joseph 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 Teacher’s (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 Osher classes at Carnegie Mellon and to engage with the curious minds of the members in thoughtful conversation, especially about humor and happiness.

A Behind-The-Scenes Look At City Theatre

*Study Leader:* City Theatre Company

- 1 Class: Oct. 21  
- Class ID: 5233
- Monday, 3:00 PM - 4:30 PM
- City Theatre, South Side,  
  1300 Bingham St., South Side

This course is a behind-the-scenes look at City Theatre Company. City Theatre Company is a mid-size regional theatre in Pittsburgh that is committed to producing five bold, contemporary plays every year. The course will focus on a particular aspect of theater production and provide an in-depth look into our creative process. Students will meet a member of the creative team and participate in a Q&A.

*Melva Graham* is the Artistic Assistant & Community Coordinator at City Theatre. She has a background in acting, writing, and teaching. She has performed at City Theatre in their production of *Paradise Blue,* and her book *Your Black Friend Has Something to Say* was published in 2020. Her writing has also appeared on Medium and in Poets & Writers. She received her BFA from NYU’s Tisch School of the Arts. She is a Pittsburgh native.

Planning your trip to campus?

Detailed parking & transportation information can be found on pages 32-33 of this catalog or on our website, cmu.edu/osher/about/parking.html. Please check to see which garages are open when you plan to come to campus.
In-Person Courses  |  ARTS & HUMANITIES

**LITERATURE**

**Classic And Contemporary Short Stories**

*Study Leader:* Nancy Quick Langer

- 5 Classes: Sep. 12 – Oct. 10  
- Class ID: 5234
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

The magic of the short story is right in its name: it tells us a story, usually in one sitting. A good story holds our attention with a unity of focus. It connects us to a person or place or unmistakable feeling. The best short stories end only on the page. We keep thinking about them. In this class, we will read and discuss some classics of the form (Ambrose Bierce, Shirley Jackson, Joyce Carol Oates) alongside contemporary stories (Lauren Groff, Hilma Wolitzer, and more!). We’ll look at influences, techniques, and themes across the decades. Expect lively discussion! This is the second time Nancy has offered this class. It will have all new stories for those who’d like to take it again.

**Nancy Quick Langer** is a writer, a teacher, an avid gardener, and an embroidery artist. She has taught English literature and writing for over 25 years at Boston College, Carlow University, CCAC, and Duquesne University’s School of Leadership and Professional Advancement. Her creative nonfiction has appeared in *Watershed Review, Santa Ana River Review*, and most recently, *Meditating on What Matters*. In addition to writing essays, Nancy records the progress of her botanically inspired hand embroidery projects on her Instagram (@nancy_ql). Her embroidery pieces have been part of several local juried art exhibitions, including the Three Rivers Arts Festival.

**Wuthering Heights: Love Story?**

*Study Leader:* Nancy Quick Langer

- 6 Classes: Nov. 7 – Dec. 19*  
- Class ID: 5235
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

*Note: Class will not meet on Nov. 28

*Wuthering Heights* is the only novel by the English author Emily Brontë, initially published in 1847 under her pen name “Ellis Bell.” It is often described as a great love story—the greatest of all time, according to a 2007 British poll. Many film adaptations, songs, and blog posts seem to agree. But is *Wuthering Heights* a love story? In this class, we’ll read Emily Brontë’s iconic novel to answer this question and more!

**Nancy Quick Langer** is a writer, a teacher, an avid gardener, and an embroidery artist. She has taught English literature and writing for over 25 years at Boston College, Carlow University, CCAC, and Duquesne University’s School of Leadership and Professional Advancement. Her creative nonfiction has appeared in *Watershed Review, Santa Ana River Review*, and most recently, *Meditating on What Matters*. In addition to writing essays, Nancy records the progress of her botanically inspired hand embroidery projects on her Instagram (@nancy_ql). Her embroidery pieces have been part of several local juried art exhibitions, including the Three Rivers Arts Festival.
The Odyssey

**By Homer**

**Study Leader:** Joan Cucinotta

- 6 Classes: Sep. 11 – Oct. 16
- Wednesday, 12:45 PM - 2:15 PM
- Cyert Hall, Osher Room B

The original epic journey, *The Odyssey* is one of the foundational works of Western literature. It considers timeless themes about heroism, family responsibilities, fate vs free will, the consequences of ambition, and the trauma following a transition from a wartime ethos of violence into the ethos of peace required for civilization. All of this plays out in a world of meddling gods, man-eating giants, terrifying monsters, seductive nymphs and goddesses, and a perilous visit to the Underworld. Skipping some chapters, we will read to the end while examining specific passages for textual analysis. I use the Lattimore translation (it’s on Amazon). However, any translation is fine. As we follow the course of this epic tale, we will look at many cultural aspects including notions of heroism, the role of women, the role of the gods, the effects of PTSD, and the elements necessary to a thriving civilization.

**Joan Cucinotta** earned a Ph.D. in English from Duquesne University and taught at Sewickley Academy for almost forty years. As the chair of the English department there, she developed coursework related to required courses in American and World Literature. She also ran the Chinese exchange there and taught English at a high school in Wuhan, China. Since she retired, she has been writing book reviews for the League of Women Voters’ Book Club in addition to volunteering at EngIn, a nonprofit that pairs Ukrainians with English speakers for online language instruction.

Haunted Odyssey

**Study Leader:** Jim Longo

- 1 Class: Sep. 5
- Thursday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

A love of ghost stories, storytelling, travel, and people led James Longo to interview people throughout the United States, Europe, and South America in search of the “true” perfect ghost story. His Haunted Odyssey led him to meet European princes, Missouri farmers, and his Pennsylvania neighbors. They are believers, but skeptics are welcome in the course!

**Jim Longo** is a professor emeritus at Washington & Jefferson College, where he served as Chair of the Education Department for over two decades. He has taught in Austria, Brazil, and Costa Rica. He is the author of eight books. He was a public school teacher in St. Louis, Missouri and earned his doctorate at Harvard University.
PPE: 50 Years Of Poetry

Study Leader: Judith Robinson

- 4 Classes: Nov. 12 – Dec. 3
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

50 Years! Poetry in Pittsburgh: 2024 (PPE) is the 50th year anniversary of Pittsburgh Poetry Exchange. In 1974 four young poets began meeting and exchanging work. In the ensuing 50 years many talented Pittsburghers have participated in workshops and readings, published numerous collections and established national repute. PPE has thrived, and now has published a new anthology of poetry as part of the celebration. This course will consist of in-person readings by outstanding PPE poets as well as the opportunity to participate in a Q&A, and if time permits, an open microphone.


Pride And Prejudice And Popularity

Study Leader: Allison Thompson

- 4 Classes: Sep. 11 – Oct. 2
- Wednesday, 12:45 PM - 2:15 PM
- Cyert Hall, Olmsted Activity Room

“Light, bright, and sparkling,” Pride and Prejudice is most readers’ favorite Jane Austen novel. We’ll explore the novel in two concurrent ways: we’ll gain a better appreciation of themes and issues and details of life in England in 1813 that will help us understand the work better; second, we’ll explore the novel’s enormous and ever-growing popularity in movies, fan fiction, and “Austen-Adjacent” works. Participants will read the original and are encouraged to read Sayantani DasGupta’s Young Adult novel, Debating Darcy (2022).

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

Beethoven’s Fifth And Other Fifths

Study Leader: James Gorton

- 4 Classes: Sep. 12 – Oct. 3  
- Thursday, 12:45 PM - 2:15 PM 
- Cyert Hall, Osher Room B

Exploring fifth symphonies of four composers popular in the orchestral repertoire. Guests from the Pittsburgh Symphony and Carnegie Mellon School of Music will join the class.

James Gorton, formerly Co-Principal Oboist of the Pittsburgh Symphony Orchestra, currently teaches at Carnegie Mellon and Duquesne Universities.

Simplicity Vs Complexity In Classical Music: Part 2

Study Leader: Owen Cantor

- 3 Classes: Dec. 4 – Dec. 18  
- Wednesday, 12:45 PM - 2:15 PM 
- Cyert Hall, Osher Room B

In the history of music, art, design and architecture, the pendulum of cultural taste swings between simplicity and complexity. There are many examples: Beethoven hammering a terrifying single note on the keyboard while his contemporary, Berlioz, raises the roof with vivid complexity. Art, likewise, gives us the Sistine Chapel and the Rothko Chapel. Contrasts abound. From our vantage point, it is impossible to predict what’s next, yet it’s revealing to see our present cutting edge culture in terms of been-there/done-that flow of history.

Dr Owen Cantor has had the good fortune to pursue his dual loves: classical music and clinical dentistry. He was founder and music director of the Summerfest Chamber Music Festival which presented fourteen summers of chamber music in Fox Chapel. Before and during his early years as a practicing dentist, Dr Cantor studied and played the French horn in countless local venues, serving as an Artist/Lecturer in the Carnegie Mellon University School of Music. He was honored to be in the Inaugural Class of Leadership Pittsburgh and also to serve as a member of the Carnegie Institute Committee of One Hundred. Dr. Cantor now teaches Osher Lifelong-Learning classes exploring the diverse emotional impact of classical music in American and European cultural history.
LAW

Elder Law - Being Prepared As One Grows Older

Study Leader: Carol Sikov Gross

• 5 Classes: Nov. 12 – Dec. 17*  
  Class ID: 5165  
• Tuesday, 9:15 AM - 10:45 AM  
• Cyert Hall, Osher Room A  
  *Note: Class will not meet on Nov. 19

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 and POLSTs. There will be a discussion of the process of probate and estate administration as well as a discussion of long term care planning and asset protection planning. Health insurance coverage for long term care will be covered.

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 (CELA) 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) and is a member of the National Academy of Elder Law Attorneys (NAELA) as well as a Vice President of the PA Association of Elder Law Attorneys (PAELA). Ms. Sikov Gross is a past 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). Ms. Sikov Gross 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.

Weekly Essentials

The weekly email for all things Osher at CMU!

Every Friday afternoon, we send out our weekly newsletter: Weekly Essentials, or “The WE!” This email is your one-stop-shop for all the happenings at Osher at CMU. The WE often includes:

• Catalog and registration announcements  
• Upcoming events and lectures  
• Course changes  
• Volunteer opportunities  
• Member benefits and discounts  
• Technology tips and tricks  
• Osher class photos  
• Articles by Osher members

Members are automatically signed up for these emails, and we ask you do not “unsubscribe” as they will be your gateway to the most important updates from the Osher office. In addition to the email, all of the information is posted on the homepage of our website under the “Weekly Essentials” section.

If you have not received these emails, contact the Osher office and we will make sure you are on the mailing list.
**Eco-Printing**

*Study Leader: CMU IDEATE*

- 1 Class: Sep. 3  
  - Tuesday, 9:15 AM - 11:15 AM  
  - Hunt Library, Digital Fabrication Lab - A-5 Lower Level

Eco-printing is the process of creating flower and leaf prints on a mordanted cloth. In the study we will provide you with a mordanted cloth. Each study participant should bring in a gathering of flowers and/or leaves to print with on the fabric. We will demonstrate this dynamic and fascinating process of using flora to create patterns and compositions on cloth.

**Olivia Robinson** is a multimedia artist whose work spans natural dye, textiles, video, research, and community engagement. Robinson’s diverse body of work, which ranges in scale from hand-built textile circuits to architectural-scale inflatable structures, investigates issues of justice, identity, community, and transformation. Most recently in her studio and in her teaching, Olivia has taken a deep dive into how to use flora from our environment to print on cloth. Olivia has a BFA in Fibers from Maryland Institute College of Art and an MFA in Electronic Arts from Rensselaer Polytechnic Institute. She is a Teaching Professor in the interdisciplinary IDeATe department at Carnegie Mellon University.

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**Drawing In Color**

*Study Leader: Jane Pawlowski*

- 6 Classes: Sep. 10 – Oct. 22*  
  - Tuesday, 10:30 AM - 12:30 PM  
  - Cyert Hall, Olmsted Activity Room

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

This course continues an exploration of drawing, adding color into the mix. Student will learn about the use of color and color theory utilizing colored pencils in their work. They will build up their art, ‘painting’ in the color using their pencils. Projects will build on one another discussing composition and various techniques for using color to add intensity to art. Different genres of art will be discussed. It is helpful to have some knowledge of drawing but the class is for all artists to build on their current knowledge. We will be working primarily with colored pencils and drawing papers. Supply recommendations will be sent prior to the first class.

Please note: *Supplies are expected to cost around $30.00*

**Jane Pawlowski** began her interest in art at an early age, realizing that this was one area where everyone’s solutions could (and should) be different. Formal training began at The High School of Art and Design as an Advertising and Illustration Major followed by a BFA in Graphic Design from the School of Visual Arts in NYC. Jane began her career working in advertising and publishing (Vogue Magazine). Volunteering in schools led to a second, 24-year career, teaching studio and computer art to high school students as well as graphic design to college students. Jane created a program, Fusing Culture in Curriculum in her public schools, incorporating the arts into all areas of the school curriculum. Today, Jane is enjoying time to create her own art in watercolors, oils and acrylics, often bringing to life the places she has traveled in her paintings.
Using A Sketchbook To Enhance Travel

Study Leader: Rick Landesberg

- 1 Class: Oct. 22
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

What if during your next trip you drew instead of taking photographs? (Okay, you can take some photographs.) This course welcomes both those who have significant and moderate drawing skills. Capturing an environment you care about in a sketchbook is a rich way to experience, and even celebrate a place. The sketchbook becomes a visual diary, responding to both the grand vista (the canyon) and the personal detail (the croissant). It's a way to be in a place. The settings we encounter when traveling (as well as when we're close to home) offer rich visual opportunities for unhurried observation. This course will present strategies for looking deeply at a place and responding to it through drawing. It will not be a studio art class nor will it be a “how-to-draw” class, but it will hand you a set of options, thought-starters, and opportunities. Recommended tools will be discussed as well.

Rick Landesberg, an artist and designer, has led sketchbook workshops in Pittsburgh, Maine, and France. His paintings have been exhibited most recently at the Artemis Gallery on Mount Desert Island in Maine and in a solo show at the Pittsburgh Cultural Trust's 707 Gallery. He's the retired founder of Landesberg Design and for many years served on the faculty at Carnegie Mellon University's School of Design. He divides his time between Pittsburgh and East Blue Hill, Maine. Feel free to check out ricklandesberg.com, particularly the section, “Travel Observations.”

Watercolor Painting

Study Leader: Jane Pawlowski

- 5 Classes: Nov. 12 – Dec. 10
- Class ID: 5182
- Tuesday, 3:00 PM - 5:00 PM
- Cyert Hall, Olmsted Activity Room

This course serves as both an introduction to the versatile watercolor medium as well as an opportunity for those with prior experience to enhance their skills and work on individual projects. Watercolors can be used for quick sketching, as well as developed into a very detailed and layered painting. We will be working on developing our own style as different approaches to the medium are discussed. We will look at different genres of art as we enjoy our increasing comfort and skill in this beautiful medium.

Please note: Students will purchase their own supplies.

Jane Pawlowski began her interest in art at an early age, realizing that this was one area where everyone's solutions could (and should) be different. Formal training began at The High School of Art and Design as an Advertising and Illustration Major followed by a BFA in Graphic Design from the School of Visual Arts in NYC. Jane began her career working in advertising and publishing (Vogue Magazine). Volunteering in schools led to a second, 24-year career, teaching studio and computer art to high school students as well as graphic design to college students. Jane created a program, Fusing Culture in Curriculum in her public schools, incorporating the arts into all areas of the school curriculum. Today, Jane is enjoying time to create her own art in watercolors, oils and acrylics, often bringing to life the places she has traveled in her paintings.
Figure Drawing

*Study Leader:* Betsy Bangley  
*Materilal Fee:* $45*

- 5 Classes: Nov. 8 – Dec. 13*  
- Friday, 9:30 AM - 12:00 PM  
- College of Fine Arts, 313  
*Note: Class will not meet on Nov. 29

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 nude 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 teaches drawing, watercolor painting, art journaling, and other courses in the arts and humanities at the Community College of Beaver County through the Continuing Education and Workforce Development Department.

*CULINARY

Science Of Wine And Food Pairings

*Study Leader:* Barb Pezze, Jason Sicher  
*Materilal Fee:* $35*

- 1 Class: Oct. 23  
- Wednesday, 12:45 PM - 2:45 PM  
- Cyert Hall, Olmsted Activity Room

Fish and white wine... steak and red wine. These are typical pairings that we tend to follow when pairing wine and food. But, there is much more to it than this! Learn about the structural components of wine and how they affect food, and, the flip side of identifying the major flavor profiles in food. We will dive into the concepts between food and wine pairings and practice what we have learned by pairing several wines with a selection of small tastes to experience what works and what doesn’t for ourselves.

*Barb Pezze* and her husband, Gary (a retired Metallurgical engineer), have since started VinoNomad, a wine education business. Today they hold wine classes for small groups in the home or at events.

*Jason Sicher* started his career in the restaurant industry in 2002. After working as the Sous Chef at the Carlton he moved on to become the Executive Chef at Enrico’s Ristorante in Shady-side. After many years there, where he learned a great deal about wine from an amazing Sommelier and a number of wine representatives, he continued on as an Executive Chef at multiple restaurants, hotels and eventually Southpointe Country Club where he became the Director of Food and Beverage. While in the kitchen he also ran a number of wine programs at these locations. In 2018 it was time for a change and he started at Barsotti Wines as a sales representative and learned from one of the best in the industry, Joseph Barsotti. In the beginning of 2024 he took over operations of Barsotti Wines from Joe and Ruth Barsotti and is now the Owner and Sales Manager.

*Materials fee information located on page 83.*
Cookie Decorating Class - Autumn Colors

Study Leader: Alisa DeStefano

Materials Fee: $25*

- 1 Class: Sep. 5
- Thursday, 1:00 PM - 3:00 PM
- Cyert Hall, Olmsted Activity Room

Learn how to decorate beautiful sugar cookies in autumn-themed shapes and colors that will be so beautiful your family and friends will say are too pretty to eat! This course will offer two decorating techniques: 1) the royal icing outline and flood method, and 2) the painted cookie method. Instruction will include how to outline and flood each cookie with royal icing, use the wet-on-wet technique, and blend colors to create vibrantly painted cookies. Baked cookies, like blank canvases, will be provided for you to decorate, along with prepared royal icing in pastry bags, gel colors for painting, and examples of decorating ideas. Tips on how to roll out a perfectly even dough, make royal icing in different consistencies, and recipes for the royal icing and delicious sugar cookies will be provided.

Alisa DeStefano enjoys embracing new experiences, from zip-lining and white-water rafting to jewelry-making and cookie decorating. In addition to her career as Associate Director of Financial Aid at IUP, she founded a jewelry-making business and taught jewelry-making techniques. She has been a session and keynote speaker at workshops and conferences, including the President’s Commission on the Status of Women. Alisa started taking piano lessons (after a 40-year hiatus) and played in her first recital at the age of 63. After retirement she took a cookie decorating class, just for fun, and was hooked. She began to decorate cookies for every reason and season and teaches family, friends, and neighbors in the art. She loves the joy her cookies bring to new decorators and consumers alike!

*Materials fee information located on page 83.

Creating A Memorable Cocktail Party

Study Leader: David Green

Materials Fee: $45*

- 5 Classes: Sep. 10 – Oct. 8
- Tuesday, 1:30 PM - 3:30 PM
- Wilkins Community Center, Regent Square, Kitchen, 7604 Charleston Ave, Swissvale

Autumn ushers in Party Season! Halloween, Dia de Los Muertos, Thanksgiving, Friends-giving, Diwali, Christmas, Festivus, New Years...there's no end to reasons to invite friends and family to our homes to brighten up this cold, gray time of the year. Instead of an elaborate festive dinner party, how about trying a friendly, intimate cocktail party. They are easier and less costly to prepare and you, as host, get to spend the entire evening or afternoon with your guests. In this class we will prepare a variety of finger foods, spreads, and dips as well as a “house cocktail” for each event.

David Green did his undergraduate studies in music at Carnegie Mellon University with extended studies in New York, Italy, and Austria. During his 20 year stay in New York he developed a love of culinary arts and international cuisine. Upon returning to Pittsburgh, David attended the Culinary Institute of Pittsburgh and began his second career in food service. He spent time working in the kitchens of Kingsmill Resort in Williamsburg, Virginia and eventually started his own businesses; Sweetie Sweetie Bakery in Edgewood and Cafe dez Artz in Swissvale. David is now retired and greatly enjoys sharing his culinary knowledge with Osher at Carnegie Mellon.

*Materials fee information located on page 83.
Sacred Circle Dancing

Study Leader: Alice Carnes

- 5 Classes: Nov. 12 – Dec. 10  
  Class ID: 5232
- Tuesday, 12:45 PM - 2:45 PM  
- Cyert Hall, Olmsted Activity Room

Bernard Wosien, a German ballet master, collected very old traditional dances from Eastern Europe, mostly from Greece, Bulgaria, Macedonia, and Romania. No partners are needed. All dances are taught or reviewed every time and beginners are welcome. In circle dance we hold hands and form a circle around a centerpiece. We dance around a centerpiece that contains a representation of the four elements to celebrate our dancing. The circle is an iconic symbol that never ends and flows continuously. The steps are simple and if you forget a step or misstep just know in circle dance -there are no mistakes, only variations. As we move around the circle the energy from everyone in the circle moves in a physical and energetic way. As we dance, we sink into the rhythmic movement allowing our minds to relax into a spiritual and meditative process.

Alice Carnes was introduced to Sacred Circle Dance at a Women’s Retreat in North Carolina in 2010. When she retired in 2013, she began attending circle dance camps and dance workshops in California, New Hampshire, Tennessee, Maine, Massachusetts, and Mexico. During the pandemic there were many opportunities to circle dance via Zoom with a variety of excellent teachers worldwide. In July 2022, she traveled to Findhorn, Scotland, the birthplace of sacred circle dance for Dance Week.

Tamburitzan Folk Dancing

Study Leader: George Schexnayder  
Materials Fee: $10*

- 6 Classes: Sep. 11 – Oct. 16  
  Class ID: 5209
- Wednesday, 10:00 AM - 11:30 AM  
- Wilkins Community Center, Regent Square, Room 105, 7604 Charleston Ave, Swissvale

- 6 Classes: Nov. 6 – Dec. 18*  
  Class ID: 5210
- Wednesday, 10:00 AM - 11:30 AM  
- Wilkins Community Center, Regent Square, Room 105, 7604 Charleston Ave, Swissvale

*Note: Class will not meet on Nov. 27

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

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

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

*Materials fee information located on page 83.
Hatha Yoga

Study Leader: Loretta Barone  
Materials Fee: $10*

- 10 Classes: Sep. 12 – Nov. 14  
  Class ID: 5119
- Thursday, 10:00 AM - 12:00 PM
- Dance Alloy Studio,  
  5530 Penn Ave, East Liberty

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

Please note: *For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity. New students welcome; Must attend the yoga orientation, 30 minutes before the first class.

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 fee information located on page 83.

Get Fit: A Fun Latin Cardio Workout

Study Leader: Connie Pollack  
Materials Fee: $10*

- 8 Classes: Sep. 4 – Oct. 23  
  Class ID: 5193
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom,  
  2nd Fl, 5915 Beacon St, Sq. Hill
- 7 Classes: Oct. 30 – Dec. 18*  
  Class ID: 5194
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom,  
  2nd Fl, 5915 Beacon St, Sq. Hill
  *Note: Class will not meet on Nov. 27

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

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

Connie Pollack has been teaching aerobic dance to adults for the past 19 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 fee information located on page 83.
FINANCE/INSURANCE

Saving Taxes In Retirement

*Study Leader: Bud Kahn*

- 5 Classes: Nov. 7 – Dec. 12*
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

*Note: Class will not meet on Nov. 28

Diligent savers enter the second half of retirement with little insight into the complex tax and distribution planning dangers that can wipe away the sacrifice made during their working years. This course is designed to educate participants about how to keep more of their retirement savings by effective use of planning opportunities available under current tax laws. This course is updated annually to reflect new legislative developments and tax planning opportunities.

**Bud Kahn**, a Pittsburgh-based wealth manager, is the founder and Managing Principal of WMS Wealth Planners, with offices in Aspinwall and Greensburg. Bud is a graduate of the University of Pittsburgh, with a bachelor’s degree in economics and an MBA in accounting and finance. He also earned a master’s degree in taxation at Robert Morris College and has completed executive education programs at Carnegie Mellon University, the Wharton School of the University of Pennsylvania, and the Booth School of Business at the University of Chicago. Bud is a Certified Public Accountant, Certified Financial Planner, Certified Investment Management Analyst, Certified Private Wealth Advisor, and Accredited Estate Planner. Bud is also a member of Ed Slott’s Elite Advisor Study Group, in which he studies the complexities of IRAs to help his clients with the tax and distribution-planning strategies necessary to achieve financial security.

GAMES

Trivia *Jeopardy! Style*

*Study Leader: Howard Seltman*

- 2 Classes: Oct. 23 and Oct. 30
- Class ID: 5155
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Osher Room B

This class will be in the form of the popular trivia game show *Jeopardy!* Students will be randomly offered the chance to be one of the three participants for each of six games over two weeks. Guessing the answers and cheering on your friends is also fun if you are not chosen. There will be real buzzers and the format will closely follow the TV show. Winning brings bragging rights, but no cash. Categories will range widely with some emphasis on the 1950s to 1970s and avoiding current popular culture.

**Howard Seltman**, MD, PhD worked as a clinical pathologist and then as a statistics professor. He retired as Director of the Masters in Statistical Practice program in the CMU Department of Statistics and Data Science in 2019.
Let’s Play Some Bridge

*Study Leader: Sherri Davis*

- 6 Classes: Sep. 10 – Oct. 15  
- Tuesday, 2:30 PM - 4:30 PM  
- Cyert Hall, Olmsted Activity Room

This course is for players that have taken some basic bridge classes. Topics will include, but are not limited to; playing and defending no trump hands; playing preemptive hands; bidding—should we go to game??; managing your trumps; types of doubles; make a plan before you begin!; manage your dummy entries; getting rid of losers; should you finesse??; bidding and playing strong hands. If participants have other topics, we will entertain them. Looking forward to seeing you.

Sherri L. Davis was a consultant at a wealth-management firm and an attorney in both New York and Pittsburgh. Upon retirement, she discovered the challenges of the game of Bridge. As a result, she is the happiest retired person on the planet. She is delighted to share her knowledge and enthusiasm with other Osher members who love playing bridge.

Four Hands

*Study Leader: Jack Patzer*

- 5 Classes: Sep. 11 – Oct. 9  
- Wednesday, 2:30 PM - 4:30 PM  
- Cyert Hall, Olmsted Activity Room

Enhance your bridge skills: play a potpourri of four hands of bridge drawn from bridge columns and expert writings in Zoom breakout rooms each meeting. Each hand is followed by a general Zoom discussion of how the “experts” bid and played the hand. Discussion topics will generally include the bidding, choice of opening lead, defender strategies, and declarer strategies. Because participants will be randomly paired with other players, all are expected to be conversant with, and employ, basic SAYC (Standard American Yellow Card) bidding and Jacobi 2NT, Unusual 2NT, transfers, Stayman, Michaels, Gerber, and Blackwood conventions.

Jack Patzer has been playing bridge for more than 50 years. He is an experienced beginning bridge guide (Bridge Basics 1, 2, 3, 4) who enjoys introducing “newbies” to the game. Although he and his favorite partner have played duplicate on and off over many years (even once winning a sanctioned tournament on a cruise ship), Jack prefers the relaxed social atmosphere of a friendly “party” bridge game.

Your input is welcomed and valued.

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. Please use the suggestion box in the quick link section of our website, cmu.edu/osher.

To get involved with Osher at CMU, please check the opportunities listed on the “Volunteer” page of our website, cmu.edu/osher.
2-Over-1 Bridge Bidding System

Study Leader: Jack Patzer

- 5 Classes: Nov. 6 – Dec. 11*
- Wednesday, 2:30 PM - 4:30 PM
- Cyert Hall, Olmsted Activity Room

*Note: Class will not meet on Nov. 27

Based upon Standard American Yellow Card (SAYC), 2-over-1 Forcing-to-Game has become a popular bridge bidding system. The main difference between SAYC and 2-over-1 is in the meaning of 1 NT and 2-level responses to an opening bid. Those differences can have profound affects in bidding sequences to game and slam. In each session, we will explore those differences through four or five bridge hands selected to illustrate particular concepts. All participants are expected to be conversant with basic SAYC bidding and conventions, including Jacobi 2NT, Unusual 2NT, transfers, Stayman, Michaels, Gerber, and Blackwood.

Jack Patzer has been playing bridge for more than 50 years. He is an experienced beginning bridge guide (Bridge Basics 1, 2, 3, 4) who enjoys introducing “newbies” to the game. Although he and his favorite partner have played duplicate on and off over many years (even once winning a sanctioned tournament on a cruise ship), Jack prefers the relaxed social atmosphere of a friendly “party” bridge game.

LANGUAGE

Intermediate French Conversation

Study Leader: Veronique Schreurs

- 5 Classes: Nov. 8 – Dec. 13*
- Friday, 1:00 PM - 3:00 PM
- Veronique Schreurs’ Home

*Note: Class will not meet on Nov. 29

It is a cooperative class, to keep up and improve your conversational skills in French. Every student has the opportunity to tell a little 5-minute piece in French, a personal story or a piece about a subject of interest to them. Students may also ask each other questions after each presentation. We have had some lively, interesting, and fun discussions!

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.

Osher at CMU – Members’ Directory

Share your picture and information on our new member directory so that other members may get to know you better! To access the directory, sign into your account on our registration website.
MUSIC & DRAMA

Singing In A Choral Group

Study Leader: Constance Rapp

Materials Fee: $10*

- 6 Classes: Sep. 12 – Oct. 17  
  Class ID: 5147
- Thursday, 1:00 PM - 2:30 PM
- Episcopal Church of the Redeemer,
  5700 Forbes Ave, Squirrel Hill, 15217

In an atmosphere of collegiality, the class learns choral music spanning the centuries. No experience is necessary; however, the class does learn 2- and 3-part music. Reading music is helpful. The desire to participate and learn is essential!

Please note: Sheet music is included in the fee.

Connie Rapp has been in Pittsburgh for many years, participating in teaching Osher classes at CMU and Pitt, piano teaching at Duquesne University and CMU Prep Division. Prior to coming to Pittsburgh, she taught choral music in public schools. She holds a M.Sci in piano from Juilliard, and a B.Music degree from the University of Michigan. Teaching choral classes at CMU and PITT for over 15 years has been a joyful experience.

*Materials fee information located on page 83.

SELF IMPROVEMENT

Online Dating For Seniors

Study Leader: Ginnie Farnsworth

- 5 Classes: Sep. 10 – Oct. 8  
  Class ID: 5138
  
- Tuesday, 12:45 PM - 2:15 PM
  
- Cyert Hall, Osher Room A

- 5 Classes: Nov. 12 – Dec. 10  
  Class ID: 5139
  
- Tuesday, 2:30 PM - 4:00 PM
  
- Cyert Hall, Osher Room A

Online dating is the modern equivalent of dropping a handkerchief. We don't date online! The online dating sites are a virtual means of meeting people to date in the real world. It can be fun, rewarding, and very challenging. This course steps participants through the process to meet people online. From setting one's relationship goals to dating site selection, self-presentation and do's and don'ts of first dates, this course puts it all together. The rewards of the course are greater self-awareness, a realistic assessment of one's heart's desires, and the possibility of a new friend or life partner. Give it a try and find a special new relationship.

Ginnie Farnsworth is a senior online dater. In preparation for entering online dating, Ginnie read widely on the subject, listened to innumerable podcasts, and interviewed dating coaches. She is on her path to find that special someone to be a friend and life partner. Ginnie participates in three of the dating sites covered by the course and also recommends the fourth. She has written many profiles leading to the one which wins the most attention from the type of partner she seeks. As a photographer, she offers direction on the best and worst way to present yourself photos. Having done all the groundwork, Ginnie enjoys dating the men who match her wishes and criteria. This process is challenging and one with great rewards. Ginnie is retired from the Banking Finance field, has travel extensively and is a visual artist focused on artists books and photography.
WELLNESS

From “Om . . .” to “Aha!”

Study Leader: Nancy Keebler

- 2 Classes: Oct. 22 and Oct. 29  Class ID: 5201
- Tuesday, 2:45 PM - 4:15 PM
- Cyert Hall, Olmsted Activity Room

Want to learn how to meditate? Some people think it is difficult to meditate, that you have to work at it, find the ‘trick’, and ‘practice, practice, practice.’ In this class, we will learn about Transcendental Meditation, from one long-time practitioner’s point of view. In the first class we will learn how meditation has evolved from ancient India to the modern American classroom: via mainstream and off-beat religions; traditional and alternative medical and mental health care; and the American lifestyle. We will practice relaxation techniques and compare them. In the second class we will learn Dr. Herb Benson’s Relaxation Response and apply it to Transcendental Meditation (TM). We will practice a layman’s version of TM and will share our experiences and reactions.

Nancy Keebler has practiced Transcendental Meditation every day for more than 50 years. A native San Franciscan, her first career was as a newspaper and newsletter editor for 25 years, working in the Bay Area; Washington, D.C.; Riverside, CA; Baltimore, MD; Boulder, CO; Sacramento, CA, and Boston, MA. She switched careers in her mid-forties to occupational therapy, and worked in the Boston area for another 20 years treating older people in settings from their homes to Veterans hospitals. She and her husband moved to Pittsburgh three years ago, to be close to their daughter’s young family. Now retired, Nancy spends her time helping care for her two toddler grandsons; reading, walking and exercising; and exploring Pittsburgh, primarily through Osher classes.

Preparing For Your End: Funeral Planning

Study Leader: Stephen Christian-Michaels

- 1 Class: Oct. 22  Class ID: 5218
- Tuesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room B

Most people tend to avoid thinking about their death. They tend to put off making plans for their funeral. This ends up leaving their surviving family members to deal with planning the funeral arrangement while they are grieving, traveling, and dealing with other details. This session will talk about the different funeral arrangement options including burial, cremation, green burials, composting, etc. We will also include how the use of a Death Doula can assist you and your family in the final days and after. We will talk about the services provided by the Funeral Consumers Alliance of Western PA, a non-profit, who advocates and help members select a funeral home (we have 25 participating funeral homes) to select which option works best and will assist when funeral homes close and a new selection is needed. Come learn about how a planning for your death will help your family.

Stephen Christian-Michaels is a social worker and worked in community mental health center and was the CEO of Family Services of Western PA. When he retired he joined the board of trustees as the Vice President of the Funeral Consumers Alliance of Western PA. Stephen also teaches at the Center for Public Service Psychiatry at Western Psychiatric. He also maintains a consulting business. Lynne Ireland-Knight is a death doula committed to making death education part of our community conversation. As the owner of Promise Me Momma LLC her focus is on end-of-life planning and support services, grief support, and green burial education. With advanced planning, if and when we know the end is near, can lay the groundwork for an easier, more meaningful transition.
How To Tell Your Own Story

**Study Leader:** James Hagerty

- 3 Classes: Nov. 7 – Nov. 21  
  **Class ID:** 5153
- Thursday, 12:45 PM - 2:15 PM
- Cyert Hall, Olmsted Activity Room

Having written nearly 1,000 obituaries for the *Wall Street Journal*, Hagerty can tell you why and how to write your own story, in long or short form. Don’t leave that project to family members or friends. They lack the details and insights that only you can provide. Generalities and platitudes won’t do. You probably have told them many stories, but they weren’t taking notes and won’t get everything right. So let’s figure out how to write at least a brief summary of what mattered most to you. Then we can consider going on to a longer story about what you are trying to do with your life, why, and how it’s working out. We will discuss what to include, what to leave out, and how to make your story fun and readable. That’s right, fun. Hagerty’s motto: if obituaries can’t be fun, what’s the point of dying?

**James R. Hagerty**, known to friends as Bob, has been a reporter and editor for the *Wall Street Journal* for more than 40 years. During that period, he has lived in London, Brussels, Hong Kong, New York, Atlanta and (saving the best for last) Pittsburgh. For the past eight years, he has specialized in obituaries. He also has contributed articles to the *New York Times* and *Washington Post*, among other publications. He grew up in North Dakota and studied economics at the University of North Dakota. In recent years he has served as a senior softball coach and English-language tutor for immigrants. He is the author of *Yours Truly*, a guide to writing life stories, which won praise from the *Washington Post* and *New York Times*.

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Proof Positive

**Study Leader:** Helen Fallon

- 2 Classes: Oct. 23 and Oct. 30  
  **Class ID:** 5229
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

An introduction to the editing and proofreading methods professional editors employ to review written work, covering those basic elements (grammar, spelling, punctuation) to ensuring accuracy and readability. Good editing - and you need to be your own best editor - ensures others will want to read your work, whether it’s for an audience of one or many. The instructor will explain how editors work and the resources they use to help polish others’ writing. Tips will be offered that will help anyone from writing an email to a blog post to a full-length article. The sessions will be interactive, and students will leave with multiple handouts and resource suggestions.

**Helen Fallon**, professor emeritus and former director of Point Park University’s Honors Program, taught and served as an administrator at Point Park from 1986-2020. She chaired the Department of Journalism and Mass Communication from 1999 to 2008 and served as acting dean of the School of Communication from 2008 to 2009. She directed the Honors Program until 2020. Fallon has been an active journalist for the entirety of her teaching career, working as a part-time copy editor for the Pittsburgh Post-Gazette. Earlier in her career, Fallon worked as a reporter, copy editor and editor for several papers in the Pittsburgh area for six years and did public relations work for a university and a community hospital for five years. She is active in journalism professional organizations, serving currently on the Press Club of Western Pennsylvania board and the Pennsylvania NewsMedia Association Foundation board, a statewide organization. Outside of journalism, Fallon currently serves on the Jefferson Regional Foundation’s board, which is dedicated to investing in the health and vitality of the communities served by Jefferson Hospital in the South Hills and lower Mon Valley of Pittsburgh.
Writers’ Workshop

Study Leader: Thalia Snyder

- 6 Classes: Nov. 6 – Dec. 18*  
- Wednesday, 10:30 AM - 12:30 PM  
- Cyert Hall, Hawkins Conference Room  
*Note: Class will not meet on Nov. 27

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

Please note: This course requires that a piece of writing, limited to 1200 words, be submitted to the study leader each week. Please register only if you can attend 5 of the 6 sessions and can limit your weekly writing submission to 1200 words.

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 narrates books as a voiceover artist at Library of Accessible Media for Pennsylvanians (LAMP). She writes poetry and memoir. Her work was published in Signatures (Osher Lifelong Learning Institute at Carnegie Mellon University, 2016). Thalia has been a joyful member of Writers’ Workshop for many years.

Flash Fiction For Fun

Study Leader: Hana Haatainen-Caye

- 6 Classes: Sep. 11 – Oct. 16  
- Wednesday, 12:45 PM - 2:45 PM  
- Cyert Hall, Hawkins Conference Room

Whether you’re an experienced fiction writer or just wanting to give it a try, this course is designed to help you hone your skills while having fun writing short pieces of fiction that let your imagination run wild! Each week, participants will be assigned a prompt to write a story based on specific perimeters, including a strict word count. We'll be focusing on word choice, as tight writing is essential in flash fiction. Authentic dialogue will be another subject we'll explore. The following week, we'll share our stories, receive light critique, and discuss various aspects of the writing. For the first session, please bring a compelling first paragraph of a short story or novel you read that you couldn't put down once you read those first several lines. We'll be discussing hooks.

Hana Haatainen-Caye is a multi-award-winning writer of short stories, flash fiction, poetry, and nonfiction. She has been published in nine Chicken Soup for the Soul anthologies, has over 60 published articles in magazines, and published 100 children's books for the award-winning digital platform iStoryBooks. She is the author of Green Grandma’s Vinegar Fridays. A past study leader, Hana has also been a speaker and faculty member of various writing conferences since 2009. Sidelined by a stroke in 2021, She continues to facilitate Writers at Work, a monthly writing group in the North Hills, which she has led for the past 20 years.
Architecture: Big Ideas/Small Budget

Study Leader: Eric Fisher, Beatrice Spolidoro

- 1 Class: Sep. 5  
- Thursday, 1:00 PM - 2:30 PM  
- Cyert Hall, Osher Room B

Money is always tight when you build. So how does one maximize design impact with limited resources? At the center of our work philosophy at Fisher ARCHitecture is the concept of “bottom-up design”. For us that means combining conventional building elements in unlikely ways to achieve unexpected results. In this talk, we will review specific design strategies that prioritize simplicity, functionality, and adaptability. We will advocate for designing spaces so they can be use in many different ways, we will speak of how the efficient use of natural light and ventilation can make an inexpensive project sing, and we will talk about out-of-the-box building methods like modular construction. Throughout the lecture, we will highlight practical techniques for building unique, efficient spaces. By building “more with less,” we hope to inspire architects, designers, and owners to rethink conventional practices and unlock the full potential of every project.

Eric Fisher (AIA, LEED AP), Harvard-educated Pittsburgh-native, and Bea Spolidoro (AIA, LEED Green Associate, WELL AP) are Principals at Fisher ARCHitecture in Pittsburgh, PA. Bea is passionate about building sustainable, healthy environments. Last year, she was President of the Pittsburgh American Institute of Architects (AIA). At one time, Eric assisted with the design of the Getty Museum for Richard Meier and Partners in Los Angeles. As well he has taught at various esteemed universities around the United States. Fisher ARCHitecture designs innovative, green buildings for the East Coast region. For twenty years now, Fisher Architecture has designed homes, businesses, restaurants, churches, museums, parks, community centers, furniture, and even bridges. It is the firm’s continuing goal to create buildings that are thoughtful + progressive + contextual.

Mid-Century Modern In America

Study Leader: Jeffrey Swoger

- 6 Classes: Nov. 6 – Dec. 18*  
- Wednesday, 2:30 PM - 4:00 PM  
- Cyert Hall, Osher Room B

*Note: Class will not meet on Nov. 27

Beginning in the late 1940’s, the design of houses, and the objects that were put into them, underwent a sea-change. The country’s economy was growing after years of depression, and war-time rationing. Rounded forms and open, airy spaces, new materials, and a new focus on family life marked those postwar years. Noted designers produced exciting new furniture, and household items. European influences mixed with American sensibilities to create, and furnish, the ever-expanding suburbs that grew around our major cities. The course will examine the origins of mid-century modern design, as well as the designers who created some of the period's most iconic examples of the genre.

Jeffrey Swoger, a graphic designer, has had a lifelong fascination with all aspects of design - architecture, furniture, household items and fabrics. The modernism movement that began in Europe after WWI (especially at the Bauhaus), gained recognition in the United States during the 1950’s and 1960’s, and formed the basis for his approach to design.
SCIENCE | In-Person Courses

ASTRONOMY

Space Stations

Study Leader: Howard Seltman

- 5 Classes: Nov. 12 – Dec. 10  Class ID: 5156
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

Space Stations have fired the imagination for generations. In this course you will learn about some science fiction space stations, the 12 real-life space stations launched so far, and plans for future space stations. We will cover the politics, science, engineering, and the personal experiences of those who have spent time on a space station.

Howard Seltman is a retired pathologist and statistician with a broad interest in science and technology. He retired from the CMU Department of Statistics and Data Science in 2019.

ENVIRONMENT

Geology Of The National Parks

Study Leader: Barbara Manner

- 5 Classes: Nov. 7 – Dec. 12*  Class ID: 5227
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B
*Note: Class will not meet on Nov. 28

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

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

**Study Leader:** Jerome Granato

- 2 Classes: Oct. 8 and Oct. 15  
- Tuesday, 10:30 AM - 12:30 PM  
- Cyert Hall, Osher Room A  

This will be two-day series of adult education lectures designed to provide the general public with a better understanding of the causes and treatment options for a myocardial infarction, commonly known as a “heart attack.” The course will be loosely based on my book *Living With Coronary Heart Disease: A Guide For Patients and Families*. There are no prerequisites for the course. In lay terms, the course would address the following topics: Day 1: a) An introduction to cardiac structure and function and b) The presentation and consequences of a heart attack. Day 2: a) How blocked coronary arteries are diagnosed and b) Medical and surgical treatment options. At the conclusion of the course, patients and families should be better informed about maintaining better health and, when necessary, become better consumers of healthcare. Each lecture would be 60 minutes with an appropriate amount of time for questions.

**Dr. Jerome E. Granato** has actively practiced clinical and interventional cardiology for over 25 years. Dr. Granato graduated with high honors from the Stevens Institute of Technology with a degree in chemical engineering. He then attended the Johns Hopkins University School of Medicine, receiving the MD degree. This was followed by a 3-year residency in Internal Medicine at the Johns Hopkins Hospital. He then pursued a post-doctoral fellowship in Cardiovascular Disease at the University of Virginia in Charlottesville, Virginia, remaining there an additional year as a research fellow of the American Heart Association. Dr. Granato also holds a Master of Business Administration degree from the J.L. Kellogg School of Graduate Management at Northwestern University. He is board certified in Internal Medicine, Cardiovascular Disease, and Interventional Cardiology. He is a Fellow of the American College of Cardiology and a Fellow of the Council on Clinical Cardiology of the American Heart Association.

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Particle Physics: Are We Done?

**Study Leader:** John Alison

- 4 Classes: Nov. 6 – Dec. 4*  
- Wednesday, 2:30 PM - 4:00 PM  
- Cyert Hall, Osher Room A  

*Note: Class will not meet on Nov. 27

The Standard Model of particle physics is a spectacularly successful theory of the fundamental constituents of the Universe and their interactions. The discovery of the Higgs boson at the Large Hadron Collider is, on one hand, the final missing piece of the Standard Model and, on the other, a window into what lies beyond. In this lecture series we will discuss the Standard Model of particle physics and highlight the important role of the Higgs Boson in the theory.

**John Alison** is a High-Energy Particle Physicist working on the CMS experiment at the CERN Large Hadron Collider in Geneva Switzerland. He was part of the team that discovered the Higgs boson in 2012. John grew up in Pittsburgh; he graduated from Baldwin-Whitehall high-school and then studied physics and philosophy at the University of Pittsburgh. He went on to earn a PhD in physics at the University of Pennsylvania and won several thesis awards for his dissertation on the discovery of the Higgs boson. John was then a fellow at UChicago, before joining the physics faculty at Carnegie Mellon in 2018. John is currently building particle detectors at CMU which will be installed at CERN for upgrade to the LHC. These detectors are all being built and tested in Pittsburgh, with local CMU students and engineers, before being sent to Geneva.
The Science Of Patterns

Study Leader: Rachel Kurchin

- 3 Classes: Nov. 12 – Dec. 3*
- Tuesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room B

*Note: Class will not meet on Nov. 26

Repeating patterns are everywhere, both naturally occurring and human-made. A few examples include the vibrations of sound waves, stitches in fabric, bricks in a wall, and atoms in crystals. In this course, we will explore how mathematicians, scientists, and engineers classify and quantify various types of patterns, and take a hands-on approach to illuminate how the same mathematical ideas can help us understand these patterns, whether at the nanometer or kilometer scale. Feel free to bring a musical instrument to the first day of class and we’ll analyze its harmonic spectrum together!

Rachel Kurchin is an Assistant Research Professor of Materials Science and Engineering (MSE) at Carnegie Mellon. She received her BS in Physics (Intensive) from Yale in 2013, her MPhil in Materials Science and Metallurgy from Cambridge in 2014, and her PhD in Materials Science and Engineering from MIT in 2019. From 2019–2022, she was a postdoctoral fellow in the Mechanical Engineering Department at CMU, and joined the MSE faculty in Fall of 2022. She oversees a research group focused on next-generation materials for clean energy applications and teaches the first-year undergraduate introductory course in MSE.

Minerals Are Earth’s Treasures

Study Leader: Harlan Clare

Materials Fee: $15*

- 6 Classes: Sep. 11 – Oct. 16
- Wednesday, 2:30 PM - 4:30 PM
- Carnegie Museum of Natural History, 4400 Forbes Ave, Oakland

Did you know that Pittsburgh was the Radium Capital of the world? Join me at the Carnegie Museum of Natural History to learn about minerals and gems. We will tour the Hillman Hall of Minerals and Wertz Hall of Gems while hearing the stories behind the specimens, how they were obtained and why they are important. You will learn how to identify minerals, how they formed, the history of where they were found and how they are used in common products, with many hands-on activities and demonstrations. You will even learn why Marie Curie came to Pittsburgh in 1921!

Harlan J. Clare is a retired Earth and Space Science teacher. For the past seventeen years he has worked at the Carnegie Museum of Natural History as a docent/interpreter giving tours in all the different halls. His specialty is minerals and geology. He has trained other docents/interpreters about minerals and gems. For eight years he has taught a class about minerals for the Carnegie Mellon OSHER program and the University of Pittsburgh OSHER. In the winter, for the past eight years, he has taught mineral classes to seniors at the Institute for Learning in Retirement in Tucson, Arizona. He is a guest presenter for science topics for fourth graders at Mountain Vista Elementary School in Oracle, Arizona.

*Materials fee information located on page 83.
The Ohio Hopewell Moundbuilders

*Study Leader:* Sarah Neusius

- 4 Classes: Nov. 12 – Dec. 3
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

The people known to archaeologists as the Ohio Hopewell built large numbers of earthen constructions including mounds, enclosures, and roads in Ohio and adjacent areas. Their sites which date between 200 BC and AD 450 have been said to be mysteries, but archaeology has shown how they fit into the indigenous past. These people had a mixed economy relying on wild foods as well as gardening, and they also made finely crafted pottery, beautiful smoking pipes, and other interesting artifacts. They traded with other people throughout much of North America, and they practiced elaborate rituals. Who were these people and what have archaeologists learned about their beliefs and lifestyle? Eight of the most significant Ohio Hopewell sites were enrolled as World Heritage sites by UNESCO in 2023. This course will be an introduction to Ohio Hopewell archaeology and cultural reconstruction as well as to the recent World Heritage designation.

*Sarah Neusius* is Professor Emeritus in the Department of Anthropology, Indiana University of Pennsylvania, where she taught archaeology and anthropology for over 32 years, and a Research Associate in Anthropology at the Carnegie Museum of Natural History. She routinely taught North American Archaeology, Contemporary Native Americans, and Archaeological Laws and Ethics at IUP. She is the current President of the Allegheny Chapter of the Society for Pennsylvania Archaeology, current book review editor for the journal *The Pennsylvania Archaeologist*, and a past president of both the Pennsylvania Archaeological Council and the Society for Pennsylvania Archaeology (statewide). Her training is in North American archaeology and zooarchaeology, and she has a Ph.D. from Northwestern University. She has done archaeology in the US Midwest, Southwestern, Southeast, and Northeast. She also is a co-author of the textbook as well as author of various other publications. In Pennsylvania her research has focused on the archaeology of the Late Prehistoric period (ca. AD 1000-1600). Both the archaeological story about the past and the practice of archaeology fascinate her.

What Happened To The News?

*Study Leader:* Sharon Walsh

- 2 Classes: Oct. 23 and Oct. 30
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

In the last 15 years, daily news has changed dramatically. Hundreds of local and regional newspapers have died or been seriously diminished; cable news has had major changes in leadership and purpose; and social media has become the news of choice for many. Some mourn the loss of the newspaper they can hold in their hands and read with a cup of coffee, but that model is going the way of the dodo. We will talk about how and why this happened, looking at both local and national news outlets, and what will replace our traditional news sources and how will these changes affect our understanding of our community, the nation, and the world?

*Sharon Walsh* is a career journalist, having been both an editor and a reporter at a number of news organizations. She was an investigative reporter for *The Washington Post*, an editor at *The Chronicle of Higher Education* and led an investigative team for the *Lexington Herald-Leader*, among others. She came to Pittsburgh in 2011 to launch PublicSource.org, a nonprofit local news initiative. She is currently retired. She has a Master’s Degree in Journalism and has been a writer in residence at several universities.
Artificial Intelligence And Politics

*Study Leader: Ashique KhudaBukhsh*

- 5 Classes: Sep. 12 – Oct. 10  
- Thursday, 9:15 AM - 10:45 AM  
- Cyert Hall, Osher Room B

Class ID: 5250

From estimating election outcomes from social media data, to detecting voter fraud misinformation, to analyzing political speeches over the last 140 years, the interaction of AI (artificial intelligence) and politics is a complicated one. This course will delve into how AI techniques are used to mine political insights from large-scale social media data, explore key methods to quantify political polarization and detect misinformation, and present real-time analyses of social media data during the build-up to the 2024 election.

Ashique KhudaBukhsh is an assistant professor at the Golisano College of Computing and Information Sciences, Rochester Institute of Technology (RIT). He earned his Ph.D. from Carnegie Mellon University (CMU). His current research lies at the intersection of natural language processing and AI for Social Impact as applied to: (1) polarization in the context of the current US political crisis; (2) globally important events arising in linguistically diverse regions requiring methods to tackle practical challenges involving multilingual, noisy, social media texts; and (3) auditing AI systems and platforms for unintended harms. In addition to having his research been accepted at top artificial intelligence conferences and journals, his work has also received widespread international media attention that includes coverage from The New York Times, BBC, Wired, Times of India, The Daily Mail, VentureBeat, and Digital Trends, to name a few.

Journalism For A Better Pittsburgh

*Study Leader: Jennie Liska, Halle Stockton, Rich Lord*

- 3 Classes: Sep. 10 – Sep. 24  
- Tuesday, 2:30 PM - 4:00 PM  
- Cyert Hall, Osher Room B

Class ID: 5244

Join us to investigate the business of journalism and what impactful journalism means for Pittsburgh. We’ll examine how a local newsroom chooses its strategy and focus, how journalists use and rely on public information (and you can too!) and the ways in which the business of journalism is changing in our city in the digital world. Three leaders from PublicSource, Pittsburgh’s nonprofit newsroom, will take you behind the scenes in producing journalism for a better Pittsburgh.

Jennie Liska is PublicSource’s Co-executive director, with a focus on revenue and operations. She leads efforts to sustain Pittsburgh’s local nonprofit newsroom, and came to the newsroom after 13 years in management consulting.

Halle Stockton is Co-executive director, editor-in-chief of PublicSource. She became editor-in-chief in May 2022 after seven years as managing editor. Prior to that, Halle was a reporter for PublicSource for three years and for the Sarasota (Fla.) Herald-Tribune for four years.

Rich Lord is the managing editor of PublicSource. He joined the team in 2020, serving as a reporter focused on housing and economic development and an assistant editor. He reported for the Pittsburgh Post-Gazette from 2005 through early 2020, and also worked for the Pittsburgh City Paper and the Pittsburgh Tribune Review.
Solving The US National Debt Issue

Study Leader: Art Sales

- 4 Classes: Sep. 10 – Oct. 1  
  Class ID: 5143
- Tuesday, 11:00 AM - 12:30 PM  
- Cyert Hall, Osher Room A

The U.S. has suffered terribly for the past 7 years as it tries to decide what they believe and how they want the country to be run, in the future. I have some thoughts on what a future course might be. I want your thoughts and input to create an even better solution. We will look at the current national and international situation, the national debt, federal revenues, expenditures and deficits over time and possible approaches to solving the related problems.

Arthur Sales has been an Osher member for 14 years. He has taught three different courses before related to (a) the Israeli-Palestinian Conflict – with his solution and (b) two classes on Solving the U.S. fiscal mess, including the National Debt. He is a retired CPA and worked for various companies as their CFO, Treasurer, CIO, COO, Controller, etc. His style is organized, easy going and interactive. His thought process is “Why are things, the way they are?” and “Can we do something positive to change that?”

What’s Required To Make A Nation?

Study Leader: Art Sales

- 6 Classes: Sep. 12 – Oct. 17  
  Class ID: 5239
- Thursday, 12:45 PM - 2:15 PM  
- Cyert Hall, Osher Room A

To create a nation, certain preconditions should likely be in place. Palestine is a good example where people are trying to create a nation. ChatGBT, an Artificial Intelligence tool, has suggested what such a set of preconditions might be. I liked what was suggested and want to share them. I’d like to have your thoughts too, as well as other thoughts you might have. Let’s get together.

Arthur Sales has been an Osher member for 14 years. He has taught three different courses before related to (a) the Israeli-Palestinian Conflict – with his solution and (b) two classes on Solving the U.S. fiscal mess, including the National Debt. He is a retired CPA and worked for various companies as their CFO, Treasurer, CIO, COO, Controller, etc. His style is organized, easy going and interactive. His thought process is “Why are things, the way they are?” and “Can we do something positive to change that?”

Bring A Friend!

Our Osher was originally built on friends inviting friends. The Board feels that going back to our roots will only make our organization stronger.

This Fall 2024, "bring a friend" to attend one day of in-person classes at Cyert Hall, as an observer, with you. Visit the "Membership" page of our website (www.cmu.edu/osher) for more information.
Where Exactly Is Palestine?

*Study Leader: Art Sales*

- 4 Classes: Nov. 12 – Dec. 3  
  Class ID: 5241
- Tuesday, 12:45 PM - 2:15 PM
- Cyert Hall, Osher Room B

We are all aware that “Palestine” wants a state of their own. But where EXACTLY would that be? I have found more than 13 possibilities and I’m sure there are more. I’d like to present what I have found and learn what you can add to this. Perhaps when we are finished, we will have a really good answer to the question, “where might the state of Palestine be?”

*Arthur Sales* has been an Osher member for 14 years. He has taught 3 different courses before related to (a) the Israeli-Palestinian Conflict – with his solution and (b) 2 classes on Solving the US fiscal mess, including the National Debt. He is a retired CPA and worked for various companies as their CFO, Treasurer, CIO, COO, Controller, etc. His style is organized, easy going and interactive. His thought process is “Why are things, the way they are?” and “Can we do something positive to change that?”

Tasting Of Wines From The Balkans

*Study Leader: Ricardo Llovet*

- 1 Class: Sep. 19  
  Class ID: 5174
- Thursday, 12:45 PM - 2:45 PM
- Cyert Hall, Olmsted Activity Room

The Balkans is an area of enormous geographic complexity. Its numerous mountain ranges and valleys offer a myriad of microclimates. The same can be said about its wines. With the admission of most Balkan countries into the European Union, modernization of their wine industry and agricultural practices has been resulting in ever improving quality. Once obscure varietals such as Mavrud, Feteasca Neagra, Vranac and Blatina are now becoming available and revealing very interesting characteristics. It is time to get to know them better! During our class we will be tasting 4 wines while we learn about each of their varietals and the terroir where they come from.

*Ricardo Llovet* is a biochemist and has built his knowledge through extensive reading, tasting, and traveling. He has harvested grapes, made wines, and visited winemakers in Spain, France, Italy, Bulgaria, Portugal, and the U.S. He has conducted wine tastings for 40 years and taught eleven wine courses at OLLI programs. He founded and chairs the American Wine Society City of Pittsburgh chapter and posts wine reviews and trips at www.wineandfriends.net.

*Materials fee information located on page 83.*
The Magic Of Rails: Great Rail Journeys

Study Leader: Sankar Seetharama

• 1 Class: Sep. 5
• Thursday, 11:15 AM - 12:45 PM
• Cyert Hall, Osher Room B

The joy of train travel has been unsurpassed over the ages. In the comfort of a Vista car or a retro carriage pulled lazily by a steam locomotive or zipping along on a high-speed electric train one can watch majestic cities and vistas roll by. Great rail journeys from short lasting a few hours to long lasting weeks are available for the travel lover around the world. In this class we will review some of the fascinating train journeys in Asia, Americas, Australia and Europe that one can experience.

Sankar Seetharama, a Pittsburgher since 1977, was born in India and has spent over forty years in the environmental control systems and services industry. During his career he has worked in senior management roles in a variety of marketing, business development, contract negotiation, international business, product development and project management functions. Mr. Seetharama earned his BS in Mechanical Engineering from Banaras Hindu University, India and MBA majoring in Marketing from the University of Pittsburgh. Enjoying retirement since 2018, he stays active as a volunteer & Board member at Osher at Carnegie Mellon University and Friends of the Library, Upper St. Clair. He also enjoys traveling, hiking, photography, cooking and model railroading.

Almost Heaven: An Appalachian Overview

Study Leader: Rebecca Carpenter

• 5 Classes: Sep. 11 – Oct. 9
• Wednesday, 11:00 AM - 12:30 PM
• Cyert Hall, Osher Room B

The design of this class is a journey into the cultures, beliefs, arts, voices, challenges, successes, and beauty of Appalachia. And yes, we live in Appalachia; so we will look more closely at places near us that reflect our rich Appalachian history and culture, and at differences between “northern” and “southern” Appalachia.

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.
SOCIAL SCIENCES | In-Person Courses

Urban Planning Choices

Study Leader: Ruth Cooper Reidbord

- 4 Classes: Nov. 7 – Dec. 5*  
- Thursday, 12:45 PM - 2:15 PM  
- Cyert Hall, Osher Room B

*Note: Class will not meet on Nov. 28

The class will focus on current projects and issues affecting the city, county, and region. Emphasis is on the relationship among the public, private, non-governmental agencies, and, of course, residents, in the planning and development of projects and proposals. Focus will be on governance issues as they affect urban planning. Class participation is welcome and is always spirited.

Ruth Cooper Reidbord is a retired urban planner who worked in local government and consulted with the Southwestern Pennsylvania Commission as well as local governments and developers. She is a graduate of Carnegie Mellon University, Margaret Morrison College and of the University of Pittsburgh Graduate School of Public and International Affairs from which she received a Masters in Urban and Regional Planning. She is a resident of Pittsburgh.

Let’s Keep Talking About Palestine

Study Leader: Tina Whitehead

- 4 Classes: Sep. 10 – Oct. 1  
- Tuesday, 11:00 AM - 12:30 PM  
- Cyert Hall, Osher Room B

Palestine has been in the news this past year but few people are aware of the history that has led up to this time. This course will begin by looking back to the late 19th Century and the rise of Zionism, the British Mandate and 1948. Subsequent classes will be divided between the West Bank, East Jerusalem and Gaza. As with previous classes, pictures and maps will be used to illustrate the current situation.

Tina Whitehead has been presenting courses on Palestine at Osher since 2009. A graduate of Duquesne University with an M.A. in Spiritual Formation, Tina has spent half of her time since 2006 living and working with Palestinians in East Jerusalem and the West Bank. Since Covid she has returned to the Pittsburgh area, working part-time at the Oakmont Library and living in Verona. She continues to speak at churches and organizations about her experiences.

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 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!
Enrich Life With Improv Comedy!

*Study Leader: Chris Leone, Brian Gray*

*Materials Fee: $10*

- 4 Classes: Nov. 12 – Dec. 3  
  Class ID: 5243
- Tuesday, 3:00 PM - 5:00 PM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale

Improvisational comedy has been gaining popularity all over the world. This class will introduce students to some of the core principles of improv — agreement, listening, play, emotion, collaboration, and support—through warm-up activities, group exercises, and performance games. These same principles can also improve our everyday life experience, and this class will help students build those connections to strengthen interpersonal communication, emotional and body awareness, supportive group function, and self-confidence.

**Chris Leone** has been performing for over 30 years —first as a musician and more recently including improv comedy. He has performed all over the US, and in Canada and Europe. In addition to performing improv regularly, he currently produces and acts in “the smallest show in town”—Pittsburgh’s only monthly, family-friendly variety show. He has also taught improv classes at the Arcade Comedy Theater and for Open Up Pittsburgh. Chris loves the way that improv skills training has improved other aspects of his life experience. He also loves helping others improve their lives while having fun!

**Brian Gray** began improvising in 2002, while earning his bachelor’s degree at CMU. He created an elective at CMU’s Dietrich College in which he uses applied improv and other techniques to teach soft skills to engineering students. He created Improv Pop-Up Night, a monthly beginner drop-in workshop at the Arcade Comedy Theater in Pittsburgh’s cultural district. He has taught and performed improv throughout the US, including Austin, Baltimore, Detroit, New Orleans, Phoenix, Philadelphia, and Pittsburgh. He performs monthly at Arcade with his teams Irony City and Kill Screen, and is a co-founder and Education Director of the Pittsburgh Comedy Festival.

*Materials fee information located on page 83.*

Ethical Issues In Healthcare

*Study Leader: James Reilly*

- 3 Classes: Sep. 18 – Oct. 2  
  Class ID: 5199
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

Our healthcare system of patients, doctors, nurses, hospitals, and other caregivers is built upon an assumed foundation of trust, an ethical concept. Recent technologic, financial, and political developments have strained the ethical underpinnings of healthcare, creating mistrust and divisiveness, and ever-rising costs, in a critical American system. This course will explore the biologic and cultural roots of ethical theories, applying both deontology and consequentialist approaches to several current ethical challenges, including abortion, reproductive rights and responsibilities, and physical and intellectual enhancement.

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

Study Leader: Robert Bukk

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During WWII, many Hollywood Stars distinguished themselves in combat roles. Learn the reasons for James Arness noticeable limp that plagued him his entire career; how Eddie Albert acted as a spy under the guise of a circus performer; Indiana, PA’s own James Stewart “second career” in the military; conscientious objector, Lew Ayres, stars interred at Arlington Cemetery; and more!

Robert Bukk is a freelance writer and raconteur. He is a WWII Historian and former Southwest Pennsylvania WWII Memorial Fund Executive Director. He also serves as a judge for the International Science and Engineering Fair and the Pittsburgh Regional Science and Engineering Fair. Bob holds an associate degree in journalism from the Community College of Allegheny County – South Campus and a Bachelor’s Degree in Library and Information Science from the University of Pittsburgh. He resides in Squirrel Hill with his wife, Jane, and their English Cocker Spaniel, Spanky.

Hitler, The Habsburgs, And Me

Study Leader: Jim Longo

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How the last seven words of assassinated Archduke Franz Ferdinand sent me on a search in Austria to meet the descendants of the royal family and learn how they survived Hitler’s vendetta against them.

Jim Longo is a professor emeritus at Washington & Jefferson College, where he served as Chair of the Education Department for over two decades. He has taught in Austria, Brazil, and Costa Rica. He is the author of eight books. He was a public school teacher in St. Louis, Missouri and earned his doctorate at Harvard University.
Mainstream parties ruling Germany, the Green Party, and the (SPD) Social Democrats - along with the currently out of power CDU - face a crisis of legitimacy. Surging popularity of the right-wing Alternative for Germany party, AfD, and a newly formed left-wing party have their respective bases of support in the former East Germany. This class examines these questions, 1) What about East German cultural identity has predisposed many of its former citizens to support these “extreme” parties? 2) Are these two parties a threat to democracy or two different versions of reformist populist sentiment? and 3) Do these parties represent alternative calls for political reform or are they merely episodic reactions that will lose popularity when the current crises in Germany are resolved?

Dan Bednarz was educated at Central Michigan University (BA and MA in Sociology), Vanderbilt University (ABD in Sociology), and University of Pittsburgh (PhD in Policy Analysis). He has written two books: Research in Teams: A Practical Guide to Group Policy Analysis (with Donna J Wood), and East German Intellectuals and the Unification of Germany: An Ethnographic View. He has published peer reviewed articles. He has taught classes at Vanderbilt University, University of Pittsburgh School of Business, Bristol (MA) Community College, and Stonehill College.
The War Of 1812: America’s Second War Of Independence

Study Leader: Edward Hale

• 5 Classes: Sep. 12 – Oct. 17*
• Thursday, 11:00 AM - 12:30 PM
• Cyert Hall, Osher Room A
*Note: Class will not meet on Sep. 26

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

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

The Great Castle Shannon Bank Robbery Of 1917

Study Leader: Edward Hale

• 1 Class: Sep. 3
• Tuesday, 11:00 AM - 12:30 PM
• Cyert Hall, Osher Room A

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

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

Sailing On The US Brig Niagara: 1813 And Today

Study Leader: Edward Hale

- 1 Class: Sep. 5
- Thursday, 11:15 AM - 12:45 PM
- Cyert Hall, Osher Room A

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

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

PITTSBURGH

Who Knew? Part 1

Study Leader: Rebecca Carpenter

- 1 Class: Sep. 3
- Tuesday, 10:30 AM - 12:30 PM
- Cyert Hall, Osher Room B

Interested in roaming around Pittsburgh, in search of something new? How about an atom smasher in Forest Hills, a replica of Central Park in Soho, the meditation pools in South Park, the ghost towns of Lincoln Way and Seldom Seen, or the trolls under the Bloomfield Bridge? All of these and many more are part of “Who Knew?” an exploration of some of the most interesting and curious things and places in and around Pittsburgh. While we will not actually be visiting the sites, there will be abundant slides, as well as a list of places and their locations.

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.
Pittsburgh Speech And Pittsburghese

Study Leader: Barbara Johnstone

• 5 Classes: Nov. 12 – Dec. 10
  • Tuesday, 12:45 PM - 2:15 PM
  • Cyert Hall, Osher Room A

Class ID: 5204

Most people from the Pittsburgh area are aware of, and many are interested in, the idea that Pittsburgh has a unique way of speaking and that speaking this way is a key element of a Pittsburgher’s identity. In fact, Pittsburghers talk about “Pittsburghese” — their word for what they think of as their dialect — a great deal. This course asks what Pittsburghese is and where it comes from. We first explore the words, sounds, and structures that characterize Pittsburgh speech. The we ask how some of these words, sounds, and structures, together with others, got linked with Pittsburgh identity over the course of the 20th century. We look at how people create and share ideas about language and identity as they tell stories, interact online, create Pittsburghese dictionaries, and buy and sell t-shirts. Finally, we explore these processes in depth with a detailed look at the history of one word, “yinz.”

Barbara Johnstone is Professor Emeritus of Rhetoric and Linguistics at Carnegie Mellon University. Her research area is sociolinguistics, which has to do with the links between language, culture, and identity. Johnstone is the author of Speaking Pittsburghese: The Story of a Dialect (Oxford University Press, 2013), which is based on more than 10 years of research and on which this course is based.

Pittsburgh Architecture And Landscape

Study Leader: Robert Jucha

• 5 Classes: Sep. 12 – Oct. 10
  • Thursday, 11:00 AM - 12:30 PM
  • Cyert Hall, Osher Room B

Class ID: 5216

The study of architecture is more enriching when we focus our attention on the content of buildings to other buildings and to the landscape rather than just studying single structures. The study of places, from their evolution to the present form is the subject of the course. The class looks at five specific kinds of places in Pittsburgh and southwestern Pennsylvania. The places include, public squares, a major downtown street, courthouses and residential patterns observed in the city.

Robert Jucha has been a docent with the Pittsburgh History and Landmarks Foundation for a dozen years and has led and created numerous virtual and live walking tours throughout Pittsburgh. He has a Ph.D. in American Studies from George Washington University.
Penn Brewery: Tales & Tour

Study Leader: Linda Nyman

Materials Fee: $20*

• 2 Classes: Oct. 23 and Oct. 30
• Wednesday, 2:30 PM - 4:30 PM
• Cyert Hall, Osher Room B &
  Penn Brewery, 800 Vinial St, Pgh, PA 15212

Penn Brewery launched Pittsburgh’s contemporary craft beer scene in the 1980s, but this hometown stalwart traces its origins all the way back to the German immigrants who settled in the City of Allegheny on Pittsburgh’s North Side in the mid-nineteenth century. Join former Penn Brewery co-owner Linda Nyman to learn about Penn’s history, craft beer and brewing process, and the architecture of this fascinating building complex, which is listed on the National Register of Historic Places. This course will be taught in two sessions. In the first, we’ll meet at the Osher CMU campus, and Linda will share her experiences and adventures from her thirteen years with Penn Brewery. In the second, we’ll convene at Penn Brewery, where you’ll meet Penn’s brewmaster, tour the brewing operation, and finish with a discussion of the facility’s architectural evolution. Prost!

Linda Nyman is a retired consumer products business and marketing manager. Linda was formerly Co-Owner and Marketing Director of Penn Brewery for thirteen years. Prior to her involvement with Penn, Linda rose through the marketing management ranks at several consumer products companies including H.J. Heinz Co., Sara Lee Corp., and GlaxoSmithKline Consumer Healthcare. She earned her MBA at the University of Chicago and her BA in English and drama at Franklin & Marshall College.

*Materials fee information located on page 83.

Tour Of Magee Women’s Research Institute

Study Leader: Magee Womens Hospital

• 1 Class: Oct. 30
• Wednesday, 5:30 PM - 7:30 PM
• Magee-Womens Research Institute,
  1st Floor Conference Rm, 204 Craft Ave, Pgh

During a behind-the-science tour at Magee-Womens Research Institute, attendees will tour the laboratories, learn about our transformative research directly from the scientists, and hear the latest from Magee-Womens Leadership. Attendees will learn how we are solving real-world problems, impacting better outcomes, and driving the future of women’s health. Complimentary valet parking and refreshments will be provided.

Magee-Womens Research Institute are leaders in research that informs women’s health care all over the world. We are fighters for more women in clinical trials and more research dedicated to women’s health and reproductive biology. We are changemakers, transforming women’s lives and creating a better future for us all. Our research spans a women’s lifetime, from the first 9 months to 90-plus years. The understanding of the very beginning of life fuels and informs every area of our research—and will change lives and create a better future for us all.
SOCIAL SCIENCES | In-Person Courses

Walking Tour Of Friendship

Study Leader: Jay Steele

Class ID: 5133

• 1 Class: Sep. 4
• Wednesday, 9:00 AM - 11:00 AM
• Various Locations

This historical walking tour is done by an experienced tour guide of 25 years. It will give you a unique perspective of the past, present, and future of the underrated East End section of Friendship. This will be highlighted of the older homes, houses of worships, parks, and schools of Friendship as well of some surprises and hidden gems. It's a fun way to also get some exercise!

Jay Steele is a retired adjunct professor of Health and Physical Education at CCAC. He is a Pittsburgh native born and raised in the Observatory Hill section of the North Side. He currently lives in Ross Township with his wife Carol and pug Charlie. He has also taught historical walking courses for CCAC, CMU and Pitt Osher, and Doors Open Pittsburgh. He has developed these walking tours/classes throughout the city of Pittsburgh/Allegheny County which combines his love of exercise, and Pittsburgh/Allegheny County history and architecture.

Walking Tour Of Dormont

Study Leader: Jay Steele

Class ID: 5134

• 1 Class: Oct. 30
• Wednesday, 9:00 AM - 11:00 AM
• Various Locations

This historical walking tour is done by an experienced tour guide of 25 years. It will give you an idea of this lovely South Hills neighborhood of Dormont that is situated between the city and Mt. Lebanon. This tour will be highlighted of the historical society, houses on Espy LaSalle, and Broadway, old churches, the Hollywood theater, retail on W. Liberty and Potomac and more.

Jay Steele is a retired adjunct professor of Health and Physical Education at CCAC. He is a Pittsburgh native born and raised in the Observatory Hill section of the North Side. He currently lives in Ross Township with his wife Carol and pug Charlie. He has also taught historical walking courses for CCAC, CMU and Pitt Osher, and Doors Open Pittsburgh. He has developed these walking tours/classes throughout the city of Pittsburgh/Allegheny County which combines his love of exercise, and Pittsburgh/Allegheny County history and architecture.
A Big History Of Pittsburgh

Study Leader: Heinz History Center *

• 4 Classes: Oct. 28 – Nov. 18  
  Class ID: 5211
• Monday, 10:45 AM - 12:15 PM
• Heinz History Center,
  1212 Smallman St, Strip District

This course seeks to tell the entire 19,000-year human story of Pittsburgh, from its first peoples to industrialization and beyond. Drawing upon history, anthropology, and geology, it invites participants to consider what factors across both deep and recent time have led to Pittsburgh’s success. Topics covered include trade, warfare, artificial intelligence, and much more. Classes will be held at the Heinz History Center, where participants will interact with historic artifacts and tour exhibits relating to course topics. Admission fees to the museum will be waived for class attendance, although parking remains the responsibility of participants.

Lloyd Black is an educator at the Heinz History Center. Passionate about interdisciplinary perspectives, he has master’s degrees in Evolutionary Anthropology and International Relations, a graduate certificate in Cognitive Science, and a minor in Astronomy. He has worked at the Carnegie Science Center and at the Meadowcroft Rockshelter & Historic Village (where he gave archaeology tours, did blacksmithing demonstrations, and showed people how to use the ancient atlatl weapon). He has taught at the University of Connecticut, Eastern Gateway Community College, and for the TRIO Upward Bound program.

VOLUNTEER OPPORTUNITIES

Osher at CMU was built by a group of volunteers who put time and effort into creating a life-long learning environment. Volunteers laid the stepping-stones for future courses and events to be successful. Now there is an opportunity for new volunteers to step in to support our wonderful program and continue the path to a fruitful organization! Please consider joining one of the following committees:

• The Curriculum Committee establishes our wonderful slate of courses each term with a mixture of new and returning courses.
• The Membership/Social Committee executes special events that welcome new members and entertain established members throughout the year.

Additional details and committee responsibilities can be found on our website, cmu.edu/oshers under the “Volunteer” tab.

If you believe you’d be a great asset to either team, and that your talents will be a valuable addition to the committee, we encourage you to fill in a volunteer application!
Fall Planted, Spring Blooming Bulbs

Study Leader: Pgh Botanic Garden

• 1 Class: Sep. 4
• Wednesday, 11:00 AM - 12:30 PM
• Pittsburgh Botanic Garden,
  799 Pinkerton Run Rd, Oakdale, 15071

It may seem counterintuitive, but you need to plant your spring-blooming bulbs in the fall for the spectacular display you want in spring. Join Pittsburgh Botanic Garden’s Education & Exhibits Director, Dr. Mark Miller, as he takes a deeper look at geophytes (bulbs, corms, tubers and rhizomes) that delight the eyes after a hard winter spell. Interesting characters that you may not be familiar with will be detailed, as well as the ones that are more resistant to deer and other marauding critters. In addition, many of the bulbs covered in the lecture will be available for sale in the Garden’s Forage & Finds giftshop.

Mark A. Miller is the Education & Exhibits Director for Pittsburgh Botanic Garden. He completed a B.S. in Horticulture, an M.S. in Agricultural Education, and a Ph.D. in Environment & Natural Resources at The Ohio State University. Mark has enjoyed a long and varied work history: landscape designer in DC, San Antonio and Ohio; educator in the US Peace Corps; vocational horticulture instructor at the Ohio Reformatory for Women; program associate for the Ohio Cooperative Extension Service; Director of Horticulture/Co-Director of Education for the American Horticultural Society (AHS); Content Director for gardening websites: www.learn2grow.com and www.growums.com and Outreach Education Manager at Franklin Park Conservatory & Botanical Gardens. His current position allows him to create and manage education programs, garden-wide interpretation, and artist exhibitions at the Garden.

POLITICS/GOVERNMENT

Will Our Democracy Survive Political Upheaval

Study Leader: Bill Presutti Jr

• 3 Classes: Sep. 11 – Sep. 25
• Wednesday, 2:30 AM - 4:00 PM
• Cyert Hall, Osher Room A

This course seeks to promote a deeper understanding of two issues fundamental to the continuing success of democracy in the U.S—the ongoing viability of our political system and economic security. Why is it important that we address the question of the survivability of our democracy? It has been observed that “there is no law of the universe or heaven that says democratic republics have to last forever.” (Michael Tomasky in If We Can Keep It). This course will trace the development of representative democracy from Ancient Rome to contemporary America and what was it that caused Roman democracy to fail and the forces that have subverted contemporary democracies down through the years. The major focus will be on democracy in America—what has sustained our democracy, what challenges exist, and assess if those challenges can be met or do we become a contemporary example of how democracies die.

Bill Presutti, Jr. spent 29 years on the faculty of Duquesne University after a tour of duty as a Logistics Officer in the US Air Force and several years of experience in business and local government. He is the author of 20 articles in professional journals and co-author of a book on value chain management. He earned his undergrad degree in business from Duquesne, a Masters degree in Economics from Northeastern University, and a PhD in Applied History from Carnegie-Mellon University. He has taught several courses for the Osher Institute including “Exercise for Older Adults,” leadership Lessons from the Battle of Gettysburg,” and “Will Our Democracy Survive Political Upheaval”, which reflect his eclectic interests from personal fitness to history, the latter built on his doctoral work at Carnegie-Mellon.
The United States Constitution

Study Leader: Gary Harris

- 6 Classes: Sep. 11 – Oct. 16  
  Class ID: 5124
- Wednesday, 12:45 PM - 2:15 PM
- Cyert Hall, Osher Room A

Right of Privacy? Freedom of Speech! Equal protection of the laws. This course examines the purpose and effect of the Constitution. We will examine the powers of the federal government as well as the limits on those powers. Particular emphasis will be placed on exploration of the individual rights enumerated in the Constitution, including freedom of speech, of religion, to bear arms, and to due process, their breadth and limitations. The structure of this course will be discussion rather than lecture, remembering that understanding, not argument, is the goal.

Gary K. Harris practiced for more than 35 years as an appellate and trial attorney with an emphasis on complex business-related matters. Mr. Harris received his J.D. from Columbia University and his M.B.A. from Cornell University. He served as a law clerk for Justice (then Judge) Ruth Bader Ginsburg. Mr. Harris has been an adjunct professor at Georgetown University Law School. Mr. Harris taught this course in the Osher Fall 2023 session.

Better Lives: American Social Legislation

Study Leader: Don Goughler

- 3 Classes: Nov. 7 – Nov. 21  
  Class ID: 5164
- Thursday, 12:45 PM - 2:15 PM
- Cyert Hall, Osher Room A

New!

Individual or family misfortunes are often a result of conditions for which society as a whole is responsible. When social barriers exist on a large scale and negatively alter the individual’s or family’s life, liberty and pursuit of happiness, and when self-reliance and charity are insufficient palliatives, it becomes the responsibility of government to intervene through creating and enacting legislation. This course examines a 120-year history of social issues requiring public assistance and the processes and resulting legislation to address these issues. Cases considered will include alleviating aspects of poverty through the Social Security Act, institutionalization reform achieved by several Mental Health acts, and elder security and community support promoted by the Older Americans Act. We will also examine child welfare and housing legislation and, in each noted topical area, review conditions, process and legislative remedies, including both victories and shortcomings, of legislative strategies.

Don Goughler has enjoyed a fifty-year career of management in the field of social services, dealing with both government and nonprofit sectors. This included President/CEO roles over 26 years with Southwestern Pennsylvania Human Services and Family Services of Western Pennsylvania. Goughler earned degrees from both Westminster College and the University of Pittsburgh, where he later served as an Adjunct Professor of Social Work for twenty-five years and taught graduate courses in social services management. Most recently, Goughler was Executive in Residence for the Forbes Funds, a supporting organization of the Pittsburgh Foundation, where he co-developed and operated an executive coaching program that served local nonprofit executives and board leaders. Throughout his career, Goughler has been active in the design and development of a wide range of social services based on citizen needs in western Pennsylvania communities.
Power And The American Presidency

Study Leader: David Chambers

- 6 Classes: Nov. 6 – Dec. 18*
- Wednesday, 12:45 PM - 2:15 PM
- Cyert Hall, Osher Room A

*Note: Class will not meet on Nov. 27

The power of the American president has expanded over time. The realities of practical government, the demand for quick and concerted national action, foreign and domestic crisis, and changes in the society have all contributed in some fashion to this expansion. The imprecision of Article II in the Constitution has also contributed, inviting interpretation and elaboration of power by individual presidents. In all cases, however, presidents have been compelled to find at least some Constitutional basis for an exercise of power in order for that exercise to be accepted as legitimate. In this course we will examine the origins of presidential power and trace its evolution and growth over 260 years of American political history. All required course materials are available on-line at no charge.

Dr. David D. Chambers has a Ph.D. in Political Science with a specialization in American Public Policy from the University of Illinois at Champaign-Urbana (1990) and a Master of Arts degree in Public Administration from Idaho State University (1980). He recently retired from Indiana University of Pennsylvania after 35 years of service. While at IUP he served as chair of the Political Science department for twelve years. Dr. Chambers’ teaching and research interests include: the American Presidency, the behavioral foundations of public policy, public perceptions of bureaucracy, and, more recently, the importance of civil discourse in a democratic society.

PSYCHOLOGY

Failure: Coping And Causes

Study Leader: David Tipton

- 2 Classes: Oct. 22 and Oct. 29
- Class ID: 5126
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

In our contest with the world, we compete with a cognitively limited, emotionally irrational brain, constrained by an inaccessible subconscious, bedded in a morally imperfect character, bounded by finite energy and limited willpower against an opponent with a 4.5-billion-year head start. Failure is a full-contact, blood sport. It hurts. Failure is the most democratic of events. Failure is a fundamental process of life. It is an inexorable and ruthless force for adaptation, change, and growth. Some things are true about failures. They are failure is a deficiency, failures are both objective phenomena and subjective feelings, failure is a process, failure is part of nature and social systems, failure is the process by which humans and human systems progress, failure is painful, failure is instructive, failure is a skill. This is a course for anyone, of any age, who has ever failed. Specifically, how to cope with it.

David Tipton taught at Duquesne University School of Pharmacy and holds a pharmacy degree, an MBA, and a PHD in management. He has published four books on supervision, work, self-awareness, and professionalism. With a colleague he taught a course on failure yearly at the European Summer School for Advanced Management. Prior to returning to graduate school he owned and managed, with partners, four pharmacies.
Faith And Politics

Study Leader: Ronald Stone

- 6 Classes: Sep. 11 – Oct. 16  
  Class ID: 5130
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

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’s *Politics and Faith: Reinhold Niebuhr and Paul Tillich at Union Seminary in New York* (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.

The Spiritual Crisis In Climate Change

Study Leader: James McCarville

- 2 Classes: Oct. 22 and Oct. 29  
  Class ID: 5230
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

Why is it so hard to embrace the lifestyle changes that the climate crisis calls for? And, if we could understand why, what might we do about it? In 2015 Pope Francis wrote a letter to the world attributing the multiple crises of over-consumption, waste, pollution, biodiversity loss, climate change, and social inequality to a shortsighted moral, social, and spiritual vision. A vision dimmed by an almost unquestioning faith in financial, technological, and anthropological paradigms but then reinforced by social and political self-centeredness and religious teachings about domination. The first class will be a deep dive into Francis’ *Laudato Si*, Chapter III, “The Human Roots of the Ecological Crisis” (and contributions of other social scientists) to help us grasp what we don’t easily see. The second class will examine practical steps we might take as a consequence of it. Before the first class, students should read Chapter III of *Laudato Si* and, if possible, the much shorter *Laudate Deum*. Free copies can be downloaded online by googling for *Laudato Si* and *Laudate Deum*.

Jim McCarville has taught Osher classes on “Our Three Rivers”, the “Social Gospel”, and “Pope Francis.” Before retiring from a 40-year career in ports and waterways in the US and Latin America, he worked with the “Base Community Movement” as a Peace Corps Volunteer in Brazil, a movement radically similar to that which influenced Pope Francis’ vision of Church. Since retiring Jim has served as Vice-President (Lay Member) of the Association of Pittsburgh Priests (APP). He remains on the APP Board of Directors as well as that of Catholics for Change in Our Church (CCOC).
VISITOR PARKING GARAGES & LOTS

Up-to-date parking rates and garage hours can be found on the CMU Transportation Website here: cmu.edu/environment/transportation/

East Campus Garage: 5040 Forbes Ave., Pittsburgh, PA 15213.
The CMU East Campus Garage is usually not a good option. It fills up early, and it may close on days when the University hosts special events. It is also closed to “Non-leaseholders” until 9AM. The garage is no longer free after 5pm and weekends.

CIC Garage: 594-598 Boundary St., Pittsburgh, PA 15213.
At the entrance, take the ramp to the left.

Gates Garage: 409 S. Neville St., Pittsburgh, PA 15213.
Continue right on access road past the CIC Garage.

Dithridge Street Garage: 252 S Dithridge St., Pittsburgh, PA 15213.

Morewood Lot: 1048 Morewood Ave., Pittsburgh, PA 15213.
Is free on after 5PM and on weekends.

CMU SHUTTLE SERVICE

Your Osher membership card entitles you to ride the CMU shuttles. HOWEVER, they are pegged to the CMU class schedule, not ours. And, their frequency is less than the city busses. Routes and schedules can be found here: https://andysbuses.com/routes.

DROP OFF AREA

A drop off location is available on Forbes Ave. in front of Cyert Hall. From there, the building in accessible by stairs or ramp. You will enter on Floor A. To get to the Osher Cyert Learning Center, take the stairs or elevator down one floor to Floor B.

Access to the parking lot behind Cyert Hall is no longer accessible for parking or drop off.
PUBLIC TRANSPORTATION

If you are 65 or older, you can use all Pittsburgh Regional Transit busses and the “T” at no cost. A transit card is required to do so. It can be obtained from the Transit Authority, downtown, or from any state representative’s offices. Click here to find your local representative under the “Senior Citizen” tab.

Park in the CMU area and take a bus to campus. HOWEVER, parking on streets close to CMU, and in some neighborhoods, is posted as “Permit Parking Only”. Be sure to check the signs.

Adequate parking options are available a bit further from CMU. From there, several bus routes serve the campus, stopping either at Morewood and Forbes, across from Cyert Hall, or Morewood and Fifth Avenue, a short walk to Cyert Hall.

BEWARE: Most residential streets in Pittsburgh have weekly street cleaning from early Spring to late Fall. Signs are posted on every street, but may be hard to find. Be sure that you locate those signs to be certain you are not parking where street cleaning will occur that day. Fines are steep!!!!

Several bus routes serve the campus:

**From Point Breeze/Shadyside**
*Route #71B runs along Fifth Avenue from Penn Avenue to Morewood. 1 block walk to Osher on Morewood.*

**From Highland Park/Shadyside**
*Route #71D runs along Highland Avenue to Fifth Avenue to Morewood. 1 block walk to Osher*

**From Squirrel Hill**
*Routes # 61A, B, C, D run along Forbes Avenue to Morewood, across from Osher.*

**From Point Breeze/Squirrel Hill**
*Route #67 runs along Dallas to Wilkens to Beeler to Forbes to Morewood.
Route #69 runs along Reynolds to Dallas to Wilkins to Beeler to Forbes to Morewood.*

**From the North Hills**
*Consider taking a bus downtown, then any #61 bus to Cyert Hall. The 01 Ross Flyer, the 012 McKnight Flyer, and the 05 Thompson Run Flyer run during AM (inbound) + PM (outbound) rush hours, and make fewer stops.*

**From the South Hills**
*Those who live within a reasonable distance from a “T” stop should consider taking it downtown, and taking one of any #61 buses to Cyert hall. Route 28X – Airport Flyer - stops in Robinson Town Center, Carnegie, and Crafton.*
ZOOM COURSES

Classes in this section will be held online via Zoom.

Zoom access codes will be sent in the 7-day course reminder email. The same code will be used for the duration of the course. Please retain this information for use each week.
**ART**

**Virtually Visit The Maxo Vanka Murals**

*Study Leader: Maxo Vanka Murals*

*Materials Fee: $8*

- 1 Class: Sep. 4
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

This course will introduce participants to the awe-inspiring murals of Croatian artist Maxo Vanka through a 90-minute virtual tour with Director of Education & Interpretation, Becky Gaugler. Participants will discover how these striking works, covering the walls and ceiling of the sanctuary of the St. Nicholas Croatian Catholic Church, were painted over two intense periods in 1937 and 1941 and reflect the lived experiences of the church's working-class, immigrant congregation and timeless themes of struggle, sacrifice, faith, and hope. During this tour, Becky will share the stories behind the artist himself, the murals, and the history of the church and its Croatian immigrant congregation. This unique site is at the intersection of history, art, and social justice — there is something for everyone.

**Becky Gaugler** is the Director of Education & Interpretation at the Society to Preserve the Millvale Murals of Maxo Vanka. She holds degrees in art history and has been working in museum education for almost 20 years. Becky previously worked as the Manager of School & Teacher Programs at Carnegie Museum of Art and most recently as a freelance consultant with a variety of area museums and nonprofits, including the Heinz History Center, the Arts Education Collaborative, and the Children's Museum of Pittsburgh.

*MATERIALS FEE INFORMATION LOCATED ON PAGE 83.

**CINEMA/FILM**

**A Night At The Movies: Meryl Streep**

*Study Leader: Stanley Winikoff, Jeffrey Swoger*

- 6 Classes: Sep. 10 – Oct. 15
- Tuesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

The course will consist of a review and discussion of 6 of Meryl Streep’s movies. Students will view the films online before class and discuss them during the class.

**Stanley Winikoff** is a retired trial lawyer who teaches courses on movies.

**Jeffrey Swoger** has taught a wide range of arts and humanities courses in music, architecture, film, and design.
A Night At The Movies: 
O Brother - The Coen Brothers

Study Leader: Stanley Winikoff, Jeffrey Swoger

- 7 Classes: Nov. 5 – Dec. 17
- Tuesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

Brothers Joel and Ethan Coen are an award-winning filmmaking duo, whose films span a wide range of genres, and usually include parody, comedy, and off-beat subject matter. Along with Merchant and Ivory, they represent a unique ability to work together seamlessly to produce memorable films. Together, they have 13 academy award nominations for best director/picture, and individually, one each. The Big Lebowski is legendary. Fargo, is a recognized masterpiece – even spawning a successful television series. The team always manages to create unusual characters who are put in unusual situations. Their direction never fails to bring out the best in their casts and crews. Most films should be at once fun, and thought provoking. Students will view the films on their own prior to class, and be prepared to discuss in the zoom class. Participation by all is encouraged.

Stanley Winikoff is a retired trial lawyer who teaches courses on movies.

Jeffrey Swoger has taught a wide range of arts and humanities courses in music, architecture, film, and design.

American Politics On Film

Study Leader: Lloyd Stires

- 6 Classes: Sep. 11 – Oct. 16
- Wednesday, 2:45 PM - 4:15 PM
- Online Course, Zoom

It’s an election year, a good time to remember that Hollywood occasionally has interesting and important things to say about American politics. Political movies can be comedies or thrillers. They can be about elections or revolutions. They can represent the politics we love, or that which we hate. Each week class members will be expected to watch, in advance, a classic political movie from the 1950s through the 1970s, with themes ranging from insider sausage-making to paranoid fantasies of outsider control. All six were voted by critics as among the 25 most significant political films of all time. This will be primarily a discussion class, so be prepared to weigh in on the issues these movies raise and their implications for our current political environment.

Lloyd Stires (Ph.D., Duke University) is a retired Professor of Psychology at Indiana University of Pennsylvania, where he taught social psychology, environmental psychology, and mass media and behavior. He was a jazz and blues disc jockey on WIUP-FM. He has served as a study leader of previous Osher courses on political psychology and film appreciation.

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 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!
Book I Of Spenser’s *Faerie Queene*

**Study Leader:** William Guy

- 6 Classes: Sep. 9 – Oct. 14  
- Monday, 3:15 PM - 5:15 PM  
- Online Course, Zoom  

NEW!

This course will constitute an introduction to Edmund Spenser and his epic poem. Spenser is to English Renaissance poetry what Shakespeare is to English Renaissance drama. The FQ will be approached from a number of perspectives. Topics to be discussed will include allegory (what is it? how does it work?); the nature of poetry itself (Spenser’s narrative verse being very different from what we tend to think of as poetry); poetry and politics (can or should the former influence the latter?); poetry and morality (can or should a poet inculcate ethics?); poetry and religion (Red Crosse Knight or St. George, the knight of faith, being the Calvinist hero of Book I); dream visions and quests for the ideal. And others.

**William Guy** is a poet, novelist and writer of travel books. His published works include *The Lyndoniad*, a long poem; *Gravity's Revolt*, a novel; and a translation of *The Iliad*. He has a Ph.D. in English Renaissance literature from Princeton University. His particular area of expertise is Sixteenth and Seventeenth Century poetry and drama.

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**Great And Notable Novels Read And Revisited**

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

- 6 Classes: Sep. 12 – Nov. 21  
- Thursday, 1:00 PM - 3:00 PM  
- Online Course, Zoom  

**Class ID:** 5146

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: **Course dates:** Sep. 12 & 26, Oct. 10 & 24, Nov. 7 & 21

**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.

**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 US Correctional System in Ohio. She is a past president of A.L.L. (Osher at CMU).

**Gloriana St. Clair** served as the Dean of University Libraries at Carnegie Mellon University from 1998 to 2014. 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.
Short Stories: Small Wonders

*Study Leader:* Helen-Faye Rosenblum

- 5 Classes: Sep. 9 – Oct. 7
- Monday, 1:00 PM - 3:00 PM
- Online Course, Zoom

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.

**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 US Correctional System in Ohio. She is a past president of A.L.L. (Osher at CMU).

A History Of Rock ‘N Roll: Part I

*Study Leader:* Larry Gondelman

- 5 Classes: Sep. 11 – Oct. 9
- Wednesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

Take a journey from the roots of rock ‘n roll in the Black experience in the US in the early 1900s through the invention of the electric guitar; from the early rockers like Chuck Berry to the icons of the 60s like the Beatles and Bob Dylan; from the music of Motown, Chess and Stax record labels to the fragmentation of rock in the 70s.

**Larry Gondelman** was born in Pittsburgh, attending Taylor Allderdice High School and ultimately practicing law in Washington DC. He has loved rock ‘n roll his whole life and has developed and taught 10 classes at the OLLI in DC. This is the fourth class that he has offered at the CMU OLLI.
A History Of Rock 'N Roll: Part II

Study Leader: Larry Gondelman

- 5 Classes: Nov. 12 – Dec. 17*
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

*Note: Class will not meet on Nov. 26

Picking up where Part 1 left off, we will continue our journey by exploring the influence of Bruce Springsteen on other artists who play a similar style of rock ‘n roll, learning about the early female pioneers who broke the sex barrier, following the further fragmentation and development of rock ‘n roll in the 80s and 90s, comparing the early work of some earlier rockers with the new music they are making today, and examining the economics of the music industry today while hearing some more current music spawned by the early days of rock ‘n roll.

Larry Gondelman was born in Pittsburgh, attending Taylor Allderdice High School and ultimately practicing law in Washington DC. He has loved rock ‘n roll his whole life and has developed and taught 10 classes at the OLLI in DC. This is the fourth class that he has offered at the CMU OLLI.

Real Opera: Verismo Style

Study Leader: Pittsburgh Opera

- 4 Classes: Sep. 11 – Oct. 2
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

What was happening in Naples, Lucca, and Livorno in the 1890s? Why did Italian opera composers turn from Verdi’s dynasty and put gritty struggles of common people on stage? When Mascagni composed Cavalleria rusticana in 1890, the opera caused one of the greatest sensations in opera history, ushering in the Verismo movement. In 1892, Leoncavallo created Pagliacci, a tale of jealousy in a circus troupe. The composer wrote about clowns murdering each other and called it realism, but that was what audiences craved. By 1900, Puccini reigned over the realistic style with his opera Tosca. In this course, we will discover how these men—friends AND rivals—revolutionized Italian opera. We will explore the context of the composers’ lives while Verismo flourished in the last decade of the 19th century. Get ready to hear the soap operas of the classical world that include jealousy, revenge, rage, violence, and tragedy.

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

Economic Insecurity Of The Elderly

Study Leader: Jack Ochs

- 2 Classes: Oct. 23 and Oct. 30
- Wednesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

For many being too old to work means facing the risk of outliving one’s savings even as deteriorating health requires more use of expensive medical treatment. In 1934 over half of the elderly in America lacked sufficient income to be self-supporting. Even as the percentage of our population over the age of 65 has grown, the percentage of our elderly living in poverty has fallen by 2/3. This is due, in large part, to Social Security and Medicare. Today, the financial health of both systems is in need of attention. In this course we will discuss how we got here.

Jack Ochs retired as Professor of Economics at the University of Pittsburgh. Since retiring he has enjoyed making many presentations on a variety of topics in Osher courses.

Weekly Essentials

The weekly email for all things Osher at CMU!

Every Friday afternoon, we send out our weekly newsletter: Weekly Essentials, or “The WE!” This email is your one-stop-shop for all the happenings at Osher at CMU. The WE often includes:

- Catalog and registration announcements
- Upcoming events and lectures
- Course changes
- Volunteer opportunities
- Member benefits and discounts
- Technology tips and tricks
- Osher class photos
- Articles by Osher members

Members are automatically signed up for these emails, and we ask you do not “unsubscribe” as they will be your gateway to the most important updates from the Osher office. In addition to the email, all of the information is posted on the homepage of our website under the “Weekly Essentials” section.

If you have not received these emails, contact the Osher office and we will make sure you are on the mailing list.
ART

Cartooning 101

Study Leader: Claudia Viehland

- 2 Classes: Oct. 23 and Oct. 30
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Anyone can learn to draw a cartoon - it’s a matter of practice and self-acceptance. Having a sense of humor is most helpful but not absolutely necessary. One does not need to draw artistically, but it doesn’t hurt if you can draw consistently. Examples from “the funnies” will be used to illustrate the skill (or lack thereof) needed to be successful in getting your point across to a reader.

Claudia Viehland (“Kim”) attended MIT (B.S. in chemistry), then University of Wisconsin-Madison (M.S.). She taught high school chemistry at several schools, and was active in the local American Chemical Society, winning national recognition in 1988. She also co-authored a high school chemistry text. She worked as a biochemist in technical service for Sigma-Aldrich Corp. in St. Louis, ultimately involved in product recall issues, until moving to Pittsburgh in 1999. She earned an M.Div. at Pittsburgh Theological Seminary and served several years as a pastor. Currently retired, she plays cello with the Edgewood Symphony, has served on the board of directors of Wilkinsburg Community Ministry, and is active at her home church. Other hobbies: gardening, cartooning and card designing, cooking creatively, reading mysteries, playing bridge, and creating stained-glass works.

SELF IMPROVEMENT

Death With Dignity: Choice, Not Chance

Study Leader: Janis Landis

- 1 Class: Oct. 29
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Many individuals believe that when they sign their advance directive and healthcare representative forms, they have taken care of their future medical preferences. In fact, there are many medical, institutional, and practical obstacles that can negatively impact these documents being honored. This course will discuss patient rights as well as how and why they are too often ignored. It will focus on legal avenues to address these issues, and also provide information on the problems arising from the private equity ownership of hospitals and nursing homes. At the end of the course, you will know how to protect yourself and your loved ones.

Janis Landis spent her professional career at the Internal Revenue Service. Upon retirement, she turned her attention to the only topic less popular than taxes — death. Janis believes that all competent adults have the right to make their own end of life choices. She began actively volunteering at Final Exit Network (FEN) in 2007. She served as president of FEN from 2015 until June 2019. Janis currently serves on FEN’s Board of Directors and is a frequent speaker at professional and community events.
Writing Your Own Obituary

*Study Leader: Susan Morris*

- 2 Classes: Nov. 12 and Nov. 36  
  *Class ID: 5198*
- Tuesday, 9:15 AM - 10:45 AM  
  *Online Course, Zoom*

How do you want to be remembered by your friends and family? Thoughtful? Generous? Accomplished? Amusing? Rather than leaving it to others to decide, why not use your own words to reflect your personality and life? YOU get to choose the story (and the adjectives)! You can make it as serious or as entertaining as you’d like. It’s up to you. We will look at examples of obituaries and then you get to write your own. Class will be lively and informative.

Susan Morris spent her professional life as an award-winning broadcast reporter and a teacher. She got interested in teaching “How to Write Your Own Obituary” because the ones she saw in the newspaper were often void of personality and energy. She encourages her students to reach out to family and friends for insights into their personalities and accomplishments. Susan’s goal is to have the students’ obituaries be an authentic account of their lives and show what was most important to them.

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First Aid: You Are The “First Responder”

*Study Leader: Richard Daffner*

- 6 Classes: Nov. 12 – Dec. 17  
  *Class ID: 5142*
- Tuesday, 11:00 AM - 12:30 PM  
  *Online Course, Zoom*

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

Richard H. Daffner, M.D., F.A.C.R. is a retired radiologist who worked at Allegheny General Hospital for 30 years. He is a Certified Instructor in Wilderness First Aid, by the Emergency Care & Safety Institute and the Boy Scouts of America.

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Osher at CMU – Members’ Directory

Share your picture and information on our new member directory so that other members may get to know you better! To access the directory, sign into your account on our registration website.
Writing

Write Your Own Legacy

Study Leader: Christine Michael

- 6 Classes: Sep. 10 – Oct. 15  
  Class ID: 5137
- Tuesday, 9:15 AM - 10:45 AM
- Online Course, Zoom

Write your own legacy; tell your story of your own words. Through weekly themed prompts you will answer in journal or scrapbook fashion, various life probing questions, e.g. How did you get your name? What was your first job? What was the best advice given to you? Answering these prompts will help you create your story. Each class you will be given the questions for that week, you can use them as a prompt to motivate yourself and/or you can share your writings with fellow classmates if you wish. Every life is a story.

Christine Michael is a writer, gardener, scrapbooker and avid traveler (over 100 countries). She studied Business at Laurier University, Waterloo, Canada, French at Sorbonne University, Paris, France, and Master of Education at Carlow, Pittsburgh, PA. She taught in elementary school and college. Through her volunteering for Hospice and a grief center she appreciated the value to helping people write or scrapbook their life story in their own words.

Osher at CMU is now offering courses presented by the Osher National Resource Center (NRC) and the School of Professional Studies at Northwestern University. This collaboration presents lecture and discussion-style courses to members of select Osher Lifelong Learning Institutes (OLLIs) from around the country.

Each NRC Osher Online course will cost $55. (Normal Osher at CMU term registration fees will not apply for these courses.)

You must have purchased a 2024 membership for Osher at CMU in order to register for these courses.

For full details and a list of course offerings, please visit our website cmu.edu/osher and click on the “NRC’s Osher Online” tab across the top.
ENVIRONMENT

Embracing A Green Lifestyle

Study Leader: PA Resources Council

• 3 Classes: Sep. 4 – Sep. 18  
  Class ID: 5192
• Wednesday, 1:00 PM - 2:30 PM
• Online Course, Zoom

We will look at common practices in and around the home and how we can perform them in an Earth-friendly manner. We’ll examine proper recycling, composting our food scraps and yard debris, and how to help to alleviate stormwater and water pollution issues that plague this region by embracing green living techniques in the home and yard.

Laura Blood is Environmental Education Coordinator for the PA Resources Council. PRC promotes solid waste reduction and living lightly on the earth. Laura grew up in southwestern New York State and has spent over 20 years in environmental education, consulting, and regulatory compliance. She moved to New Brighton PA in 2009. Laura holds a master’s in biology from the State University of New York in Fredonia.

TECHNOLOGY

Artificial Intelligence

Study Leader: James Morris

• 2 Classes: Oct. 23 and Oct. 30  
  Class ID: 5167
• Wednesday, 11:00 AM - 12:30 PM
• Online Course, Zoom

There will be two sessions: “What you can do with AI” and “What AI might do to you.” The first will review and demonstrate some current tools like ChatGPT. The second will show some of the threats that AI presents.

James H. Morris is a Professor Emeritus of Computer Science and Human-Computer Interaction at Carnegie Mellon University. He received a Bachelor’s degree from Carnegie Tech, and an MBA and Ph.D. in Computer Science from MIT. He taught at the University of California at Berkeley. For ten years he worked the Xerox Palo Alto Research Center where he was part of the team that developed the Alto System, a precursor to today’s personal computers. From 1983 to 1988 he directed a joint Carnegie Mellon-IBM project that developed a prototype university computing system, Andrew. From 1992 to 2004 he served as department head, then dean in the School of Computer Science. He held the Herbert A. Simon Professorship of Human Computer Interaction from 1997 to 2000. He was the dean of the Silicon Valley campus from 2004 to 2009. He was a founder of MAYA Design, a consulting firm specializing in interactive product design. He also founded Carnegie Mellon’s Human Computer Interaction Institute, Robot Hall of Fame, and Silicon Valley Campus.
CONTEMPORARY TOPICS/SOCIOLOGY

Making Sense Of Medicare

Study Leader: William McKendree

• 3 Classes: Sep. 9 – Sep. 23  
• Monday, 1:00 PM - 3:00 PM  
• Online Course, Zoom

When it was first imagined, Medicare was supposed to be easy to access and simple to use. Unfortunately, the Medicare system of delivering healthcare coverage (for over 60 million people) has evolved into a worrisome thing that’s led many to sing the blues in the night. This course will examine the characteristics of the Medicare system. It’s a basic primer for individuals taking a long, serious look at Medicare (probably for the first time). It’s designed to be simple, functional, and easy to understand. Class 1 will focus on entering Medicare — the eligibility and enrollment criteria, the various parts that comprise the Medicare system, and how these parts function and interact with each other. Class 2 will examine the private insurance products available under the Medicare system, how to compare and evaluate them, and how to shop for them effectively. Class 3 will focus on the accessing of prescription medications under the Medicare system.

Bill McKendree is director of the Pennsylvania Healthcare Benefit Solutions Program (PHBSP), a non-profit program helping people access affordable healthcare services through counseling, education, and advocacy. Prior to his work at PHBSP, Mr. McKendree was program manager for the Allegheny County office of APPRISE - Pennsylvania’s Health Insurance Assistance Program. And before running Allegheny County APPRISE, he was director of the Western Pennsylvania Center for Aging Services, helping Pennsylvania’s seniors access medical, legal, and social services. In addition to his work at PHBSP, Bill teaches at the University of Pittsburgh’s School of Pharmacy and is preceptor for the School of Pharmacy’s Experiential Learning Program. He also teaches classes on health law and health care policy at Penn State University and Community College of Allegheny County.

Demographics:
An Emerging Global Crisis

Study Leader: Stephen Blank

• 2 Classes: Oct. 23 and Oct. 30  
• Wednesday, 1:00 PM - 3:00 PM  
• Online Course, Zoom

Profound changes in global demography challenge our political, economic and social systems. Aging nations face stressed medical and social systems, while much younger nations struggle with a lack of jobs and opportunities. Younger, larger and poorer nations confronting older, smaller richer nations pressures the international system. More people are on the move, seeking economic opportunities or fleeing political disruption. More nations now resist migrants, constructing walls or other barriers. Climate change will intensify these movements within and among nations. These patterns are all mirrored in the United States. Our course will seek to illuminate these developments, to suggest costs and threats and possible values and rewards. The aim is to heighten our understanding of this escalating national and global challenge.

Stephen Blank’s career has spanned the academic, business and not-for-profit communities. Blank taught at Harvard, Pitt and Pace University and at visiting professorships in Japan, Germany, Mexico, Canada and the US. Here, he taught masters and doctoral level courses that looked in depth at forces reshaping international political, economic and social relations. He was Managing Director of an alliance of four North American business schools. A member of the Council on Foreign Relations, he was awarded L’Ordre National du Quebec by the Government of Quebec. He is now a Senior Fellow of the Institute for Science, Society and Policy at the University of Ottawa. Blank was educated at Dartmouth, Cambridge University and Harvard.
Infrastructure: Holding Things Together

**Study Leader:** Stephen Blank

- 2 Classes: Oct. 24 and Oct. 31
- Thursday, 10:00 AM - 12:00 PM
- Online Course, Zoom

Promises, promises, promises. Everyone promises more, better, fixed infrastructure. What has happened? Every few years, the American Association of Civil Engineers issues a report card on US infrastructure. If you haven’t heard, we’ve moved up from a D- to a C+. President Biden made infrastructure a central element of his program, passing the largest infrastructure bill in US history. Join this class to learn why infrastructure is so important (What is infrastructure?), how the United States has dealt with infrastructure in the past, our successes and failures. Why the current crisis? What forces are shaping infrastructure needs and possibilities in the near future—from potholes and bridges to the grid, pipelines and ports?

**Stephen Blank** has enjoyed a long career in academics, business and not-for-profits. Blank taught at Harvard, Pitt and Pace University, and was a visiting and Fulbright professor at universities in Canada, Japan, Germany and the US. The co-founder of consulting firm, his consulting included major US, Canadian and European firms, and he worked for government agencies in the US and Canada. Blank was a founder and Managing Director of The North American Transportation Competitiveness Research Council which examined issues central to the existence of an efficient and secure continental freight transportation system. He participated in major studies of North American rail, highways, energy and ports and on greening freight trucks. Infrastructure fact: Blank lives on Roosevelt Island in New York and commutes to Manhattan on the Roosevelt Island Aerial Tramway.

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Gender Is Not A Binary: Exploring Trans Identities

**Study Leader:** Rayden Sorock, Marty Seltman

- 1 Class: Sep. 3
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

Do you have questions about trans people and how to support those in your life? Come to learn some history, terminology, and cultural context in a friendly environment. Led by two local community activists: Marty Seltman, MD who spearheaded trans care in Pittsburgh starting in the 90’s, and Rayden Sorock, who transitioned in the early 2000s. Both have taught a variety of people about trans topics for decades.

**Rayden Sorock** is a community activist and organizer whose career most recently has been to start and support community gardens. Over 10 years he taught LGBTQ trainings to college and graduate students, non-profit staff, birthcare workers, and church congregations. He was the Initiative for Transgender Leadership’s inaugural fellow in 2011 and continued to volunteer as a peer mentor. He started his high school’s Gay Straight Alliance in the early 2000s. He plays ice hockey and is on the board of Pittsburgh LGBTQ+ Hockey. He lives in Wilkinsburg with his queer family.

**Marty Seltman** is a retired family doctor who focused on caring for underserved communities including providing LGBTQ care. He spent much of his career as Family Medicine Residency Director at Forbes Hospital and saw patients for over 30 years at Metro Community Health Center. He was on the board of Persad Center (a mental health organization providing care for sexual minorities) and also was a member of their Gender Team. He was a founding member of the Tristate gender collaborative. He approaches transgender care as a parent, grandparent as well as a physician.
Senior Citizens And Identity Theft

*Study Leader:* Felimelia Abenes-Douglass

- 2 Classes: Oct. 24 and Oct. 31  
- Thursday, 12:30 PM - 2:30 PM  
- Online Course, Zoom

The course is about acquiring knowledge on a relevant topic besieging the elderly population - identity theft. The course will include theoretical definitions, discussions on the examples, and how to determine the operations of scammers and culprits and their modus operandi in victimizing senior citizens. It will also include other suggested resources like glossary terms, videos, movies, etc.

Felimelia (Femmee) G. Abenes Douglass’ educational background - with undergraduate degrees, is in both business administration (accounting) and law. She completed her Master’s Degree in Distance Education at the University of the Philippines (12.2023). Her work experience for the past 40 years was in various fields of accounting/finance, corporate/tax laws, both in the Philippines (PH) and USA. She taught college students in the PH, various subjects in History/Constitutional Law, Tax Law, and Accounting/Business Finance, Economics. Significant work was with San Miguel Corporation (SMC) finance section of the Ilocos Beer region, SMC being PH’s largest and most diversified multinational conglomerate. Relevant work in the US includes being a duly accredited tax professional with the IRS, as a senior tax analyst with HR Block-Pittsburgh area, and as a branch Office Manager (Squirrel Office). She is married to David Standish Douglass of Pittsburgh, PA, a retired IT professional. They have 2 children, Lisz (nurse) and Chief Justice (CJ), an IT professional just like his Dad. She and Dave have retired in Baguio City, Philippines, and often visit their children here in the USA.

Opening To Nature, Our Human Inheritance

*Study Leader:* Thalia Gray

- 5 Classes: Sep. 12 – Oct. 10  
- Thursday, 10:00 AM - 11:30 PM  
- Online Course, Zoom

This course discusses our human abilities as part of a natural world that runs on subtle energies as well as Newtonian laws. We now know more about the way living beings in nature communicate and are interconnected, and humans are no exception. We will explore many models for how we can communicate with our fellow Earth inhabitants (plants, animals, and the Earth) and with our own bodies. What can we learn from other species, what can they tell us about ourselves, and how can that improve our own well being, that of other people, and that of the planet?

Thalia Gray, LAc, DiplOM, PhD, is a Chinese medicine and energy medicine practitioner at Pittsburgh Healing Arts. She has always pursued interests related to understanding human behavior and the infinite types of ways there are to live in the world. Her background includes Anthropology, Archaeology, Traditional Chinese Medicine, Plant Spirit Medicine, Qi Gong, Earth medicine, intuitive healing, and shamanism.

Your input is welcomed and valued.

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. Please use the suggestion box in the quick link section of our website, cmu.edu/osher.

To get involved with Osher at CMU, please check the opportunities listed on the “Volunteer” page of our website, cmu.edu/osher.
Misinformation
And How To Fight It

Study Leader: Lloyd Stires

• 6 Classes: Nov. 6 – Dec. 18*  
  Class ID: 5238
• Wednesday, 1:00 PM - 2:30 PM
• Online Course, Zoom
*Note: Class will not meet on Nov. 27

In the last decade, the threat of fake news has become so insidious that it threatens to destroy our democracy. As one expert stated, “Misinformation in politics is one of the most difficult problems to crack.” Do we live in a post-truth society? In this course, we will look at the psychological reasons people believe misinformation; the contemporary media environment which encourages its spread; and the ways in which we, as individuals and as a society, can fight back. Current analyses of misinformation will be compared to previous “top-down” theories of deceptive communication, such as Herman and Chomsky’s propaganda model. Classes will be a combination of lecture and discussion, including students’ own media experiences.

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 has served as a study leader of previous Osher courses on political psychology and film appreciation.

Enjoying The New Yorker

Study Leader: Mary Duquin

• 6 Classes: Sep. 10 – Oct. 15  
  Class ID: 5178
• Tuesday, 1:00 PM - 2:30 PM
• Online Course, Zoom

• 6 Classes: Nov. 12 – Dec. 17  
  Class ID: 5179
• Tuesday, 1:00 PM - 2:30 PM
• Online Course, Zoom

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 and wellness. She enjoys reading The New Yorker and is excited about the dynamic discussions this course will produce.
HISTORY

Three WWII Bridge Battles

Study Leader: Peter Oleinick

• 3 Classes: Sep. 10 – Sep. 24          Class ID: 5231
• Tuesday, 11:00 AM - 12:30 PM
• Online Course, Zoom

This course will explore the battles and outcomes involving: The Pegasus Bridge, the Arnhem Bridge, and the Remagen Bridge. We’ll take a look at the battlefields, strategies, and tactics involved with each battle. The Allies didn’t win all three battles. But the battles involving these bridges had very significant impact on the momentum and ultimately the outcome of World War II in Europe. Due to their significance, all three bridge battles were made into movies and we’ll look at some clips from these films during the course.

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 several high-tech startup companies. 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 Osher and a number of non-profits including: The Pittsburgh Zoo, the Hebrew Free Loan Association, the Moonshot Museum, and the MS Society.
The City Steps Of Pittsburgh: A History & Guide

Study Leader: Laura Zurowski

- 1 Class: Sep. 4
- Wednesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

Pittsburgh has the largest number of public stairways in the country, nearly 800 — more than Los Angeles, San Francisco, and Seattle. Built during the city’s population heyday as a cost-effective measure to move 700,000 people from their homes on the hills to the mills lining the three rivers, city steps offered a free and efficient way to get around. This course will provide a historical overview of the city’s outdoor stairways and the residents who used them, illustrate the various construction styles, and provide an update on the condition of the city’s steps.

Laura Zurowski is co-author of The City Steps of Pittsburgh: A History & Guide. Since 2017, she has written about and studied the history of Pittsburgh’s city steps and their neighborhood and offers vigorous yet entertaining walking tours of these unique infrastructure constructions.

RELIGION/PHILOSOPHY

Drunk History: Ecclesiastical Edition

Study Leader: Michael Sochka

- 2 Classes: Oct. 22 and Oct. 29
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Monty Python’s History of the World, Part II meets “Eusebius: Ecclesiastical History.” It’s Church history like you’ve never heard it before. We’ll take a stroll down the timeline of the Church and see where things went left when they should have gone right. We’ll look at what happened in the Council of Chalcedon, where the Armenian delegates were late to the meeting and only found out about the decisions by eavesdropping on the discussions taking place in the local barber shops. Papal Bull of Excommunication for the Patriarch of Constantinople, yep, we got that covered. Defenestration of Prague, anyone? There were THREE. You’ll come away with an appreciation for the human side of Church History with all its twists and turns, fundamentally answering the question, “How did we end up like this?”

Michael Sochka is an Orthodox Christian priest who serves as a chaplain for the Archdiocese of Pittsburgh and Western Pennsylvania of the Orthodox Church in America. A graduate of Yale University, where he majored in Religious Studies, Rev. Sochka has travelled extensively throughout Europe and the Middle East and currently sits on the Board of Directors of Icons for America, an organization that brings awareness and appreciation of icons and iconography to the public at large. Before relocating to Pittsburgh with his family, Rev. Sochka served as the Assistant Chaplain for the Orthodox Christian Fellowship at Princeton University. In addition to his vocation, Rev. Sochka worked for 30 years in the tech industry and recently retired from IBM as a Senior Content Designer in their Watson AI group.
Zoom has recently made some changes to their program, and things may look different than you are used to. Please be patient as we adjust to these changes together! Here are updated steps to join your courses on Zoom:

**When accessing a course from a computer or laptop, we recommend the following steps:**

1. Open your internet browser (Chrome, Firefox, Safari, or Edge).

   **Example Icons:**

   ![Chrome](image1), ![Firefox](image2), ![Safari](image3), ![Edge](image4)

2. Type the following into the address bar: join.zoom.us.
3. Enter the meeting ID provided by Osher. Click Join.
4. You will be prompted to put in your name and email address. Click "Register."
5. Enter the meeting password provided by Osher. Click Join.

**When accessing a course from a phone or tablet, we recommend the following steps:**

1. If you have yet to do so, download the Zoom app from the App store or Google Play store.
2. Open the App. When you open Zoom, you'll click "Join Meeting."

   **Example Icon:**

   ![Zoom](image5)

3. Next, you'll put in the Meeting ID, and click on "Join Meeting."
4. A pop up will appear asking for the meeting passcode.
5. A second pop up with appear asking you to Register or Sign In. You need to click Register.
6. A third pop up will appear with the title of the class. It will ask for your first and last name, and your email address. Click "Register and Join."

**If you have downloaded Zoom to your device, and we recommend seeing if there are any updates by going to www.zoom.us/download and click on:**

- Download, if you are on a computer or laptop.
- Update (if necessary), if you are on a phone or tablet.

Having problems with Zoom? Shut down your computer, phone, or tablet, and start from the beginning. If it still isn't working, email the Osher office with a description of the issue.
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<thead>
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<th>Title</th>
<th>Class ID</th>
<th>Location</th>
<th>Instructor</th>
<th>PG</th>
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<td>Zoom</td>
<td>McKendree</td>
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<td>In-Person</td>
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<td></td>
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412.268.7489  e: osher@cmu.edu
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412.268.7489 e: osher@cmu.edu
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<td>Art</td>
<td>5241</td>
<td>Where Exactly Is Palestine?</td>
<td>In-Person</td>
<td>34</td>
</tr>
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<td>Schinhofen</td>
<td>Mary</td>
<td>5146</td>
<td>Great And Notable Novels Read And Revisited</td>
<td>Zoom</td>
<td>55</td>
</tr>
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<td>Seetharama</td>
<td>Sankar</td>
<td>5251</td>
<td>The Magic Of Rails Great Rail Journeys</td>
<td>In-Person</td>
<td>35</td>
</tr>
<tr>
<td>Seltman</td>
<td>Howard</td>
<td>5156</td>
<td>Space Stations</td>
<td>In-Person</td>
<td>28</td>
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<td>Snyder</td>
<td>Thalia</td>
<td>5166</td>
<td>Writers’ Workshop</td>
<td>In-Person</td>
<td>26</td>
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<td>Sorock</td>
<td>Rayden</td>
<td>5152</td>
<td>Gender Is Not A Binary: Exploring Trans Identities</td>
<td>Zoom</td>
<td>64</td>
</tr>
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<td>Steele</td>
<td>Jay</td>
<td>5134</td>
<td>Walking Tour Of Dormont</td>
<td>In-Person</td>
<td>44</td>
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<tr>
<td>Stires</td>
<td>Lloyd</td>
<td>5238</td>
<td>Misinformation And How To Fight It</td>
<td>Zoom</td>
<td>66</td>
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<td>Swoger</td>
<td>Jeffrey</td>
<td>5154</td>
<td>Mid-Century Modern In America</td>
<td>In-Person</td>
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<td>Allison</td>
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<td>Pride And Prejudice And Popularity</td>
<td>In-Person</td>
<td>11</td>
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<td>Tipton</td>
<td>David</td>
<td>5126</td>
<td>Failure: Coping And Causes</td>
<td>In-Person</td>
<td>48</td>
</tr>
<tr>
<td>Viehland</td>
<td>Claudia</td>
<td>5203</td>
<td>Cartooning 101</td>
<td>Zoom</td>
<td>59</td>
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<td>Walsh</td>
<td>Sharon</td>
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<td>What Happened To The News?</td>
<td>In-Person</td>
<td>31</td>
</tr>
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<td>Whitehead</td>
<td>Tina</td>
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<td>Let’s Keep Talking About Palestine</td>
<td>In-Person</td>
<td>36</td>
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<td>Winikoff</td>
<td>Stanley</td>
<td>5176</td>
<td>A Night At The Movies: Meryl Streep</td>
<td>Zoom</td>
<td>53</td>
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<td>Winikoff</td>
<td>Stanley</td>
<td>5177</td>
<td>A Night At The Movies: O Brother - The Coen Brothes</td>
<td>Zoom</td>
<td>54</td>
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<tr>
<td>Zurowski</td>
<td>Laura</td>
<td>5121</td>
<td>The City Steps Of Pittsburgh: A History &amp; Guide</td>
<td>Zoom</td>
<td>68</td>
</tr>
</tbody>
</table>
GENERAL INFORMATION & POLICIES

CLASSROOM LOCATIONS
If you are not familiar with the Carnegie Mellon campus, we strongly advise you to plan a visit to locate parking and the Osher center in Cyert Hall before the first day of classes. You’ll find the campus map for CMU at the end of its section. For specific page numbers, please see the front of the catalog.

PHOTOS AND VIDEOS
Photos and videos are taken at many Osher events/classes to be used on the website and in promotional materials. If you do not wish to have your photo taken, please advise the photographer before the picture is taken, otherwise your picture will be included. If you are taking pictures in class, please ask permission first.

For privacy and copyright laws, we do not allow our Zoom courses to be recorded by anyone.

CLASSROOM ETIQUETTE
All of Osher’s instructors are volunteering their time and talents. We are respectful of our course instructors and fellow participants by:

• attending only course(s) we are registered for. Please DO NOT share Zoom codes and passwords with anyone.
• arriving to class just before class starts. Remember: 7 in, 7 out.
• wearing a name tag when attending in-person classes.
• raising your hand to be recognized before speaking. On Zoom, be sure to have your full name entered so you can be appropriately called on.
• staying on topic during discussions and taking turns when speaking.
• on Zoom, staying muted when not speaking so background sound from your space won’t be shared with the rest of your classmates.
• muting or turning off your phone.
• dressing appropriately when in Zoom classes.

BAD WEATHER DAYS
All in-person classes will be canceled if Pittsburgh Public Schools are closed for inclement weather. No notice will be sent out. Staff assistance may be limited.

If the Pittsburgh City Schools have a 2-hour delay, classes will operate as normal unless a study leader chooses to cancel their class. Please use common sense when venturing out.

If classes are canceled due to weather mid-day, you will receive both an email and a robo call alerting you to the cancelation from the Osher office.

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. It is important to note course locations on your calendar.

NON-DISCRIMINATION
Osher at CMU welcomes everyone regardless of gender, race, religion, sexual orientation, political affiliation, socio-economic status, or other identification markers. We respect all beliefs, perspectives, abilities, and experience. Actions such as bullying, hateful comments, or disrespectful behaviors are never tolerated.

SCHOLARSHIPS
Don’t let finances stop you from participating in Osher classes. Full and partial scholarships are available through a simple, friendly, and confidential process. Contact the Osher office for details.

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 does 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.

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

• The Weekly Essentials newsletter is sent every Friday to notify you of upcoming Osher and CMU activities. Please do not opt out.
• The Osher office will send email notices for important course changes. If the change has been made less than 24 hours before the scheduled event, a robo call/text will also be sent.
• While the internet has a lot of fun and thoughtful “stuff” to share, it is important for you to know that who you are sending stuff to is a friend and that they want to receive what you want to share. Using Osher members’ emails for non-Osher stuff is not appropriate. Please ask permission first; to not do so goes against the Osher Privacy Policy.

OSHER EMAIL ADDRESSES
The following email addresses are used to disseminate information to our students. Please add the following addresses to your email address book so you won’t miss important information:

• osher@cmu.edu
• osher-email-to-students@andrew.cmu.edu
• osher-general@andrew.cmu.edu
As you are picking your courses, please be sure none of your classes conflict with your family events, holidays, trips, or other important events. Please only register for courses you will be able to attend.

A list of official non-class dates is located below. Osher at CMU follows the CMU calendar. Once course dates are established, they will not be changed unless there is an emergency.

**MATERIALS FEES**

Materials fees are due at the time of registration unless otherwise stated.

**ZOOM CODES**

Zoom codes are sent out in the 7-day class reminder emails. If you can't find this email, please check your junk or spam folder. If you still cannot locate the email, please contact the Osher Office by emailing osher@cmu.edu and ask for it to be resent.

**CONFIRMATION LETTERS**

A "confirmation of class registration" will be automatically emailed to you for each course you enroll 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.

**ATTENDANCE POLICY**

Your attendance in class is very important. Attendance is automatically recorded for Zoom classes. For in person courses, please sign in for each class attended. If you find you have signed up for a course you can no longer attend, please drop the course by using the "Drop My Course" button on your registration account.

**REFUND POLICY**

If a student drops a course at least three full business days before the first day of the course, and building and/or material fees were paid, Osher will refund these fees minus a $10.00 administrative fee.

If a student drops all of their courses at least three full business days before the first day of the first course, Osher will refund that term's registration fee and the building and/or material fees paid, minus a $10.00 administrative fee.

If Osher cancels a course, before it has begun, and it is the only course the member is registered for in the term, Osher will refund that term's registration fee and any building and/or material fees paid.

If Osher cancels a course and the member is registered for other courses, Osher will only refund the course's building and material fees paid for that specific course.

All refunds will be given as an electronic voucher for future use, unless a check is requested.

Please see the Osher at CMU website for the refund policy for the NRC's Osher Online courses.

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**OBSERVED 2024 OFFICIAL Osher Skip Days**

Osher Lifelong Learning Institute at CMU is a nonsectarian organization. The organization follows the CMU holiday calendar. Once a course schedule is set by the study leader and the Registrar, no changes are permitted unless there is an emergency.

Osher at CMU is closed and staff are unavailable on the following days:

- Martin Luther King Jr. Day: Jan. 15
- Memorial Day: May 27
- Juneteenth: Jun. 19
- Independence Day: Jul. 4
- Labor Day: Sep. 2
- Election Day: Nov. 5
- Thanksgiving Wednesday: Nov. 27
- Thanksgiving Day: Nov. 28
- Thanksgiving Friday: Nov. 29
- Winter Break: Dec. 23 - Jan. 1

CMU Carnival will be held on April 13th & 14th and no on-campus classes will be held.
Join us!

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

412.268.7489 | cmu.edu/usher
osh@cmu.edu