



# Fall 2021

at **Carnegie Mellon University** | [cmu.edu/osher](http://cmu.edu/osher)  
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# OSHER LIFELONG LEARNING INSTITUTE

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on all mail sent to the Osher office.*

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### ON THE COVER

The bones of our space are in! Our walls are taking shape with the studs completely up and the beginning of dry wall being put in. Though it's hard to visualize what the finished space will look like through some of this process, we hope that these pictures give you as much excitement as they give us.

Front Cover:

Additional catalog images courtesy of wikimedia commons, pexels, unsplash, and Mark Miller, Cynthia Weisfiled, David Bachman Photography for Pittsburgh Opera and Pittsburgh Ballet Theatre / Petal by Helen Pickett / Artist: Jessica McCann / Photo: Duane Rieder.

# **LYN LETTER/INTRO TO NEW CATALOG**

# OSHER at Carnegie Mellon | Fall 2021

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**Session One: Aug. 30<sup>th</sup> - Oct. 22<sup>nd</sup>**

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**Session Two: Oct. 25<sup>th</sup> - Dec. 17<sup>th</sup>**

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

# CMU/OAKLAND

5000 FORBES AVE., PITTSBURGH, PA 15213

Classes in this section will be held on the Carnegie Mellon University campus, Oakland, Shadyside, and Downtown Pittsburgh area.

CYERT HALL

# ARTS & HUMANITIES

Art | Literature | Music

## ART

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### A Design Journey

*Study Leader:* Daniel Boyarski

- 5 Classes: Nov. 10 – Dec. 15\*      *Class ID:* 3914
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Rm 35

*\*Note: Class will not meet on Nov. 24*

Over many years of teaching graphic/communication design, there were topics I especially enjoyed delving into with students. I selected five of them for this class, which will be a guided tour through my corner of design. We'll visit topics like communicating with words and images, the world of color, how information is conveyed, the graphic eye for composition, the value of both books and blogs, and why (some) designers are picky about fonts. Since I'll be your guide, it will be my perspective and my aesthetics on design that I'll present. You'll see many visual examples and hear stories and explanations about what you're seeing. In the end, I hope you'll have a better understanding of one design field that touches our lives in so many ways.

**Dan Boyarski** is Professor Emeritus in the School of Design at Carnegie Mellon University. During his 35-year tenure, he taught courses in typography, information and interaction design, and time-based communication at graduate and undergraduate levels. Dan was Head of Design from 2002–2008, and Director of Graduate Studies from 1994–2002. In retirement, Dan stays occupied with a mix of walking, gardening, cooking, photographing, lawn bowling, teaching, and attempting to catalog far too many photo files.

## LITERATURE

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### Such Friends: Writers' Salons Before The Great War

*Study Leader:* Kathleen Donnelly

- 2 Classes: Oct. 26 and Nov. 2      *Class ID:* 3908
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Room 50

**TWO  
DAY**

In the early 20th century writers and artists gathered in salons—hosted primarily by women—to discuss the latest happenings in the arts, read from their works-in-progress, and gossip. In Ireland and England before the Great War there were salons in Coole Park, Dublin, the Bloomsbury section of London, and the English countryside. We will look at the relationships among the creative people who gathered around Lady Augusta Gregory, Lady Jane Wilde [“Speranza”], Lady Ottoline Morrell, and Virginia Woolf. No readings required.

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



## The Phenomenon Of "A Christmas Carol"

Study Leader: Mark Banister

- 4 Classes: Nov. 8 – Nov. 29      *Class ID: 3883*
- Monday, 10:45 AM - 12:15 PM
- Cyert Hall, Rm 35

Charles Dickens' novella *A Christmas Carol* was a hit upon publication in 1843 and continues to have great popularity today. More than a good story, it helped change the public's view not only of Christmas but of many of society's problems. We will discuss the story itself, along with learning about this time of Dickens' life. We will also look at the story's effect on how we celebrate the holiday and, at least, from time to time, its great effect on understanding the life of the very poor. It will be helpful, though not essential, to read the story before class starts. (The book is in public domain and is free from many online sources). And finally, we will look at clips of the many adaptations of the story in both movie and TV versions.

**Mark Banister** has been obsessed with *A Christmas Carol* for many decades and has read and re-read it more times than can be counted. And he has no less than 15 TV or movie versions of the story! He retired in 2017 from Carnegie Mellon's Office of Environmental Health and Safety.

## Henry V In History and Shakespeare

Study Leader: Rebecca Carpenter

- 4 Classes: Sep. 13 – Oct. 4      *Class ID: 3920*
- Monday, 10:45 AM - 12:15 PM
- Cyert Hall, Room 50

Henry V, the "mirror of all Christian kings." The play *Henry V*, a spectacle of nationalistic spirit and dramatic history. In this class, we will look at the historical Henry V and Shakespeare's rendering of him for the Elizabethan stage. We will look at England in Henry's time and in Shakespeare's, the genre of the history play, the Tudor "problem," and the sources for the play. But the play's the thing, so we will allow ourselves to be audience to an accommodating, slightly manipulative Chorus; the "war-like Harry" at Harfleur and Agincourt; the shenanigans of the Eastcheap crowd; and the silver-tongued Henry as he woos his bride. And of course, even though not in the play, a tip of the tankard to Sir John Falstaff!

**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.

## Meet The Wyeths

Study Leader: Rebecca Carpenter

- 4 Classes: Sep. 22 – Oct. 13      Class ID: 3921
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Rm 35

So much talent in one family, tied so closely to one particular Pennsylvania community! This class is an introduction to the illustrious Wyeth family of Chadds Ford. The focus will be on the environments of the Brandywine Valley and Cushing, Maine, and their denizens who so heavily influenced the art of the children of the famous illustrator, N.C. Please note that this is not a class on artistic technique or art history, although we will touch on the effects of egg tempera and the magical realism in some of the works. Our focus will be on N.C., Andrew, Jamie, Ann, and Carolyn and their artworks relative to the Chadds Ford and Maine communities, with particular emphasis on Andrew. And for those of you who remember, yes, we will be talking about the Helga series and showing a recent interview with her!

See **Rebecca Carpenter**, page 8

## Reading Agatha Christie

Study Leader: Mark Banister

- 4 Classes: Sep. 13 – Oct. 4      Class ID: 3884
- Monday, 1:00 PM - 2:30 PM
- Cyert Hall, Rm 35

Following my previous class, *The World of Agatha Christie*, I thought it would be enjoyable to read some of her stories and discuss them. We will read the stories in the collection *Three Blind Mice and Other Stories*. This book was selected as it includes stories featuring Christie's most famous detectives, Hercule Poirot and Miss Marple, as well as two stand-alone stories, including one of her most famous. The book is currently in print and available electronically as well. The schedule of discussions will be sent to students well in advance of the class. We will also view portions of video adaptations of the stories, where they exist.

Please note: *The book: Three Blind Mice and Other Stories is required*

See **Mark Banister**, page 8

## Return To Maycomb - A Homage To Harper Lee

Study Leader: Michael Mariani

- 6 Classes: Nov. 8 – Dec. 13      Class ID: 3854
- Monday, 8:45 AM - 10:15 AM
- Cyert Hall, Meeting Room

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

**Mike Mariani** is a retired English / Reading / Writing teacher of 45 years (middle school, high school, and community college). He received his B.S. in Education from Duquesne (cum laude) and Masters in English from Catholic University. A love of reading and literature spawned a love of writing and its analysis as well. A writer's secrets are all in the open so an appreciation of literature enhanced the appreciation of writing. An active study of literature can come from reflective writing, a literary passage or poem, a memory of an experience and its meaning. Mariani's study brought published writers to his classes to discuss the process of writing including spy novelist Larry Bond, Pulitzer Prize poet Henry Taylor, DC Poet and Laureate Dolores Kendrick. Mr. Mariani also heard Maya Angelou and John Irving among others. Their insight added greatly to his writing classes. Mr. Mariani has published poetry in *Virginia Writing* and op-ed articles in *Journal* newspapers. He has designed three writing courses while teaching in Fairfax County, VA: Creative Writing - a half year course, Creative Writing - a year long course, and Advanced Composition - year long.

MUSIC

**Life Sketch And Popular Music Of George Gershwin**

*Study Leader:* Joe Lagnese

- 1 Class: Oct. 27 Class ID: 3899
- Wednesday, 12:45 PM - 2:45 PM
- Mellon Institute, Auditorium

ONE  
DAY

Review the major events of George Gershwin's musical life exemplified with the swing band's performances of his most popularized music. The swing band is comprised of five horns, piano, bass, drums, and vocalist.

**Joe Lagnese** is a retired environmental engineer who after retirement rekindled his prior interest and involvement in jazz/swing music by the formation of a small swing band and the special arranging of the popular and show music of the great composers of the '30s and '40s. During his engineering career, Joe taught graduate courses in CMU's School of Engineering.



**Earl "Fatha" Hines**

*Study Leader:* Patricia Pugh Mitchell

*Materials Fee:* \$10\*

- 2 Classes: Oct. 28 and Nov. 4 Class ID: 3892
- Thursday, 12:45 PM - 2:45 PM
- Mellon Institute, Auditorium

TWO  
DAY

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

**Patricia Pugh Mitchell**, native of Pittsburgh, is an avid writer, researcher, and curator of local African American history. A graduate of Hiram College with a B.A. degree in English, she holds Master of Arts degrees in Teaching '97, and History '06 from the University of Pittsburgh. She is a graduate of Leadership Pittsburgh XII, a member of Delta Sigma Theta Sorority, Inc. and the Harmony Club of Homestead. Professionally, she is a retired educator from PPS; the former Executive Director of Kuumba Trust, an African American arts service and advocacy organization; former program director for African American and Adult Programs at the Heinz History Center; and has served as an adjunct professor of English, African American studies, and Education at Chatham College and the Community College of Allegheny County, Allegheny Campus. Patricia is an author and co-author of several publications documenting the history of African Americans in Pittsburgh. Since early 2000, she has served as volunteer class leader for the OSHER Academy on CMU's campus, and is a frequent consultant in the cultural community.

*\*Materials fees are not refundable; information on page 94.*

## Great Conductors Of The 20th Century

*Study Leader:* Jeffrey Swoger

- 4 Classes: Sep. 13 – Oct. 4      *Class ID:* 3815
- Monday, 12:45 PM - 2:45 PM
- Cyert Hall, Room 50

This course will present a personal, non-technical, introduction to the careers of six 20th century musical giants: Toscanini, Stokowski, Reiner, Solti, Karajan, and Bernstein. It is designed to foster an appreciation of these world-famous artists, their talents, their idiosyncrasies, and their contributions to the art of conducting. The course will highlight important factors in the development of the role of the conductor as a powerful force in music. Selected, substantive musical and video examples will illustrate each conductor's particular style and achievements. Goals for the class will be to increase listeners' awareness of the conductor's "interpretive" input in musical performances, and motivate students to explore these musicians' legacies in greater depth. Class participation will be encouraged.

**Jeffrey Swoger** teaches a variety of Osher courses in architecture, music, and film. He is a graduate of the Institute of Design in Chicago, an American offshoot of the Bauhaus. So, the creative approach and practical skills that formed the core of the Bauhaus curriculum were central to his design education as well. During his 48-year career as a graphic designer, he employed many of the principles of the Bauhaus in the work he created for his clients.

## Great Conductors Of The 20th Century - Pt. II

*Study Leader:* Jeffrey Swoger

- 4 Classes: Nov. 8 – Nov. 29      *Class ID:* 3816
- Monday, 12:45 PM - 2:45 PM
- Cyert Hall, Room 50

In the first course on Great Conductors of the Twentieth Century, we explored the careers and work of six renowned conductors, men who in many cases changed the direction of classical music. As a follow-up, we will examine the careers of eight more conducting legends: Walter, Beecham, Szell, Furtwangler, Klemperer, Kleiber, Giulini, and Celidibache. If their talents are, in some cases, somewhat less appreciated by the musical public, their accomplishments are no less worthy of exploration. The course will follow the same format as its predecessor, using biographies and commentary, recordings, and video to inform and, perhaps, even entertain. Discussion and debate will be encouraged.

See **Jeffrey Swoger**, *previous listing*

## Drop a Course

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

## OK . . . Now, What Shall I Do With These Notes?

*Study Leader:* Flavio Chamis

- 3 Classes: Dec. 1 – Dec. 15 *Class ID:* 3905
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Combo

The course will concentrate on various aspects of musical composition, exploring how composers establish structures to build their masterworks. It will also provide a comparative study between examples of different approaches to the exact same musical score, and how artists insert their creative insights into the strict framework provided by the composer. Carefully chosen examples will be heard. The format of the classes will remain the same for each of the presentations; what will change are the specific musical examples. Every class will start with a verbal introduction about the work, providing historical and musical contexts. That will be followed by a number of different video or audio recordings of the piece, and finalized by a discussion where the students will be able to voice their personal impressions about the various interpretations. Flavio might also add some jazz, Brazilian, or even pop oldies into the mix.

**Flavio Chamis**, a native of Sao Paulo, Brazil, studied conducting and composition in Israel, Germany, and Austria. In Europe, Chamis recorded for RIAS with the Radio Sinfonie Orchester Berlin and the Nouvelle Philharmonique de Radio France. He conducted at the Musikverein in Vienna, Wiener Festwochen and Royal Festival Hall in London. A CD with him leading the Nouvelle Philharmonique de Radio France was released by the Solstice label. In 1985 Chamis became conducting assistant to Leonard Bernstein and led the Israel Philharmonic in preparation for tours of Europe, Japan, and the United States, including the world premiere of Bernstein's Jubilee Games, and later the European tour of the London Symphony Orchestra. Mr. Chamis returned to Brazil as Music Director of the Porto Alegre Symphony Orchestra. As a composer, his works embrace a wide range of styles, from classical to jazz and Brazilian music. He has written the lyrics for many of his vocal compositions, including those from "Especiaria," a Latin Grammy nominated CD exclusively with Mr. Chamis Brazilian Jazz compositions. In 2007 Flavio Chamis received the International Press Award as Outstanding Brazilian Musician based in the U.S. Mr. Chamis is a member of the Screening Committee of the Latin Grammy.

## First Fridays At Redeemer

*Study Leader:* Ann Labounsky

- 4 Classes: Sep. 3 – Dec. 3 *Class ID:* 3885
- Friday, 12:00 PM - 1:00 PM
- Episcopal Church of the Redeemer,  
5700 Forbes Ave, 15217

First Fridays gives a variety of musical experiences on topics from J. S. Bach to 20th Century composers and includes lectures and performances on organ, harpsichord, voice, and piano. September 3: "Together and Alone" with Roger Dannenberg (Trumpet) and Frances Dannenberg (flute); October 1: Viole da gamba duo: Patricia Halverson and Martha McGaughey; November 5: "Poets of the Clarinet" with Paul Shepard (Clarinet) and Ann Labounsky (Piano); December 3: Elena Swann and friends. Elena is joined by members of the Compline Choir. All programs begin at noon in the sanctuary, and will be streamed live either from the sanctuary and in the home of the artists. All programs will begin with a 30 minute description of the music followed by the performance from noon to 1:00 PM.

Please note: *Dates:* 9/3, 10/1, 11/5, 12/3

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

# BUSINESS & COMMERCE

Economics | Law

## ECONOMICS

### Inequality In America

*Study Leader:* Russ Sheldon

- 6 Classes: Sep. 13 – Oct. 18 *Class ID:* 3819
- Monday, 3:00 PM - 4:30 PM
- Cyert Hall, Rm 35

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

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



### North America Yesterday And Tomorrow

*Study Leader:* Stephen Blank

- 2 Classes: Dec. 1 and Dec. 8 *Class ID:* 3935
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Room 50

**TWO  
DAY**

We call ourselves “Americans.” But so are Canadians and Mexicans. Many business schools in Canada, Mexico, and the US have programs dealing with China – but few offer any courses dealing with business in North America, notwithstanding the fact that this is the world’s densest trade-business relationship. This course shows how close North America came to being the battleground of European powers. We will look at different ways of seeing North America, in terms of historic and ethnic, environmental, and economic regions. We will view NAFTA in wider historic, economic, and cultural frameworks, compare developments in North America to Europe and now, in Asia, and finally try to step back and see where North America is now and what lies in its (our!) future.

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

## LAW

### Overview Of US Immigration Law And Policy

Study Leader: Lawrence Lebowitz

- 1 Class: Oct. 26 Class ID: 3951
- Tuesday, 3:00 PM - 5:00 PM
- Cyert Hall, Room 50



Taught from the (practical) perspective of a practitioner, this two hour course will provide students with an overview of U.S. Immigration Law and Policy including both family based and employment based immigration, asylum, and deportation/removal. We will also discuss “recent events” in immigration including changes experienced in the Trump/Biden administrations.

**Lawrence Lebowitz** is a shareholder and head of the Immigration Practice Group at Dentons Cohen & Grigsby in Pittsburgh; Professor of Practice at the University of Pittsburgh School of Law (where he has taught the Immigration Law class since 1997).

### Emerging Legal Issues

Study Leader: David DeFazio

- 6 Classes: Sep. 14 – Oct. 19 Class ID: 3833
- Tuesday, 3:00 PM - 4:30 PM
- Cyert Hall, Rm 35

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

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

### Those Who Trespass Against Us - Introduction To Torts

Study Leader: Errol Miller

- 5 Classes: Nov. 11 – Dec. 16\* Class ID: 3858
- Thursday, 10:45 AM - 12:15 PM
- Cyert Hall, Rm 35

\*Note: Class will not meet on Nov. 25

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

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

## Failure And Reform In The Criminal Justice System

*Study Leader:* Frederick Thieman

- 1 Class: Nov. 2
- Tuesday, 3:00 PM - 4:30 PM
- Cyert Hall, Room 50

*Class ID:* 3956



In the 1960s, the American criminal justice system, albeit nestled within a society still struggling for equality, was widely seen as a model for the rest of the world. Within decades, its incarceration rates would increase sevenfold, its cost would balloon to \$80 billion annually, and it would be condemned as unjust and unfair. The trial of Derek Chauvin is but the latest episode in an ongoing saga. How did this happen and why has the war on crime failed so completely, both locally and nationally? This course will explore the failures of the criminal justice system and how it might be reformed.

**Frederick W. Thieman** most recently served as the Henry Buhl, Jr. Chair for Civic Leadership. Prior to that, he served for nearly a decade (2007-2016) as President of the Buhl Foundation, Pittsburgh's oldest multi-purpose foundation. As President of Buhl, Mr. Thieman was recognized for his leadership on important community initiatives in education, youth development, and human services, while also guiding the Foundation to a place-based focus on the Northside of Pittsburgh. Over the course of a 30-year legal career, Mr. Thieman practiced as a trial attorney with a specialty in white-collar crime and complex business-related litigation. While practicing law, Mr. Thieman was recognized in professional journals as one of the leading attorneys in Pennsylvania. He also served as the Presidentially appointed United States Attorney from 1993 to 1997 where he received national attention for his youth crime prevention work. Mr. Thieman graduated magna cum laude from Pitt Law School in 1977, served as a law clerk for the Pennsylvania Supreme Court and is the recipient of numerous civic leadership awards from organizations such as the University of Pittsburgh, Urban League, Community College of Allegheny County, League of Women Voters, the Mentoring Partnership, and the Academy of Trial Lawyers.

## Elder Law - Being Prepared As One Grows Older

*Study Leader:* Carol Sikov Gross

- 5 Classes: Nov. 9 – Dec. 14\*
- Tuesday, 8:45 AM - 10:15 AM
- Cyert Hall, Rm 35

*Class ID:* 3817

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

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 POLTS. 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.

# LEARN BY DOING

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

## ART

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### Independent Art Study

*Study Leader:* Gary Bates

- 6 Classes: Sep. 17 – Oct. 22 *Class ID:* 3900
- Friday, 12:45 PM - 2:45 PM
- Cyert Hall, Olmsted Activity Room

- 6 Classes: Nov. 5 – Dec. 17\* *Class ID:* 3901
- Friday, 12:45 PM - 2:45 PM
- Cyert Hall, Olmsted Activity Room

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

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

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

### Continuing Painting In Acrylics

*Study Leader:* Francine VandenBerg

*Materials Fee:* \$15\*

- 6 Classes: Nov. 9 – Dec. 14 *Class ID:* 3924
- Tuesday, 10:00 AM - 12:00 PM
- Wilkins Community Center,  
7604 Charleston Ave, Swissvale

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

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

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

*\*Materials fees are not refundable; information on page 94.*



## CULINARY

### It's All About The Egg!

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

- 5 Classes: Nov. 8 – Dec. 6      *Class ID:* 3904
- Monday, 12:45 PM - 2:45 PM
- Wilkins Community Center, Kitchen,  
7604 Charleston Ave, Swissvale

An almost perfect food, the humble egg is a highly nutritious, filling, low calorie, and economical staple in our diet. In this course you will learn all you need to know about egg types, grades, storage, and nutrition content. In addition, every class will feature international recipes that will elevate the humble egg to the star of the show.

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

*\*Materials fees are not refundable; information on page 94.*

## DANCE/EXERCISE

### Sacred Circle Dancing

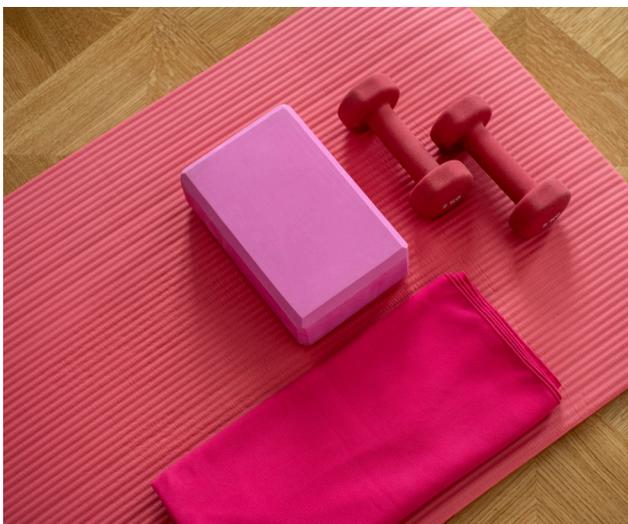
*Study Leader:* Alice Carnes

- 2 Classes: Oct. 27 and Nov. 3      *Class ID:* 3941
- Wednesday, 1:00 PM - 2:30 PM
- Wilkins Community Center,  
7604 Charleston Ave, Swissvale

**TWO  
DAY**

Join the circle to dance to wonderful music. We learn dance steps sometimes new, sometimes centuries old. Sacred circle dance is similar in form with international folk dance, but there is a certain attitude of attention, awareness, and respect that evolved from this form's origins at the Findhorn Foundation in Scotland. The dances are simple, and/or moderately easy. Each dance will be taught just before we do it. You won't need a dance partner because everyone in the circle is your partner. And you won't need any special skill, because these dances have always been done by everyone, old and young, to honor the earth and its rhythms. Dancing in a circle is one of the oldest ways in which people celebrate community and togetherness.

**Alice Carnes** has been passionate about sacred circle dancing since 2007, when she met her first dance teacher. After retiring in 2013, Alice began attending Sacred Circle Dance camps. Since March 2020, she dances with an international community of dancers on Zoom. She says, "Throughout the pandemic, sacred circle dance has offered me solace and peace while keeping me grounded. Many of the dances are moving meditations."



## Hatha Yoga

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

- 11 Classes: Sep. 9 – Nov. 18    Class ID: 3818
- Thursday, 10:00 AM - 12:00 PM
- Dance Alloy Studio

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: *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 fees are not refundable; information on page 94.

## Get Fit - A Fun Latin Cardio Workout

Study Leader: Connie Pollack

- 7 Classes: Sep. 23 – Nov. 4\*    Class ID: 3937
- Thursday, 1:15 PM - 2:30 PM
- Beth Shalom,  
Samuel & Minnie Hyman Ballroom - 2nd Fl
- \*Note: Class will not meet on Sep. 16

- 6 Classes: Nov. 10 – Dec. 22\*    Class ID: 3938
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom,  
Samuel & Minnie Hyman Ballroom - 2nd Fl
- \*Note: Class will not meet on Nov. 24

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

**Connie Pollack** has been teaching aerobic dance to adults for the past 17 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.

## Tamburitzan Folk Dancing

Study Leader: George Schexnayder

Materials Fee: \$10\*

- 6 Classes: Sep. 15 – Oct. 20      Class ID: 3847
- Wednesday, 10:00 AM - 11:30 AM
- Wilkins Community Center,  
7604 Charleston Ave, Swissvale

- 6 Classes: Nov. 10 – Dec. 22\*      Class ID: 3848
- Wednesday, 10:00 AM - 11:30 AM
- Wilkins Community Center,  
7604 Charleston Ave, Swissvale

\*Note: Class will not meet on Nov. 24

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

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

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

\*Materials fees are not refundable; information on page 94.

## FINANCE/INSURANCE

### Senior Health Care

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

- 5 Classes: Sep. 13 – Oct. 11      Class ID: 3820
- Monday, 12:45 PM - 2:45 PM
- Cyert Hall, Olmsted Activity Room

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

Please note: \$5.00 fee for binder, paid to instructor at first class.

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

\*Materials fees are not refundable; information on page 94.

## IRA Distribution Strategies

*Study Leader:* Bud Kahn

- 5 Classes: Sep. 17 – Oct. 15 *Class ID:* 3831
- Friday, 8:45 AM - 10:15 AM
- Cyert Hall, Rm 35

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.

**Bud Kahn**, a Pittsburgh-based wealth manager, is the founder and Managing Principal of Wealth Management Strategies, Inc. 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

### Play Of The Hand: Play Session 1

*Study Leader:* John Olmsted

- 6 Classes: Sep. 16 – Oct. 21 *Class ID:* 3878
- Thursday, 11:00 AM - 12:00 PM
- Cyert Hall, Olmsted Activity Room

Students who are taking the Bridge: Play of the Hand lecture course will participate in playing sets of pre-dealt bridge deals that provide practice in the techniques presented in the lectures.

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

### Play Of The Hand: Play Session 2

*Study Leader:* John Olmsted

- 6 Classes: Sep. 17 – Oct. 22 *Class ID:* 3879
- Friday, 11:00 AM - 12:00 PM
- Cyert Hall, Olmsted Activity Room

Students who are taking the Bridge: Play of the Hand lecture course will participate in playing sets of pre-dealt bridge deals that provide practice in the techniques presented in the lectures.

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



## Improve Bridge: Play Session 1

*Study Leader:* John Olmsted

- 6 Classes: Nov. 9 – Dec. 21\* *Class ID:* 3881
- Tuesday, 3:00 PM - 4:00 PM
- Cyert Hall, Olmsted Activity Room
- \*Note: Class will not meet on Nov. 23*

Students who are taking the Improve your Party Bridge Skills lecture course will participate in playing sets of pre-dealt bridge deals that provide practice in the techniques presented in the lectures.

See **John Olmsted**, page 20

## Improve Bridge: Play Session 2

*Study Leader:* John Olmsted

- 6 Classes: Nov. 11 – Dec. 23\* *Class ID:* 3882
- Thursday, 11:00 AM - 12:00 PM
- Cyert Hall, Olmsted Activity Room
- \*Note: Class will not meet on Nov. 25*

Students who are taking the Improve your Party Bridge lecture course will participate in playing sets of pre-dealt bridge deals that provide practice in the techniques presented in the lectures.

See **John Olmsted**, page 20

## LANGUAGE

### Intermediate French Conversation

*Study Leader:* Veronique Schreurs

- 5 Classes: Nov. 5 – Dec. 10\* *Class ID:* 3869
- Friday, 10:30 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room
- \*Note: Class will not meet on Nov. 26*

It is a cooperative class, to keep up and improve your conversational skills in French. Every student has the opportunity to tell a little five-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.

## MUSIC & DRAMA

### Spirited Fun Through Improv

Study Leader: Emily Harris



• 6 Classes: Sep. 15 – Oct. 20      *Class ID:* 3952  
 • Wednesday, 10:45 AM - 12:15 PM  
 • Cyert Hall, Olmsted Activity Room

• 6 Classes: Nov. 10 – Dec. 22\*      *Class ID:* 3953  
 • Wednesday, 10:45 AM - 12:15 PM  
 • Cyert Hall, Olmsted Activity Room

*\*Note: Class will not meet on Nov. 24*

Improvisational Theatre (Improv) games are practiced in a supportive, lighthearted space that gives us permission to come out and play. There are no scripts. No wrong answers. Nothing to remember. Just for fun. Games and short scenes are inspired by literary prompts, assorted objects, and our rich collection of life experiences (our stories). We practice each week to get better at being spontaneous; to make things up as we go. In Improv, there's a lot of "Yes and..." happening. It means that we agree with whatever our scene partner suggests and add something that moves the scene forward. That's a handy skill for other areas of daily life because there's no age limit on building confidence, improving social engagement skills, and stretching our creative muscles. And, there's nothing like the sound of our own laughter to brighten the day. Each week's games build upon the skills practiced the previous week.

**Emily Harris** believes in the power of story as an instrument of discovery and connection. She specializes in improvisational storytelling because it opens a safe and lively space where adults and children find their unique voices through the creative process (also known as play). Her past experiences include inviting elders to share their life experiences, motivating K-12th graders to improve literacy and communication skills, and encouraging incarcerated women to build new stories for their lives within and beyond prison walls. In January 2020, Emily created Spirited Fun Through Improv for folks 65 and older who could relate to each other's stories and references reaching back to the 1950s. When life suddenly changed for everyone in March 2020, she moved the class online where participants continue to stay curious, build close friendships, and lighten up.

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

Study Leader: C.R. Thomas

• 6 Classes: Sep. 22 – Oct. 27      *Class ID:* 3919  
 • Wednesday, 12:45 PM - 2:45 PM  
 • Cyert Hall, Olmsted Activity Room

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

Please note: *Evening Performance - Osher/Cyert 10/27 at 7:00PM*

**Charles R. Thomas**, emeritus professor of English at California University of Pennsylvania, has written over 86 original plays. Since 2006, he has presented 80 of these plays in the Pittsburgh area. He previously taught drama, poetry, and various literature and writing courses. Midway in his career, Dr. Thomas received a Distinguished Faculty Award for Excellence in Teaching from the Commonwealth of Pennsylvania. Dr. Thomas holds a B.A. Degree in American literature, an M.A. degree in English literature, and an Ed.D. degree in higher education administration from West Virginia University, and a B.S. degree in finance and an M.Ed. in special education (social and emotional maladjustment) from California University of Pennsylvania.



## WELLNESS

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### SoulCollage® For New And Returning Students

*Study Leader:* Alice Carnes

- 5 Classes: Nov. 8 – Dec. 6 *Class ID:* 3940
- Monday, 12:45 PM - 2:45 PM
- Cyert Hall, Olmsted Activity Room

SoulCollage® developed by Seena Frost is a process of self-discovery. Do you long to connect with your inner self? Or are you curious about parts of yourself? In this class we will meditatively select magazine pictures to collage onto cards. Your soul gravitates to images intuitively. You may question why you are choosing specific images to create your card(s). Through a deliberate process of questions, your cards will reveal personal insights and wisdom. Come experience the transformative power of images, imagination, and intuition with SoulCollage®.

**Alice Carnes** has an M.A. in Special Education from the University of New Mexico. She counseled and facilitated academic accommodations for students with disabilities at Central Piedmont Community College in Charlotte, North Carolina. A lover of poetry, writing, hiking, bicycling, cooking, traveling, reading, meditation, and earth-based spirituality. In July 2018, she completed the SoulCollage® facilitator training. She says, “I am continually amazed by the creative process of SoulCollage®.”

## WRITING

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### From Memory to Story: Deep Dives

*Study Leader:* Anita Kulina

- 4 Classes: Sep. 17 – Oct. 8 *Class ID:* 3898
- Friday, 10:45 AM - 12:15 PM
- Cyert Hall, Meeting Room

In this course, we use writing exercises to explore our memories. We do not read our work in the classroom, and there are no critiques. Instead, in a relaxed, group setting, we share the stories we uncover. If you are writing a memoir or a family history, this course can be a companion to that endeavor. It can also provide a way to simply reflect on the life you've led. Writers and non-writers are equally welcome.

**Anita Kulina** has been writing family history for herself and others for over 25 years. She grew up in Pittsburgh's Greenfield neighborhood, where her father was a laborer at U.S. Steel Homestead Works and her mother chased around their six children. After graduating CCAC, Anita worked at Duquesne University, where she also went to night school. When she wasn't working or studying, she was chronicling Greenfield's history, which resulted in her book *Millhunks and Renegades*. She currently writes an ongoing cozy mystery series (*A Question of Devotion*, *Reason for Concern*) that features lovable Mrs. B, who lives in a thinly disguised Pittsburgh neighborhood. Anita recently retired from Carnegie Mellon University. She continues to run Brandt Street Press, which publishes books that make history fun.

## Writers' Workshop

*Study Leader:* Thalia Snyder, Helen Wilson

- 6 Classes: Nov. 10 – Dec. 22\*      *Class ID:* 3837
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Meeting Room

*\*Note: Class will not meet on Nov. 24*

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

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

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

## Memoir Writing

*Study Leader:* Molly Youngling

- 4 Classes: Sep. 20 – Oct. 11      *Class ID:* 3888
- Monday, 10:45 AM - 12:15 PM
- Cyert Hall, Olmsted Activity Room

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

**Molly Youngling** has taught memoir writing for many semesters as well as other writing courses for Osher Lifelong Learning at CMU. She has taught screenwriting at Chatham as well as TV/film producing at Point Park. Molly has had a long career in television production. She won an Emmy award for *Kings on the Hill*, *Baseball's Forgotten Men about the Negro Leagues* that were based in Pittsburgh. Her writing/directing and producing work includes documentary, drama, musical performance, and other performing arts. She had a long association with WQED for many national shows, including the series, *Kennedy Center Tonight* and *Previn and the Pittsburgh*. She worked in NYC and also at PBS in Washington, D.C. She has written radio and TV commercials and worked as a writer/producer/director for many diverse clients. Now, she is nearly a full-time Osher student and she loves it.

# SCIENCE

Architecture | Astronomy | Medical

## ARCHITECTURE

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### Masters Of Modern Architecture Part 3

*Study Leader:* Jeffrey Swoger

- 6 Classes: Sep. 17 – Oct. 22 *Class ID:* 3867
- Friday, 10:45 AM - 12:15 PM
- Cyert Hall, Room 50

The survey of modern architects, which began with the world's first steel-framed skyscraper in Chicago, concludes with a broad look at contemporary architecture. Beginning with Philip Johnson and "Postmodernism" concluding with the Chinese firm of Neri & Hu, we will examine examples of the kaleidoscope of approaches to design, and the introduction of new technologies, to create buildings that challenge our preconceptions and excite our senses. Striking photography and video will illustrate the adventure. Lively discussions will be strongly encouraged.

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

## ASTRONOMY

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### Book Of Genesis Versus Evolution Of The Universe

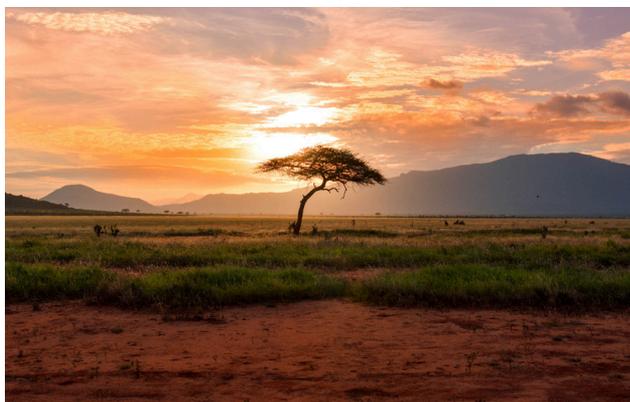
*Study Leader:* Leonard Kisslinger

- 1 Class: Nov. 3 *Class ID:* 3823
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Rm 35

**ONE DAY**

Before I start the Course I will hand each students the notes: The Book of Genesis Versus the Evolution of the Universe. I will project each page so the students can more easily follow the lecture. Also, since some pages contain equations the students can use these notes after the course is finished to help them understand some details which they might find confusing during the 1 1/2 hour course.

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



MEDICAL

## African Adventures: Traveling with A Medical Team

Study Leader: Katrina Zeigler

- 1 Class: Oct. 26 Class ID: 3891
- Tuesday, 10:45 AM - 12:15 PM
- Cyert Hall, Room 50

ONE  
DAY

This course will describe my travels as a volunteer nurse with a surgical team to Senegal, Zambia and Mozambique. Our mission is to teach by providing the expertise of pediatric urology surgeons from the US. I have traveled to Africa for seven years with this group (IVUMed) and am looking forward to sharing my information about the patients, their families as well as the nurses, doctors and the medical team. My last trip prior to the pandemic was to Mozambique. Also I wish to share the adventures we had in our free time, including safaris, the Sahara Desert, and the beautiful country and people I met while there.

**Katrina (Tina) Zeigler** retired from pediatric urology at Children’s Hospital of Pittsburgh after 45 years. She became involved with IVUMed (International Voluntary Urology Medical Group) as the nurse coordinator for 28 years for the University of Pittsburgh Physicians. She does work very part time in home health-care and recently volunteered to give the Covid Vaccine.

## Intro To Medical Marijuana And Its Medicinal Value

Study Leader: Richard Greer

- 1 Class: Nov. 2 Class ID: 3961
- Tuesday, 10:45 AM - 12:15 PM
- Cyert Hall, Rm 35

ONE  
DAY

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

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

# SOCIAL SCIENCES

Contemporary Topics/Sociology | History | Pittsburgh | Politics/Government | Psychology

## CONTEMPORARY TOPICS/ SOCIOLOGY

### What's The Big Deal About Infrastructure

*Study Leader:* Stephen Blank

- 2 Classes: Dec. 2 and Dec. 9 *Class ID:* 3934
- Thursday, 10:30 AM - 12:30 PM **TWO DAY**
- Cyert Hall, Room 50

Promises, promises, promises. Everyone promises more, better, fixed infrastructure. What has happened? Report Cards? Every couple of years, the American Association of Civil Engineers issues a report card on US infrastructure. In case, you haven't heard, we've moved up from a D- to a C+. 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? What decisions have to be made in the next few years to prepare for a more successful future?

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

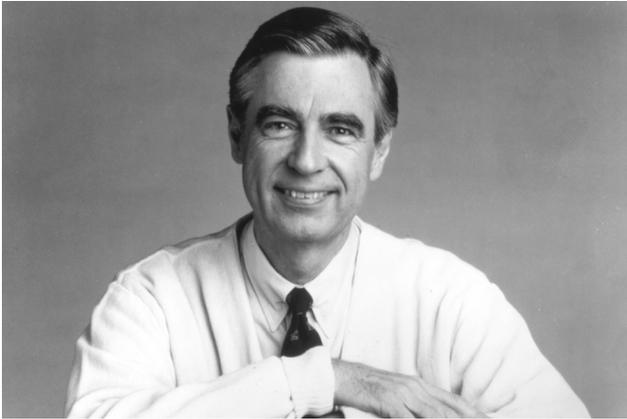
### Trail Cycling For All Ages And What's A Recumbent

*Study Leader:* Zarky Rudavsky

- 2 Classes: Oct. 25 and Nov. 1 *Class ID:* 3874
- Monday, 10:45 AM - 12:15 PM **TWO DAY**
- Cyert Hall, Room 50

What are those funny looking laid back bikes you see around Pittsburgh? I will discuss why I ride a recumbent bike, the advantages and disadvantages, and what you need to know if you are interested in them. We will also spend time discussing the dedicated bike trails in and around Pittsburgh and beyond. Why is cycling such a great exercise as we age, and how can we do it safely? We will also look at opportunities for longer bicycle touring trips and bike vacations.

**Zarky Rudavsky** is a retired optometrist and long time cyclist. He switched from conventional upright bikes to recumbent bikes about 20 years ago, although he occasionally can be seen riding an upright bike. He enjoys exploring the bike paths in and around Pittsburgh and has done bicycle tours in Ohio, Maryland, Virginia, Vancouver Island and the Gulf Islands, Prince Edward Island, Montreal and the Laurentians, Idaho, Israel, Argentina, and Pennsylvania.



## The Teachings Of Fred Rogers

*Study Leader:* Norton Gusky

- 6 Classes: Nov. 5 – Dec. 17\* *Class ID:* 3830
- Friday, 10:45 AM - 12:15 PM
- Cyert Hall, Rm 35

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

How can we use the writing and words of Fred Rogers to inspire a new generation of learners? By using the new book by Gregg Behr, *When You Wonder, You're Learning*, Osher students will uncover many ways they might follow in Rogers' footsteps, sharing his "tools for learning" with digital-age kids. With insights from thinkers, scientists, and teachers—many of whom worked with Rogers himself—the book is an essential exploration into how kids and their parents can excel at what Rogers taught best: being human. The class will kick off with a presentation by Gregg Behr and then each week another guest expert will share more about the teachings of Fred Rogers.

**Norton L. Gusky** has been an Adjunct Faculty Member at the H. John Heinz III School of Public Policy and Management and has been an adjunct professor at the University of Pittsburgh. Gusky was the Coordinator of Educational Technology for 21 years for the Fox Chapel Area School District in Pittsburgh, PA. He is currently an educational technology broker for his own firm, NLG Consulting, LLC. He is the co-chair of the Emerging Technology Committee for the Consortium of Schools Networked (CoSN). Joining him will be a series of experts that include: Tom Lauwers, the Chief Scientist and Founder of Birdbrain Technologies; Stephen MacIsaac, the Executive Director of Neighborhood Learning Alliance; Jason Swanson, a futurist with KnowledgeWorks; Jessica Lee, a performing singer, lawyer, and non-profit administrator; and Justin Aglio, the Director of Academic Achievement and District Innovation at Montour School District and Visiting LearnLab Scholar at Carnegie Mellon University's Human-Computer Interaction Institute in the School of Computer Science.

## How Do You Explain India?

*Study Leader:* Sankar Seetharama

- 3 Classes: Nov. 9 – Nov. 23 *Class ID:* 3917
- Tuesday, 10:45 AM - 12:15 PM
- Cyert Hall, Room 50

India the world's largest democracy and the second most populous nation in the world is a study in contrasts. It is a fascinating land of cultures, languages, religions, history, natural beauty among other things. It is developed and undeveloped, rich and poor, educated and illiterate, tolerant and intolerant, simple and confusing – all at the same time. During this course we will start by tracing Indian history to the present and discuss the diverse nature of the population, culture, and country. We will conclude by discussing current day India its successes/failures and socio economic challenges.

**Sankar Seetharama** is currently a semi-retired management consultant after a 40-year career in the environmental control industry in a variety of different roles. His experience is in marketing, business development, bidding & contract negotiations, international business, product development, and project management air pollution control systems and services for major industries. Mr. Seetharama has a BS in Mechanical Engineering from Banaras Hindu University, India and an MBA from the University of Pittsburgh, PA. He & his spouse love traveling - exploring new countries, cultures, peoples and hiking the great outdoors. His travels for business and pleasure trips with his family have taken him to all 50 states and over 40 countries. He also enjoys cooking, photography, and model railroading.

## Treasures Of Incredible India

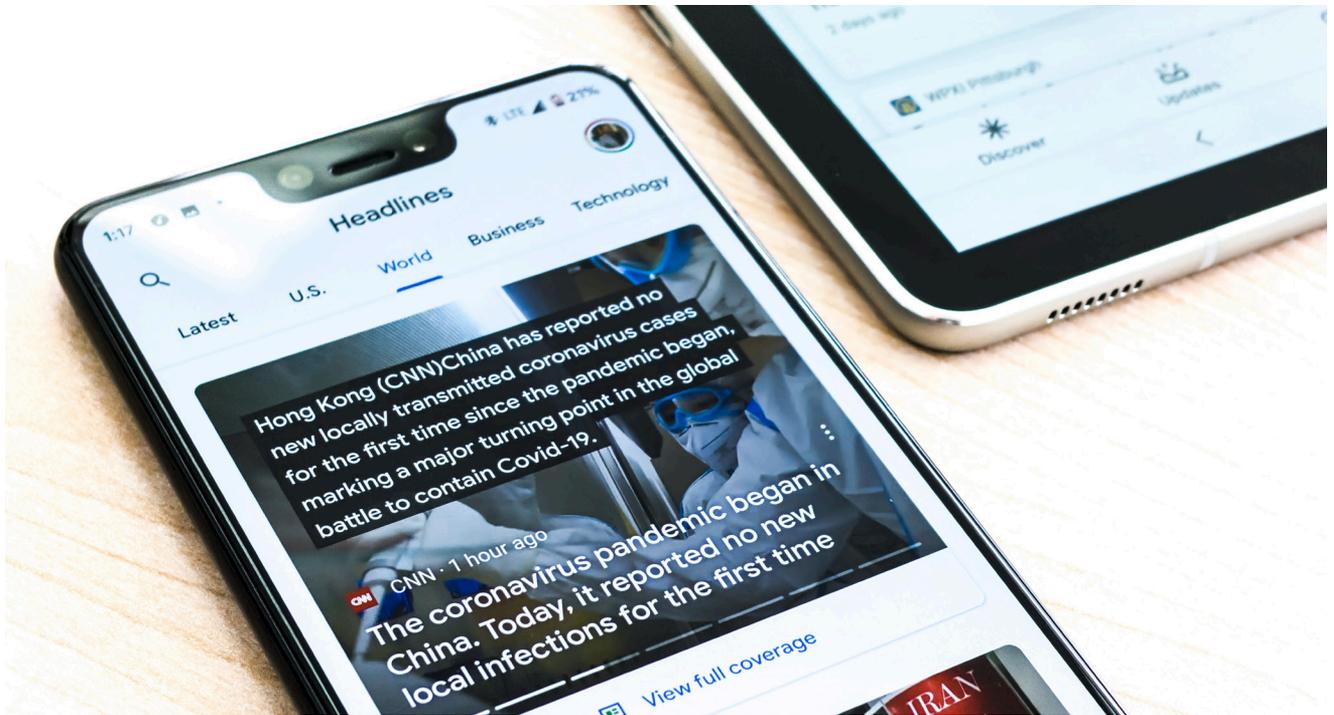
*Study Leader:* Sankar Seetharama

- 3 Classes: Nov. 11 – Dec. 2\* *Class ID:* 3918
- Thursday, 8:45 AM - 10:15 AM
- Cyert Hall, Room 50

*\*Note: Class will not meet on Nov. 25*

India has been the melting pot for cultures over the centuries. This is reflected in its diverse tapestry of structures dating back hundreds and thousands of years. During this course we will tour through the length and breadth of the country and explore some of its forts, palaces, temples, monuments and learn a little bit about their history plus view their rich architecture, beauty and unusual features

See **Sankar Seetharama**, *previous listing*



## Urban Planning Choices: Post Covid

*Study Leader:* Ruth Cooper Reidbord

- 5 Classes: Nov. 11 – Dec. 16\*      *Class ID:* 3852
- Thursday, 1:00 PM - 2:30 PM
- Cyert Hall, Combo

*\*Note: Class will not meet on Nov. 25*

We will examine projects or concepts in the Pittsburgh metropolitan area that may have been affected by the Covid Crisis. Guest speakers will be invited to share their experiences and knowledge of the issues facing the region.

**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.

## Non-Fake News: An Insider's Tour Of Journalism

*Study Leader:* Kellie Gormly

- 2 Classes: Oct. 27 and Nov. 3      *Class ID:* 3943
- Wednesday, 3:00 PM - 4:30 PM
- Cyert Hall, Rm 35

**TWO DAY**

In this two-part series, veteran journalist Kellie B. Gormly will talk about the ABCs of how the news business and journalism work. What is real news and fake news? How do reporters come up with story ideas and report them? What are the ethical guidelines of journalism? You will hear many intense and entertaining stories about Kellie's 25 years of experience writing for newspapers and magazines.

**Kellie B. Gormly** is a freelance writer for *The Washington Post*, several national magazines, and a former staff writer for the *Pittsburgh Tribune-Review*.

## Health, Wealth, And Inequality

Study Leader: Jack Ochs

- 2 Classes: Oct. 25 and Nov. 1      Class ID: 3835
- Monday, 10:45 AM - 12:15 PM
- Cyert Hall, Rm 35

**TWO  
DAY**

This course will discuss two books by Angus Deaton, *The Great Escape* and *Deaths of Despair*. Both books discuss the relationship between health, economic progress, and inequality. While the first book covers a broad sweep of history, the second is addressed to the increase in death rates among white males with no more than a high school education in the United States.

**Jack Ochs**, a Pittsburgh native, retired as Professor of Economics at the University of Pittsburgh. His research and teaching focused on experimental economics and public policy. Since retiring, he has enjoyed developing courses for lifelong learning programs.

## Religion, Race, And Racism In America

Study Leader: Daniel Aleshire

- 3 Classes: Nov. 9 – Nov. 23      Class ID: 3907
- Tuesday, 12:45 PM - 2:15 PM
- Cyert Hall, Rm 35

Religion and race have been influential factors in the social fabric of the United States since before the nation was formed. Their influence continues, even as both religion and the racial composition of the American population are changing. Religion has contributed to problems with race and racism, but it also has the capacity to address moral wrongs and ease racial tensions. This course will explore the history of religion and race in the US, examine some of sociological and psychological findings about religion and race, and consider the ways that religion can address racial injustice and contribute to easing racial tensions.

**Daniel Aleshire** served on the staff of The Association of Theological Schools in the United States and Canada (ATS) from 1990 until 2017, the last 19 years as executive director. Prior to joining the ATS staff, Aleshire was a seminary professor for 12 years and before that, a research scientist for three years. Among his publications are *Being There: Culture and Formation in Two Theological Seminaries*, (Oxford University Press) co-authored with Jackson Carroll, Barbara Wheeler, and Penny Long Marler, which received the 1998 Distinguished Book Award from the Society for the Scientific Study of Religion; *Earthen Vessels: Hopeful Reflections on the Work and Future of Theological Schools*, (Eerdmans 2008); and *Beyond Profession: The Next Future of Theological Education* (Eerdmans 2021). He holds the BS from Belmont University, the MDiv from The Southern Baptist Theological Seminary, and PhD from George Peabody College for Teachers (now Peabody College of Vanderbilt University).

## Ethics In Healthcare

*Study Leader:* James Reilly

- 6 Classes: Sep. 14 – Oct. 19 *Class ID:* 3903
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Room 50

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 an American critical life system. Many of these trends preceded and have been exacerbated by the COVID-19 pandemic. This course will explore the cultural roots of ethical theories, and apply both deontology and consequentialist approaches to several current ethical challenges, including reproductive technology, abortion, medical tourism, and other global health problems, patient autonomy, enhancement, and the ethics of ICU beds and vaccination.

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

## HISTORY

### Ernest And Hadley

*Study Leader:* Donald Carter

- 1 Class: Oct. 25 *Class ID:* 3895
- Monday, 12:45 PM - 2:15 PM
- Cyert Hall, Room 50

ONE  
DAY

In 1920 Elizabeth Hadley Richardson met freelance journalist Ernest Hemingway at a party in Chicago. He was also writing short stories, but none had been published. Within a year Ernest and Hadley were married and living in Paris. Fame was just around the corner for Hemingway. American literature was never the same. Hemingway married three more times, but Hadley was the “Paris Wife” immortalized in Hemingway’s *A Moveable Feast*, published three years after he committed suicide in 1961. This single session course will focus on the relationship of Ernest and Hadley and its impact on Hemingway’s career.

**Don Carter** is a Senior Research Fellow at the Remaking Cities Institute, Carnegie Mellon University. Prior to joining CMU in July 2009 to teach urban design and to direct the Remaking Cities Institute, Don was President of Urban Design Associates in Pittsburgh. He led many of the firm’s most complex projects over 36 years, drawing upon his international experience as an architect, urban designer, and developer. Don has lectured internationally on urban design and architecture. His latest book is *Remaking Post-Industrial Cities: Lessons from North America and Europe*. Don currently serves on the boards of the Pittsburgh Cultural Trust and the CMU Andrew Carnegie Society. He previously served on the boards of the Andy Warhol Museum, Pittsburgh Downtown Partnership, Pittsburgh Zoo, Pittsburgh Chamber of Commerce, Pittsburgh Public Theater, and Leadership Pittsburgh. Don earned a Bachelor of Architecture degree from CMU and did post-graduate study in urban design and regional planning at the University of Edinburgh, Scotland.



## Edward R. Murrow

*Study Leader:* Stanley Winikoff

- 6 Classes: Sep. 15 – Oct. 20      *Class ID:* 3872
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Room 50

Edward R. Murrow was a preeminent radio and television journalist in the 1940s through the 1960s. His broadcasts from London during the “Blitz” to his television interview shows made him famous. His famous confrontation with Senator Eugene McCarthy was one of the significant exposing his tactics and his lack of a factual basis for his allegations that there were Communists “everywhere.”

**Stanley Winikoff** is a retired trial lawyer who chairs the Osher Curriculum Committee and teaches courses on movies.

## The Cold War

*Study Leader:* Charles Hier

- 6 Classes: Sep. 16 – Oct. 21      *Class ID:* 3925
- Thursday, 8:45 AM - 10:15 AM
- Cyert Hall, Room 50

We will test the hypothesis that there were two ‘causes’ of the Cold War: Soviet perceptions of the US and the fears aroused in the West regarding the striving for autonomy of the newly awakening ‘Third World.’ We will spend at least the first class in examining some of the events before and during WWII that convinced the Soviet Union that the US was treating them as an enemy. Once the Soviets came to believe this, the Cold War proceeded in earnest. We then examine how the aspirations of the Third World drive the Cold War. We will examine these themes in connection with the problems faced by the Soviet governments from Stalin to Gorbachev.

**Chuck Hier** studied at Rice (philosophy BA), New York University (philosophy MA), Boston College (history MA) and Pitt (history PhD). He travelled to Russia for archival materials for his dissertation on collectivization in a county-sized area near Smolensk. He has taught history at a number of schools near Pittsburgh—the University of Akron, West Virginia Northern Community College, IUP, Slippery Rock, and Carlow, but mostly at Pitt and Duquesne. The subject matter of this course was inherited from his mentors and then developed by him in 15 years of teaching Soviet history.



## The Sinking Of The Lusitania

Study Leader: David Albert

- 2 Classes: Oct. 26 and Nov. 2 Class ID: 3850
- Tuesday, 8:45 AM - 10:15 AM
- Cyert Hall, Rm 35

**TWO  
DAY**

The tragedy of the Lusitania, sunk by a German U-boat on May 7, 1915 with the loss of almost 1200 lives, is one that many people have heard of but really know very little about. How did it happen? What was the outcome? Who was to blame? Learn all the varied circumstances that came together to create the “perfect storm” that resulted in one of the greatest maritime disasters ever, and which started the United States on the path toward entry into World War I.

**David L. Albert** is a retired Air Force officer who has been studying the Civil War most of his life. He was a Civil War docent for the Alabama Museum of Archives and History, co-taught the Civil War elective at the Air Force’s Command and Staff College, and has taught Civil War courses for Elderhostel and Osher at both Pitt and CMU.

## The Gettysburg Campaign

Study Leader: David Albert

- 6 Classes: Nov. 8 – Dec. 13 Class ID: 3851
- Monday, 8:45 AM - 10:15 AM
- Cyert Hall, Room 50

This course will examine the events leading up to the battle, the three-day battle itself, and the aftermath of what many consider the high-water mark of the Confederacy. It will cover many of the numerous controversies generated on both sides as well as the who, what, when, where, and why of one of the most studied campaigns in military history.

See **David L. Albert**, *previous listing*

## Women In The American Civil War

Study Leader: Joan Gundersen

- 5 Classes: Sep. 14 – Oct. 12 Class ID: 3861
- Tuesday, 10:45 AM - 12:15 PM
- Cyert Hall, Combo

How did women participate in the American Civil War? How did the war reshape the lives of women both in war zones and on the home front? This course will look at the ways that women were active participants in the war effort, the opportunities that opened for some women during the war, and the ways that women’s lives were challenged, disrupted, and reshaped by the war. The course will explore how race, class, and region affected the way women experienced this game-changing event in American history.

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

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

*Study Leader:* Sheila Werner

- 6 Classes: Sep. 15 – Oct. 20 *Class ID:* 3838
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Room 50

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

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

## Germany Between The Wars

*Study Leader:* Sheila Werner

- 6 Classes: Nov. 8 – Dec. 13 *Class ID:* 3839
- Monday, 10:45 AM - 12:15 PM
- Cyert Hall, Room 50

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

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

## Liberty And No Excise!

*Study Leader:* Denise Cummins

- 2 Classes: Oct. 26 and Nov. 2 *Class ID:* 3853
- Tuesday, 1:00 PM - 2:30 PM
- Bradford House Museum

**TWO DAY**

This was the rallying cry for the Whiskey Rebellion of 1794, the first test of the power of the federal government under the new U.S. Constitution, when the unpopular excise tax levied against frontier farmers incited them to violent protest. Session 1 is a seminar providing an overview of this insurrection. Historical context will be established through lecture and exploration of primary sources. Session 2 is a site visit to the Bradford House Museum where participants will tour the beautifully restored and appointed National Historic Landmark home of Whiskey Rebellion leader David Bradford, and the Whiskey Rebellion Education & Visitor Center, 184 South Main Street, Washington, PA, where visitors will walk through an illustrated timeline of events and period displays. Knowledgeable docents, in period attire, will provide additional insight as well as answer questions.

Please note: *2nd class at Bradford House Museum, 175 South Main St., Washington, PA 15301*

**Denise Resciniti Cummins** was born and raised in Washington, Pennsylvania, a few blocks from the Old Stone House that is now the Bradford House Museum. She earned her B.A. from Bethany (WV) College and completed graduate-level coursework through Pennsylvania State University, West Virginia University, and Waynesburg University. Denise began volunteering at the Bradford House following her 2012 retirement from Trinity Area School District after 30+ years of teaching. Her roles at the Bradford House include: a member of the Board of Directors of the Bradford House Historical Association, lead docent, house manager, gift shop manager, workshop and day camp facilitator, and collections manager. She has been involved with the National History Day program for over 20 years, first as a teacher/mentor and currently as a judge for the Pittsburgh Regional and West Virginia State competitions. A lifelong learner, she enjoys finding the story behind the history and sharing that story with others.

PITTSBURGH

**Walking The Outskirts  
Of Downtown Pittsburgh**

*Study Leader:* Jay Steele

- 5 Classes: Sep. 14 – Oct. 12 *Class ID:* 3812
- Tuesday, 8:30 AM - 10:30 AM
- See description for location

This five week course will give the student the very unique perspective of the past, present, and future of the Downtown Pittsburgh outskirts by an experienced walking tour guide. He will point out the fun rich history, architecture, and other hidden gems. It's a very enjoyable way to exercise and learn during the fall season. We will explore meeting each week at a different location including: Uptown/Hill/Bluff, South Side, Lawrenceville, Mt. Washington, and the Strip district.

**Jay Steele** has been an adjunct professor of Health and Physical Education at CCAC for 35 years. Jay lives in Ross Township and is married. He has also taught for 22 years lifelong development walking courses for both CCAC and Pitt. Including a story done in the Pittsburgh Post-Gazette. He has walked Downtown Pittsburgh, North Side, East End, the Downtown Outskirts (like the Strip District), Oakland/Shadyside and numerous suburbs in Allegheny County. He developed these walking classes combining his love of exercise, Pittsburgh history, and architecture.

**Jewish Squirrel Hill:  
1917-1957**

*Study Leader:* Heinz History Center \*

- 1 Class: Oct. 25 *Class ID:* 3902
- Monday, 3:00 PM - 4:30 PM
- Cyert Hall, Room 50

**ONE  
DAY**

This one-day course will chart the development of the Jewish community in Squirrel Hill over its first 40 years, showing how a residential suburb became the beloved “Jewish neighborhood” it is today. Instead of looking at broad trends, it will use archival evidence to follow incremental changes in the neighborhood year-by-year. The course will consider the development of subdivisions, the establishment of businesses, and the arrival of synagogues, schools and community centers. It will also consider Squirrel Hill in relationship to the larger Jewish population of Allegheny County, following migrations into the neighborhood from various directions as Squirrel Hill gradually consolidated the Jewish population of a broad region, as well as how it reckoned with the suburbs.

**Eric Lidji** is the director of the Rauh Jewish Archives at the Heinz History Center. He is a child of Squirrel Hill and a graduate of the University of Pittsburgh. He spent 15 years as a journalist before joining the Rauh Jewish Archives, first as a volunteer, then as a researcher and for the past three years as its director. He curates its Jewish history website “Generation to Generation,” oversees the Small Towns Jewish History Project, and hosts its podcast “The Cornerstone.” He has written extensively about the Jewish history of Western Pennsylvania for local periodicals. He is the author of *The Seventeenth Generation: The Lifework of Rabbi Walter Jacob* and a coeditor of the anthologies *Her Deeds Sing Her Praises* and *Bound in the Bond of Life*.

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

Study Leader: Alphabet City \*

- 1 Class: Oct. 26 Class ID: 3832
- Tuesday, 10:45 AM - 12:15 PM
- Alphabet City Center,  
40 W. North Avenue, North Side

ONE  
DAY

This course is a one-time visit to City of Asylum’s new cultural center, Alphabet City, on Pittsburgh’s Northside. City of Asylum is a sanctuary for writers from around the world under threat of persecution, as well as a presenting arts organization focused on giving voice to artists who are often excluded from traditional artistic spaces. In doing so, City of Asylum creates a thriving community of writers, readers, and neighbors. During this course, your group will learn how City of Asylum’s unique model has helped anchor the development of the Garden Theater Block with a cultural center that includes a performance space, bookstore, and restaurant. It has built a diverse audience, and protects free expression while fostering cross-cultural exchange.

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

**Anne Lackner** was trained as a lawyer. She speaks French fluently, and her mother tongue is Dutch. Anne is co-founder with Vincent of The Lackner Group, Inc., a software company committed to providing innovative solutions in trust and estate administration, to law firms, bank trust officers, and C.P.As. She is a member of the external advisory board at the University of Pittsburgh’s EU Center of Excellence.

## POLITICS/GOVERNMENT

### Challenges To Foreign Policy Today

Study Leader: Dennis Jett

- 6 Classes: Sep. 16 – Oct. 21 Class ID: 3930
- Thursday, 10:45 AM - 12:15 PM
- Cyert Hall, Combo

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

**Dennis Jett** is a founding faculty member and professor in the School of International Affairs at Penn State University. He served 28 years in the State Department in a wide range of positions including as Ambassador to Peru and Mozambique, Senior Director for African Affairs on the National Security Council, Deputy Chief of Mission in Malawi and Liberia, and in Argentina and Israel. From 2000 to 2008, he was Dean of the International Center at the University of Florida. He has a Ph.D. in international relations and is the author of four books: “American Ambassadors,” “The Iran Nuclear Deal,” “Why Peacekeeping Fails,” and “Why American Foreign Policy Fails.” He has been interviewed frequently on PBS, CNN, NPR, BBC and other national and international news programs. A member of the Council on Foreign Relations and the American Academy of Diplomacy, he has written over 180 opinion pieces for a wide variety of newspapers. In 2016 he was a Fulbright senior scholar and professor at Tel Aviv University and he has been granted another Fulbright to teach at the Autonomous University of Madrid in 2023.

## Your Vote Counts. Doesn't It?

*Study Leader:* Randy Weinberg

- 2 Classes: Oct. 27 and Nov. 3      *Class ID:* 3896
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Room 50

**TWO  
DAY**

In the aftermath of the 2020 election, state legislators across the country have introduced hundreds of bills governing elections and access to voting. Under the guise of election security and prevention of voter fraud, many of these bills impose additional obstacles to voter registration, cutbacks on early voting, consolidation of polling places, elimination of mail-in ballots, and strict voter identification requirements. Each measure to restrict voting in some way disenfranchises some group of voters. Further efforts at governing election administration potentially inject serious partisan politics into the process. And, through partisan gerrymandering of district boundaries, election outcomes can often be predetermined. Who can vote in upcoming elections, and how easily, will depend increasingly on where Americans live. This course surveys the current state of voting rights legislation and 2021 redistricting activity.

**Randy S. Weinberg** is an emeritus teaching professor in Information Systems at Carnegie Mellon University and continues to teach for CMU on an occasional basis. He won the University's Gelfand Award for Educational Outreach in 2019. He has been an active member of Osher at CMU, serving on various committees and teaching a variety of courses - most recently 'Where Do You Think You Are?' (story telling with maps) and 'Gerrymandering 101'.

## Reinhold Niebuhr: Philosophy, Politics, And Race

*Study Leader:* Ronald Stone

- 6 Classes: Sep. 14 – Oct. 19      *Class ID:* 3886
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Rm 35

This course will examine through lecture, discussion, and readings Reinhold Niebuhr's intellectual and political development into the current renaissance of his influence, particularly on President Barak Obama. Discussion will focus on his German origins and early work; socialism and economic thought; the World Wars and Christian Realism; thoughts on the Cold War, including the Vietnam War; prospects for democracy; his race relations work, including consideration of Martin Luther King, Jr. and James Cone; and final revisions in his thought, including criticism and response. Recommended Reading: Ronald H. Stone, *Politics and Faith: Reinhold Niebuhr and Paul Tillich at Union Seminary in New York*.

**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.

### Important

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

## PSYCHOLOGY

**Cognition And Aging***Study Leader:* Bruce Goldstein

- 6 Classes: Sep. 14 – Oct. 19 *Class ID:* 3859
- Tuesday, 8:30 AM - 10:30 AM
- Cyert Hall, Combo

Do you feel as if your memory isn't what it once was? Are you finding it more difficult to pay attention to what's happening on the road while you're driving? If that's the case, join the club. You're aging! But although negative changes in memory, attention and other cognitive functions do occur as we age, the amount of change differs for different people, and it is possible to optimize your cognitive functioning by engaging in "critical lifestyle activities." This seven-session course tells a story through lecture, short videos, and class discussion, which begins by considering questions such as "What is the mind?" "How does memory work?" and "How does aging affect memory?" and continues by considering how critical lifestyle activities - eating right, getting enough sleep, exercising mind and body, socializing, meditating, and being mindful - can help keep your mind sharp as you age.

**Bruce Goldstein** was on the psychology faculty at the University of Pittsburgh from 1969 to 2012, during which time he wrote multiple editions of college textbooks on perception and cognition. He has taught *Your Amazing Mind*, *Cognition and Aging*, and other courses about the mind and brain for OLLI at CMU, Pitt, and the University of Arizona. His book, *The Mind: Consciousness, Prediction and the Brain*, published this year by MIT Press, is partially based on the *Your Amazing Mind* course.

**The Science, Mystery And Art Of Shadows***Study Leader:* Bruce Goldstein

- 6 Classes: Nov. 9 – Dec. 14 *Class ID:* 3860
- Tuesday, 8:30 AM - 10:30 AM
- Cyert Hall, Room 50

Shadows happen when an object blocks light. But they are much more than that. Shadows are personal: As they follow you around, they change size during the day, from a small baby at noon, walking just beneath your feet, to a stretched-out 40-foot-tall giant near sunset. Shadows are functional: Used to measure time and the heights of pyramids. Revealing craters on the moon and creating x-ray images. Helping us perceive the locations, shapes and textures of features of our environment. Shadows are mythical and cultural: Described by Plato, part of psychiatrist Carl Jung's theory of personality, and central to myths (shadow people), metaphors (shadow cabinet), stories (Peter Pan losing his shadow), and popular culture ("Only the Shadow knows"). Finally, shadows are artistic: Involved in painting (Leonardo, Monet, Warhol), photography, puppetry, films and architecture. These lectures will enhance your appreciation of the science, mystery, and artistry of shadows.

See **Bruce Goldstein**, *previous listing*

# CMU CAMPUS MAP

## BUILDINGS

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

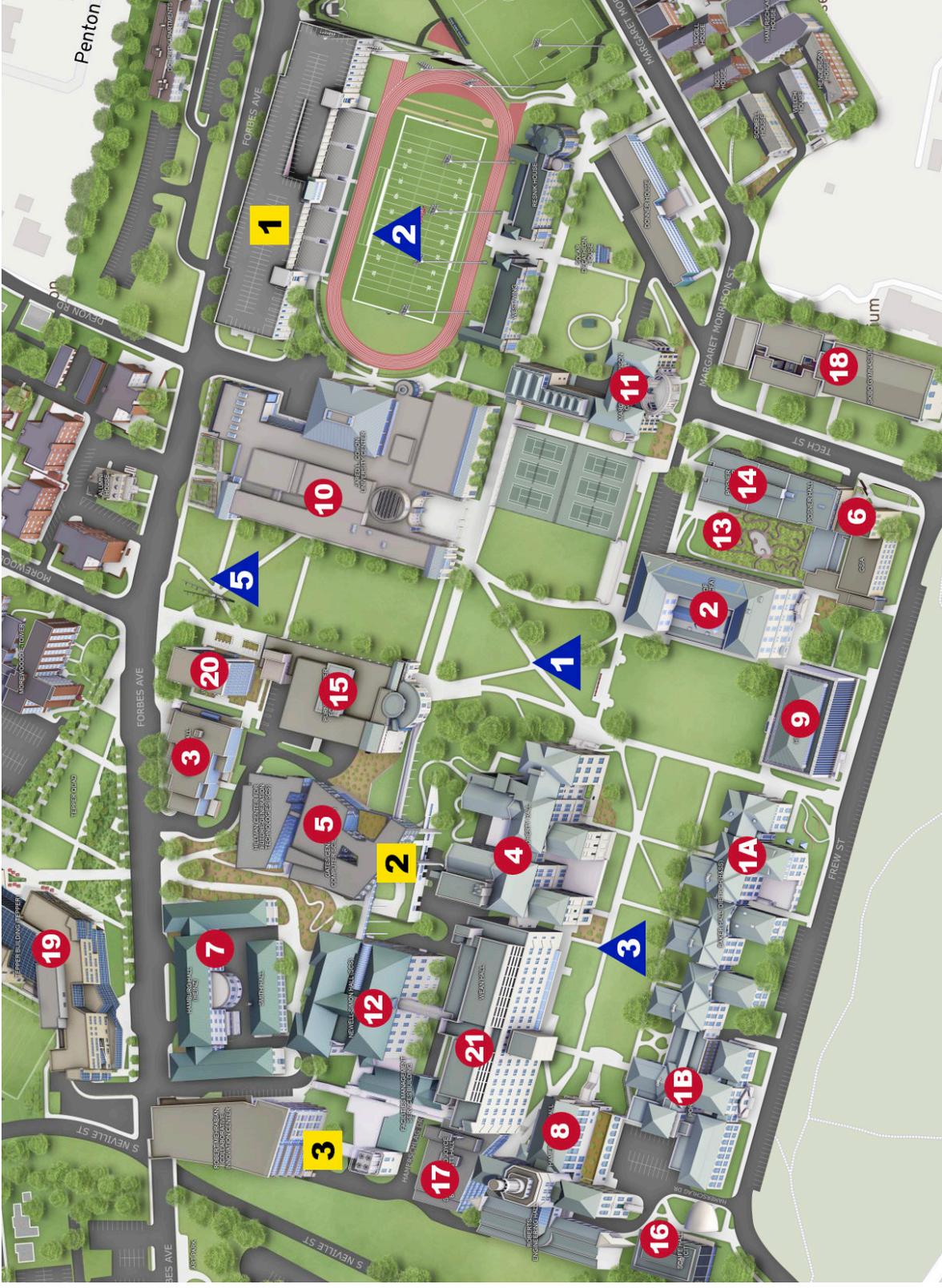
## PARKING

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

## LANDMARKS

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





Carnegie Mellon University



# CAMPUS MAP

# ONLINE - ZOOM

Classes in this section will be held online via Zoom.



# ARTS & HUMANITIES

Art | Cinema/Film | Literature | Music

## ART

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### Pittsburgh's Light-based Public Art

*Study Leader:* Rachel Klipa

- 1 Class: Nov. 4 Class ID: 3813
- Thursday, 8:45 AM - 10:15 AM
- Online - Zoom

**ONE  
DAY**

Participants in the one-day course, Pittsburgh's Light-based Public Art, will learn about several light-based works in Downtown Pittsburgh. Downtown has an excellent collection of light-based works, with one work that was commissioned as far back as the 1930s. This one day class will present several notable light-based works along with their histories and connecting themes.

**Rachel Klipa** is the program manager at the Office of Public Art. She is a practicing art historian and a level II, Pennsylvania-certified teacher, with 10 years of experience as a Spanish teacher. She holds degrees in art history, education, and Spanish.

## CINEMA/FILM

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### A Night At The Movies

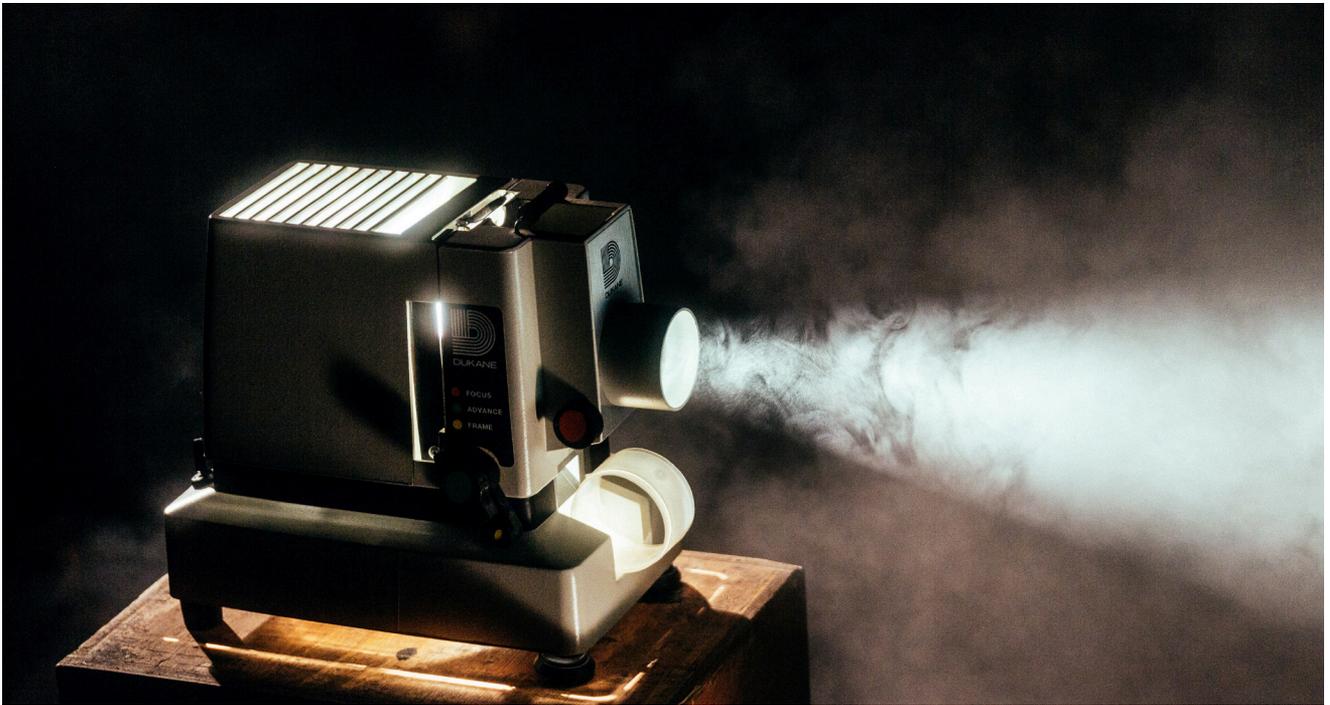
*Study Leader:* Stanley Winikoff, Jeffrey Swoger

- 6 Classes: Nov. 5 – Dec. 17\* Class ID: 3958
- Friday, 3:00 PM - 4:30 PM
- Online - Zoom

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

The format is that the movies discussed are available at the Library on through on of the online viewing services (Prime, Netflix, Hulu, Apple TV, MSN, Peacock, etc). The students would view the movies at their leisure, read materials we prepared about the movie, its stars, producers, political aspects, etc. and discuss it in class.

**Stanley Winikoff** is a retired trial lawyer who chairs the Osher Curriculum Committee and teaches courses on movies.



## A Night At The Movies: The French New Wave

*Study Leader:* Stanley Winikoff, Jeffrey Swoger

- 6 Classes: Sep. 16 – Oct. 21      *Class ID:* 3959
- Thursday, 3:00 PM - 4:30 PM
- Online - Zoom

The format is that the movies discussed are available at the Library on through on of the online viewing services (Prime, Netflix, Hulu, Apple TV, MSN, Peacock, etc). The students would view the movies at their leisure, read materials we prepared about the movie, its stars, producers, political aspects, etc. and discuss it in class.

See **Stanley Winikoff**, page 49

## Cinema Arts: Early Film

*Study Leader:* Charles Glassmire

- 5 Classes: Nov. 8 – Dec. 6      *Class ID:* 3909
- Monday, 3:00 PM - 5:00 PM
- Online - Zoom

This course will screen some of the cinema’s early formative works, beginning with Eadweard Muybridge’s Motion Studies (1877-1885). These films display the foundations from which the styles and stories of contemporary cinema evolved. While these early efforts are often called “silent cinema”, they were often screened in locations accompanied by piano, or sometimes orchestra music. All films will be screened via Zoom

**Charles Glassmire** has taught cinema and computer arts at five different colleges/universities for several decades. Formerly a nuclear engineer with Westinghouse for nine years, he returned to graduate school, receiving the Master of Fine Arts (MFA) degree in film from Columbia University in the City of New York. He is a filmmaker and computer artist.

LITERATURE

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**Pleasures Of Poetry**

*Study Leader:* Judith Robinson

- 5 Classes: Nov. 9 – Dec. 7 *Class ID:* 3857
- Tuesday, 10:45 AM - 12:15 PM
- Online - Zoom

Poetry expands and enhances life. This course is designed for those who wish to explore the best of modern and classical poetic voices, with a special emphasis on bringing pleasure to participants who may not have experienced poetry—for whatever reason—until now. Writing is an option, including an opportunity to “workshop” with the class. Listening is a requirement!

**Judith R. Robinson** is an editor, teacher, fiction writer, poet, and visual artist. A 1980 summa cum laude graduate of the University of Pittsburgh, she is listed in the Directory of American Poets and Writers. She has published 75+ poems, five poetry collections, one fiction collection, and one novel; edited or co-edited twelve poetry collections. Her paintings have been widely exhibited and can be seen at her website: [judithrobinson.com](http://judithrobinson.com). She has taught at Osher at Carnegie Mellon University and the University of Pittsburgh. Her newest collection is *Carousel*, 2017, Lummo Press; newest edited collection is *Speak, Speak*, poetry of Gene Hirsch, 2020, Cyberwit Publishing, Allahabad, India.

**Homage To Larry McMurtry**

*Study Leader:* Gloriana St Clair

- 6 Classes: Sep. 14 – Nov. 23 *Class ID:* 3960
- Tuesday, 8:45 AM - 10:15 AM
- Online - Zoom

On March 25, 2021, Larry McMurtry rode permanently into the western sunset. Over the years, his fictional worlds had entertained readers enormously. In this course, readers will sample his creativity in essay, film, and novels. Works to be discussed are : The movie *Last Picture Show* (1968), the novel *Movin’ On* (1970), The Pulitzer winner *Lonesome Dove* (1996), *Duane’s Depressed* (1999), essays *Walter Benjamin at the Dairy Queen*(1999), and the movie *Brokeback Mountain*(2005). Class members will read/view these works before discussing them with their peers. McMurtry favored the plot in which a stranger comes into town. At the end of this class, he will no longer be a stranger to class members.

Please note: (*Sept. 14 & 28, Oct. 12 & 26, Nov. 9 & 23*)

**Gloriana St. Clair** served as the Dean of University Libraries at Carnegie Mellon University from 1998 to 2014, when she became the Inaugural Dean Emerita. During many of those years, she also served as the University liaison with Academy for Lifelong Learning and subsequently Osher Lifelong Learning at Carnegie Mellon University. She holds a B.A. and Ph.D. in literature from the University of Oklahoma; a master’s degree in library science from the University of California, Berkeley; and an M.B.A. from the University of Texas. She enjoys teaching, reading, writing, arithmetic, big computer projects (Million Book project, Olive project), playing bridge, swimming, listening, and much, much more. Nancy Travis Bolden spends her time and energy working to create a world that will offer equal opportunity to all. During her years of employment, she studied and practiced understanding the dynamics of race in the lives of her people, especially the young. She is particularly interested in family dynamics and their power to shape children. The International Young Women’s Christian Association Mission statement and leadership reinforced her family’s values on absolute equality. She shared some stories about this in her Story Corps interview archived at the Library of Congress.

## Short Stories: Glimmers Of Light

*Study Leader:* Helen-Faye Rosenblum

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- 6 Classes: Sep. 13 – Oct. 18      *Class ID:* 3889
  - Monday, 1:00 PM - 3:00 PM
  - Online - Zoom

- 
- 6 Classes: Sep. 13 – Oct. 18      *Class ID:* 3890
  - Monday, 3:30 PM - 5:30 PM
  - Online - Zoom

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

*Please note: Participants will be asked to acquire a copy of The Best American Short Stories, 2020, ed. Curtis Sittenfeld and Heidi Pitlor, Houghton Mifflin Harcourt, 202*

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

## Great And Notable Novels Read And Revisited

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

- 
- 6 Classes: Sep. 23 – Dec. 2      *Class ID:* 3871
  - Thursday, 12:45 PM - 2:45 PM
  - Online - Zoom

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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: class dates: Sep 23, Oct 7 & 21, Nov 4 & 18, Dec 2*

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

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

See **Gloriana St. Clair**, page 51

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



## MUSIC

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### Live Opera: Visceral And Magical

*Study Leader:* Marilyn Egan

- 4 Classes: Sep. 29 – Oct. 20      *Class ID:* 3939
- Wednesday, 1:30 PM - 3:00 PM
- Online - Zoom

When a live opera performance moves you emotionally, that gut feeling is real. We not only experience the visual stimuli—the costumes, lighting, makeup, sets, staging—but also the uncontrollable, extreme emotions that are produced when the sounds of the human singing voice and the instrumental music connect to us. This course will guide participants to use emotional lenses to examine opera favorites *The Magic Flute* and *Carmen*, as well as contemporary operas *The Rose Elf*, *In A Grove*, and *Blue*. Operas can have different meanings for each person. Find out what visceral effects opera evokes in you.

**Marilyn Michalka Egan, Ph.D.**, Director of Education for Pittsburgh Opera 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.

# BUSINESS & COMMERCE

Law



## LAW

### Independence Corrupted: How America's Judges Really Make Their Decisions

*Study Leader:* Charles Schudson

- 1 Class: Nov. 12 *Class ID:* 3947
- Friday, 12:45 PM - 2:45 PM
- Online - Zoom

ONE  
DAY

NEW

Judge Schudson exposes the personal, professional, and political pressures threatening judicial integrity like never before. With scholarship and impassioned accounts of compelling cases, he brings us behind the trial bench to see judges analyzing actual trials and sentencings. He opens doors to appellate chambers to hear judges debating life and death, multimillion-dollar damages, and priceless civil rights. *Independence Corrupted / How America's Judges Really Make Their Decisions* — for all concerned about the survival of judicial independence.

**Charles Schudson** is a Wisconsin Reserve Judge Emeritus and adjunct professor of law. A former state and federal prosecutor, trial and appellate judge, and Fulbright Scholar, he has keynoted conferences worldwide, and presented for OLLI chapters throughout America. A featured guest on NPR, PBS, and Oprah, he is the author of *Independence Corrupted / How America's Judges Make Their Decisions* (University of Wisconsin Press), a nominee for the 2018 National Book Award.

### Emerging Legal Issues

*Study Leader:* David DeFazio

- 5 Classes: Nov. 9 – Dec. 7 *Class ID:* 3834
- Tuesday, 3:00 PM - 4:30 PM
- Online - Zoom

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

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

# LEARN BY DOING

Art | Crafts/Hobbies | Dance/Exercise | Games | Self Improvement | Wellness | Writing

## ART

### Figure Drawing

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

- 6 Classes: Sep. 17 – Oct. 22    *Class ID:* 3915
- Friday, 9:30 AM - 12:00 PM
- Online - Zoom

- 6 Classes: Nov. 5 – Dec. 17\*    *Class ID:* 3916
- Friday, 9:30 AM - 12:00 PM
- Online - Zoom

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

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

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

*\*Materials fees are not refundable; information on page 94.*

## CRAFTS/HOBBIES

### Staging Small Spaces At Home With Antiques

*Study Leader:* Patricia Sheahan

- 6 Classes: Sep. 15 – Oct. 20    *Class ID:* 3948
- Wednesday, 3:00 PM - 4:00 PM
- Online - Zoom



Release your inner artist and make use of the many artful items found in your home to create and stage small spaces to add interest, eye appeal, narrative and personal statements. Each class will be an opportunity to explore possibilities of staging items in small spaces to enhance the environment and to add artful installations with what is already available to you.

**Patricia A. Sheahan** is an installation artist, a collector of antiques and one of a kind finds, an educator, and an educational consultant. Her installations have been shown at the Carnegie Museum of Art, The Spinning Plate, Seton Hill University Arts Center, Indiana University Sprowls Hall, Heinz History Center. Dr. Sheahan has been teaching at Duquesne University for the past twelve years for the School of Education and recently traveled to Trinidad/Tobago to teach Social Justice Through the Arts.

## DANCE/EXERCISE

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### Dance Fitness Gold

*Study Leader:* Maureen Gemeinhart

- 5 Classes: Sep. 13 – Oct. 11      *Class ID:* 3932
- Monday, 11:30 AM - 12:30 PM
- Online - Zoom

- 5 Classes: Nov. 8 – Dec. 6      *Class ID:* 3933
- Monday, 11:30 AM - 12:30 PM
- Online - Zoom

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

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

## GAMES

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### Bridge: Play of the Hand - Lecture

*Study Leader:* John Olmsted

- 6 Classes: Sep. 14 – Oct. 19      *Class ID:* 3877
- Tuesday, 11:00 AM - 12:00 PM
- Online - Zoom

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

See **John Olmsted**, page 18

### Improve Your Party Bridge Skills

*Study Leader:* John Olmsted

- 6 Classes: Nov. 8 – Dec. 20\*      *Class ID:* 3880
- Monday, 3:00 PM - 4:00 PM
- Online - Zoom

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

This course is for contract bridge players who enjoy a good quality social game but are not motivated to pursue the competitiveness of duplicate bridge. It assumes a basic knowledge of the game and will build on that. We will cover some bidding conventions, competitive bidding, planning play of the hand, and defenders' play. Example deals will be used to illustrate various skills. The course content will be partly determined by the desires of the participants.

See **John Olmsted**, page 18

## Bridge Basics III

*Study Leader:* Jack Patzer

- 6 Classes: Sep. 14 – Oct. 19 *Class ID:* 3912
- Tuesday, 3:00 PM - 5:00 PM
- Online - Zoom

Bridge is a card game enjoyed by tens of millions of people who like social interaction as well as mental challenges. Bridge involves both bidding (competing for the right to select a master suit) and playing (one card at a time played by each of the four players). The Bridge Basics series (BB1, BB2, BB3) explores a progression in playing skills that is designed to take neophytes (never played bridge before) to confident social bridge aficionados. Participants receive some instruction and play two or more sample hands (followed by detailed analysis of the hand) at every meeting. Bridge Basics 3 (BB3), the last in a series of three, provides more advanced bidding (and playing) skills that include strong hand bidding, slam bidding, preemptive bidding, balancing and doubling. Participants should have completed BB2 or be at beginner-plus skill level with knowledge of Standard American Yellow Card bidding conventions.

**Jack Patzer** has been playing bridge for more than 40 years. He is an experienced beginning bridge guide (Bridge Basics 1, 2, and 3) and enjoys introducing “newbies” to the game. Although he and his favorite partner have played duplicate on and off over the years (even once winning a sanctioned cruise ship tournament many years ago), Jack prefers the relaxed social atmosphere of a friendly “party” bridge game.

## Bridge Basics IV: Beyond The Basics

*Study Leader:* Jack Patzer

- 6 Classes: Nov. 3 – Dec. 15\* *Class ID:* 3913
- Wednesday, 3:00 PM - 5:00 PM
- Online - Zoom

*\*Note: Class will not meet on Nov. 24*

Bridge Basics 1, 2, & 3 mainly focused on gaining bidding skills using Standard American Yellow Card (SAYC) conventions. But, bidding to a good contract is only part of the game: one then needs to maximize tricks taken while the loyal opposition is doing its best to foil the attempt. Beyond the Basics is directed toward developing skills in playing the hand, both offensive and defensive. Declarer techniques include planning the sequence of play, managing entries, establishing long suits, when (and when not) to finesse, how to finesse, managing the trump suit, end plays, and squeezes. The main defensive strategies include opening leads, signaling partner, and deceiving the declarer (and probably partner at the same time). To maximize instructional playing time, participants are expected to have completed the BB1 through BB3 sequence or to be conversant (and comfortable) with SAYC bidding conventions.

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

## Pay Your Dues

It is time to pay your membership dues. Dues are \$100.00; membership runs from January 1 until December 31. Membership cards will be issued in February.

## SELF IMPROVEMENT

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### Declutter

Study Leader: Rosa Barnett Averbach

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- 4 Classes: Sep. 23 – Oct. 14      *Class ID: 3826*
  - Thursday, 10:45 AM - 12:15 PM
  - Online - Zoom
- 

How much stuff is enough?! Unless you are a minimalist, you likely have a lot of stuff. However, managing more than enough stuff is a burden that most people don't realize they have. The "care and feeding" that your junk and clutter exact on your space and nerves is unnecessary and a waste of time, effort, and money. Through this course, you will realize that what you thought was enough is likely too much. Now is the time to declutter and downsize your stuff! This class is interactive and stresses a permanent lifestyle change and behavior modification. This course can be taken more than once. It is important that all participants participate in the class discussions each week to receive the full benefit of the course. You must have both a camera and a working speaker on your device to take this course.

**Rosa Barnett Averbach** earned a bachelor of science degree from Penn State University and master's degrees in both education and social work from the University of Pittsburgh, as well as certification in interior design from the Art Institute of Pittsburgh. She taught art education in the Swissvale Area Joint Schools. She has also taught adult education classes on topics including Getting Organized, Time Management, Decision Making, and Procrastination. She was director of Create-A-Space, a space- and design-management business. She also worked at St. Francis Hospital as a behaviorist with obese and morbidly obese patients. Her specialty is behavior modification and permanent lifestyle changes. She has been teaching courses at Osher at CMU since 2008.

### Refresher For Decluttering

Study Leader: Rosa Barnett Averbach

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- 4 Classes: Nov. 11 – Dec. 9\*      *Class ID: 3828*
- Thursday, 12:45 PM - 2:15 PM
- Online - Zoom

*\*Note: Class will not meet on Nov. 25*

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Albert Einstein once said, "Out of clutter, find simplicity." Yet despite your best efforts to declutter your life, do you still have too much stuff? For those who didn't get the job done the first time (or second or even more), this course will teach you how to modify your behaviors and make permanent lifestyle changes to declutter your spaces. It's time to empty your closets and fill the trash or recycle and donate, if you prefer. Register for this course and you will acquire the skills and motivation to make it work this time.

See **Rosa Barnett Averbach**, *previous listing*

### Keeping the Keys And Safety Update

Study Leader: Terri Anthony

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- 1 Class: Oct. 26      *Class ID: 3893*
- Tuesday, 11:00 AM - 12:00 PM
- Online - Zoom

**ONE  
DAY**

Keeping the Keys can help prolong your driving years This presentation is designed to help keep senior drivers on the road for as long and as safe as possible. The presentation is filled with tips and resources for older drivers. Along with information on pedestrian safety and an update on PA driving laws.

**Terri Rae Anthony** has been in the safety field for more than 35 years and has spend the past 20 years as a Safety Advisor at AAA East Central. Joseph Risher is the Crime Prevention/Community Relations Officer for the Allegheny County Police Department. He has been a police officer for over 7 years.

WELLNESS

## Preserving Your Vision As You Age

Study Leader: Elisa Haransky-Beck

- 5 Classes: Nov. 5 – Dec. 10\* Class ID: 3954
- Friday, 10:45 AM - 12:15 PM
- Online - Zoom

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



Do you feel foggy brained by the end of the day after sitting in front of the computer or other electronic devices, or from simply reading? Do your eyes or thinking seem out of focus? In this didactic and experiential course, we will dive into tools and techniques to preserve our eyesight in our elder years. We'll examine best nutrition practices for eye health and overall immunity boosting, lifestyle shifting for eyesight improvement, ocular anatomy, and tips for receiving the best eyeglass prescription. We will delve into the advantages of meditation and yoga to preserve our eyesight and we will practice these techniques throughout this experiential course. We'll combine all of these tools to create new habits so we can rise to our highest potential at any age! Limited to 15 participants.

Dr. **Elisa Beth Haransky-Beck** has practiced holistic optometry and natural vision improvement as an optometric vision therapist and somatic movement therapist for over 33 years. She has worked with those on the ADD to Autism Spectrum, with post-traumatic brain injury and stroke and with natural vision improvement for her entire career, mostly in Southwestern PA. She graduated in 1987 from the Pennsylvania College of Optometry, and completed the rigorous qualifications to become a Fellow of the College of Optometrists (F.C.O.V.D.) in Vision Development. She is founder of Sustainable Monroeville, Vegan Spirituality- Southwest PA and co-founder of ReimagineTCWAC.org. She is an EmbodiVision Yoga Teacher, (500Hour EmbodiYoga Teacher) Somatic Movement Therapist, (SMT), and a Spiritual Nutrition Counselor with a Master's degree in Live Food Plant Based Nutrition. She combines her knowledge of vision with her other passions to teach people how to live healthy, productive lives.



## Healthy Eating

Study Leader: Rosa Barnett Averbach

- 4 Classes: Sep. 17 – Oct. 8 Class ID: 3827
- Friday, 10:45 AM - 12:15 PM
- Online - Zoom

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

See **Rosa Barnett Averbach**, *previous listing*

## Upcoming Evening Lectures

Lectures are free and open to all members. Must be registered to attend. Zoom codes will be provided to those registered the day of the lecture.

### WRITING

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## How To Self-Publish Your Own Book Successfully

*Study Leader:* Tom Costello

- 4 Classes: Nov. 11 – Dec. 9\* *Class ID: 3868*
- Thursday, 10:45 AM - 12:15 PM
- Online - Zoom

*\*Note: Class will not meet on Nov. 25*

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

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

# SCIENCE

Architecture | Environment | Life Science | Medical | Technology

## ARCHITECTURE

### Defining Architectural Excellence

*Study Leader:* Eric Fisher

- 2 Classes: Oct. 28 and Nov. 4      *Class ID:* 3942
- Thursday, 1:00 PM - 2:30 PM
- Online - Zoom

**TWO  
DAY**

Join two of Pittsburgh's top architects for a frank discussion concerning the meaning of the term, "design excellence". Everyone believes that architecture should be "good". Yet what does that phrase even mean these days? The profession is in a poor place despite the rare exceptional new building. Architects design just two percent of all American houses these days. And all around Pittsburgh, mediocre new buildings that ARE designed by architects have come to blight our urban landscape. How can that be considering that there are now so many rules for determining what constitutes design excellence? Near the end of the first century B.C.E., the Roman architect, Vitruvius, suggested that buildings should exhibit "Firmness, Commodity, and Delight. The speakers will define what makes a building great TODAY. They will address the questions, "What values should contemporary architects bring to the table as they design?" and "What qualities should these buildings possess?"

**Eric Fisher's** (architect) designs are thoughtful, progressive, and contextual. He has become a recognized advocate for quality, contemporary, Pittsburgh green design. Art Lubet (architect) creates what he calls "immersive architecture" at the intersection of architecture, philosophy, art, and neuroscience. His education and fascination with these fields is reflected in his built projects, which are some of the most dynamic buildings in Western Pennsylvania.



## ENVIRONMENT

### Embracing A Green Lifestyle

*Study Leader:* Nancy Martin

- 3 Classes: Nov. 9 – Nov. 23      *Class ID:* 3855
- Tuesday, 11:00 AM - 12:00 PM
- Online - 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 storm-water and water pollution issues that plague this region by embracing green living techniques in the home and yard.

**Nancy Martin**, is the PA Resources Council's (PRC) environmental educator. PRC promotes solid waste reduction and living lightly on the Earth. She attended Clarion University, the Univ. of Pittsburgh and has a certificate in Permaculture Design. She is a lifelong organic gardener, composter, rainwater harvester, recycler, and follower of green lifestyle guidelines.

## LIFE SCIENCE

### National Aviary Health Care Program

Study Leader: National Aviary Materials Fee: \$20\*

- 1 Class: Oct. 21 Class ID: 3928
- Thursday, 11:00 AM - 12:00 PM
- Online - Zoom

ONE DAY

Join Dr. Pilar Fish for a glimpse behind the scenes in the National Aviary's Teaching Hospital, a loving home for older birds and birds with special needs. Get to know one of the resident birds and their personal story, take a tour of the bird's specially designed habitat, and learn how Dr. Fish takes x-rays, applies bandages, and gives treatments to help the birds in her care thrive. W

**Pilar Fish** joined the National Aviary in 2003 as the Director of Veterinary Medicine. Upon graduating from the University of Florida's College of Veterinary Medicine in 1994, she specialized in zoo and wildlife medicine, completing a five-year internship and residency program. She has trained and worked in 20 zoos, six wildlife centers, and four universities. Dr. Fish has worked in wildlife conservation programs throughout Africa and Latin America, teaching avian emergency care. Dr. Fish also opened an exotic animal referral hospital in the Midwest in 1999, which she ran for six years. Concurrently she was an adjunct associate professor at Oklahoma State University's College of Veterinary Medicine. After joining the National Aviary, Dr. Fish established a teaching hospital to train professionals advanced avian medicine. The program trains an average of 40 students a year including veterinary technicians, pre-veterinary students, veterinary students, and wildlife and zoo professionals. Dr. Fish has developed new treatment protocols in avian preventative medicine, geriatric care, and emergency care. She acts as a consultant for zoos, wildlife centers, and veterinarians all over the world with the goal of sharing new advancements in avian medicine to help birds on a large scale.

\*Materials fees are not refundable; information on page 94.



### Birds & Conservation

Study Leader: National Aviary Materials Fee: \$20\*

- 1 Class: Sep. 22 Class ID: 3929
- Wednesday, 11:00 AM - 12:00 PM
- Online - Zoom

ONE DAY

Did you know that 1 in 8 bird species are endangered and 40% of bird species are threatened? What is leading to this decline? Explore the impacts humans and environmental factors have on the decline of various species by examining conservation case studies with a National Aviary expert. Then discover how the conservation efforts of zoos, scientists, and every day community members have led once-endangered species to make a comeback and meet a live animal ambassador from the National Aviary!

**Jennifer Torpie** is the Curator of Education & Public Programs at the National Aviary. Prior to working at the National Aviary, Jennifer received her masters of anthropology from the University of Texas at San Antonio, studying how conservation education efforts within zoos, and worked as an education evaluator at the San Antonio Zoo. She has worked in zoos since 2007 and delights in sharing her curiosity about the natural world and passion for conservation with people of all ages.

\*Materials fees are not refundable; information on page 94.

## MEDICAL

**Cancer Survivors Take On Life!***Study Leader:* Beverly Barkon

- 5 Classes: Nov. 9 – Dec. 7
- Tuesday, 1:00 PM - 2:30 PM
- Online - Zoom

*Class ID:* 3957

The face of cancer survivorship is changing. The numbers of survivors continue to grow as treatments have changed. However, the price of survival is paid over a lifetime: the survivor's lifetime. Almost everyone knows someone who has been touched by cancer: family, neighbors, friends and/or themselves. Survivorship comes with challenges that are different at different points in life. The issue of survivorship is different for children, for adolescents and young adults and for older adults. The course will touch on the history of cancer and its treatments. It will explore the health, educational, relationship and self-concept challenges that occur across the lifespan of individuals. It will offer general ideas about how to confront some of the challenges faced by survivors. It will also provide opportunities for those who wish to share their own cancer experiences. No medical knowledge or cancer experience is required to participate in this course.

**Beverly Barkon**, PhD, is Professor Emerita at Carlow University in the Department of Education, program in special education. She has served as faculty in Project Mentor, a support program for college students with Disabilities at New Jersey City University where she was a faculty member in the Department of Special Education. She has taught courses in assessment, teaching strategies for students with mild/moderate disabilities and transition to adulthood. Her first job when she came to Pittsburgh 20 years ago was as the educational liaison with the pediatric neuro-oncologist at Children's Hospital. She is a nationally certified educational diagnostician. She is also the founding director of Future Engaged, which provides affirmation, support, and advocacy for survivors of childhood cancers transitioning to adult endeavors. She is a 17-year (and counting) survivor of cancer. She, and her husband, fund a lectureship in gynecological cancer survivor issues that is addressed to both medical professionals and survivors.

**Regenerative Medicine***Study Leader:* Bryan Brown

- 1 Class: Oct. 26
- Tuesday, 2:00 PM - 4:00 PM
- Online - Zoom

*Class ID:* 3856**ONE  
DAY**

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

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

**To Participate in Class . . .**

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

## Staying Healthy In A Toxic World Pt. 2

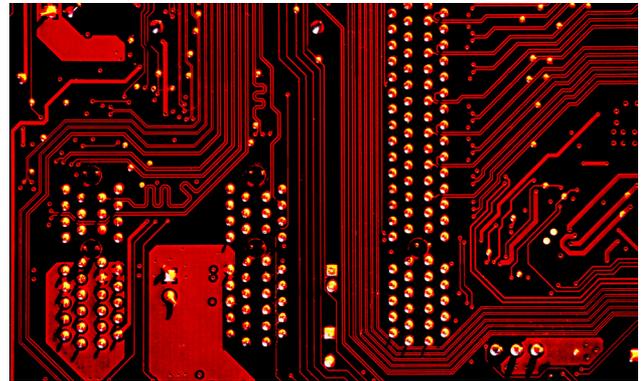
*Study Leader:* Patricia Spear Lemer

- 5 Classes: Nov. 10 – Dec. 15\*      *Class ID:* 3875
- Wednesday, 1:00 PM - 2:30 PM
- Online - Zoom

*\*Note: Class will not meet on Nov. 24*

Are you curious about the efficacy and healing power of alternative therapies? Did you attend “Staying Healthy in a Toxic World” and want to learn more? Are you considering alternative approaches, such as using homeopathy, visiting a chiropractor, or trying acupuncture? Then this course could be helpful in your decision-making. Based on the teachings of Dr. Dietrich Klinghardt MD, PhD, learn the Five Levels of Healing, which describes diagnostic and therapeutic techniques that are “outside the box” of traditional allopathic medicine. Learn different forms of “muscle testing” and other energetic therapies that are based on ancient Chinese medicine. Discover the role of your thoughts and beliefs in illness and wellness. Learn about resources in Pittsburgh that are respected and have shown benefit in working with different types of symptoms. Staying Healthy in a Toxic World is a pre-requisite, and must be completed before taking this course, which is a sequel.

**Patricia S. Lemer** is a Licensed Professional Counselor, and practiced as an educational diagnostician for over 40 years. She was a co-founder and served as Executive Director of Developmental Delay Resources (DDR), an international, non-profit organization for 20 years. She holds a Master’s of Education in Counseling from Boston College and a Master’s in Business from Johns Hopkins University. Ms. Lemer lectures internationally on alternative approaches to health, and is considered an expert on autism spectrum disorders. She is the published author of countless articles and three books on treating causes, not masking symptoms, by combining a biomedical approach with alternative therapies. She has studied under several functional medicine and alternative practitioners in the field of energy medicine. She is passionate about sharing her knowledge with and networking those in the healing professions. She volunteers her time to support several not-for-profits helping those in need in Pittsburgh. She has taught for four years at Osher, and this is her third course.



## TECHNOLOGY

### Six Seasons Of Artificial Intelligence

*Study Leader:* James Morris

- 6 Classes: Nov. 9 – Dec. 14      *Class ID:* 3836
- Tuesday, 1:00 PM - 2:30 PM
- Online - Zoom

The lectures will be excerpted from my forthcoming, autobiographical book “What We Were Thinking: My 60 Years in Computer Science.” It will overview people and projects I worked with and the evolution of my attitudes about computers. Time and technology permitting, there will be questions and discussion.

**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 where he contributed to some important underlying principles of programming languages: continuations, module invariants, and lazy evaluation. He was a co-discoverer of the Knuth-Morris-Pratt string searching algorithm. 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.

# SOCIAL SCIENCES

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

## CONTEMPORARY TOPICS/ SOCIOLOGY

### Ethics In A Time Of Polarization

*Study Leader:* John Hooker

- 6 Classes: Sep. 13 – Oct. 18 *Class ID:* 3926
- Monday, 8:45 AM - 10:15 AM
- Online - Zoom

Our age of polarization affects no area more than ethics. We cannot agree on what we ought to do. Yet there is a long intellectual tradition that strives for rational and objective analysis of ethical issues. This course distills the best ideas from past ethical thinkers to develop a unified intellectual framework that could help us achieve some degree of consensus. It first dispels some popular misconceptions about ethics and traces the origins of our “post-truth age.” It then derives ethical principles and applies them to a wide range of ethical dilemmas, particularly those that arise in everyday life. It avoids most hot-button political issues, because moving to these too soon interferes with the task of developing ethical brainpower. Rather, it provides the basic tools one needs to address the issues of our day. It also suggests how different cultural perspectives can be understood in an ethical framework.

**John Hooker** is Holleran Professor of Business Ethics and Social Responsibility, and professor of operations research, at CMU. He has published 190+ articles and 9 books in these fields, including *Taking Ethics Seriously*, *Business Ethics as Rational Choice*, and *Advanced Introduction to Business Ethics*. He has taught ethics courses for 25 years at undergraduate and graduate levels, and he developed the ethics program at CMU’s Tepper School of Business. He is recipient of the school’s Gerald Thompson Excellence in the Classroom Award and Award for Sustained Teaching Excellence.

### Conversations With Six Israeli Social Change Agents

*Study Leader:* Barbara Burstin

- 6 Classes: Sep. 22 – Nov. 3\* *Class ID:* 3922
- Wednesday, 10:45 AM - 12:15 PM
- Online - Zoom

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

This course will offer participants the opportunity to hear from six female Israeli activists working to meet the varied challenges of Israeli society. From a Bedouin doctor to an ultra-orthodox activist, from Israeli Arabs to Ethiopian advocates, these groundbreakers are making a difference in Israel. Barbara Burstin, one of the directors of the Rayah Fund, a philanthropic effort to support Israeli female changemakers, will moderate discussions with these recognized leaders in their fields. Come join us in this conversation to learn about important developments in Israel out of the glare of the political spotlight.

**Barbara Burstin** has taught undergraduates at the University of Pittsburgh and Carnegie Mellon University for many years. As a member of the History Department she has taught undergraduates about America and the Holocaust, Pittsburgh History and Pittsburgh Jewish History. She has also taught through the Osher program for a number of years. She has written 5 books including *Steel City Jews* vol. I and II and her latest on Sophie Masloff, the first female and the first Jewish mayor of the City of Pittsburgh. She has produced two films, the latest with film maker, Ken Love, entitled *Jewish Memories of the Hill*. She has been active in the community including as a member of the Pittsburgh Human Relations Commission, Chair of the Jewish Federation of Greater Pittsburgh, and Chair of the Greater Pittsburgh Holocaust Commission.



## Wine Tasting: The Loire Valley Whites

Study Leader: Ricardo Llovet

- 1 Class: Oct. 29 Class ID: 3897
- Friday, 4:00 PM - 6:00 PM
- Online - Zoom

ONE  
DAY

This course will be a wine tasting consisting of a journey through the Loire Valley - from its mouth, through mid course, with its famous châteaux, to France's geographical center. We will start with mineral-dry Muscadet, continue with wine from around Touraine, and end up with something plusher in the vicinity of Sancerre or Pouilly Fumé. This is the kingdom of Sauvignon Blanc, but we may have a surprise along the trip. Each wine will be introduced through a description of its region of origin, including "terroir", as well as some art or history notes. The instructor will identify the three wines, depending on what's good, available and affordable at the wine store about two weeks before the course, so that the participants will be able to purchase it before the course starts. The instructor will email some materials for the students to print and use in the wine tasting/rating.

**Ricardo Llovet** has been a wine aficionado since his youth. He was taught by his father and then expanded his knowledge through extensive reading, tasting, traveling, and conversations with winemakers. He has harvested grapes, made red and white wines at home, and visited many winemakers and vineyards in Spain, France, Italy, Bulgaria, Portugal, and the U.S. He has been conducting wine tastings during the last 36 years, well before it became a popular activity. Three years ago Ricardo started the website [www.wineandfriends.net](http://www.wineandfriends.net) where he posts wine reviews and his most recent experiences in the world of wine. Ricardo just has a passion for wine and has been frequently told that he is able to transmit it. He has taught "The Art and Science of Wine Tasting and Terroir" during the last four Osher CMU semesters.

## Enjoying *The New Yorker*

Study Leader: John Brown

- 6 Classes: Sep. 13 – Oct. 18 Class ID: 3865
- Monday, 10:45 AM - 12:15 PM
- Online - Zoom

- 6 Classes: Nov. 8 – Dec. 20\* Class ID: 3866
- Monday, 11:00 AM - 12:30 PM
- Online - Zoom

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

- 6 Classes: Sep. 15 – Oct. 20 Class ID: 3910
- Wednesday, 1:00 PM - 2:30 PM
- Online - Zoom

- 6 Classes: Nov. 3 – Dec. 15\* Class ID: 3911
- Wednesday, 1:00 PM - 2:30 PM
- Online - Zoom

*\*Note: Class will not meet on Nov. 24*

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

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

## Cannabis 101: A Scientific, Legal, And Medical Survey

*Study Leader:* Jason Lupoi

- 3 Classes: Sep. 17 – Oct. 1 Class ID: 3945
- Friday, 3:30 PM - 5:00 PM
- Online - Zoom

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

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

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

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

## HISTORY

### History's Villians

*Study Leader:* Richard Daffner

- 4 Classes: Nov. 8 – Nov. 29 Class ID: 3825
- Monday, 8:45 AM - 10:15 AM
- Online - Zoom

History is replete with winners and losers, saints and sinners, and heroes and villains. In many instances the designated description of a historic character depends on who writes the history books (usually the victors). This course describes the lives and times of 18 individuals who are considered villains from the Early Roman Empire to the French Revolution. This list includes Brutus and Cassius, Pontius Pilate and Judas Iscariot, Roman Emperors Tiberius, Caligula and Nero, Attila the Hun, Genghis Khan, Torquemada, the Borgias, Vlad Dracula, Machiavelli, English monarchs Richard III and "Bloody" Mary Tudor, Ivan the Terrible, Benedict Arnold, and Robespierre. Some of these people are considered national heroes. You can decide the verdict yourselves after hearing their stories.

**Richard H. Daffner, M.D., F.A.C.R.** is a retired radiologist who worked at Allegheny General Hospital for 30 years as director of the Division of Musculoskeletal, Trauma, and Emergency Imaging. He is also an amateur historian. His academic credentials include medical school faculty appointments at the University of Louisville, Duke University, Drexel University, and Temple University, where he is Emeritus Clinical Professor of Radiology. He is the author of nine textbooks.

## World War II – 19th Century Origins And Outcomes

Study Leader: Arthur Goldberg

- 5 Classes: Sep. 14 – Oct. 12 *Class ID: 3894*
- Tuesday, 3:00 PM - 4:00 PM
- Online - Zoom

The origins of World War II lay in the character of Japan and Germany that was fixed in the 19th century. The Treaty of Versailles made WW II inevitable but we would likely have had the war without it. How did an isolationist America come to be the key player and how did the UK and France become second level world players? Was Stalin right in his demands for control of eastern Europe and was the cold war inevitable or good have better diplomats avoided it? And how did the war change America's views on race and gender?

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

## PITTSBURGH

## Missed Connections With Pittsburgh's City Steps

Study Leader: Laura Zurowski

- 1 Class: Nov. 3 *Class ID: 3949*
- Wednesday, 11:00 AM - 12:00 PM **ONE DAY**
- Online - 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 an 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 in 2021.

**Laura Zurowski** is a writer/photographer living in Pittsburgh. She is currently working on a five-year public space documentation project that involves Pittsburgh's public stairways, commonly referred to as "city steps."

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



## PowerPoint Tour Of The Pittsburgh Zoo And PPG Aquarium

Study Leader: Cathy Gialloreto

- 1 Class: Oct. 26 Class ID: 3824
- Tuesday, 10:45 AM - 12:15 PM
- Online - Zoom

ONE  
DAY

Join me for a visual trip through the Pittsburgh Zoo and PPG Aquarium. We will also take a look at the veterinary hospital and the International Conservation Center, in Somerset.

**Cathy Gialloreto** has been a docent at the Pittsburgh Zoo since 1983. Her free time is spent with animals at the Zoo and Animal Friends. Other interests involve community theater and ushering at PPT and City Theater.

## POLITICS/GOVERNMENT

### The Politics Of Reproduction

Study Leader: Susan Hansen

- 5 Classes: Nov. 10 – Dec. 15\* Class ID: 3923
- Wednesday, 10:45 AM - 12:15 PM
- Online - Zoom

*\*Note: Class will not meet on Nov. 24*

This class will consider how women’s capacity for reproduction has been addressed by religious, legal, and political institutions since colonial times in the U. S. The states and federal government have adopted a variety of laws and policies to address abortion, contraception, sterilization, sex education, and assisted reproduction. We will explore the evolution of legal arguments and public opinion since the Roe v. Wade decision of 1973, and compare policies in the U. S. with those of other countries. We will also discuss the current efforts to overturn Roe and further limit access to abortion and contraception.

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

## PSYCHOLOGY

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### What Makes An Organization Effective

*Study Leader:* Larry Froman

- 3 Classes: Nov. 8 – Nov. 22 *Class ID:* 3946
- Monday, 1:00 PM - 2:30 PM
- Online - Zoom



Course will examine how theories, concepts, and research in Organizational Psychology and Human Resource Management are applied to issues affecting individuals, groups, and organizations. A central theme to be covered throughout the course is the interactive process between employees, volunteers, and other stakeholders with their organizational environment. Three 90-minute sessions will cover the following topics: Vision, Strategy, Leadership; Collaborative Teamwork, Purpose-Driven Motivation, Learning-Driven Organizations; and Organizational Change: Creating an Adaptive Organization.

**Larry Froman** has a B.A. degree in Psychology from City College of New York and a Ph.D. in Industrial-Organizational Psychology from Wayne State University. As part of his graduate school experience, he had a pre-doctoral traineeship in Public Psychology from Johns Hopkins University, Department of Psychiatry and Behavioral Sciences. His public policy experience includes the Michigan Department of Education, Division of Vocational Rehabilitation, Baltimore Mayor's Office for Human Resources, Baltimore City Police Department, the U.S. Senate Committee on Labor and Public Welfare, and U.S. Conference of Mayors. He is a retired professor of Psychology and currently adjunct professor at Towson University. He has also taught courses in Organizational Behavior at Johns Hopkins and George Washington University. Among his peer-reviewed publications are articles and book chapters covering concepts and evidenced-based research addressing the following topics: Pathways to Social Connection and Civility in a Time of Political and Social Polarization; Ethical issues, Positive Psychology, and Motivation in the Workplace; Challenges and Opportunities in Designing Graduate-Level Interdisciplinary Courses; Leadership; Collaborative Teamwork; Managing Conflict.

## RELIGION/PHILOSOPHY

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### Pope Francis And Strategies For Social Love

*Study Leader:* James McCarville

- 6 Classes: Sep. 14 – Oct. 19 *Class ID:* 3936
- Tuesday, 1:00 PM - 2:30 PM
- Online - Zoom

The course will study the methodology of Pope Francis to achieve “Social love,” review two of his key documents, the Encyclical, “Fratelli Tutti: Brothers and Sisters All,” and the results of the Amazon Synod, “Querida Amazonia,” and will practice the skills of “dialogue” and of “encounter,” as well as explore Francis’ concept of the Synodal way of accompaniment, or walking together.

**James McCarville** is the Vice-President (Lay Member) of the Association of Pittsburgh Priests (APP) He is retired from a 40-year career working in ports and waterways in North and South America. Prior to that he worked with the Base Community Movement as a Peace Corps Volunteer in Brazil and helped establish one of the first Peace and Justice Offices—for the Capuchin (Franciscan) Province—headquartered in Wisconsin. He has a Master of Science from Georgetown University (Foreign Service), a Master of Philosophy from Roosevelt University (Urban Studies) and a Bachelor of Arts (History) from Regis University.

# ZOOM DIRECTIONS

Osher at CMU is using the Zoom platform for online courses. Zoom is an easy to use real-time video conferencing tool. Zoom can be downloaded and installed easily on your computer or mobile devices.

## DOWNLOAD AND INSTALL ZOOM

- Windows and Mac: [zoom.us](https://zoom.us)
- iOS (download 'ZOOM Cloud Meetings' from App Store)
- Android (download 'ZOOM Cloud Meetings' from Google Play)

## JOIN USING A MEETING ID

If you were sent a meeting ID to join a meeting, open the Zoom Application, click the blue Join a Meeting button and enter the Meeting ID. Click Join.

## MEETING CONTROLS

Familiarize yourself with meeting controls available at bottom of the screen:

- Mute / Unmute: Mute and unmute your microphone.
- Start Video / Stop Video: Turn your camera on or off.
- Participants: See who's currently in the meeting.
- Chat: Chat is a good way for you to quietly post questions or comments without interrupting the meeting.
- Leave Meeting: Leave the meeting while it continues for the other participants. (Only the host can end the meeting.)
- The Gallery View/Speaker View at the top right corner of your screen toggles your view of the speaker(s).

## SUGGESTIONS FOR ONLINE PARTICIPATION

Get your tech ready early. Well in advance of class, consider re-starting your computer (always good advice, right?), and make sure you address any software updates that might cause an interruption.

- If you're using a laptop or tablet, plug it in, as video will use your battery quickly.
- Use a headset if you have one. This can really help sound quality, decrease distractions, and keep class discussions private, if you don't have a quiet or private physical space.
- Log in early. Many Osher online courses will be open early. If the host has allowed early login, do so. Take a moment to test your microphone and video one more time.
- Mute your microphone when not speaking. This is important to avoid unintended interruptions and distracting background noise (including typing on your keyboard). The Mute control is at the bottom left of your screen.
- Stop your video if you must move around your quarters during the meeting.
- Look your best. Lighting should come from in front of you or from the side, in order to best light your face. Keep your background clear of distractions. Look at your webcam, not at the screen
- Finally, be sure to run a virus checker on your computer periodically. Your computer needs protection, too. Beware of email scams and sites offering deals simply too good to be true.

# CHATHAM - EDEN HALL

6035 RIDGE ROAD, RICHLAND TOWNSHIP, PA 15044

Classes in this section will be held on the Chatham -  
Eden Hall Campus Gibsonia, Pa.



# ARTS & HUMANITIES

Language

## EDEN HALL

Nestled on 388 acres of rolling woodlands and fields in Richland Township, PA, you will find the world's first university campus designed to be a showcase for sustainable solutions. With the campus serving as an educational canvas, faculty, students, and the public engage in a collaborative, hands-on approach to learning to develop tomorrow's leaders in sustainability.

Built from "below the ground up," Eden Hall is an experiential campus that immerses today's students, children, families, communities and life-long learners in the possibilities of tomorrow. It is a vital, interdisciplinary laboratory designed to support collaboration between leaders and learners, academia and business, and the arts and sciences. Here we develop scalable tools and ideas that will drive data-based decision making across the social, economic, and environmental issues we will all face together, and implement them when applicable to not only exhibit their potential, but also serve as an inspiration for the community.

**"Eden Hall is designed to reach a vast set of audiences, to interface with the community, and to bring people to this place. I think that's part of what makes it such a dynamic environment."**

— Sandy Mendler, Principal, Mithun

## LANGUAGE

### Etymologies IX: B VD's, Dweebs, And Wilmerding

Study Leader: David Fortun

- 5 Classes: Nov. 11 – Dec. 16\*      Class ID: 3840
- Thursday, 8:30 AM - 10:00 AM
- Eden Hall CH Campus, TBA

\*Note: Class will not meet on Nov. 25

Every word has a meaning. Every word has an etymology, an origin. And every word, and every etymology, has a story. And the stories make the words, and the etymologies, interesting. Etymologies IX explores the etymologies and back-stories of 300 words, phrases and terms we are all familiar with. It might be the BVD's you wear, the Dweeb that you know (or are), or the town that you live in (or escaped from). We'll review some, from earlier etymology courses, and introduce some. We'll play a fresh round of Etymological Jeopardy, visit (virtually) Pittsburgh neighborhoods (etymologically), and look at our clothes, our food, and our surroundings in a new way, as we share our fascination with words and their origins.

David Fortun is a retired English teacher from Shaler Area High School. He has taught several etymology classes in the Osher program at Carnegie Mellon as well as classes on Our Town and The Five People You Meet In Heaven. A lifelong baseball fan, he has conducted tours at PNC Park for 12 years and has shared his knowledge of Pittsburgh baseball with his fellow Osher learners.

# BUSINESS & COMMERCE

Computers



## COMPUTERS

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### Protect Your Identity: Identity Theft Protection

*Study Leader:* Terri Anthony

- 1 Class: Oct. 21 *Class ID: 3863*
- Thursday, 11:30 AM - 12:30 PM
- Eden Hall CH Campus, TBA

**ONE  
DAY**

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

**Terri Rae Anthony** has been in the safety field for more than 35 years and has spend the past 20 years as a Safety Advisor at AAA East Central. Joseph Risher is the Crime Prevention/Community Relations Officer for the Allegheny County Police Department. He has been a police officer for over seven years.

# LEARN BY DOING

Crafts/Hobbies | Dance/Exercise | Finance/Insurance | Self Improvement

## CRAFTS/HOBBIES

### Progressive Crochet

*Study Leader:* Cindy Harris      *Materials Fee:* \$15\*

- 6 Classes: Nov. 5 – Dec. 17\*      *Class ID:* 3950
- Friday, 12:45 PM - 2:45 PM
- Eden Hall CH Campus, TBA

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

Whether you're new to the craft or an experienced crocheter, this is the course for you. We'll start with a simple "granny" square and progress to more challenging squares each week. Fall in love with one pattern and do lots of that, or learn all the new ones — it's up to you to choose as you acquire skills. Bring a set of crochet hooks that include C-J/2.5-6.0mm, available in sets under \$10 on Amazon and elsewhere. Materials fee includes up to 25 mini-skeins of yarn (28 yds each) of many colors. Yarn will be hypo-allergenic (cotton and acrylic), machine-washable.

Please note: *Students will be responsible for obtaining their own set of crochet hooks; the Study Leader can recommend an inexpensive set that they can order.*

**Cindy Harris** has been exploring crochet ever since Mrs. Nagy's 8th grade class in "Family Living" decided they'd rather learn to crochet vests than babysit. As a teen, she made granny square afghans, crazy-square afghans, coats, and vests. Since then she's had yarn and a hook in her hands more often than not and has crocheted socks, hats, scarves, mittens, a commissioned afghan, sweaters, tunics, and even a dress during the pandemic. Along the way, she's introduced everyone from young children to adult friends to the craft and reveled in their creative efforts. She currently hosts a weekly "craft circle" on Zoom for her college friends, and works hard not to add too much yarn to her stash.

*\*Materials fees are not refundable; information on page 94.*

## DANCE/EXERCISE

### Better Balance! Steady And Strong

*Study Leader:* Diane Markovitz

- 6 Classes: Nov. 8 – Dec. 13      *Class ID:* 3841
- Monday, 11:00 AM - 12:00 PM
- Eden Hall CH Campus, TBA

Are you looking for an exercise program designed to improve your everyday life? Try Better Balance! Steady And Strong. Work with a Physical Therapist to learn balance and core strengthening exercises. Come join the fun and learn a program designed to improve your posture and daily function while also decreasing your risk of falls and injury. No special equipment is necessary and all exercises are completed sitting or standing. This program is suitable for beginners yet appropriate for those with more exercise experience as it is able to be adapted to fit individual needs. Participants will be given instructions on how to complete this program at home for continued benefits. Wear comfortable clothes and supportive shoes and have water and a sturdy chair (not on wheels!) close by.

**Diane Markovitz** is a licensed physical therapist with a degree from Marquette University's School of Physical Therapy. She loves developing and teaching group exercise classes as it provides her with a way to use her physical therapy experience to reach more people. Her goal is to help individuals acquire the confidence and skills necessary to continue these programs on their own and improve their daily lives.

## Bone Health! Steady And Strong

*Study Leader:* Diane Markovitz *Materials Fee:* \$3\*

- 6 Classes: Nov. 9 – Dec. 14 *Class ID:* 3931
- Tuesday, 11:30 AM - 12:30 PM
- Eden Hall CH Campus, TBA

Did you know that half of all adults age 50 and older are at risk of breaking a bone and should be concerned about bone health? (National Osteoporosis Foundation 2016) Bone Health! Steady and Strong is a six-week program designed for individuals with bone density concerns based on the principles of Too Fit to Fall or Fracture. Classes are taught by a licensed Physical Therapist certified in Bone Fit and incorporate strengthening, flexibility, balance and endurance exercises. Participants are also educated in how to safely modify daily activities for spine health.

Please note: \$3.00 is for a resistance band for exercises

See **Diane Markovitz**, page 75

\*Materials fees are not refundable; information on page 94.

## FINANCE/INSURANCE

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### Understanding And Managing Your Personal Finances

*Study Leader:* Marcia Semper

- 5 Classes: Sep. 15 – Oct. 13 *Class ID:* 3887
- Wednesday, 10:45 AM - 12:15 PM
- Eden Hall CH Campus, TBA

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

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

## Senior Health Care

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

- 5 Classes: Nov. 9 – Dec. 7     Class ID: 3821
- Tuesday, 3:00 PM - 5:00 PM
- Eden Hall CH Campus, TBA

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

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

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

\*Materials fees are not refundable; information on page 94.

## SELF IMPROVEMENT

### Verbal Self Defense For Women

Study Leader: Jackie Umans

- 1 Class: Dec. 14     Class ID: 3944
- Tuesday, 12:45 PM - 2:15 PM
- Eden Hall CH Campus, TBA

**ONE DAY**

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

**Jackie Umans** has an MBA and a Ph.D from the University of Pittsburgh, and has completed multiple self-defense classes from the internationally renowned Model Mugging School of Self-Defense. Over the past 25 years Jackie has repelled potential muggers on two separate occasions solely by using verbal techniques.

## Your input is welcomed and valued.

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

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

## ARCHITECTURE

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### The Bauhaus And The Masters Who Changed The World

Study Leader: Jeffrey Swoger

- 6 Classes: Nov. 10 – Dec. 22\* Class ID: 3814
- Wednesday, 10:45 AM - 12:15 PM
- Eden Hall CH Campus, TBA

*\*Note: Class will not meet on Nov. 24*

After his service in World War 1, Walter Gropius, an up and coming young architect, created a unique school and laboratory called the Bauhaus that blended art and craft to benefit industry. Its influence on all aspects of art and design is still being felt to this day. Gropius, Breuer, Kandinsky, Klee, Albers, van der Rohe, names we all know imbued the Bauhaus with previously unknown amount of creative spirit and intellectual freedom. The class will trace the history of this famed institution from Weimar to Dessau to Berlin with a particular focus on its justly famous Masters as well as important student and faculty work.

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

### Design By Nature: Beyond Sustainable Architecture

Study Leader: Beatrice Spolidoro

- 4 Classes: Nov. 12 – Dec. 10\* Class ID: 3849
- Friday, 3:00 PM - 4:30 PM
- Eden Hall CH Campus, TBA

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

Since the first man-made shelters were built, architecture has protected us from the dangers of nature. Humans have been trying to stay warm, cool, dry, and safe for centuries by keeping nature as far as possible. Today, the average person spends around 90% of their time indoors - even before COVID-19 times. Yet, the majority of us are still attracted by nature and appreciate its wonders, whether in a private garden or in public parks. In a world where resources are running low and architecture strives to create more sustainable, comfortable, healthy homes, reconnecting with nature is not only inspiring but a moral imperative. The four sessions will explore the topics of sustainable architecture, biophilic design, biomimicry in architecture, and healthier environments.

**Bea Spolidoro** (AIA, LEED Green Associate, WELL AP) is an Italian architect registered in Pennsylvania. She is a Principal at Fisher ARCHitecture in Pittsburgh, PA. She is an active member of the American Institute of Architects (AIA) at a local level, and she has served as a judge for the Institute Honor Awards of AIA National in 2016. Bea has been an Adjunct Professor at the CMU School of Architecture in 2020 and has taught at Osher at Carnegie Mellon architecture-related classes. Bea is passionate about building sustainable, healthy environments. For her, good design should improve both the physical and mental health of people. This goal is pursued regardless of the building typology or the age and the social and economical background of the occupants.



## MEDICAL

### Intro To Medical Marijuana And Its Medicinal Value

*Study Leader:* Richard Greer

- 1 Class: Oct. 26
- Tuesday, 10:45 AM - 12:15 PM
- Eden Hall CH Campus, TBA

*Class ID:* 3829

**ONE  
DAY**

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

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

# SOCIAL SCIENCES

Contemporary Topics/Sociology | History

## CONTEMPORARY TOPICS/ SOCIOLOGY

### Free The Elephants, And Kill The Clowns?

*Study Leader:* Michael Perry

- 1 Class: Oct. 20 *Class ID:* 3955
- Wednesday, 1:00 PM - 2:30 PM
- Eden Hall CH Campus, TBA

ONE  
DAY

NEW

The American circus, traditionally valued as a historic entertainment icon, continues to decline in cultural significance. Wild animals, traveling with touring shows have lost their ubiquitous presence in the American entertainment industry. Elephants and lions, tigers and bears are seen performing less often in three ring shows as clowns, with their painted faces and big feet, once bombastic larger than life comic symbols of fun, are more and more often disliked and feared by children and adults alike. What happened? How did clowns fall from funny to feared? As they freed the elephants, did they kill the clowns? A brief history of American clowning examines their diminished role as beloved characters. Instructor Mike Perry examines the cultural role of the American clown as the circus transitioned from agriculture to industry, and from industry to the information revolution of today.

**Michael Perry** is a lifelong nontraditional student who graduated from Clown College, and spent two years as a Ringling Brothers Barnum and Bailey Clown. With 27 years spent as a corporate sponsored educational-entertainer, today he is a teacher, a writer and an entertainer with a B.A. in communications and an M.S.Ed. from Duquesne University. Mike embraces the oral tradition as a storyteller, telling regionally and teaching at: Osher Pitt, AIU, and guest lecturing at Carlow University. Recently he has collected observations and insights on the increasingly negative perception of clowns as entertainers.

### The Palestinian Story: Hope And Sumude

*Study Leader:* Tina Whitehead

- 5 Classes: Sep. 13 – Oct. 11 *Class ID:* 3862
- Monday, 12:45 PM - 2:45 PM
- Eden Hall CH Campus, TBA

The course will deal with the history and current situation in Israel-Palestine from the perspective of the Palestinian people. The four primary components of the “peace process” will be the main focus: Right of return, Settlements, Boundaries and Jerusalem. Current issues that are relevant to the content of the course will also be discussed.

**Tina Whitehead**, a Canadian and a graduate of Duquesne University with an M.A. in Spiritual Formation, has been volunteering in Jerusalem and the West Bank since October 2006. Her primary work has been with Sabeel, a Palestinian Christian Peace and Justice movement. In October 2015, she helped coordinate a regional Friends of Sabeel conference in Pittsburgh with the theme, “We Refuse to Be Enemies.” In addition, she has worked with the Bethlehem Bible College where she helped coordinate three international “Christ at the Checkpoint” conferences, in 2010, 2012 and 2016. Up until the past year’s Covid travel restrictions, she had also been working as a hospitality representative in Bethlehem for an American tour company, giving lectures and helping organize dinners with Palestinian families. She presently resides in Verona.

## HISTORY

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### Edward R. Murrow

*Study Leader:* Stanley Winikoff

- 6 Classes: Nov. 10 – Dec. 22\*      *Class ID:* 3873
- Wednesday, 1:00 PM - 2:30 PM
- Eden Hall CH Campus, TBA

*\*Note: Class will not meet on Nov. 24*

Edward R. Murrow was a preeminent radio and television journalist in the 1940s through the 1960s. His broadcasts from London during the “Blitz” to his television interview shows made him famous. His famous confrontation with Senator Eugene McCarthy was one of the significant exposing his tactics and his lack of a factual basis for his allegations that there were Communists “everywhere.”

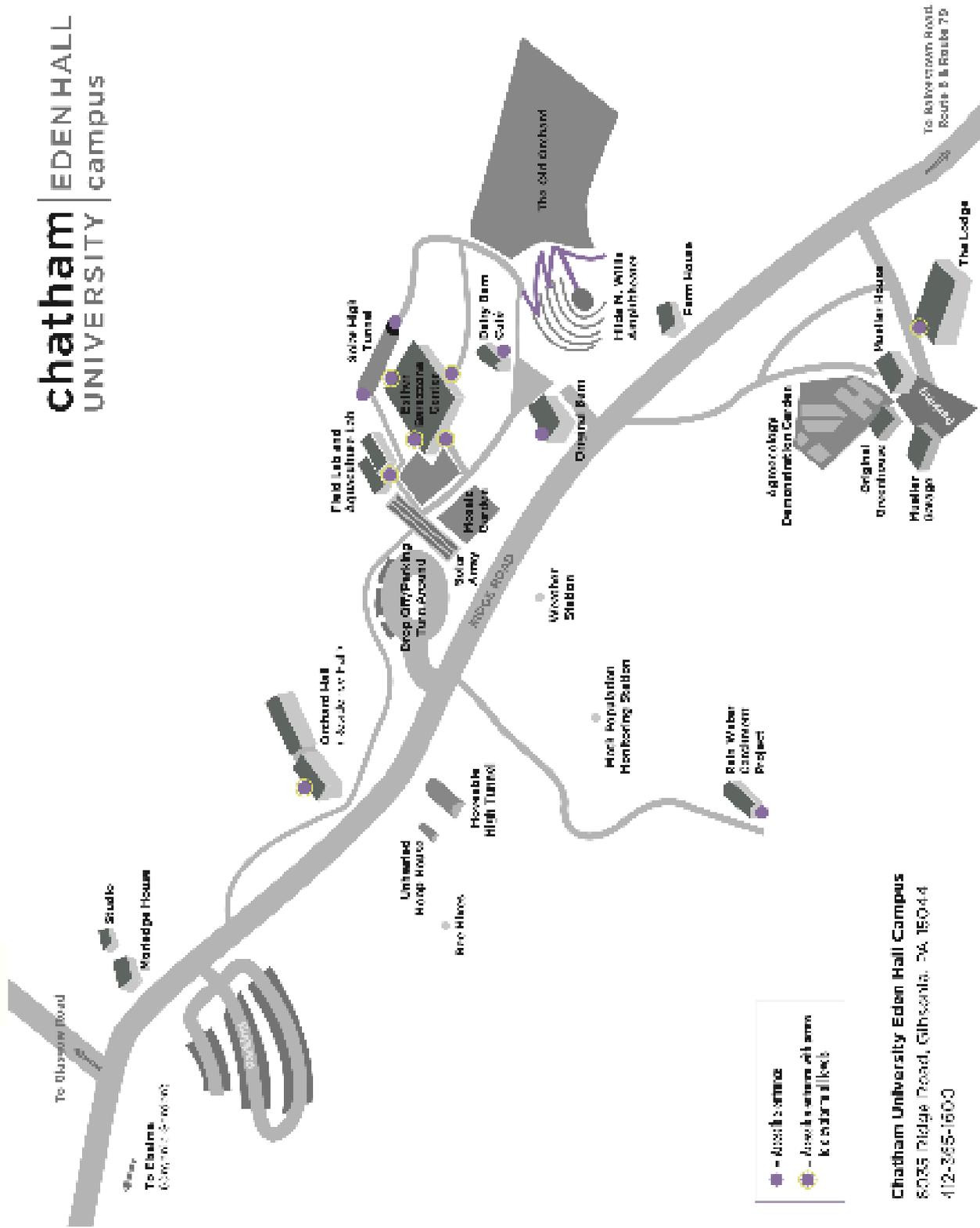
**Stanley Winikoff** is a retired trial lawyer who chairs the Osher Curriculum Committee and teaches courses on movies.

## Upcoming Evening Lectures

Lectures are free and open to all members. Must be registered to attend. Zoom codes will be provided to those registered the day of the lecture.

# EDEN HALL CAMPUS MAP

**chatham** | EDENHALL  
UNIVERSITY | campus



**Chatham University: Eden Hall Campus**  
 6035 Ridge Road, Gillsville, PA 15044  
 412-365-1500

# MONDAY | Session ONE / August 30 – October 22

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
8:45 AM - 10:15 AM	<i>*Zoom*</i> Ethics In A Time Of Polarization	3926	John Hooker	59
10:45 AM - 12:15 PM	<i>*CMU*</i> Henry V In History And Shakespeare	3920	Rebecca Carpenter	8
	<i>*Zoom*</i> Enjoying The New Yorker	3865	John Brown	60
	<i>*CMU*</i> Memoir Writing	3888	Molly Youngling	25
11:30 AM - 12:30 PM	<i>*Zoom*</i> Dance Fitness Gold	3932	Maureen Gemeinhart	50
12:45 PM - 2:45 PM	<i>*Eden Hall*</i> The Palestinian Story: Hope . . .	3862	Tina Whitehead	72
	<i>*CMU*</i> Great Conductors Of The 20 <sup>th</sup> Century	3815	Jeffrey Swoger	11
	<i>*CMU*</i> Senior Health Care	3820	Barbara Veazey	19
1:00 PM - 2:30 PM	<i>*CMU*</i> Reading Agatha Christie	3884	Mark Banister	9
1:00 PM - 3:00 PM	<i>*Zoom*</i> Short Stories: Glimmers Of Light	3889	Helen-Faye Rosenblum	46
3:00 PM - 4:30 PM	<i>*CMU*</i> Inequality In America	3819	Russ Sheldon	13
3:30 PM - 5:30 PM	<i>*Zoom*</i> Short Stories: Glimmers Of Light	3890	Helen-Faye Rosenblum	46

# TUESDAY | Session ONE / August 30 – October 22

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
8:30 AM - 10:30 AM	<i>*CMU*</i> <b>Walking The Outskirts Of . . .</b>	3812	<i>Jay Steele</i>	36
	<i>*CMU*</i> <b>Cognition And Aging</b>	3859	<i>Bruce Goldstein</i>	39
8:45 AM - 10:15 AM	<i>*Zoom*</i> <b>Homage To Larry Mcmurtry</b>	3960	<i>Gloriana St Clair</i>	45
10:45 AM - 12:15 PM	<i>*CMU*</i> <b>Women In The American Civil War</b>	3861	<i>Joan Gundersen</i>	34
11:00 AM - 12:00 PM	<i>*Zoom*</i> <b>Bridge: Play Of The Hand - Lecture</b>	3877	<i>John Olmsted</i>	50
1:00 PM - 2:30 PM	<i>*CMU*</i> <b>Singing In A Choral Class</b>	3822	<i>Constance Rapp</i>	23
	<i>*CMU*</i> <b>Ethics In Healthcare</b>	3903	<i>James Reilly</i>	32
	<i>*CMU*</i> <b>Reinhold Niebuhr: Philosophy . . .</b>	3886	<i>Ronald Stone</i>	38
	<i>*Zoom*</i> <b>Pope Francis And Strategies . . .</b>	3936	<i>James McCarville</i>	64
3:00 PM - 4:00 PM	<i>*Zoom*</i> <b>World War II - 19<sup>th</sup> Century Origins . . .</b>	3894	<i>Arthur Goldberg</i>	62
3:00 PM - 4:30 PM	<i>*CMU*</i> <b>Emerging Legal Issues</b>	3833	<i>David DeFazio</i>	14
3:00 PM - 5:00 PM	<i>*Zoom*</i> <b>Bridge Basics III</b>	3912	<i>Jack Patzer</i>	51

# WEDNESDAY | Session ONE / August 30 – October 22

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
10:00 AM - 11:30 AM	<b>*CMU* Tamburitzan Folk Dancing</b>	3847	<i>George Schexnayder</i>	19
10:45 AM - 12:15 PM	<b>*Eden Hall* Understanding And Managing . . .</b>	3887	<i>Marcia Semper</i>	70
	<b>*CMU* Spirited Fun Through Improv</b>	3952	<i>Emily Harris</i>	22
	<b>*CMU* The Great War, World War I, 1914 . . .</b>	3838	<i>Sheila Werner</i>	35
	<b>*CMU* Meet The Wyeths</b>	3921	<i>Rebecca Carpenter</i>	9
	<b>*Zoom* Conversations With Six Israeli . . .</b>	3922	<i>Barbara Burstin</i>	59
11:00 AM - 12:00 PM	<b>*Zoom* Birds &amp; Conservation</b>	3929	<i>National Aviary</i>	56
12:45 PM - 2:45 PM	<b>*CMU* Have You Ever Wanted To Act . . .</b>	3919	<i>C R Thomas</i>	22
1:00 PM - 2:30 PM	<b>*CMU* Edward R. Murrow</b>	3872	<i>Stanley Winikoff</i>	33
	<b>*Zoom* Enjoying The New Yorker</b>	3910	<i>Mary Duquin</i>	60
	<b>*Eden Hall* Free The Elephants, And Kill . . .</b>	3955	<i>Michael Perry</i>	74
1:30 PM - 3:00 PM	<b>*Zoom* Live Opera: Visceral And Magical</b>	3939	<i>Marilyn Egan</i>	47
3:00 PM - 4:00 PM	<b>*Zoom* Staging Small Spaces At Home . . .</b>	3948	<i>Patricia Sheahan</i>	49

# THURSDAY | Session ONE / August 30 – October 22

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
8:45 AM - 10:15 AM	<i>*CMU*</i> <b>The Cold War</b>	3925	<i>Charles Hier</i>	33
10:00 AM - 12:00 PM	<i>*CMU*</i> <b>Hatha Yoga</b>	3818	<i>Loretta Barone</i>	18
10:45 AM - 12:15 PM	<i>*CMU*</i> <b>Challenges To Foreign Policy Today</b>	3930	<i>Dennis Jett</i>	37
	<i>*Zoom*</i> <b>Declutter</b>	3826	<i>Rosa Barnett Averbach</i>	52
11:00 AM - 12:00 PM	<i>*CMU*</i> <b>Play Of The Hand: Play Session 1</b>	3878	<i>John Olmsted</i>	20
	<i>*Zoom*</i> <b>National Aviary Health Care Program</b>	3928	<i>National Aviary</i>	56
11:30 AM - 12:30 PM	<i>*Eden Hall*</i> <b>Protect Your Identity: Identity . . .</b>	3863	<i>Terri Anthony</i>	68
12:45 PM - 2:45 PM	<i>*Zoom*</i> <b>Great And Notable Novels Read . . .</b>	3871	<i>Mary Schinhofen, Helen-Faye Rosenblum</i>	46
1:15 PM - 2:30 PM	<i>*CMU*</i> <b>Get Fit - A Fun Latin Cardio Workout</b>	3937	<i>Connie Pollack</i>	18
3:00 PM - 4:30 PM	<i>*Zoom*</i> <b>A Night At The Movies: The French . . .</b>	3959	<i>Stanley Winikoff, Jeffrey Swoger</i>	44

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8:45 AM - 10:15 AM	<b>*CMU* Ira Distribution Strategies</b>	3831	<i>Bud Kahn</i>	20
9:30 AM - 12:00 PM	<b>*Zoom* Figure Drawing</b>	3915	<i>Betsy Bangley</i>	49
10:45 AM - 12:15 PM	<b>*CMU* From Memory To Story: Deep Dives</b>	3898	<i>Anita Kulina</i>	24
	<b>*CMU* Masters Of Modern Architecture . . .</b>	3867	<i>Jeffrey Swoger</i>	26
	<b>*Zoom* Healthy Eating</b>	3827	<i>Rosa Barnett Averbach</i>	53
11:00 AM - 12:00 PM	<b>*CMU* Play Of The Hand: Play Session 2</b>	3879	<i>John Olmsted</i>	20
12:00 PM - 1:00 PM	<b>*CMU* First Fridays At Redeemer</b>	3885	<i>Ann Labounsky</i>	12
12:45 PM - 2:45 PM	<b>*CMU* Independent Art Study</b>	3900	<i>Gary Bates</i>	16
3:30 PM - 5:00 PM	<b>*Zoom* Cannabis 101: A Scientific, Legal . . .</b>	3945	<i>Jason Lupoi</i>	61

# MONDAY | Session TWO / October 25 – December 17

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8:45 AM - 10:15 AM	<i>*CMU*</i> Return To Maycomb - A Homage . . .	3854	Michael Mariani	9
	<i>*CMU*</i> The Gettysburg Campaign	3851	David Albert	34
	<i>*Zoom*</i> History's Villians	3825	Richard Daffner	61
10:45 AM - 12:15 PM	<i>*CMU*</i> Trail Cycling For All Ages And . . .	3874	Zarky Rudavsky	28
	<i>*CMU*</i> Health, Wealth And Inequality	3835	Jack Ochs	31
	<i>*CMU*</i> The Phenomenom Of "A Christmas . . .	3883	Mark Banister	8
	<i>*CMU*</i> Germany Between The Wars	3839	Sheila Werner	35
11:00 AM - 12:00 PM	<i>*Eden Hall*</i> Better Balance! Steady And Strong	3841	Diane Markovitz	69
11:00 AM - 12:30 PM	<i>*Zoom*</i> Enjoying The New Yorker	3866	John Brown	60
11:30 AM - 12:30 PM	<i>*Zoom*</i> Dance Fitness Gold	3933	Maureen Gemeinhart	50
12:45 PM - 2:15 PM	<i>*CMU*</i> Ernest And Hadley	3895	Donald Carter	32
12:45 PM - 2:45 PM	<i>*CMU*</i> Great Conductors Of The 20 <sup>Th</sup> . . .	3816	Jeffrey Swoger	11
	<i>*CMU*</i> It's All About The Egg!	3904	David Green	17
	<i>*CMU*</i> Soulcollage For New And Returning . . .	3940	Alice Carnes	24
1:00 PM - 2:30 PM	<i>*Zoom*</i> What Makes An Organization Effective	3946	Larry Froman	64
3:00 PM - 4:00 PM	<i>*Zoom*</i> Improve Your Party Bridge Skills	3880	John Olmsted	50
3:00 PM - 4:30 PM	<i>*CMU*</i> Jewish Squirrel Hill: 1917-1957	3902	Heinz History Center *	36
3:00 PM - 5:00 PM	<i>*Zoom*</i> Cinema Arts: Early Film	3909	Charles Glassmire	44

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8:45 AM - 10:15 AM	<b>*CMU* The Sinking Of The Lusitania</b>	3850	David Albert	34
	<b>*CMU* Elder Law - Being Prepared</b>	3817	Carol Sikov Gross	15
10:00 AM - 12:00 PM	<b>*CMU* Continuing Painting In Acrylics</b>	3924	Francine VandenBerg	16
10:45 AM - 12:15 PM	<b>*Eden Hall* Intro To Medical Marijuana . . .</b>	3829	Richard Greer	73
	<b>*CMU* African Adventures: Traveling . . .</b>	3891	Katrina Zeigler	27
	<b>*CMU* City Of Asylum</b>	3832	Alphabet City *	37
	<b>*Zoom* Powerpoint Tour Of The Pittsburgh . . .</b>	3824	Cathy Gialloreto	63
	<b>*CMU* Intro To Medical Marijuan . . .</b>	3961	Richard Greer	27
	<b>*CMU* How Do You Explain India?</b>	3917	Sankar Seetharama	29
	<b>*Zoom* Pleasures Of Poetry</b>	3857	Judith Robinson	45
11:00 AM - 12:00 PM	<b>*Zoom* Keeping The Keys And Safety Update</b>	3893	Terri Anthony	52
	<b>*Zoom* Embracing A Green Lifestyle</b>	3855	Nancy Martin	55
11:30 AM - 12:30 PM	<b>*Eden Hall* Bone Health! Steady And Strong</b>	3931	Diane Markovitz	70
12:45 PM - 2:15 PM	<b>*CMU* Religion, Race, And Racism In America</b>	3907	Daniel Aleshire	31
	<b>*Eden Hall* Verbal Self Defense For Women</b>	3944	Jackie Umans	71
1:00 PM - 2:30 PM	<b>*CMU* Such Friends: Writers Salons . . .</b>	3908	Kathleen Donnelly	7
	<b>*CMU* Singing In A Choral Class</b>	3864	Constance Rapp	23
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1:00 PM - 2:30 PM	<b>*CMU* Liberty And No Excise!</b>	3853	Denise Cummins	35
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3:00 PM - 4:00 PM	<b>*CMU* Improve Bridge: Play Session 1</b>	3881	John Olmsted	21
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	<b>*Eden Hall* Senior Health Care</b>	3821	Barbara Veazey	71

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10:30 AM - 12:30 PM	<i>*CMU*</i> Writers' Workshop	3837	Thalia Snyder, Helen Wilson	25
	<i>*CMU*</i> North America Yesterday And . . .	3935	Stephen Blank	13
10:45 AM - 12:15 PM	<i>*CMU*</i> Book Of Genesis Versus Evolution . . .	3823	Leonard Kisslinger	26
	<i>*Eden Hall*</i> The Bauhaus And The Masters . . .	3814	Jeffrey Swoger	72
	<i>*CMU*</i> A Design Journey	3914	Daniel Boyarski	7
	<i>*CMU*</i> Spirited Fun Through Improv	3953	Emily Harris	22
	<i>*Zoom*</i> The Politics Of Reproduction	3923	Susan Hansen	63
11:00 AM - 12:00 PM	<i>*Zoom*</i> Missed Connections With . . .	3949	Laura Zurowski	62
12:45 PM - 2:45 PM	<i>*CMU*</i> Life Sketch And Popular Music . . .	3899	Joe Lagnese	10
1:00 PM - 2:30 PM	<i>*CMU*</i> Sacred Circle Dancing	3941	Alice Carnes	17
	<i>*CMU*</i> Your Vote Counts. Doesn't It?	3896	Randy Weinberg	38
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	<i>*Zoom*</i> Staying Healthy In A Toxic World Pt. 2	3875	Patricia Spear Lemer	58
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12:45 PM - 2:45 PM	<i>*CMU*</i> <b>Earl "Fatha" Hines</b>	3892	<i>Patricia Pugh Mitchell</i>	10
1:00 PM - 2:30 PM	<i>*Zoom*</i> <b>Defining Architectural Excellence</b>	3942	<i>Eric Fisher</i>	55
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# GENERAL INFORMATION & POLICIES

## Classroom Locations

Due to Covid-19, our Fall 2021 courses are expected to run all term on Zoom. If by chance the situation improves and some courses can be held in-person you will be notified of this change. We will only return to in-person courses if it is deemed safe to do so. Please do not let Covid deter you from taking and enjoying your courses on Zoom. The staff is eager to help anyone get up and running on Zoom. If your computer or device does not have a camera or a microphone, do not let that deter you from attending classes. If you can see and hear a YouTube video, you will be able to see and hear your classes at Osher at CMU.

## Photos and Videos

For privacy and copyright laws we are not allowing our courses to be recorded by anyone. Please do not record any courses you are in.

## Classroom Etiquette

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

- attending only course(s) for which you have registered. Please DO NOT share Zoom codes and passwords with anyone.
- arriving to class just before class is to start.
- raising your hand to be recognized before speaking. Be sure to have your full name entered so you can be appropriately called on.
- staying on topic during discussions and remember to not monopolize the conversation
- staying muted when not speaking so background sound from your space won't be shared with the rest of your classmates. Remember to turn off your phone.

## Bad Weather Days

Since all classes are on Zoom, all classes will be held as scheduled regardless of weather conditions.

## Catalogs

Due to our current financial crunch, no Fall 2021 catalogs will be printed.

## Check Your Schedule

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

## Controversial Speakers

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

## Non-Discrimination

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

## Scholarships

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

## Email Notifications

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

- The Osher office will send "broadcast emails" to remind you of upcoming Osher or Carnegie Mellon activities. The Weekly Essentials can be found on [cmu.edu/osher](http://cmu.edu/osher).
- The Osher office will send email notices to specific classes for important course changes.
- 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 personal friend and that they want to receive what you want to share. Using Osher members' emails for non-Osher "stuff" is not appropriate. It is akin to an unwanted marketing phone call or a piece of junk mail in your mailbox. Just because someone was in a class with you or was on a committee with you, doesn't make it okay to send your fun and thoughtful "stuff" to. Please ask permission first; to not do so goes against the Osher Privacy Policy.

## Osher at CMU Values and Expectations

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

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

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

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

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

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

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

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

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

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

## Coming Soon . . . Our Osher Members' Lounge!

Our spacious new lounge will vastly increase opportunities for social interaction and community. It will be flexible enough to serve as an additional classroom, a space for social events, for lectures and for organizational meetings.

But, the lounge is just one part of the story. In fact, that the entire space will function as a comfortable, flexible home to our world-class program. The really good news is that our CMU Project manager and our architects are finishing up their plans and we are well on our way to completing the project by the Fall.



The University is committed to seeing the project through to completion. We are committed to fund this project. At some point, the Coronavirus will abate and we will need a home for our classes, our staff and our activities. That home is in Cyert Hall. And, despite the current status of the pandemic, we will eventually return to in-person learning and the social interactions we all miss terribly. Until then, it is our responsibility as members to help pay for our project manager, our architect, and the renovations to the Cyert space. Even if you plan to take only zoom classes, remember that the staff that makes them possible still needs a place to work. It is in everyone's best interest to donate now in order to make our new home a reality.

**Together we can do this!**

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



Creating a **Grade A** Learning Environment

# REGISTRATION INFORMATION

## READY TO REGISTER?

### Registration Fee

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

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

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

### Paper Registration - *If you must*

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

### Materials Fees

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

### Zoom Codes

The day before each of your courses are scheduled to start you will be sent via email your Zoom codes to gain entrance to the course. Please write these down as they will be the same for each subsequent class.

## Confirmation Letters

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

## Adding and Dropping Courses

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

## Important:

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

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

## Refund Policy

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

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

## Terms Per Year

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

## Zoom Class Helpers Are Vital

The responsibilities of the Zoom Class Helper are to make announcements and assist the study leader with several buttons in Zoom so that the study leader can focus on teaching. To volunteer, please fill out the "Volunteer to be a Zoom Class Helper" form in the red "Quick Links" section of our website, [cmu.edu/osher](http://cmu.edu/osher).

## Observed 2021 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. As you are setting up your course schedule, please be sure the class dates do not conflict with your family events, holidays, trips, or other events to which you are committed. We know class attendance is important to the Study Leaders who have prepared, and hope it is for you.

Martin Luther King Jr. Day*	Jan. 18
Memorial Day*	May 31
Independence Day*	Jul. 4
Independence Day Observed	Jul. 5
Labor Day*	Sep. 6
Thanksgiving Wednesday	Nov. 24
Thanksgiving Day*	Nov. 25
Thanksgiving Friday*	Nov. 26
Winter Break*	Dec. 24 - Jan. 5

\*Office is closed and staff are not available

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



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

Join us!



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

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