

Spring 2025

at Carnegie Mellon University | cmu.edu/osher



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ON THE COVER

Front Cover Photo: Highmark Center for Health, Wellness and Athletics by Matt Todd

The new Highmark Center for Health, Wellness and Athletics will house comprehensive health care and well-being services, as well as modern athletic facilities in at 160,000 square foot multi-use building. The CMU community will discover spaces dedicated to treatment, self-care and education.

AT A GLANCE

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SESSION DATES

Session One: Jan. 13 - Mar. 7

Session Two: Mar. 10 – May 2

For your convenience, this catalog is divided in two sections based on location:

- In-person Courses: pages 6 39
- **Zoom Courses:** pages 42 60

Look for the 49 **NEW!** courses being offered this term!

OSHER at Carnegie Mellon | Spring 2025

In-Person Courses: pgs. 6 - 39

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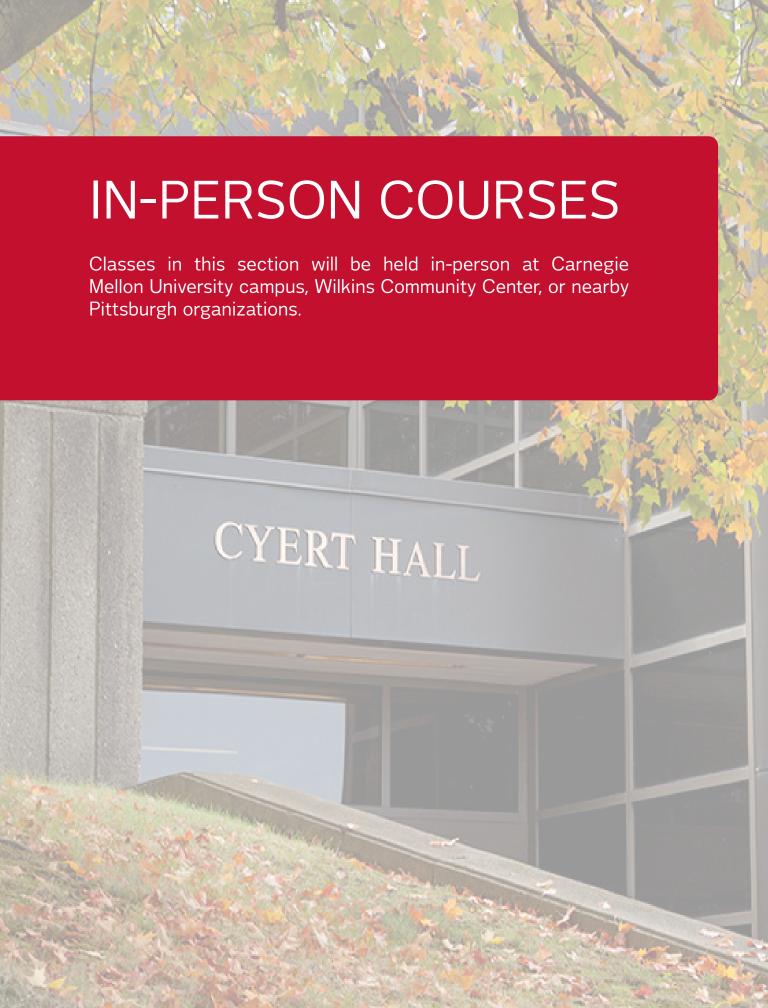
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For information about the NRC Osher Online courses, please see our website cmu.edu/osher and click on the "NRC's Osher Online" tab across the top.

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



ARTS & HUMANITIES

Cinema/Film | Drama/Theatre | Literature | Music

CINEMA/FILM

Perry Mason: Defense Counsel And Pop Culture Icon

Study Leader: Ron Backer

• 5 Classes: Jan. 14 – Feb. 11 Class ID: 5331

• Tuesday, 12:45 PM - 2:15 PM

· Cyert Hall, Osher Room B

Perry Mason, the most famous criminal attorney of all time, real or fictional, is a pop-culture icon, having appeared in 82 novels written by Erle Stanley Gardner, six movies produced at Warner Bros. during the 1930s, a long-running radio series, and four television series, the most notable being the 271-episode series starring Raymond Burr. Using PowerPoint presentations filled with television and movie clips, pictures, and frame grabs, all these depictions of the Perry Mason character will be addressed, with particular emphasis on the Burr television series. Topics from that series will include: the show's creation and casting, the regular characters, a season-byseason history, the sad stories of William Talman and Ray Collins, famous stars who appeared in the show, legal issues, evidentiary issues, and, of course, the most important question will be answered-did Perry Mason ever lose a case?

Ron Backer, an attorney in Pittsburgh for over 45 years, has written five books on film, including two on the Hollywood mystery movie series of the 1930s and 1940s. Mr. Backer has contributed articles about baseball and the movies to publications of SABR (the Society for American Baseball Research). He has previously taught courses for Osher at CMU about movies, television, and sports.



Appreciating Two Film Noir Classics

Study Leader: Ron Backer

• 2 Classes: Feb. 25 and Mar. 4

• Tuesday, 10:45 AM - 12:15 PM

• Cyert Hall, Osher Room B

Class ID: 5333



The two films are *Double Indemnity* (1944), often considered the quintessential film noir, and *Gun Crazy* (1950), a lesser-known film, but perhaps the best of the Hollywood B noirs. Using clips from the movies, excerpts from documentaries, frame grabs, behind-the-scenes photos, and other visuals, the course will address the source material for the films, their writing, direction, cinematography, the performances, the motifs of the films, and the making of the movies and their releases. In the process, we will be able to distill the common elements of noir films. The course is being taught on the basis that the students have seen *Double Indemnity* and *Gun Crazy* at least once and are familiar with them. (Both are streaming for free and/or for rent, are free on internet sites such as archive.org, and are on DVD and Blu-Ray.)

Ron Backer, an attorney in Pittsburgh for over 45 years, has written five books on film, including two on the Hollywood mystery movie series of the 1930s and 1940s. Mr. Backer has contributed articles about baseball and the movies to publications of SABR (the Society for American Baseball Research). He has previously taught courses for Osher at CMU about movies, television, and sports.

ARTS & HUMANITIES | In-Person

Two Films Present A Different 1950's

Study Leader: Robert Hoover

• 5 Classes: Jan. 16 – Feb. 13

• Thursday, 12:45 PM - 2:45 PM

• Cyert Hall, Osher Room B

Class ID: 5337

Class ID: 5353



We'll screen and discuss *Sweet Smell of Success* and *A Face in the Crowd*, two neglected films in 1957 that presented a harsh, cynical view of 1950s America. Surprisingly, they featured actors who appeared in the "major motion pictures" of the era.

Robert Hoover was the longtime book and drama editor of the *Pittsburgh Post-Gazette* who frequently wrote about films as well. He taught CMU Osher courses on Orson Welles and *Citizen Kane*. Growing up in the 1950s, he saw plenty of the epic films and Westerns of that era, but only discovered these films as an adult and was impressed with their originality.

Golden Age Mystery Movie Series

Study Leader: Mark Banister

• 4 Classes: Jan. 14 – Feb. 4

• Tuesday, 2:30 PM - 4:00 PM

· Cyert Hall, Osher Room B

In the 1930s and 1940s, Hollywood turned out many mystery movie series. They were very popular and, for the most part, relatively cheap to produce. Americans wishing to escape the depression and the subsequent world war found enjoyment in these lighthearted stories of murder and other crimes. We will look at why they were so popular, the stars and the stories behind the making of the movies, and a bit about the obvious political incorrectness of many of them. And of course, we will watch a lot of film clips of each of our movie series. The class will look at: Hildegarde Wither's, Charlie Chan, Philo Vance, Mr. Moto, Perry Mason, Sherlock Holmes and, of course Nick and Nora Charles. If you aren't aware of some of these people, it's time you became familiar with them!

Mark Banister has taught many Osher classes on classic mysteries over the years. He has been a fan of the movie adaptations of them as well, and thought it time to present some of his favorites in this area. He retired in 2017 from Carnegie Mellon's Office of Environmental Health and Safety, where the mysteries he encountered there were completely different from the mysteries he will be discussing in this class!



DRAMA/THEATRE

School Of Drama Talk Backs

Study Leader: CMU School of Drama

• 2 Classes: Mar. 17 and Apr. 7

• Monday, 5:30 PM - 6:30 PM

• Purnell Center, Chosky Theatre

Class ID: 5393

DAY

Meet with the creative team behind two productions, *The Inseparables* and *Titanic*, for an hour-long talkback where you can ask questions about the process, the production, or any curiosities you might have about the show.

Please note: Class will meet on March 17 and April 7, 2025, before the run of the performances start. Performances of The Inseparables start March 20th and runs through March 29th. Performances of Titanic start April 15th and runs through April 23rd. Participants will need to purchase their own performance tickets through the box office for the student rate of \$10 if they wish to see the performance. The box office can be contacted at 412-268-2407 or via drama.cmu.edu. Please purchase tickets upon enrollment in the course as tickets might not be available the night of the performance.

TJ Young is a Texas-born playwright and dramaturg based in Pittsburgh. His plays include WE FLY, The Inseparables (Pittsburgh Public Theatre Commission), Isle of Noises (James Madison University Commission), No. 6 (2017 Harold and Mimi Steinberg Award Winner – KCACTF, Indiana Rep), Lyon's Den (2018 Harold and Mimi Steinberg Distinguished Achievement awardee), Hell is Empty (2017 John Cauble Short Play Award Regional Finalist - KCACTF), and Sperm Donor Wanted (2023 L. Arnold Weissberger New Play Award Finalist). He received his MFA in Dramatic Writing from Texas State University. He is also the NPP Chair for Region 2 of the Kennedy Center American College Theatre Festival, He is currently an Associate Professor of Dramaturgy at Carnegie Mellon University.

In-Person | ARTS & HUMANITIES

A Behind-The-Scenes Look At City Theatre

Study Leader: City Theatre Company

• 1 Class: Mar. 3

Class ID: 5380

• Monday, 12:30 PM - 2:00 PM

 City Theatre, South Side, 1300 Bingham St., South Side



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

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

LITERATURE

Chinese Literature And Turbulent Times

Study Leader: Joan Cucinotta

- 5 Classes: Mar. 11 Apr. 8
- Tuesday, 9:00 AM 10:30 AM
- Cyert Hall, Osher Room A





Twentieth-century China was a period of constant cultural and political eruptions that brought the end of dynastic imperial history and the rise of modernity. Chinese authors responded to this wrenching and violent evolution with explosive creativity, creating changes in language, genres, and artistic purpose. In this course, we will see the rethinking of modern Chinese literature as a product of and reaction to the various upheavals from the May Fourth New Culture Movement through the turbulence under Mao to a reevaluation of traditional values and Confucianism. Among the authors we will read are Lu Xun, Pearl Buck, Mo Yan, Ba Jin, Peter Hessler, Dai Sijie, and Gao Xinjian. We will also discuss the movie *To Live* based on the novel by Yu Hua.

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

ARTS & HUMANITIES | In-Person

A Midsummer Night's Dream

Study Leader: Rebecca Carpenter

• 5 Classes: Mar. 12 – Apr. 9 Class ID: 5293

• Wednesday, 10:45 AM - 12:15 PM

· Cyert Hall, Osher Room A

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

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

Henry V In History And Shakespeare

Study Leader: Rebecca Carpenter

• 5 Classes: Jan. 15 – Feb. 12 Class ID: 5294

• Wednesday, 10:45 AM - 12:15 PM

· Cyert Hall, Osher Room A

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 "warlike 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.

Respond to the Monkey in your email!

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

In-Person | ARTS & HUMANITIES

MUSIC

The Great Comics Of Classical Music

Study Leader: James Gorton

• 5 Classes: Jan. 16 – Feb. 13

Class ID: 5343

• Thursday, 10:45 AM - 12:15 PM

NEW!

• Cyert Hall, Osher Room B

A survey of comics of classical music, beginning with the Marx Brothers, through Looney Tunes, and into the present.

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



The Symphony In Three Movements: Part II

Study Leader: Jeffrey Swoger

• 6 Classes: Mar. 12 – Apr. 16

Class ID: 5291

• Wednesday, 12:30 PM - 2:30 PM

· Cyert Hall, Osher Room B

In the first movement, we examined the symphonies of Austro-Germanic composers beginning with Haydn, the father of the symphonic form, and ending with Johannes Brahms. In this movement, we will still listen to masterpieces by Austro-Germanic composers, Bruckner and Mahler, but we will widen our focus to include Russian, Czech, and French composers. All-in-all, a very eclectic group of musical compositions that will push the boundaries of the symphonic form, taking it into uncharted territory. And we will leave the more comfortable 19th century, and enter the 20th century with all of its turmoil and experimentation. Class discussions will amplify the music.

Jeffrey Swoger was initially exposed to classical music in a seventh-grade music appreciation class. He attended his first Chicago Symphony Orchestra concert while in high school and later elected to take a music appreciation course at Washington University. A 35-year Chicago Symphony Orchestra subscriber, he served on the CSO Junior Governing Board that presented concerts by small groups of CSO musicians in the Chicago public schools. Subsequently, his graphic design firm worked with the Chicago Symphony for 12 years, producing local and national advertising, national and international tour materials, season subscription mailers, fund-raising materials, 90th and 100th anniversary publications and CD packaging. Close, longtime friendships with the CSO program annotator and the director of public relations afforded regular access to the orchestra's executives, musicians, and conductors.

BUSINESS & COMMERCE

Law

LAW

Criminal Justice Reform In Allegheny County

Study Leader: Frederick Thieman

• 2 Classes: Feb. 25 and Mar. 4

Class ID: 5296

• Tuesday, 12:30 PM - 2:00 PM

TWO DAY

• Cyert Hall, Osher Room B

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. How did this happen and why has the war on crime failed so completely? As important, a new report recently released by the University of Pittsburgh's Institute of Politics identifies a range of racial disparities embedded within the system. This course will explore the failures of the criminal justice system, reasons behind the disparities, 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 placebased 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 businessrelated 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.

Bring A Friend!

Members can refer a friend to Osher at CMU and allow them to join them for a class with a onetime guest pass. If the guest decides to join Osher at CMU, they will be able to do so at a reduced membership rate of \$85.00.

As an incentive, for every new member that a current Osher member brings in, the introducing member's name will be entered into a lottery for a \$100.00 gift card. The drawing will be held at the end of every month. All the names not pulled will remain in the pull for the next month.

Visit the "Membership" page of our website (cmu.edu/osher) for more information!

LEARN BY DOING

Art | Culinary | Dance/Exercise | Games | Technology | Self Improvement | Wellness | Writing

ART

Drawing For All

Study Leader: Jane Pawlowski

• 6 Classes: Mar. 11 – Apr. 15

Class ID: 5334

- Tuesday, 10:15 AM 12:15 PM
- Cyert Hall, Olmsted Activity Room

We are all artists and drawing is the foundation of so many different forms of art. This class will delve into some of the fundamentals of drawing through observation. It is geared to the beginning artist as well as those who want to take a more independent approach to their work. We will be building up our arsenal of techniques, looking at the use of line, value, and space. Work will primarily be done in black and white media. Students should bring a sketchbook and pencils to the first class. A suggested materials list will be sent prior to the first class. There will be options for those with more experience.

Please note: Students will bring their own supplies

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



Figure Drawing

Study Leader: Betsy Bangley Materials Fee: \$35*

• 5 Classes: Mar. 14 – Apr. 18*

Class ID: 5373

- Friday, 9:30 AM 12:00 PM
- College of Fine Arts, 313
- *Note: Class will not meet on Apr. 4

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

Betsy Bangley has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently teaches drawing, watercolor painting, art journaling, and other courses in the arts and humanities at the Community College of Beaver County through the Continuing Education and Workforce Development Department.

^{*}Materials fee information located on page 75.

LEARN BY DOING | In-Person

Drawing In The Museum

Study Leader: Betsy Bangley

Materials Fee: \$10*

• 5 Classes: Jan. 17 - Feb. 21*

Class ID: 5372

• Friday, 10:15 AM - 12:45 PM

 Carnegie Museum of Art, 4400 Forbes Ave, Oakland

*Note: Class will not meet on Feb. 7

Develop your drawing skills, and explore the world of the Carnegie Museums of Art and Natural History through simple pencil sketches. We will begin with an introduction to sketching techniques as we explore artifacts and statuary in The Carnegie Museums of Art and Natural History in Oakland. Each week we will explore a different area of the museums. Beginners are welcome!

Please note: Participants will purchase their own admission to the museum.

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*Materials fee information located on page 75.

CULINARY

Italian Wine In Depth: Part I

Study Leader: Barb Pezze, Ken Argentieri

Materials Fee: \$35*

- 4 Classes: Mar. 11 Apr. 1
- Tuesday, 12:45 PM 2:15 PM
- · Cyert Hall, Olmsted Activity Room



Italy is comprised of 20 Regions. Each Region has its own culture, food traditions and wines. This course will take an in-depth study of each region primarily through its wines. This semester we will study the wines of Friuli-Venezia-Giulia, Trentino- Alto Adige, Veneto, and Lombardia. It is anticipated that future courses will study additional Regions until the entire country has been reviewed and we have sampled a large portion of the many wonderful Italian wines! During each of the four classes we will taste three wines from the region, sample some food, and dive into geeky detail about the wine industry, major producers, culture, and food.

Barb Pezze retired from Alcoa after 31 years in IT, Consulting and Ethics and Compliance. Since retiring, Barb obtained WSET I and II certifications and achieved highest honors as an Italian Wine Scholar. Barb and her husband have since started VinoNomad, a wine education business. Today they hold wine classes for small groups in the home or at events.

Ken Argentieri is a retired Trial Attorney and a lover of Italian wine. He has taken multiple wine education courses including WSET II and the Wine Scholar Guild's Italian Wine Essentials. Currently he is studying for an Italian Wine Scholar certificate. Ken has traveled to most of the 20 Italian Regions, enjoying the food, wine and culture of each Region.

*Materials fee information located on page 75.

In-Person | LEARN BY DOING



Cookie Decorating Class - Valentine's Day

Study Leader: Alisa DeStefano

Materials Fee: \$25*

• 1 Class: Jan. 16

Class ID: 5369

• Thursday, 2:45 PM - 4:45 PM

NEWI

• Cyert Hall, Olmsted Activity Room

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

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

*Materials fee information located on page 75.

DANCE/EXERCISE

Hatha Yoga

Study Leader: Loretta Barone

Materials Fee: \$10*

• 10 Classes: Jan. 16 – Mar. 20

Class ID: 5270

• Thursday, 10:00 AM - 12:00 PM

• Dance Alloy Studio,

5530 Penn Ave, East Liberty

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

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

New students welcome; Must attend the yoga orientation, 30 minutes before the first class.

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

*Materials fee information located on page 75.

LEARN BY DOING | In-Person

Get Fit: A Fun Latin Cardio Workout

Study Leader: Connie Pollack

Materials Fee: \$10*

• 6 Classes: Jan. 22 – Mar. 5*

Class ID: 5367

• Wednesday, 1:15 PM - 2:30 PM

• Beth Shalom, Hyman Ballroom, 2nd Fl, 5915 Beacon St, Sq. Hill



*Note: Class will not meet on Jan. 29

• 8 Classes: Mar. 12 – Apr. 30

Class ID: 5368

Wednesday, 1:15 PM - 2:30 PM

Beth Shalom, Hyman Ballroom,
 2nd Fl, 5915 Beacon St, Sq. Hill

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

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

Connie Pollack has been teaching aerobic dance to adults for the past 19 years at Congregation Beth Shalom. She loves singing and dancing to music and enjoys choreographing energetic and fun routines. With a degree in health and physical education, she taught physical education to students of all ages for 15 years before obtaining her master's degree in school counseling and transitioning to the field of college consulting. Currently, she works as a private college counselor in Squirrel Hill and helps students with their college or graduate school selection and application process, and tutors students in English, writing, reading, and test prep. She has always been passionate about teaching, encouraging fitness and exercise, and volunteering in her community.

*Materials fee information located on page 75.

GAMES

Trivia Jeopardy! Style

Study Leader: Howard Seltman

• 2 Classes: Feb. 27 and Mar. 6

Class ID: 5344

• Thursday, 12:45 PM - 2:45 PM

Cyert Hall, Osher Room A

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

Howard Seltman is a retired clinical pathologist and statistician who loves to do research and teach.

In-Person | LEARN BY DOING

SELF IMPROVEMENT

End Of Life Matters

Study Leader: Fredric Price

• 5 Classes: Mar. 12 – Apr. 9

Class ID: 5341

• Wednesday, 12:45 PM - 2:15 PM

Cyert Hall, Olmsted Activity Room

Death may be the last thing we want to think about —our own, or that of a loved one — but no one gets out of here alive. Taking the time to learn about the practical, medical, and legal aspects of dying helps us develop a rational approach to mortality. If we can integrate beliefs and traditions, determine personal preferences, and convey those feelings to our loved ones - or perhaps help an aging parent figure out their own wishes - we can take some control of this unavoidable event. Readings, films, guest speakers and class discussions will help students develop a personal approach to their own mortality. With the guidance of the course director, students will learn how to communicate with family and health care providers and have an opportunity to prepare a legally valid Pennsylvania Living Will and Durable Power of Attorney for Health Care.

Dr. Fredric Price is a retired women's cancer surgeon and board-certified palliative care specialist. After almost three decades as a gynecologic oncologist, he spent the last years of his medical career in end-of-life supportive care. He founded an outpatient palliative medicine clinic and started an emotional support group for nurses. During his tenure on the faculty of the University of Pittsburgh and Temple medical schools, he received five national and international teaching awards. He teaches at Chatham University, the Jewish Healthcare Foundation, and Pitt Osher. He holds a BA in History from Yale, MD from University of Louisville and a Master's Degree from Heinz College at Carnegie Mellon University.

TECHNOLOGY

Foreign Language Learning Tips And Tools

Study Leader: Anne Semmler

• 1 Class: Feb. 25

Class ID: 5370

Tuesday, 2:15 PM - 3:45 PMCyert Hall, Osher Room A

Polyglot Conference International.





For the beginner to advanced foreign language lover, come discover a gold mine of tools, apps, websites, inspiration and strategies to enjoy self-study for years to come. This class will offer plenty of ideas and support to spark confidence and help you determine your passion for learning and advancing a new language. You don't necessarily need an expensive or long-term course commitment to leap ahead in language study! We will also discuss a wellspring of techniques from recent meetings of the

Anne Semmler studied French and Russian while completing a B.A. in Comparative Literature at Duke University. She continued language study with four years of residence in Germany, courses at the Goethe Institute and Berlitz, and most recently group summer short programs in Munich and Hamburg, as well as dabbling in Old Norse and Italian. Now retired from a career as a paralegal in immigration law, she attended the 2017 Polyglot International Conferences in Reykjavik, Iceland as well as online, and loves to share enthusiasm for self-determined foreign language study.

LEARN BY DOING | In-Person

WELLNESS

From "Om..." To "Aha!"

Study Leader: Nancy Keebler

• 2 Classes: Feb. 25 and Mar. 4

Class ID: 5366

• Tuesday, 2:15 PM - 3:45 PM

TWO DAY

Cyert Hall, Olmsted Activity Room

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

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

WRITING

How To Tell Your Own Story

Study Leader: Bob Hagerty

• 3 Classes: Jan. 14 – Jan. 28

Class ID: 5283

• Tuesday, 10:45 AM - 12:15 PM

• Cyert Hall, Osher Room A

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

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

In-Person | LEARN BY DOING

Writing In Your Voice

Study Leader: Helen Fallon

• 2 Classes: Feb. 26 and Mar. 5 Class ID: 5378

• Wednesday, 10:45 AM - 12:15 PM

TWO DAY

• Cyert Hall, Olmsted Activity Room

Love to write and express yourself? A market exists for your work, and if you don't want to be published for all to see, writing down your memories and viewpoints is a wonderful legacy for your family and friends. Many media outlets - print and online - look for op-ed articles, columns, blogs, reviews and more to include in their content. Learn what those formats include, how to create them, and where and when to pitch them. You can draw upon your expertise, knowledge and personal experiences to create them, adding in research to ensure accuracy. Finally, you'll learn about the important of rewriting and editing your work to achieve readability. Examples will be offered and students will be urged to create their own work to share with the class. No required text, but students will be urged to read outside of class to understand the various writing formats.

Helen Fallon, professor emeritus and former director of Point Park University's Honors Program, taught and served as an administrator at Point Park from 1986-2020. She chaired the Department of Journalism and Mass Communication from 1999 to 2008 and served as acting dean of the School of Communication from 2008 to 2009. She directed the Honors Program until 2020. Fallon has been an active journalist for the entirety of her teaching career, working as a part-time copy editor for the *Pittsburgh Post-Gazette*. She is active in journalism professional organizations, serving currently on the Press Club of Western Pennsylvania board and the Pennsylvania NewsMedia Association Foundation board. Fallon also currently serves on the Jefferson Regional Foundation's board.

Writers' Workshop

Study Leader: Thalia Snyder

• 6 Classes: Mar. 12 – Apr. 16

Class ID: 5396

• Wednesday, 10:45 AM - 12:15 PM

• Cyert Hall, Hawkins Conference Room

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

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

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

Your input is welcomed and valued.

Your input is welcomed and valued. Osher at CMU depends on member assistance and involvement. Your suggestions for instructors, courses, events, and lectures are necessary to help us serve your interests. Please use the suggestion box in the quick link section of our website, cmu.edu/osher.

SCIENCE

Architecture | Medical



ARCHITECTURE

The Once And Future CMU Campus

Study Leader: Bob Reppe

• 3 Classes: Jan. 14 – Jan. 28

• Tuesday, 10:45 AM - 12:15 PM

Cyert Hall, Osher Room B

Class ID: 5284



Carnegie Mellon University has a long history of thoughtful planning and deliberate execution. This course will explore past campus growth patterns that are shaping the future of the university. The course will be three parts with discussions of both planning and design themes. Part 1 will be introducing neo-classicism and early campus initiatives. Part 2 will focus on modernism and new thinking in design. Part 3 will explore a new century of design and the campus of the future.

Bob Reppe is the University Architect at CMU. He has directed the development of the 2012 Institutional Master Plan and coordinates capital construction projects. He manages the pre-development process for major campus facilities, including Scott Hall, the Tepper Quad and new Tepper School of Business facility, the Cohon University Center Addition, and the phased upgrades in Hamburg Hall. He additionally oversees the development of facilities at the university's global sites, including Silicon Valley, Rwanda, and China. Prior to joining Carnegie Mellon, Bob served assistant director in the Pittsburgh Department of City Planning, as well as managed Development/Urban Design and Historic Preservation project review. Bob received his Master's degree in urban design from the University of Texas and Bachelor of Fine Arts degree in urban planning from the University of Minnesota.

Modernism In The Heartland

Study Leader: Jeffrey Swoger

• 5 Classes: Jan. 15 – Feb. 12

Class ID: 5292

• Wednesday, 12:45 PM - 2:15 PM

· Cyert Hall, Osher Room B

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

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



House Of The Year: An American Dream

Study Leader: Christian Daehler

• 1 Class: Feb. 26

Class ID: 5389

• Wednesday, 1:30 PM - 3:00 PM

ONE DAY

· Cyert Hall, Osher Room B

In 1958 House and Home featured an article titled "A house that delivers on the American Dream." Sixty years later, looking to downsize after the children had grown, we stumbled upon the exact house mentioned in the article. It had been on the market for a couple of years but for whatever reason did not sell. Out of curiosity we were to "just have a look" and upon entering were taken on a journey back in time. Everything we saw looked just like in the pictures in House and Home. We came away both intrigued but also certain that the house was just too far gone. So, the next day we decided to buy it. This course chronicles the subsequent rejuvenation of our Scholz Mark 58 "House of the Year 1958" and illustrates how the American dream lives on after all this time.

Christian Daehler built his first "house" with his friends in a wooded patch in his parent's back yard while in grade school and today considers working on houses one of his many passions. Now that his own home is nearing completion, he has found a new project, bringing his youngest daughter's fixer upper in Pittsburgh back to life. Christian came to the US in 1997 as part of a job rotation program for Hitachi Energy and has been calling western Pennsylvania home ever since.

MEDICAL

A Brief History Of Cervical Cancer

Study Leader: Kathleen McIntyre-Seltman

• 2 Classes: Feb. 27 and Mar. 6 • Thursday, 10:45 AM - 12:15 PM Class ID: 5351



TWO DAY

Cyert Hall, Osher Room B

Cancer of the cervix was described in ancient times. Until very recently, it was the biggest cause of cancer death in women worldwide, but with screening and a new vaccine, cervical cancer is nearly 100% preventable. In this class, we will follow the history of this disease from ancient times to the present. Along the way we will encounter nuns, Nazis, world leaders, Dr. "Pap", viruses, and controversial research practices, and we will cover the amazing development of the HPV vaccine.

Kathy McIntyre-Seltman is a retired gynecologist who was very involved with cervical cancer prevention during her career as a clinician, teacher, and researcher. She finds it incredible that when she started practicing, the cause of cervical cancer was still unknown, and that now there is preventive vaccine available worldwide.

SOCIAL SCIENCES

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

CONTEMPORARY TOPICS/ SOCIOLOGY

Senior Living Simplicity

Study Leader: Wendy Zinkone, Jennifer Thayer

• 5 Classes: Jan. 14 – Feb. 11

Class ID: 5299

• Tuesday, 12:45 PM - 2:15 PM



• Cyert Hall, Osher Room A

Explore the complexities of senior living decision-making in this comprehensive course. Delve into the myriad options available, from staying in your home, to independent living or assisted care, and master the art of financial planning tailored to senior living. Understand the crucial intersection of wellness and healthcare within these communities. Navigate the intricate legal and contractual landscape surrounding senior living arrangements. Uncover the emotional and social dynamics that play a pivotal role in the well-being of seniors. Equip yourself with the knowledge and skills needed to make informed decisions that prioritize the holistic needs of older individuals, ensuring a thoughtful and supportive transition into their next phase of life.

Wendy Zinkone RN, MPH, has spent a decade in the home care industry and has developed a passion about providing quality care to individuals who wish to remain in their homes as they age. In her previous roles as a public health nurse and an inhome nurse assessor, she acquired the skills to provide compassionate and high-quality care to her clients.

Jennifer Thayer, RN, CSA, CDC is passionate about enriching the lives of seniors and brings a multifaceted skill set as a Registered Nurse, Certified Senior Advisor®, and Certified Dementia Care® professional. With a focus on senior living options, she conducts thorough assessments, ensuring tailored and optimal living arrangements for individuals.

Purposeful Retirement/Intentional Design

Study Leader: Joan Anson

• 5 Classes: Mar. 11 – Apr. 8 Class ID: 5386

• Tuesday, 10:45 AM - 12:15 PM

• Cyert Hall, Hawkins Conference Room

This course is intended for both pre-retirees and those already retired. The study leader will review the changing definition of retirement and how Baby Boomers are transforming retirement. The non-financial factors to consider when planning a successful retirement will be introduced and be the basis for discussion. This course will aid retirees in using a strategic approach to anticipate and plan for changes related to identity, time management, socialization and purpose during their post-career years. These factors, in addition to work-re-orientation and work replacement, will be the focus of discussion with the goal of refreshing one's perspective on what retirement can mean for each individual student. Ideally, students will emerge with specific action steps to assist in developing their own personal roadmap to a satisfying retirement. Class time may also be dedicated to the unique position of those without the support of a partner or adult children (Solo Agers).

Joan Anson, MS Ed, PC, is a certified professional coach assisting millennials with career management issues and baby boomers seeking a purposeful retirement. Her extensive career in higher education administration included serving in an advisory capacity as staff to executive directors, deans and presidents at two health related education associations. Her positions included leadership roles in enrollment management, student affairs and career promotion. Later, she served as a director of admissions at the University of Baltimore and the Johns Hopkins Bloomberg School of Public Health. Joan completed programs in management leadership from both the Johns Hopkins Leadership Institute and the National Association of Colleges and Employers. When she returned to the University of Pittsburgh in 2007, Joan became the founding director of career services for Pitt Public Health. After her retirement from the University of Pittsburgh, Joan happily commenced her "third act" to include serving as a coach for individuals contemplating "next steps" in their personal or professional lives.

My Career As An FBI Agent

Study Leader: Julia Meredith

• 1 Class: Mar. 5

Class ID: 5402

• Wednesday, 1:30 PM - 3:00 PM



· Cyert Hall, Osher Room B

Despite the Federal Bureau of Investigation's high profile and frequent presence in popular culture, there are currently fewer than 14,000 FBI special agents—the highest number ever. Few people therefore have the opportunity to meet a current or retired agent and hear what the job actually entails. This class will afford participants the occasion to learn from a retired female special agent what the hiring process is like, the training new agents receive, the types of casework the FBI handles, and how the Bureau conducts its investigations. Overviews of several high-profile public corruption cases and methamphetamine trafficking investigations will be presented. There will also be time for Q & A.

Julia Meredith retired from the FBI in 2021 after 20 years as a special agent. She joined the Bureau in February 2001 and was assigned to Chicago from 2001 until 2015. In Chicago, Agent Meredith worked primarily public corruption cases. Concurrently, she was team leader for an Evidence Response Team and conducted scores of searches of crime scenes ranging from multiple homicide to the campaign office of a sitting governor. She then volunteered for a two-year stint in eastern Montana, leading a four-person task force disrupting meth trafficking. In 2018, she was promoted to a liaison position between the Bureau and the National Cyber-Forensics & Training Alliance in Pittsburgh, where she helped FBI case agents link with international law enforcement partners until her retirement.

Weekly **Essentials**

The weekly email for all things Osher at CMU!

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

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

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

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

The Story Of Steel

Study Leader: Sankar Seetharama

• 1 Class: Feb. 26

• Wednesday, 10:45 AM - 12:15 PM

• Cyert Hall, Osher Room B

Class ID: 5397
ONE
DAY

Steel has been the most important materials in terms of economic impact on society in the 20th century. Pittsburgh has played a vital role in steelmaking. This course will explore the origins & development of the iron & steel industry, steelmaking techniques & methods through the ages, types of steel and their uses and environmental issues. We will discuss the industry's growth and decline in Pittsburgh and the current and future global outlook for steel.

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



The Magic Of Rails: Great Rail Journeys

Study Leader: Sankar Seetharama

• 1 Class: Feb. 25

Class ID: 5398

• Tuesday, 12:30 PM - 2:00 PM

ONE

• Cyert Hall, Osher Room A

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

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

In-Person | SOCIAL SCIENCES

A Short History Of Happiness

Study Leader: Joseph Givvin

• 5 Classes: Mar. 11 – Apr. 8

Class ID: 5385

- Tuesday, 12:45 PM 2:15 PM
- Cyert Hall, Osher Room B

What is the one thing we all want? Happiness, the good life, fulfillment. The names may differ but all of us are seeking the greatest good of life. Can we find it in this world? Can the serial killer and the saint be said to be pursuing the same happiness? Alternatively, could some paths to happiness be better than others? And if so, how do we find them? For centuries, prophets and philosophers have tried to answer these questions. Today scientists and all of us wrestle with these questions. We will explore some of the diverse historical perspectives to see if any of them offer you insights into your own happiness and the happiness of others.

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

Non-Fake News: How Journalism Works

Study Leader: Kellie Gormly

• 1 Class: Mar. 6

Class ID: 5390

• Thursday, 12:45 PM - 2:15 PM

• Cyert Hall, Osher Room B



How does the news business work? What makes a story? How do journalists report the news? What about the conspiracy theories about fake news - are they true? Veteran journalist Kellie B. Gormly, who writes for the *Washington Post* and other national publications, will explore these topics and tell you about how the media work behind the scenes.

Kellie B. Gormly is a former *Pittsburgh Tribune-Review* staff writer who now is a freelance writer for many national publications, including *The Washington Post, Smithsonian, Woman's World*, and *Pennsylvania Magazine*.

Early Career Research At CMU: English

Study Leader: Howard Seltman

• 1 Class: Mar. 13

Class ID: 5347

• Thursday, 9:00 AM - 10:30 AM

• Cyert Hall, Osher Room B





You come to the CMU campus for Osher courses, but do you wonder what else goes on here? Over 300 students earn a PhD each year. In this class, two students who are near completion of their English Department PhDs will present their research and answer questions. It is wonderful to interact with these enthusiastic, young scholars.

Howard Seltman is a retired clinical pathologist and statistician who loves to do research and teach.

Goodwill: More Than A Store

Study Leader: Goodwill Industries

• 1 Class: Feb. 28

Class ID: 5268

• Friday, 9:30 AM - 11:30 AM

 Goodwill SWPA, 118 52nd St, Lawrenceville ONE DAY

Join us for a "behind the scenes" look at Goodwill SWPA's Human Service programs at our workforce development center in Lawrenceville. Learn how your donations of clothing and other items make an enormous difference in the quality of life for people in your own community. We'll explain how Goodwill carries out its mission, through its vast scope of programs and services, and how it's become one of the largest and most diverse social and human service organizations in the region.

Laurie Cybulski is the Director of Education at Goodwill SWPA. She has worked for Goodwill for over 15 years as an assessor, instructor, test center proctor and program director. She is an avid reader, quilter and gardener.



HISTORY

The Italian Campaign Of WWII

Study Leader: Peter Oleinick

• 3 Classes: Mar. 13 – Mar. 27

Class ID: 5392

• Thursday, 10:45 AM - 12:15 PM

Cyert Hall, Osher Room B

The Italian Campaign was the WWII Allied invasion and conquest of Italy (July 9, 1943 — May 2, 1945) The operation began with the invasion of Sicily and was followed by numerous military operations that led to conquering the Italian mainland. The primary objective was to knock Italy out of the war and force the surrender of the German and Italian forces in Italy.

Peter Oleinick earned a Ph.D. in electrical and computer engineering from CMU in 1978. He spent the next 13 years in Silicon Valley working for high-tech companies like HP and several high-tech startup companies. Peter moved back to Pittsburgh in 1991to work at Transarc, a startup formed by a number of CMU computer scientists. After a 40-year career at various high-tech companies, Peter retired in 2017. Peter now volunteers his time at Osher and a number of non-profits including: The Pittsburgh Zoo, the Hebrew Free Loan Association, the Moonshot Museum, and the MS Society. This will be the 10th World War II History class Peter has taught at Osher.

In-Person | SOCIAL SCIENCES

Soviet Union: **Revolution To Civil War**

Study Leader: Charles Hier

• 6 Classes: Jan. 15 – Feb. 19

Class ID: 5364

• Wednesday, 9:15 AM - 10:45 AM

· Cyert Hall, Osher Room B

· Cyert Hall, Osher Room B



There were many discontents in late tsarist Russia: peasants did not have enough land; workers' unions were illegal; the middle class had no constitutional rights; and Russian soldiers were being slaughtered in WWI. These tensions led to collapse of the tsarist state in February 1917. A Provisional Government sought to lead the new Russian state, but soviets, workers' councils contested the right of large landowners and capitalist elites to rule. A political struggle ensued resulting in the victory of the soviets. Simultaneously, a struggle within the soviets brought the Bolsheviks, one of many currents of socialism within the soviets, into leadership of the soviets. So the victory of the soviets was also the coming of the Bolsheviks to power. A terrible civil war followed in which the most powerful countries in the world intervened against the Bolshevik-led government but could not defeat it.

Chuck Hier earned his PhD in Soviet history from Pitt. Previously he attended the University of Houston (MA history) and Boston College. Before this he attended Rice University (BA philosophy) and New York University (MA philosophy). He very nearly didn't escape from graduate school. He has taught history at Pitt, CMU, Slippery Rock, the University of Akron and Indiana University of PA. He has taught history courses and one philosophy course in the CMU Osher program since Jan 2020.

Soviet Union: Stalin To Gorbachev

Study Leader: Charles Hier

• 6 Classes: Mar. 11 – Apr. 15

Class ID: 5365

• Tuesday, 9:00 AM - 10:30 AM



The New Economic Policy (NEP) was conceived by Lenin as a kind of retreat from socialism. The country was exhausted from seven years of WWI and civil war. The NEP essentially abandoned the Soviet government's attempt to empower poor peasants in the countryside. It allowed the well-to-do peasants to take control of rural policy. But once the country had recovered economically, the government tried again to empower poor peasants. This was collectivization. We will see what really happened here. The Five-Year Plans and collectivization doubled the economy three times before the Nazi invasion, enabling the Soviets to out-produce and defeat Germany during WWII. The Soviets recovered from WWII under Khrushchev but began an 'era of stagnation' under Brezhnev, Andropov and Chernenko. The attempts of Gorbachev to reform the system resulted in collapse. (This is a continuation of Soviet Union: Revolution to Civil War.)

Chuck Hier earned his PhD in Soviet history from Pitt. Previously he attended the University of Houston (MA history) and Boston College. Before this he attended Rice University (BA philosophy) and New York University (MA philosophy). He very nearly didn't escape from graduate school. He has taught history at Pitt, CMU, Slippery Rock, the University of Akron and Indiana University of PA. He has taught history courses and one philosophy course in the CMU Osher program since Jan 2020.



The Mathematics Of Mayhem

Study Leader: Randy Weinberg

• 1 Class: Mar. 5

Class ID: 5349

• Wednesday, 12:45 PM - 2:15 PM

Cyert Hall, Osher Room B



In this course, we'll explore how mathematical errors whether through miscalculations, rounding errors, flawed assumptions or simple carelessness - can lead to significant and sometimes catastrophic consequences. From infamous engineering disasters, financial meltdowns, space mission failures, legislative apportionment and other examples, we will see how even small mathematical errors or misunderstandings can escalate into disasters. There will be numerous surprises and various littleknown stories. And, no math required!

Randy Weinberg is a retired professor of Information Systems at Carnegie Mellon University. He has been a regular study leader for Osher at CMU with courses spanning technology, history, geography and politics. He is currently a member of the Osher board of directors as well as the Study Leader Support Group. He is originally from Minnesota and completed his undergraduate and graduate studies in Mathematics and Operations Research at the University of Minnesota.

Delightful Dozen

Study Leader: Howard Seltman

• 3 Classes: Mar. 12 – Mar. 26

Class ID: 5346

Wednesday, 10:45 AM - 12:15 PM

Cyert Hall, Osher Room B

I have collected 12 true, little-known vignettes that I hope will delight you. They range broadly over subject matter, time and place. Inspiring and courageous people will feature in many of these tales.

Howard Seltman is a retired clinical pathologist and statistician who loves to do research and teach.

The US-Dakota War Of 1862

Study Leader: Randy Weinberg

• 1 Class: Feb. 26

Class ID: 5350

Wednesday, 10:45 AM - 12:15 PM



Cyert Hall, Osher Room A

By the summer of 1862, conditions for the Dakota people in Southwest Minnesota were desperate. Tensions were high as the US government failed to make payments and to provide promised food and supplies. Confined to a narrow strip of reservation land along the Minnesota River, many families faced starvation. On August 17, while looking for food, four young native Dakota men killed five white settlers near Acton, Minnesota. This was the trigger for the 'US-Dakota War'. The war ended six weeks later with the defeat of the Dakota warriors by federal troops. A succession of hurried military trials for captured warriors resulted in the largest mass execution in US history in December 1862. This story will be told through historical sources and modern retellings. (Pittsburgh's own Jane Swisshelm has a cameo role in this narrative.)

Randy Weinberg is a retired professor of Information Systems at Carnegie Mellon University. He has been a regular study leader for Osher at CMU with courses spanning technology, history, geography and politics. He is currently a member of the Osher board of directors as well as the Study Leader Support Group. He is originally from Minnesota and completed his undergraduate and graduate studies in Mathematics and Operations Research at the University of Minnesota.

In-Person | SOCIAL SCIENCES



Propeller Annie: The Helen Richey Story

Study Leader: Robert Bukk

• 1 Class: Feb. 27

• Tuesday, 9:00 AM - 10:30 AM

• Cyert Hall, Osher Room A

NEW!



Class ID: 5300

This presentation will cover the life of legendary McKeesport Aviatrix Helen Richey from her birth until she died in 1947. Helen was a pioneer in the aviation field who, over her career, held multiple records for midair refueling, endurance, altitude, and speed. She teamed with Amelia Earhart in a cross-country race and came in 5th. She was a member of the famed Ninety-Nines. She was the first female airline pilot in the U.S., the first woman to be licensed as an aviation instructor, and much more.

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

Aftermath Of World Trade Center Attacks

Study Leader: Richard Lee

• 1 Class: Feb. 27

Class ID: 5395

• Thursday, 12:45 PM - 2:15 PM

• Cyert Hall, Osher Room B





This one-day course examines the immediate and longterm aftermath of the September 11, 2001, terrorist attacks on the World Trade Center. Participants will explore the extensive destruction caused by the collapse of the Twin Towers, which resulted in approximately 1.8 million tons of debris. The course covers the hazardous substances released, including asbestos, lead, PCBs, cement dust, VOCs, heavy metals, and combustion byproducts. Special focus is given to the investigative work conducted by the RJ Lee Group, commissioned by Deutsche Bank, to assess the impact on the former Bankers Trust building. Learn about the innovative sampling and testing methods developed, the identification of WTC dust, and the broader contamination found up to five miles away. Advanced techniques used in this investigation, such as automated scanning electron microscopy, optical microscopy and mass spectrometry, will also be discussed.

Dr. Richard Lee has over 40 years' experience specializing in forensic problem solving and technology development. He has managed laboratory operations, designed and developed novel electron microscopes, laboratory automation and information management systems, and the first commercially viable process to recover carbon black from waste tires. He serves as a consultant to a wide range of industrial and governmental organizations and was an advisor to the EPA regarding laboratory methods for analysis of asbestos, and the evaluation of contamination in NYC following the events on 9/11. He served on the ASTM to define analytical methods, and as an expert witness in state and federal courts. He holds six patents and has published over 250 scientific articles and publications.



Book Design: A Cultural History

Study Leader: Jon Klancher

• 6 Classes: Jan. 16 – Feb. 20

• Thursday, 12:45 PM - 2:15 PM

• Cyert Hall, Osher Room A

Class ID: 5399



Only 25 years ago we were asking: does the new digital world really mean "the death of the book?" Today we can (luckily) say no, books are clearly still thriving in both old and new ways. But having feared we would lose it, we've started to ask how we got this marvelous invention in the first place. What makes the book so different than the scroll long ago, or the e-book today? How do typefaces, printing methods, page-layouts, bindings, illustrations, and other design features work to shape the ways we read books? How are books read differently—now and in past centuries—in terms of gender and class? A highlight of the course will be a visit to a local archive so students can handle priceless, rare books in a guided setting to learn how they are made and used.

Jon Klancher (PhD, UCLA 1980) is retired after teaching 42 years at Carnegie Mellon, Boston University, and other schools. He has held a Guggenheim and other fellowships, published three books, and authored many essays. He has also taught in a range of adult schools beyond regular university courses in Los Angeles and Boston. His main area of study has been book, print, and reading history from the eighteenth to the twentieth centuries.

1000 Years Of Illuminated Manuscripts

Study Leader: Frank Santimauro

• 4 Classes: Mar. 13 – Apr. 10*

• Thursday, 12:45 PM - 2:15 PM

Cyert Hall, Osher Room B

*Note: Class will not meet on Apr. 3

Class ID: 5401



Join us for a fascinating glimpse of the world of European knowledge before the printing press. Our journey back in time begins with the arrival of St. Patrick in the British Isles and ends with Gutenberg's invention of the printing press. We will see the book industry up close: what was being written, for whom (and why), and how they were producing these works of art. In our first meeting we will look back into the mists of writing and culminate with the beautiful gospel books of the Celtic tradition, including the famous Book of Kells. Week 2 will reveal the surprising amount of skill, labor and resources involved in production and see examples from around the turn of the first millennium. Week 3 we will see the peak of manuscript production and the stunning Très Riches Heures du Duc de Berry. Week 4 we will meet with Dr. Lemley, Curator of Special Collections.

Frank Santimauro has lived in the Pittsburgh area for over seventy-three years. After a successful twelve years of self-employment, which allowed him to return to school, Frank received his MBA from Duquesne University in 1994. Frank was then able to pursue his passion for teaching with adjunct appointments at Robert Morris University and Duquesne University. He served the last twenty-two years of his teaching career as a full-time lecturer with the business faculty at Penn State. After retiring in 2022, Frank established FSantimauroStudio, creating photographic art. His work has been shown in local galleries and art fairs. Frank's love of art, history and education brought him to the world of illuminated manuscripts. He currently resides in Plum Borough with his wife, Mary Kay Cunningham.

In-Person | SOCIAL SCIENCES

Rothschild vs Sassoon, Goliath vs David

Study Leader: Bill Greenspan

• 3 Classes: Mar. 13 – Mar. 27

• Thursday, 12:45 PM - 2:15 PM

• Cyert Hall, Osher Room A

Class ID: 5355



This class will spar two distinguished Jewish families against each other. The Rothschilds family is known throughout the world as a banking empire with its roots as an Ashkenazi Jewish family originally from Frankfurt, Germany. On the other hand, except to a nostalgic minority, there are surprisingly few relics to recall the legendary past of the Sassoon family. However, the Sassoon family, known as "Rothschilds of the East" due to the great wealth they accumulated in trade, is of Baghdadi Jewish descent and international renown. It was based in Baghdad, Iraq, before moving to Bombay, India and then spreading to China, England, and other countries. It would be easy to announce the winning family just based on their financial might. Thus, we will look and compare each family contribution in philanthropy, politics, arts, and its adherence to Jewish traditions. You will be the judge.

Bill Greenspan migrated to the USA in 1979 from the former USSR. With an electrical engineering degree from Kiev Polytechnic Institute, he spent over 30 years working in the nuclear industry, the first 25 years at the Palo Verde Nuclear Power Plant in Arizona and the following eight years building nuclear power plants in China. He has taught several courses for the Osher Institute including "Jewish Communities Far Away and Close to Home," "100 years of Jewish Life in Shanghai," "Antarctica: the Last Frontier," "Russian Avant-Garde Art of The 20th Century."



The Berlin Airlift

Study Leader: David Albert

• 2 Classes: Feb. 25 and Mar. 4

• Tuesday, 10:00 AM - 12:00 PM

• Cyert Hall, Olmsted Activity Room

Class ID: 5336
TWO
DAY

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

David Albert is a retired Air Force officer. He was stationed in Berlin from 1990 to 1993 at Tempelhof Airport, which was the end point of the Berlin Airlift. His interest in the airlift led him to develop a course to inform others about an event that many people have heard of but know little about. He also teaches various courses on the Civil War, the Korean War, and other historical events.

Women And Education In America

Study Leader: Joan Gundersen

• 6 Classes: Mar. 11 – Apr. 15

Class ID: 5362

• Tuesday, 10:45 AM - 12:15 PM

NEW!

• Cyert Hall, Osher Room B

Women's literacy played an important part in the development of the United States, but access to education at all levels came with a great struggle. Both as students and teachers, women's experience was quite different from that of their brothers. The course will trace the development of women's education from the colonial period to the present, the rationales used to further and restrict it, and the ways women responded from the colonial period to our own day. Topics will include the development of public and private schools, colleges, professional education, student life, the inequities of race, and the changing status of the profession of education.

Joan Gundersen is professor emeritus 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.

PITTSBURGH

Who Knew? Part 4

Study Leader: Rebecca Carpenter

• 1 Class: Mar. 5

Class ID: 5359

• Wednesday, 10:45 AM - 12:15 PM





• Cyert Hall, Osher Room B

Who Knew? Part 4 is a presentation of odd, interesting, and curious places in and around Pittsburgh. Through Power Point, we will visit these sites and talk about their importance, uniqueness, or just plain oddness, through in-depth back stories. Included in this installment of "Who Knew" will be the treasures of Fineview: a look at Newell, WV, the Wayne Six Toll Bridge, and the death mask of Pretty Boy Floyd; the Bridge and Groom tree in Sheraden; the secret math garden on the campus of CMU; the Hyde Park Walking Bridge in Leechburg; and the World of Mazes in Crawford County, and many more. Participants in the class will be given a list of places and addresses so that they may go forth and see these places for themselves!

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.

In-Person | SOCIAL SCIENCES



Allegheny County Courthouse And Jail Museum Tour

Study Leader: Patricia DiRienzo, Sandy Preuhs

• 1 Class: Apr. 11

Class ID: 5400

Friday, 10:00 AM - 12:00 PM

 Allegheny County Courthouse, 436 Grant St, Pittsburgh

Designated a National Historic Landmark in 1973, Henry Hobson Richardson's Allegheny County Courthouse and Jail remain the most important of Pittsburgh's great buildings. We will tour this iconic 19th century structure which Richardson himself considered one of his greatest architectural masterpieces. On the very day of his death, April 27, 1886, he said, "If they honor me for the pigmy things I have already done, what will they say when they see Pittsburgh finished." In addition to touring the Courthouse, we will visit the old Allegheny County Jail Museum to see an original 19th century cellblock and other 19th and 20th Century jail-related artifacts and hear some of the fascinating stories the jail has to tell us.

Please note: This is a walking tour and there will be steps. Also, we must pass through security at both places, so be prepared to carry as little as possible with you.

Patricia DiRienzo spent her working career in social services and public education. She worked in drug and alcohol prevention programs, schools, Pennsylvania Department of Education, and Allegheny Intermediate Unit. She holds a BA from Marywood University, M.Ed. from Penn State, and Ed.D. from Temple. She has been a docent for Pittsburgh History & Landmarks Foundation since 2016, leading tours for children and adults, and developing new tours.

Sandy Preuhs earned a B.A. from Carnegie-Mellon, M.A. from Pitt, and J.D. from Duquesne. She joined the Allegheny County District Attorney's Office in 1986, retiring in 2018. Her practice was exclusively in the Pennsylvania Superior and Supreme Courts. She achieved two retirement goals: let her hair go grey and became a docent for Pittsburgh History & Landmarks Foundation.

Walking Historical Point Breeze

Study Leader: Jay Steele

• 1 Class: Apr. 22

Class ID: 5286

Various Locations

• Tuesday, 9:00 AM - 11:00 AM





Come and explore on this spring one-day historical walking tour by an experienced tour guide of over 25 years of Point Breeze. Point Breeze saw a few blocks becoming the most opulent millionaire row of the 19th Century in America. It had Thomas Armstrong (king of cork), H. J. Heinz (57 varieties), George Westinghouse (electric and gas), Andrew Carnegie, and Henry Frick (steel). Overall, a total of about three dozen millionaires in all lived in Point Breeze. We will reminiscence about what was and show what still exist in this wonderful vibrant East End neighborhood.

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

Walking Historical Edgewood

Study Leader: Jay Steele

• 1 Class: Apr. 17

Class ID: 5287

• Thursday, 9:00 AM - 11:00 AM



Various Locations

Edgewood is a very beautiful borough in the eastern suburbs of Allegheny County. Come join the experienced tour guide of 25 years as he leads this one-day walking tour of Edgewood. We will explore the churches, library, country club, schools, municipal building former railroad station and tunnel, and the beautiful and older homes on Pennwood, West Swissvale, and Maple. This will have you telling your friends about!

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



Perennials That Pack A Punch

Study Leader: Pgh Botanic Garden

• 1 Class: Mar. 5

Class ID: 5323

• Wednesday, 10:45 AM - 12:15 PM



· Pittsburgh Botanic Garden,

799 Pinkerton Run Rd, Oakdale, 15071

Are you tired of the installation, maintenance and expense of planting annuals every year? Transition to perennial plants that are easy to grow and have long-lasting ornamental qualities. Join Pittsburgh Botanic Garden's Education & Exhibits Director, Dr. Mark Miller, as he highlights some of his favorite perennial plants that will grow well in western PA. These low-care beauties feature bold and beautiful foliage, interesting form, bring color and movement into the landscape or perfume the garden. The lecture will be followed by a plant walk in the gardens nearest to the Welcome Center.

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

POLITICS/GOVERNMENT

Better Lives: American Social Legislation

Study Leader: Don Goughler

• 4 Classes: Mar. 13 – Apr. 10*

Class ID: 5327

• Thursday, 10:45 AM - 12:15 PM

• Cyert Hall, Osher Room A

*Note: Class will not meet on Apr. 3

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

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

Power And The American Presidency

Study Leader: David Chambers

• 6 Classes: Mar. 12 – Apr. 16 Class ID: 5360

• Wednesday, 12:45 PM - 2:15 PM

• Cyert Hall, Osher Room B

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

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

Great Decisions

Study Leader: Mark Winer, Jim Aiello

• 6 Classes: Mar. 11 – Apr. 15 Class ID: 5328

• Tuesday, 2:30 PM - 4:30 PM

• Cyert Hall, Osher Room A

The Foreign Policy Association annually publishes the *Great Decisions* booklet with readings on major current international affairs issues. The articles contain background information on each topic as well as a discussion of the current foreign policy challenges. Each week of this course we amplify upon and discuss a topic from the booklet. The instructors take turns bringing additional and more up to date information to the class so that we can have lively and informed discussions. This year's topics include the Middle East, Climate Change, AI and National Security, and U.S.-China relations. With a new Administration in Washington, it should be particularly fascinating to review and discuss these issues and assess how U.S. policy might develop.

Please note: Course members are asked to purchase the briefing book Great Decisions online.

Mark Winer is a Ph.D. in Political Economy who worked in academia, government and business. His professional focus was on using quantitative analytics to make business and policy decisions. He has applied his analytic skills in a wide range of areas including environmental regulation and financial risk management. He has worked at the Office of Management and Budget, the Department of Treasury, PNC Financial Services and Fannie Mae. He is currently retired. He is the Treasurer of Osher at CMU and serves on the Board of Directors.

Jim Aiello is the former Executive Vice President of Treatment Programs for Gateway Rehabilitation Center. He was with Gateway for over 25 years in various supervisory and direct service capacities. After leaving Gateway he joined the staff of the Institute for Research, Education and Training in Addictions (IRETA) as the Director of the Northeast Addiction Technology Transfer Center. He is currently retired and serves on the board of directors for Devereaux TCV Community Services and is a docent for the Pittsburgh History and Landmarks Foundation.

PSYCHOLOGY

Some Big Ideas Quickly

Study Leader: Edward Zuckerman

• 1 Class: Feb. 25

Class ID: 5274

• Tuesday, 10:00 AM - 12:00 PM



• Cyert Hall, Osher Room A

Some unfamiliar concepts with large implications: 1. You are a fiduciary. The fiduciary contract is at the heart of ethics - how we deal with each other. 2. The Tragedy of the Commons is a powerful idea: Individuals exploit public resources (the air, the oceans, public streets and spaces, the internet, etc.) until they are exhausted and all lose. What can be done? 3. The Dunning-Kruger: Many research studies support the idea that we are all overconfident idiots. What should be done? 4. Wabi-sabi is a Japanese esthetic principle that can bring richness and peace to us in our complex modern world.

Edward Zuckerman found his life's direction while working as a psychiatric aide at New York's Bellevue Hospital in the 1960s and, by error, came to study, work and live happily in Pittsburgh. His doctorate from Pitt is in Clinical Psychology and he's a psychologist licensed in Pennsylvania. Ed has worked with adults in a variety of clinical contexts and has created effective practice tools for clinicians on writing reports, operating an independent practice, complying with HIPAA, and using the ICD-10. Ed taught undergraduate human sexuality and psychology courses at Pitt and CMU for over twenty years. In his career, he has presented dozens of workshops to mental health professionals on topics like electronic medical records, pathographies, and placebos. As you can see he loves to show off, um, share what he knows. He has recently moved from a lonely rural life back to Pittsburgh for the last phase of his life and is hopeful of rebuilding his social life.

How To Offer Complete Apologies

Study Leader: Edward Zuckerman

• 3 Classes: Mar. 11 – Mar. 25

Class ID: 5275

- Tuesday, 10:45 AM 12:15 PM
- · Cyert Hall, Osher Room A

Every relationship comes with expectations and when these are violated the resulting disappointment, anger, blame, and guilt threaten the continuation of the relationship. Repair of these ruptures requires readjustment of expectations and rebuilding of trust. Really good, complete, apologies reduce the hurt, improve trust, and support forgiveness, all necessary, although not sufficient, for rebuilding the damaged relationship. Most apologies lack some of the seven core components. This program will describe and explain each element of a complete and satisfactory apology. Each essential will be examined and practiced until clear enough to be recalled when needed and used to improve one's apologies. We will look at "nonapologies" offered by public figures, after their crimes have become public, to better understand the core elements and we will practice defective apologies with humor. We will not address forgiving as it is well covered in hundreds of books and classes.

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Stupidity: Science Studies The Concept

Study Leader: Edward Zuckerman

• 3 Classes: Apr. 1 – Apr. 15

Class ID: 5276

- Tuesday, 10:45 AM 12:15 PM
- · Cyert Hall, Osher Room A

Stupidity, although universally applied as a pejorative and self-flagellant, is little studied as a psychological construct. Through diverse and often humorous examples we will apply psychological concepts and offer procedures to reduce acting stupidly. Stupidity Studies is not (formally) part of any curriculum or research effort although decision sciences and human factors come closest. It is studied indirectly by all those aiming at human betterment (e.g., better justice procedures, environmental improvement efforts), all attempts to comprehend the turning points in human history (e.g. military actions, political changes, scientific discovery) and is inherent in psychological studies of self-defeating behaviors including addictions, anxiety and depression, and behavioral economics. While often humorous, there can be serious consequences to "stupid" conduct in working with others and in our own behaviors. This class's purpose then is to develop strategies for avoiding participation in such actions.

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SOCIAL SCIENCES | In-Person

Agnotology And Other Ways Of Not-Knowing

Study Leader: Edward Zuckerman

• 3 Classes: Jan. 16 – Jan. 30

Class ID: 5277

- Thursday, 10:45 AM 12:15 PM
- Cyert Hall, Osher Room A

The central question: Who does not know what, when, and how do they not know it? Much is known about such ignorance, and we will explore the biological and especially, the social bases of such non-knowing. The course is theoretical and practical, personal and social, about knowledge and ignorance. We will start with the biopsychology of our ways of not knowing: the limits of attention, gendered alexithymia, and memory's limitations. We are often overconfident in our knowledge as seen in the Dunning-Kreuger Effect, the illusion of explanatory depth, Daniel Kahneman's WYSIATI, "mansplaining" and common confabulation. Agnotology is the study of the (often invisible) cultural production of ignorance. Ignorance can be due to lack of information that we or someone else doesn't want us to know. It can be the result of disinformation, privilege, or our commercial and political system and these are the purview of agnotology.

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Pathographies: Characters & Diseases

Study Leader: Edward Zuckerman

• 3 Classes: Mar. 12 – Mar. 26

Class ID: 5285

• Wednesday, 12:45 PM - 2:45 PM



• Cyert Hall, Osher Room A

Pathographies are the stories of people with a disease or disability. Daily we encounter pathographies in every kind of media, professional journals, and stories we hear and tell. They come in many forms from brief, symptomfocused Progress Notes, through chapter-sized Case Notes with histories and developments, the articles that explain facts but start with a person experiencing the issue, to novel-sized autobiographies. We will focus less on medical science and more on the mutual influences of personality and the ways disease presents. The old saw, "It is more important to know the patient who has the disease than the disease the patient has will" guide our selections and discussions. Neurologists Oliver Sacks' and Irving Klawans' essays exemplify this theme. We will read brief pathographies that have intrigued and educated me, stirred my compassion, and affected my career as a psychologist. All are welcome with healthcare workers especially welcome.

Edward Zuckerman found his life's direction while working as a psychiatric aide at New York's Bellevue Hospital in the 1960s and, by error, came to study, work and live happily in Pittsburgh. His doctorate from Pitt is in Clinical Psychology and he's a psychologist licensed in Pennsylvania. Ed has worked with adults in a variety of clinical contexts and has created effective practice tools for clinicians on writing reports, operating an independent practice, complying with HIPAA, and using the ICD-10. Ed taught undergraduate human sexuality and psychology courses at Pitt and CMU for over twenty years. In his career, he has presented dozens of workshops to mental health professionals on topics like electronic medical records, pathographies, and placebos. As you can see he loves to show off, um, share what he knows. He has recently moved from a lonely rural life back to Pittsburgh for the last phase of his life and is hopeful of rebuilding his social life.

In-Person | SOCIAL SCIENCES

Failure: Coping And Causes

Study Leader: David Tipton

• 2 Classes: Feb. 27 and Mar. 6 Class ID: 5280

• Thursday, 9:00 AM - 10:30 AM

· Cyert Hall, Osher Room A

TWO DAY

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

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



TRAVEL

Travelogue Five: Pole-to-Pole

Study Leader: Bill Greenspan

• 2 Classes: Feb. 27 and Mar. 6

• Thursday, 10:45 AM - 12:15 PM

• Cyert Hall, Osher Room A

Class ID: 5354



Join us for two days as we traverse a dream journey visiting the Antarctica and the Arctic regions. The Arctic, at the top of the world, is where raw tundra and remote, beautiful landscapes take on a new meaning. We will be scanning the horizon for Polar Bears, taking a Zodiac cruise to access a private island, and stopping at the ice edge, which really seems like the edge of the world. We will delve into Svalbard - one of the planet's most wild and wonderful lands, this wildlife haven drawing migrating birds from afar and promising fantastic wildlife encounters. After passing the treacherous waters of the Drake Passage we will reach our ultimate destination, Antarctica. Once there we will move from one fascinating location to another and will observe abundant wildlife and admire surrounding beautiful nature. And let's not forget penguins, seals, and whales. Ahoy matey!

Bill Greenspan migrated to the USA in 1979 from the former USSR. With an electrical engineering degree from Kiev Polytechnic Institute, he spent over 30 years working in the nuclear industry, the first 25 years at the Palo Verde Nuclear Power Plant in Arizona and the following eight years building nuclear power plants in China. He has taught several courses for the Osher Institute including "Jewish Communities Far Away and Close to Home," "100 years of Jewish Life in Shanghai," "Antarctica: the Last Frontier," "Russian Avant-Garde Art of The 20th Century."

CMU CAMPUS

Parking & Transportation

VISITOR PARKING GARAGES & LOTS

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

East Campus Garage: 5040 Forbes Ave., Pittsburgh, PA 15213.

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

CIC Garage: 594-598 Boundary St., Pittsburgh, PA 15213.

At the entrance, take the ramp to the left.

Gates Garage: 409 S. Neville St., Pittsburgh, PA 15213.

Continue right on access road past the CIC Garage.

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

Morewood Lot: 1048 Morewood Ave., Pittsburgh, PA 15213.

Is free on after 5PM and on weekends.

CMU SHUTTLE SERVICE

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

DROP OFF AREA

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

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

CMU CAMPUS

Parking & Transportation

PUBLIC TRANSPORTATION

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

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

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

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

Several bus routes serve the campus:

From Point Breeze/Shadyside

Route #71B runs along Fifth Avenue from Penn Avenue to Morewood. 1 block walk to Osher on Morewood.

From Highland Park/Shadyside

Route #71D runs along Highland Avenue to Fifth Avenue to Morewood. 1 block walk to Osher

From Squirrel Hill

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

From Point Breeze/Squirrel Hill

Route #67 runs along Dallas to Wilkens to Beeler to Forbes to Morewood. Route #69 runs along Reynolds to Dallas to Wilkins to Beeler to Forbes to Morewood.

From the North Hills

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

From the South Hills

Those who live within a reasonable distance from a "T" stop should consider taking it downtown, and taking one of any #61 buses to Cyert hall.

Route 28X - Airport Flyer - stops in Robinson Town Center, Carnegie, and Crafton.



ARTS & HUMANITIES

Art | Cinema/Film | Literature | Music



ART

Virtually Visit The Maxo Vanka Murals

Study Leader: Maxo Vanka Murals

Materials Fee: \$8*

• 1 Class: Feb. 26

Class ID: 5272

• Wednesday, 12:30 PM - 2:00 PM

01000 121 021

· Online Course, Zoom

ONE DAY

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

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

*Materials fee information located on page 75.

CINEMA/FILM

A Night At The Movies: Hitchcock's Hits

Study Leader: Stanley Winikoff, Jeffrey Swoger

• 6 Classes: Jan. 14 - Feb. 18

Class ID: 5357

• Tuesday, 3:15 PM - 4:45 PM

NFW

• Online Course, Zoom

In 1954, Alfred Hitchcock moved to Paramount and made Rear Window, in color, starring James Stewart and Grace Kelly. It the first of a long line of hit films from the Englishborn director, who, in 1955, became an American citizen. This course will examine six of his greatest hits, films that catapulted Hitchcock to enormous fame, and even spawned a long-running television show. Students will view the assigned movies on their own prior to class, and be prepared to discuss in class. Participation in these discussions should include all students.

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

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

ARTS & HUMANITIES

A Night At The Movies: International Films 3

Study Leader: Stanley Winikoff, Jeffrey Swoger

• 6 Classes: Mar. 11 – Apr. 15

Class ID: 5358

Tuesday, 3:15 PM - 4:45 PM

• Online Course, Zoom



Once again, we shift our focus from films mostly made by American directors, to those by filmmakers from outside our borders. By doing so, we gain insight into other cultures, other points of view, and unique storytelling. This course will feature films from a 1931 thriller to touching film from 2018. They are directed by artists from Germany, Greece, Spain, Mexico, Portugal, and Italy. Students will view the assigned movies on their own prior to class, and be prepared to discuss in class. Participation in these discussions should include all students.

Stanley Winikoff is a retired trial lawyer who teaches courses on

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

American Politics On Film

Study Leader: Lloyd Stires

• 6 Classes: Jan. 15 – Feb. 19

Class ID: 5375

Wednesday, 12:45 PM - 2:15 PM

· Online Course, Zoom

Hollywood sometimes has interesting and important things to say about American politics. Political movies can be comedies or thrillers. They can be about elections or revolutions. They can represent the politics we love, or that which we hate. Each week class members will be expected to watch, in advance, a classic political movie from the 1950s through the 1980s, with themes ranging from insider political sausage-making to paranoid fantasies of outsider control. All six were voted by critics as among the 25 most significant political films of all time. This will be primarily a discussion class, so please be prepared to weigh in on the issues these movies raise and their implications for our current political environment.

Lloyd Stires (Ph.D., Duke University) is a retired Professor of Psychology at Indiana University of Pennsylvania, where he taught social psychology, environmental psychology, and mass media and behavior. He was a jazz and blues disc jockey on WIUP-FM. He has previously taught for Osher at CMU.

Study Leader: Lloyd Stires Class ID: 5381 • 6 Classes: Mar. 12 – Apr. 16

• Wednesday, 12:45 PM - 2:15 PM

Film Noir 4: French Noir

Online Course, Zoom

Film noir (French for "dark film") refers to approximately 300 black-and-white mystery and crime melodramas popular in the US in the 1940s and 1950s. Described as "one of the more complex and intelligent Hollywood styles," it features hard-boiled detectives, femmes fatales, and flawed anti-heroes whose lives are jeopardized by bad choices. But film noir is not just an American film genre, but a international style of filmmaking. And no other country has better films noir than the one whose critics gave them their name. In this course, students will be expected to watch, in advance, six classic French films noir from the 1930s through the 1960s. The study leader will provide background information about the films and lead a discussion of the major themes of each movie and their relationship to the historical period of its release. No prior course work or knowledge of film noir is assumed.

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

Zoom | ARTS & HUMANITIES

LITERATURE

Short Stories: Small Wonders

Study Leader: Helen-Faye Rosenblum

• 5 Classes: Mar. 10 – Apr. 7 Class ID: 5414

• Monday, 1:00 PM - 3:00 PM

Online Course, Zoom

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

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

Great And Notable Novels Read And Revisited

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

• 6 Classes: Jan. 16 – Mar. 27

Class ID: 5278

- Thursday, 1:00 PM 3:00 PM
- · Online Course, Zoom

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

Please note: Course will meet every two weeks on 1/16 & 30, 2/13 & 27, and 3/13 & 27

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

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

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

Gloriana St. Clair served as the Dean of University Libraries at CMU from 1998 to 2014. She also served as the University liaison with Academy for Lifelong Learning and subsequently Osher Lifelong Learning at Carnegie Mellon University. She holds a B.A. and Ph.D. in literature from the University of Oklahoma; a master's degree in library science from the University of California, Berkeley; and an M.B.A. from the University of Texas.

ARTS & HUMANITIES | Zoom

Northanger Abbey And Persuasion

Study Leader: Allison Thompson

• 5 Classes: Jan. 13 – Feb. 17*

• Monday, 12:30 PM - 2:30 PM

• Online Course, Zoom

*Note: Class will not meet on Jan. 20

Class ID: 5301



Jane Austen's first completed novel, *Northanger Abbey*, and her last, *Persuasion*, were published together six months after her death. We'll examine these two novels together to see if her art changed over her writing career. We'll also explore the fashionable setting of Bath, visit some (sham) castles, and learn more about the 18th century "horrid" novels that Austen loved to parody. Along the way we'll learn about Nelson's decisive victory at Trafalgar and the Iron Duke's victory at Waterloo, events that are hinted at in Persuasion.

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

"Such Friends": The Literary Life 1925

Study Leader: Kathleen Dixon Donnelly

• 1 Class: Feb. 25

• Tuesday, 12:30 PM - 2:00 PM

• Online Course, Zoom



Class ID: 5371

What a year! The birth of *The New Yorker* magazine, the publication of both *The Great Gatsby* and *Mrs. Dalloway*, and F. Scott Fitzgerald meets Ernest Hemingway in a bar—and that's all before June! Before the year ended the Scopes "Monkey" trial dragged on in Tennessee, Josephine Baker was kicking up a storm in Paris, the Marx Brothers' premiered their Broadway hit musical *The Cocoanuts*, and Hemingway's first collection, *In Our Time*, was published by Boni and Liveright. We will take a look at the 'such friends' who created these classics 100 years ago, whether in the Bloomsbury neighborhood of London, the Left Bank of Paris, or midtown Manhattan, and what was happening in their personal and professional lives.

Kathleen Dixon Donnelly, Ph.D., recently retired as Senior Lecturer at Birmingham [UK] City University to relocate to her hometown of Pittsburgh. The topic of her research for her degree from Dublin City University was early 20th century writers' salons in Dublin, London, Paris and New York City. She has given presentations about the writers in lifelong learning programs in both the UK and the US. Kathleen regularly posts a blog, "Such Friends": 100 Years Ago at suchfriends.wordpress. com, which has been collected into the series, *Such Friends: The Literary 1920s.* Volumes I through IV covering 1920 through 1923 are available on Amazon in both print and e-book versions. She lives in Highland Park with her husband, Tony Dixon, and their two cats, Gertrude Stein and Robert Benchley.

Zoom | ARTS & HUMANITIES

MUSIC

A Look At Lyrics: Part I

Study Leader: Larry Gondelman

• 5 Classes: Jan. 15 – Feb. 12

Class ID: 5382

• Wednesday, 10:45 AM - 12:15 PM

NEW!

· Online Course, Zoom

Lyrics can move us to tears, make us laugh, or cause us to scratch our heads. In "A Look at Lyrics" we will listen to songs with the best opening lyrics as well as songs with incredibly deft lyrical phrases. One class will focus on the greatest lyrics of Bob Dylan while others will examine songs with lyrics inspired by literature, movies, the lyrics of other songs, and lyrics inspired by the songwriter's muse. The last three classes will cover songs with commonly misheard lyrics, nonsense lyrics, misunderstood or incomprehensible lyrics. Artists that will be covered include Bob Dylan, Bruce Springsteen, Leonard Cohen, The Beatles, Little Richard, Chuck Berry, Little Anthony and the Imperials, David Seville, Elton John, The Monkees, Creedence Clearwater Revival, Billy Joel, The Eagles, Joni Mitchell, Jimi Hendrix, Bob Marley, Procol Harum, The Kingsmen, Harry Nilsson, The Zombies, David Bowie, John Prine and many more.

Larry Gondelman was born in Pittsburgh, attended Taylor Allderdice High School, and ultimately practiced law in Washington DC. He has loved rock 'n roll his whole life and has developed and taught 11 classes at the OLLI in DC. This is the fifth class that he has offered at the CMU OLLI.

A Look At Lyrics: Part II

Study Leader: Larry Gondelman

• 5 Classes: Mar. 10 – Apr. 7

· Online Course, Zoom

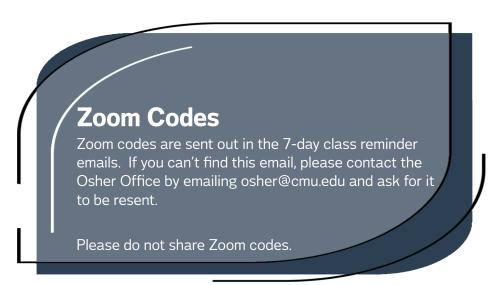
Class ID: 5383

• Monday, 10:45 AM - 12:15 PM



Lyrics can move us to tears, make us laugh, or cause us to scratch our heads. In "A Look at Lyrics" we will listen to songs with the best opening lyrics as well as songs with incredibly deft lyrical phrases. One class will focus on the greatest lyrics of Bob Dylan while others will examine songs with lyrics inspired by literature, movies, the lyrics of other songs, and lyrics inspired by the songwriter's muse. The last three classes will cover songs with commonly misheard lyrics, nonsense lyrics, misunderstood or incomprehensible lyrics. Artists that will be covered include Bob Dylan, Bruce Springsteen, Leonard Cohen, The Beatles, Little Richard, Chuck Berry, Little Anthony and the Imperials, David Seville, Elton John, The Monkees, Creedence Clearwater Revival, Billy Joel, The Eagles, Joni Mitchell, Jimi Hendrix, Bob Marley, Procol Harum, The Kingsmen, Harry Nilsson, The Zombies, David Bowie, John Prine. and many more.

Larry Gondelman was born in Pittsburgh, attended Taylor Allderdice High School, and ultimately practiced law in Washington DC. He has loved rock 'n roll his whole life and has developed and taught 11 classes at the OLLI in DC. This is the fifth class that he has offered at the CMU OLLI.



BUSINESS & COMMERCE

Economics

ECONOMICS

Trade Policy

Study Leader: Jack Ochs

• 4 Classes: Jan. 14 – Feb. 4

• Tuesday, 10:45 AM - 12:15 PM

• Online Course, Zoom

Class ID: 5303



Adam Smith wrote the *Wealth of Nations* as an argument against the then prevailing practice of protecting local producers from competition. There were periods when his argument for free trade had a significant effect on public policy, but the current period is not one of them. In this course we'll review the history of trade policy to see how arguments for and against such protection have played out.

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



"Supply Chains": Getting Stuff From There To Here

Study Leader: Stephen Blank

• 2 Classes: Feb. 25 and Mar. 4

• Tuesday, 9:30 AM - 11:30 AM

· Online Course, Zoom

Class ID: 5269

TWO DAY

Supply chains are essential elements of our economic system and critical, divisive elements of our politics. This course will help us understand this phenomenon - the transformation of our economies over the past decades, what is meant by "supply chains," and why the performance of supply chains affects us so fundamentally. We'll investigate the working of a supply chain structured global economy and look in detail at how supply chains mutate. Our topics will include changes in manufacturing, trade and marketing; "Globalization," "offshoring" and "near-shoring." The course will look at current efforts to domesticate supply chains, and how this will affect the vitality and fragility of the new global system and its environmental dimensions. Our aim is to create a deeper understanding of the networks that circle the globe and underlie our economies, their costs and benefits and alternatives that might be available.

Stephen Blank's work on supply chains and logistics is well recognized. He was co-founder of the North American Transportation Research Council, and has written on transportation corridors, ports and logistics. He was a research member of the Center for Energy, Marine Transportation and Public Policy at Columbia University and headed a research program at The Conference Board on Multinational Corporation-Host Country relations. He was a visiting professor at universities in Japan, Germany, Mexico, Canada and the US. A member of the Council on Foreign Relations, he was awarded L'Ordre National du Quebec by the Government of Quebec. He is Senior Fellow of the Institute for Science, Society and Policy at the University of Ottawa. Blank was educated at Dartmouth, Cambridge University and Harvard.

LEARN BY DOING

Art | Self Improvement | Wellness | Writing

ART

Creating The Juvenile Justice Model

Study Leader: Gerry Florida

• 1 Class: Feb. 26

Class ID: 5295

• Wednesday, 10:45 AM - 12:15 PM

Online Course, Zoom



ONE DAY

During this course, Study Leader Gerry Florida will discuss Studio Blue, a resident-run art space within the confines of a Pittsburgh area detention center. Studio Blue uses art and the creative power of its residents to inspire both the detainee and the public via exhibitions and on public transportation, and through artist sales. Studio Blue offers its resident artists opportunities to give back to their communities while detained in the criminal justice system and in doing so are awarded community service credit. Through a vast and growing network of partners, Studio Blue creates cutting edge interactive projects that reach thousands in our Pittsburgh community while changing delinquency stereotypes.

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

SELF IMPROVEMENT

Closure: Discussing The Last Chapter

Study Leader: Judith Black, Lisa George

• 5 Classes: Mar. 12 – Apr. 9

Class ID: 5326

• Wednesday, 12:45 PM - 2:15 PM

• Online Course, Zoom

No one wants to die, but the truth is everyone's life will someday come to an end. The final chapter of your story can be about meaning and dignity, instead of chaos and confusion. Closure will empower you with easy-to-access and simple-to-understand information and resources to make educated decisions about your end-of-life plans. We discuss narratives of other people's "last chapters" and trends in how people die, and also explore the "next-tolast chapter" of how people live late in life. Together we will destigmatize and demystify the process of talking about death and dying. The hope is that each participant can begin to see how to live the last portion of his or her life according to the values that have guided the rest of that life. Previous participants have said that this course has directly helped them grapple with situations where they would have otherwise felt lost and overwhelmed.

Judith Black is a retired geriatrician. From 1998 to 2015, she was the medical director for senior markets at Highmark, Inc., where she provided the medical expertise and leadership that helped Highmark enhance and coordinate the care of older adults. She maintained a geriatrics practice for Allegheny Health Network until 2019. She presently serves as a medical advisor for the Jewish Healthcare Foundation. Dr. Black brings 40 years of medical experience to her position and holds a master's degree in health administration. She serves as a faculty member of the Consortium Ethics Program and is a clinical associate professor of medicine at the University of Pittsburgh School of Medicine.

Lisa George is a senior communications and program specialist for the Jewish Healthcare Foundation, focusing on end-of-life initiatives and supporting overall communications efforts. Prior to joining the Foundation, Lisa worked in medical publishing with a focus on oncology nursing. She holds a master's in public health and is a Certified Health Education Specialist.

Weekly Essentials

The weekly email for all things Osher at CMU!

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

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

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

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

WELLNESS

The Five Elements

Study Leader: Kathryn Griffin

• 1 Class: Feb. 27

Class ID: 5330

TClass: reb. 27

• Online Course, Zoom

• Thursday, 2:45 PM - 4:15 PM



Simple easy energy medicine techniques based on Donna Eden's Eden Method to strengthen your immune system. We will review grounding, our aura, and other exercises to

keep our energetic system strong.

Kathryn Griffin is a Level 3 Eden Method Certified Practitioner. Reading and soaking in everything she could for years until Donna Eden's book *Energy Medicine* introduced her to Eden Method. Kathryn believes that the human body can heal itself. Consciousness plays a large role in our ability to heal, where our mind goes, we follow. We are born with a pearl of inherent wisdom and knowledge to heal, and we can tap into the wisdom that brings resilience, radiance, and our life force. Moving through old stories and raising your consciousness, allows you to move forward in life and heal. Her own personal journey to recover allows her to be a better support to her clients and help them navigate their energy challenges.

WRITING

Poetry 101: Rhyme, Rhythm, Structure

Study Leader: Laura McGinnis

• 6 Classes: Jan. 15 – Feb. 19 Class ID: 5325

• Wednesday, 9:00 AM - 10:30 AM

• Online Course, Zoom

This class will look at basic elements and forms of formal poetry. While contemporary poetry is generally written in blank or free verse, there is value in knowing the basic components of structured poetry. The theme of this class, then, is "Learn the rules like a pro so you can break them like an artist" (Pablo Picasso). Writing is encouraged, but sharing what you write is always optional. There is no required reading, and no homework, but I will provide a few prompts for each class so you can continue writing between classes. If you've ever wanted to try your hand at poetry, this is where you can start.

Laura McGinnis is a retired project manager who found a love of writing buried beneath a previous life of technology. Over the past nine years of retirement writing, her poems have been published in over a dozen small-press anthologies. She has had one chapbook, *How to Grieve: A Cancer Journal* published by Bottlecap Press, and has a second, *Inside Out and All About* in preprint.

From Memory To Story: Home as History

Study Leader: Anita Kulina

• 4 Classes: Jan. 13 – Feb. 10* Class ID: 5391

• Monday, 10:45 AM - 12:15 PM

· Online Course, Zoom

*Note: Class will not meet on Ian. 20

Our homes tell so much about us. Every item, every memory holds secrets of its own. In this class, we will explore our memories of the homes we've lived in. Whether it's your childhood home, the dorm room you shared in college, or the home you live in now, they all have stories waiting to be told. This is not a traditional writing class. We will not read our work in class, and there are no critiques. Instead, we will use writing exercises to retrieve memories. If you are writing a memoir or family history, this course can be a companion to that endeavor. Both writers and nonwriters are welcome in this class.

Anita Kulina has been writing family histories for over thirty years. Her books include the Pittsburgh history Millhunks and Renegades and two mysteries set in Pittsburgh, A Question of Devotion and Reason for Concern. She's currently hard at work on her next book, Write Your Family Story, Even If You're Not a Writer, You Don't Have Time, and You Don't Know Where to Start.



LEARN BY DOING | Zoom

Write Your Own Legacy

Study Leader: Christine Michael

• 6 Classes: Jan. 14 – Feb. 18

Class ID: 5329

- Tuesday, 9:00 AM 10:30 AM
- Online Course, Zoom

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

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

Flash Memoir: A Writing Workshop

Study Leader: Nancy Quick Langer

- 5 Classes: Jan. 15 Feb. 12 Class ID: 5363
- Wednesday, 10:45 AM 12:15 PM
- · Online Course, Zoom

This course will introduce participants to the flash nonfiction genre. The very brief essay provides an opportunity to focus the lens on an event, image, or detail until, as Bernard Cooper observes in his introduction to the anthology *In Short*, "one has magnified some small aspect of what it means to be human." In this course, participants will draw from the small details of their lived experiences to create snapshots of memoir. We will focus on the elements of writing brief, creative nonfiction and read sample essays for instruction and inspiration. Starting at the end of the first-class meeting, participants will receive weekly essay prompts. Each class meeting that follows will include time to workshop what classmates have written.

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

SCIENCE

Science



SCIENCE

The Physics Of The Cosmos

Study Leader: James Russ

• 3 Classes: Mar. 11 – Mar. 25

• Tuesday, 12:30 PM - 2:30 PM

• Online Course, Zoom

Class ID: 5297



Why do the laws of physics that we determine today describe the evolution of the universe from the Big Bang until now? How did we discover the laws and decide how they affect the Cosmos? We will cover the unthinkably large - the distant galaxies studied by the James Webb Space Telescope - to the incredibly small - the quarks and gluons that make up protons and neutrons ... and us. We conclude with the role of the Higgs Boson and end with the list of questions that Einstein left us about space, time, and dark energy.

James Russ is Professor of Physics Emeritus at CMU. He taught here for 51 years, courses from freshman physics through graduate quantum mechanics and particle physics. He smashes atoms at accelerators around the world as well as using God's Accelerator - cosmic rays - to explore physics at the highest attainable energies. He has given lectures on the popular aspects of science to high school students, church groups, and Osher audiences.

From The Greeks To GPS

Study Leader: James Russ

• 1 Class: Jan. 13

Class ID: 5298

• Monday, 12:30 PM - 2:30 PM

NEW!



• Online Course, Zoom

Are we there yet? Measuring times and distances are fundamental to life in society. Farmers need to know when to plant. Armies need to know how far to the battlefield and how many supplies are needed. Standards are required for things as simple as the sale of a fields or the duration of sporting event. This course will cover the basic development of standards, their evolution through empire rises and falls, and technical developments that make new methods possible, like the portable clock. The transition from mechanical standards to atomic standards introduced vast new possibilities for distance and time measurement, culminating in the Global Positioning System. How all this happened and how it works will let us understand how the GPS became fundamental to our everyday questions about time and distance.

James Russ is Professor of Physics Emeritus at CMU. He taught here for 51 years, courses from freshman physics through graduate quantum mechanics and particle physics. He smashes atoms at accelerators around the world as well as using God's Accelerator - cosmic rays - to explore physics at the highest attainable energies. He has given lectures on the popular aspects of science to high school students, church groups, and Osher audiences.

SOCIAL SCIENCES

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

CONTEMPORARY TOPICS/ SOCIOLOGY

Ethical Issues In Al

Study Leader: John Hooker

• 6 Classes: Jan. 14 – Feb. 18

• Tuesday, 12:45 PM - 2:15 PM

Online Course, Zoom

Class ID: 5342



This course uses an analytical framework to address today's pressing ethical issues in AI. It begins with the basics of AI technology, to get beyond the hype and understand why it is not magic. After providing some tools for ethical analysis, it applies these tools to such issues as privacy and surveillance, self-driving cars, generative AI (ChatGPT etc.), AI and intellectual property, group fairness, social media and online content moderation, job displacement, and robots as autonomous agents. A theme of the course is that ethical dilemmas can be analyzed objectively in AI and in life generally. Since this description is written several months in advance of the course, the specific topics may change due to rapidly advancing technology.

John Hooker is University Professor of Operations Research and T. Jerome Holleran Professor of Business Ethics and Social Responsibility, Emeritus, at Carnegie Mellon University. He has published 200+ articles, 10 books, and 6 edited volumes in optimization, constraint programming, AI, formal logic, business ethics, ethics of AI, cross-cultural management, philosophy, and music theory. He has taught courses in these fields for over 30 years at CMU and elsewhere, including several Osher courses. His recent research is focused on the integration of optimization and AI, deontological ethics, and the mathematical analysis of distributive justice. He has been recognized with several research awards, as well as an Award for Sustained Teaching Excellence and the Gerald Thompson Excellence in the Classroom Award at CMU.

Making Sense Of Medicare

Study Leader: William McKendree

• 3 Classes: Mar. 11 – Mar. 25

Class ID: 5335

• Tuesday, 10:45 AM - 12:15 PM

Online Course, Zoom

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

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

Zoom | SOCIAL SCIENCES

Who Was Anthenor Unken?

Study Leader: Richard Daffner

• 1 Class: Jan. 13

Class ID: 5288

• Monday, 9:00 AM - 10:30 AM

Monday, 9:00 AM - 10:30 AOnline Course, Zoom



We are taught that seeing is believing, but sometimes it is not. This course will explore the perception process and how it applies to what we see. A number of illusory phenomena that occur in art, nature, and medicine, including optical illusions, op art, the art of MC Escher, Trompe l'oeil, reversible images, Mach bands, subjective contours, and camouflage will be shown. And at the end, we will find out who Anthenor Unken was.

Dr. Richard H. Daffner is a retired radiologist. 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.

National Resource Center's

Osher Online

in collaboration with Northwestern University School of Professional Studies



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

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

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

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

SOCIAL SCIENCES | Zoom

Dementia Friends PA Information Session

Study Leader: Stacie Bonenberger

• 1 Class: Mar. 11

Class ID: 5394

• Tuesday, 2:15 PM - 3:45 PM

NEW!



Online Course, Zoom

Dementia Friends is a global movement that is changing the way people think, act and talk about dementia. The goal of the program is to educate community members across the Commonwealth about dementia, break down stigma surrounding dementia, and encourage individuals to implement practical changes to best support people living with dementia.

Stacie Bonenberger, MOT, OTR/L is a program manager at the Jewish Healthcare Foundation (JHF), with a primary focus on initiatives related to the aging population. Ms. Bonenberger is one of the statewide coordinators for Dementia Friends Pennsylvania, a global initiative that is changing the way people think, act, and talk about dementia and Dementia Friendly Pennsylvania, helping to build inclusive communities for persons living with dementia in Pennsylvania. Prior to joining JHF, she was the assistant facility director of occupational therapy at UPMC Passavant and has 17 years of clinical experience as an occupational therapist in Colorado and Pennsylvania. Ms. Bonenberger received her bachelor's in psychology from the University of Massachusetts and her master's in occupational therapy from Chatham University.

Parents As Allies

Study Leader: Norton Gusky

• 6 Classes: Jan. 16 – Feb. 20

Class ID: 5374

• Thursday, 10:45 AM - 12:15 PM



• Online Course, Zoom

School and Communities. How do they connect? It's never been easy, but recently a group in Pittsburgh called "Kidsburgh" developed a program "Parents as Allies" that has garnered international acclaim. This course will investigate why this approach worked when other strategies failed. Each week a guest expert will highlight a case story, outline the process developed by the Brookings Institute, or provide an overview of the project. Participants will have a chance to virtually have conversations with educators who have created opportunities for community members and parents to make a difference for kids throughout the Pittsburgh region. The final session will allow participants in the course to share their own ideas for how they can make a difference in their own community.

Norton Gusky has demonstrated in his teaching the power of technology as a tool for empowering kids, educators, and communities For over forty years. Norton worked as a classroom teacher then a technology coordinator. For over ten years Norton has been an educational technology broker. Norton served as the national co-chair for the Emerging Technologies committee for the Consortium of Schools Networked (CoSN). In addition, he has taught graduate level courses at West Virginia University, the University of Pittsburgh, and Carnegie Mellon University. Norton has served as a study leader for Osher classes at both Carnegie Mellon and the University of Pittsburgh. He is currently the Board Chair for Neighborhood Learning Alliance, a non-profit that provides out-of-school opportunities for underserved youth in the Pittsburgh area.

Zoom | SOCIAL SCIENCES

What's Happening With Religion In America?

Study Leader: Daniel Aleshire

• 3 Classes: Jan. 14 – Jan. 28

Class ID: 5289

- Tuesday, 10:45 AM 12:15 PM
- · Online Course, Zoom

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

Daniel Aleshire served The Association of Theological Schools in the United States and Canada from 1990 until his retirement in 2017. He began as associate director for accreditation and was elected executive director in 1998. Prior to joining the ATS staff, Aleshire was a research scientist at Search Institute in Minneapolis, MN, and then seminary professor for twelve years. He has written on formation for ministry, Christian Education, Christian spirituality, and theological education. His publications on theological education include Being There: Culture and Formation in Two Theological Seminaries, (Oxford University Press) coauthored 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); Beyond Profession: The Next Future of Theological Education (Eerdmans. 2021); and numerous journal articles and book chapters.



A Journey Through Latin America

Study Leader: Billie DeWalt

• 3 Classes: Jan. 16 – Jan. 30

Class ID: 5332

- Thursday, 10:00 AM 11:30 AM
- · Online Course, Zoom,

Last class - 4338 Bigelow Blvd, Oakland

We will take a journey through the sprawling region known as Latin America, focusing on its pre-history, history, cultures, and contemporary importance in the world. Often ignored, Latin America deserves greater attention because of its geographical proximity and because almost 20% of the U.S. population traces its heritage to the region. Using the virtual and/or physical exhibits of the newly created Latin American Cultural Center in Pittsburgh, we will come to appreciate the vibrancy and dynamism of this part of the world.

Please note: The first two classes will be on Zoom. The third class on 1/30/25 will be at the museum. A \$10.00 fee will be charged at the door.

Bill DeWalt is a cultural anthropologist who led the renowned Center for Latin American Studies at the University of Pittsburgh where he was also a Distinguished Service Professor. He then moved into museum administration as Director of Carnegie Museum of Natural History, Founding President and Director of the Musical Instrument Museum in Phoenix Arizona, and Museum Director of the Edward M. Kennedy Institute in Boston. In retirement, he is currently Senior Advisor for the Latin American Studies Association helping to establish the new Latin American Cultural Center in Pittsburgh.

SOCIAL SCIENCES | Zoom



HISTORY

Ancient Historians

Study Leader: Richard Daffner

• 4 Classes: Jan. 27 – Feb. 17

Class ID: 5290

- Monday, 9:00 AM 10:30 AM
- Online Course, Zoom

Historic accounts began with oral traditions. Written history was first recorded on stelae and in the tombs of Egypt's pharaohs around 3000 BCE. The first narrative written histories began with Herodotus (the "Father of History" [484 – 425 BCE]) and his contemporary Thuciydides (460 - 400 BCE). This course will explore the world of ancient Egypt, Greece, and Rome through their eyes and those of ten other ancient historians: Xenophon (430 - 354 BCE), Polybius (200 - 118 BCE), Dionysius (60 - 7 BCE), Josephus (37 - 100 CE), Livy (64 BCE - 17 CE), Plutarch (46 - 119 CE), Tacitus (56 - 122 CE), Suetonius (69 - 122 CE), Cassius Dio (163 - 235 CE), and Eusebius (260 - 339).

Dr. Richard H. Daffner is a retired radiologist. 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.

The "Reel" Vietnam

Study Leader: L Jon Grogan

• 5 Classes: Jan. 14 – Feb. 11

• Tuesday, 2:30 AM - 4:00 AM

Online Course, Zoom

Class ID: 5302



The U.S. military has been involved in over 100 campaigns, ranging from localized conflicts to major international wars. Many of them have been dramatized in film, and depictions of war, people who fought in them, and the home front changed over time. The Second Indochina War, known in the United States as the Vietnam War, lasted from 1955 to 1975. During that period, nearly three million Americans served, 58,000 died, and thousands more were scarred for life. Public support for the war peaked in the mid-1960s but collapsed after the Tet Offensive in early 1968. This course will examine how Hollywood's treatment of the war and its participants changed over time, reflecting America's disillusionment with a conflict nearly nine thousand miles from its shores.

L. Jon Grogan has a BA in Political Science from Tufts University, an MA in Public History from the University of San Diego, and a PhD in American History (with a minor concentration in African colonial history) from Loyola University, Chicago. He is also a retired U.S. Marine Corps officer who served in various command and staff assignments in the United States and overseas. His Osher portfolio includes classes on various topics in American and African history.

Living Dangerously: US 1783-1803

Study Leader: Stephen Blank

• 2 Classes: Feb. 27 and Mar. 6

Class ID: 5271

• Thursday, 1:00 PM - 3:00 PM

· Online Course, Zoom

TWO DAY

After the Revolution, many doubted the nation would survive. The rebel colonies were doubled in size by the 1783 settlement but divided by Allegheny mountains – and the trans-Allegheny territories seemed easy pickings for Europeans. Many felt the continent would resemble a flag, with US and British, French and Spanish vertical stripes – and that Europeans would dominate North America. US weakness was intensified by deep division about the role and power of the central government, which structured every issue the nation faced – from confronting menacing Europeans and disloyal Americans to infrastructure, regionalism, a national army – and slavery. (That this debate continues to structure US politics today will be noted.) These were years of dangerous living and the topic of our course.

Stephen Blank's career has spanned the academic, business and not-for-profit communities. His work corporate-business relations and on North American integration is well recognized. In visiting professorships in Japan, Germany, Mexico, Canada and the US, Blank taught masters and doctoral level courses on the international business environment that looked in depth at forces reshaping international political, economic and social relations. He served as Bissell Professor at the University of Toronto, Fulbright Distinguished Professor at the University of Montreal, Ross Distinguished Professor 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. 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.

PITTSBURGH

The City Steps of Pittsburgh: A History & Guide

Study Leader: Laura Zurowski

• 1 Class: Mar. 5

Class ID: 5273

• Wednesday, 12:30 PM - 2:00 PM



• Online Course, Zoom

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

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

PowerPoint Tour Of The Pittsburgh Zoo & Aquarium

Study Leader: Cathy Gialloreto

• 1 Class: Jan. 13

Class ID: 5348

• Monday, 10:45 AM - 12:15 PM

ONE

• Online Course, Zoom

Join me for a visual trip through the Pittsburgh Zoo and 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 City Theater.

SOCIAL SCIENCES

City Of Asylum At Alphabet City

Study Leader: Alphabet City

• 1 Class: Mar. 12 Class ID: 5356

• Wednesday, 9:00 AM - 10:30 AM

Online Course, Zoom



City of Asylum builds a just community by protecting and celebrating freedom of expression. This course is a onetime visit to City of Asylum's new cultural center, Alphabet City, on Pittsburgh's Northside. City of Asylum provides sanctuary to endangered writers and artists, so they can continue to create, and their voices are not silenced. It is 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, and readers. During this course, you 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, a bookstore, and a restaurant. It has built a diverse audience and protects free expression while fostering crosscultural exchange.

Anne Billiet Lackner was a lawyer at the bar in Brussels, using both French and her mother tongue Dutch. Anne is co-founder with Vincent of The Lackner Group, Inc., a software company providing innovative solutions in Trust and Estate administration, to law firms, bank trust officers, and C.P.A.s Anne has been actively involved with Pittsburgh's City of Asylum for almost two decades. Alexis Jabour is City of Asylum's Senior Production Manager. A 2013 graduate from Duquesne University with a BA in Media Management and Production, they worked on about 20 theatre productions with the Duquesne Red Masquers. For 6 years now at City of Asylum, Alexis is in charge of producing all of City of Asylum's public programming.

POLITICS/GOVERNMENT

Understanding The Gender Gap

Study Leader: Susan Hansen

- 2 Classes: Mar. 11 and Mar. 18
- Tuesday, 12:30 PM 2:00 PM
- Online Course, Zoom



The first session will explore the increasingly fraught concept of gender, and explore the roots of the male/female gender gap in income, education, and career choice. The second session will analyze the gender gap in public opinion and voting behavior. The growing divide in American politics is not between men and women, but between partisans with sharply divergent views on what is means to be male or female or trans.

Susan B. Hansen, Ph.D., taught classes in political science and women's studies at the University of Pittsburgh for over 30 years. She is the author of four books, including The Politics of Sex (2014), and over 40 articles and book reviews in scholarly journals.

ZOOM **INSTRUCTIONS**

Zoom has recently made some changes to their program, and things may look different than you are used to. Please be patient as we adjust to these changes together! Here are updated steps to join your courses on Zoom:

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

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

Example Icons: O O C









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

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

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

Example Icon: zoom



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

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

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

Having problems with Zoom? Shut down your computer, phone, or tablet, and start from the beginning. If it still isn't working, email the Osher office with a description of the issue.

MONDAY | Session ONE / January 13 – March 7

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
00 AM - 10:30 AM	Who Was Anthenor Unken?	5288	Zoom	Daffner	55
	Ancient Historians	5290	Zoom	Daffner	58
:45 AM - 12:15 PM	From Memory To Story: Home as History	5391	Zoom	Kulina	51
	PowerPoint Tour Of The Pittsburgh Zoo & Aquarium	5348	Zoom	Gialloreto	59
:30 PM - 2:00 PM	A Behind-The-Scenes Look At City Theatre	5380	In-Person	Graham	9
12:30 PM - 2:30 PM	Northanger Abbey And Persuasion	5301	Zoom	Thompson	46
	From The Greeks To GPS	5298	Zoom	Russ	53

TUESDAY | Session ONE / January 13 – March 7

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 AM	Write Your Own Legacy	5329	Zoom	Michael	52
	Propeller Annie: The Helen Richey Story	5300	In-Person	Bukk	29
9:30 AM - 11:30 AM	Supply Chains: Getting Stuff From There To Here	5269	Zoom	Blank	48
10:00 AM - 12:00 PM	The Berlin Airlift	5336	In-Person	Albert	31
	Some Big Ideas Quickly	5274	In-Person	Zuckerman	36
10:45 AM - 12:15 PM	Trade Policy	5303	Zoom	Ochs	48
	How To Tell Your Own Story	5283	In-Person	Hagerty	18
	The Once And Future CMU Campus	5284	In-Person	Reppe	20
	What's Happening With Religion In America?	5289	Zoom	Aleshire	57
	Appreciating Two Film Noir Classics	5333	In-Person	Backer	7
12:30 PM - 2:00 PM	Such Friends: The Literary Life 1925	5371	Zoom	Donnelly	46
	Criminal Justice Reform In Allegheny County	5296	In-Person	Thieman	12
	The Magic Of Rails: Great Rail Journeys	5398	In-Person	Seetharama	24
12:45 PM - 2:15 PM	Perry Mason: Defense Counsel And Pop Culture Icon	5331	In-Person	Backer	7
	Ethical Issues In AI	5342	Zoom	Hooker	54
	Senior Living Simplicity	5299	In-Person	Zinkone	22
2:15 PM - 3:45 PM	Foreign Language Learning Tips And Tools	5370	In-Person	Semmler	17
	From "Om" To "Aha!"	5366	In-Person	Keebler	18
2:30 PM - 4:00 PM	Golden Age Mystery Movie Series	5353	In-Person	Banister	8
	The "Reel" Vietnam	5302	Zoom	Grogan	58
3:15 PM - 4:45 PM	A Night At The Movies: Hitchcock's Hits	5357	Zoom	Winikoff,	43

WEDNESDAY | Session ONE / January 13 – March 7

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 AM	Poetry 101: Rhyme, Rhythm, Structure	5325	Zoom	McGinnis	51
9:15 AM - 10:45 AM	Soviet Union: Revolution To Civil War	5364	In-Person	Hier	27
10:45 AM - 12:15 PM	Henry V In History And Shakespeare	5294	In-Person	Carpenter	10
	A Look At Lyrics: Part I	5382	Zoom	Gondelman	47
	Flash Memoir: A Writing Workshop	5363	Zoom	Langer	52
	Creating The Juvenile Justice Model	5295	Zoom	Florida	49
	Writing In Your Voice	5378	In-Person	Fallon	19
	The Story Of Steel	5397	In-Person	Seetharama	24
	The US-Dakota War Of 1862	5350	In-Person	Weinberg	28
	Who Knew? Part 4	5359	In-Person	Carpenter	32
	Perennials That Pack A Punch	5323	In-Person	Miller	34
12:30 PM - 2:00 PM	Virtually Visit The Maxo Vanka Murals	5272	Zoom	Gaugler	43
	The City Steps of Pittsburgh: A History & Guide	5273	Zoom	Zurowski	59
12:45 PM - 2:15 PM	American Politics On Film	5375	Zoom	Stires	44
	Modernism In The Heartland	5292	In-Person	Swoger	20
	The Mathematics Of Mayhem	5349	In-Person	Weinberg	28
1:15 PM - 2:30 PM	Get Fit: A Fun Latin Cardio Workout	5367	In-Person	Pollack	16
1:30 PM - 3:00 PM	House Of The Year: An American Dream	5389	In-Person	Daehler	21
	My Career As An FBI Agent	5402	In-Person	Meredith	23

THURSDAY | Session ONE / January 13 – March 7

	CLASS ID	CAMPUS	PRIMARY SL	PG#
AM Failure: Coping And Causes		In-Person	Tipton	39
A Journey Through Latin America		Zoom	DeWalt	57
	5270	In-Person	Barone	16
Of Classical Music	5343	In-Person	Gorton	11
	5374	Zoom	Gusky	56
her Ways Of Not-Knowing	5277	In-Person	Zuckerman	38
Cervical Cancer	5351	In-Person	McIntyre	21
le-to-Pole	5354	In-Person	Greenspan	39
tural History	5399	In-Person	Klancher	30
d Trade Center Attacks	5395	In-Person	Lee	29
ow Journalism Works	5390	In-Person	Gormly	25
le	5344	In-Person	Seltman	17
A Different 1950's	5337	In-Person	Hoover	8
Novels Read And Revisited	5278	Zoom	Schinhofen	45
: US 1783-1803	5271	Zoom	Blank	59
	5330	Zoom	Griffin	50
Class - Valentine's Day	5369	In-Person	DeStefano	15
		5330	5330 Zoom	5330 Zoom Griffin

FRIDAY | Session ONE / January 13 - March 7

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG#
9:30 AM - 11:30 AM	Goodwill: More Than A Store	5268	In-Person	Cybulski	26
10:15 AM - 12:45 PM	Drawing In The Museum	5372	In-Person	Bangley	14

MONDAY | Session TWO / March 10 - May 2

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG#
10:45 AM - 12:15 PM	A Look At Lyrics: Part II	5383	Zoom	Gondelman	47
1:00 PM - 3:00 PM	Short Stories: Small Wonders	5414	Zoom	Rosenblum	45
5:30 PM - 6:30 PM	School Of Drama Talk Backs	5393	In-Person	Young	8

TUESDAY | Session TWO / March 10 - May 2

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG#
9:00 AM - 10:30 AM	Chinese Literature And Turbulent Times	5379	In-Person	Cucinotta	9
	Soviet Union: Stalin To Gorbachev	5365	In-Person	Hier	27
9:00 AM - 11:00 AM	Walking Historical Point Breeze	5286	In-Person	Steele	33
10:15 AM - 12:15 PM	Drawing For All	5334	In-Person	Pawlowski	13
10:45 AM - 12:15 PM	Making Sense Of Medicare	5335	Zoom	McKendree	54
	Purposeful Retirement/Intentional Design	5386	In-Person	Anson	22
	Women And Education In America	5362	In-Person	Gundersen	32
	How To Offer Complete Apologies	5275	In-Person	Zuckerman	37
	Stupidity: Science Studies The Concept	5276	In-Person	Zuckerman	37
12:30 PM - 2:00 PM	Understanding The Gender Gap	5338	Zoom	Hansen	60
12:45 PM - 2:15 PM	Italian Wine In Depth: Part I	5388	In-Person	Pezze	14
	A Short History Of Happiness	5385	In-Person	Givvin	25
12:30 PM - 2:30 PM	The Physics Of The Cosmos	5297	Zoom	Russ	53
2:15 PM - 3:45 PM	Dementia Friends PA Information Session	5394	Zoom	Bonenberger	56
2:30 PM - 4:30 PM	Great Decisions 2023	5328	In-Person	Winer	36
3:15 PM - 4:45 PM	A Night At The Movies: International Films 3	5358	Zoom	Winikoff	44

WEDNESDAY | Session TWO / March 10 - May 2

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG#
9:00 AM - 10:30 AM	City Of Asylum At Alphabet City	5356	Zoom	Lackner	60
10:45 AM - 12:15 PM	A Midsummer Night's Dream	5293	In-Person	Carpenter	10
	Writers' Workshop	5396	In-Person	Snyder	19
	Delightful Dozen	5346	In-Person	Seltman	28
12:30 PM - 2:00 PM	End Of Life Matters	5341	In-Person	Price	17
12:30 PM - 2:30 PM	The Symphony In Three Movements: Part II	5291	In-Person	Swoger	11
12:45 PM - 2:15 PM	Film Noir 4: French Noir	5381	Zoom	Stires	44
	Closure: Discussing The Last Chapter	5326	Zoom	Black	49
	Power And The American Presidency	5360	In-Person	Chambers	35
12:45 PM - 2:45 PM	Pathographies: Characters & Diseases	5285	In-Person	Zuckerman	38
1:15 PM - 2:30 PM	Get Fit: A Fun Latin Cardio Workout	5368	In-Person	Pollack	16

THURSDAY | Session TWO / March 10 - May 2

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG#
9:00 AM - 10:30 AM	Early Career Research At CMU: English	5347	In-Person	Seltman	25
9:00 AM - 11:00 AM	Walking Historical Edgewood	5287	In-Person	Steele	34
10:45 AM - 12:15 PM	M - 12:15 PM The Italian Campaign Of WWII		In-Person	Oleinick	26
	Better Lives: American Social Legislation	5327	In-Person	Goughler	35
12:45 PM - 2:15 PM	1000 Years Of Illuminated Manuscripts	5401	In-Person	Santimauro	30
	Rothschild vs Sassoon, Goliath vs David	5355	In-Person	Greenspan	31

FRIDAY | Session TWO / March 10 - May 2

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG#
9:30 AM - 12:00 PM	Figure Drawing	5373	In-Person	Bangley	13
10:00 AM - 12:00 PM	Allegheny County Courthouse And Jail Museum Tour	5400	In-Person	DiRienzo	33

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Aleshire	Daniel	5289	What's Happening With Religion In America?	Zoom	57
Alphabet City	Pittsburgh	5356	City Of Asylum At Alphabet City	Zoom	60
Anson	Joan	5386	Purposeful Retirement/Intentional Design	In-Person	22
Backer	Ron	5333	Appreciating Two Film Noir Classics	In-Person	7
Backer	Ron	5331	Perry Mason: Defense Counsel And Pop Culture Icon	In-Person	7
Bangley	Betsy	5372	Drawing In The Museum	In-Person	14
Bangley	Betsy	5373	Figure Drawing	In-Person	13
Banister	Mark	5353	Golden Age Mystery Movie Series	In-Person	8
Barone	Loretta	5270	Hatha Yoga	In-Person	16
Black	Judith	5326	Closure: Discussing The Last Chapter	Zoom	49
Blank	Stephen	5269	"Supply Chains": Getting Stuff From There To Here	Zoom	48
Blank	Stephen	5271	Living Dangerously: US 1783-1803	Zoom	59
Bonenberger	Stacie	5394	Dementia Friends PA Information Session	Zoom	56
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Bukk	Robert	5300	Propeller Annie: The Helen Richey Story	In-Person	29
Carpenter	Rebecca	5294	Henry V In History And Shakespeare	In-Person	10
Carpenter	Rebecca	5359	Who Knew? Part 4	In-Person	32
Carpenter	Rebecca	5293	A Midsummer Night's Dream	In-Person	10
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Daffner	Richard	5288	Who Was Anthenor Unken?	Zoom	55
Daffner	Richard	5290	Ancient Historians	Zoom	58
DeStefano	Alisa	5369	Cookie Decorating Class - Valentine's Day	In-Person	15
DeWalt	Billie	5332	A Journey Through Latin America	Zoom	57
DiRienzo	Patricia	5400	Allegheny County Courthouse And Jail Museum Tour	In-Person	33
Donnelly	Kathleen Dixon	5371	"Such Friends": The Literary Life 1925	Zoom	46
Fallon	Helen	5378	Writing In Your Voice	In-Person	19
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Givvin	Joseph	5385	A Short History Of Happiness	In-Person	25
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Greenspan	Bill	5354	Travelogue Five: Pole-to-Pole	In-Person	39
Greenspan	Bill	5355	Rothschild vs Sassoon, Goliath vs David	In-Person	31
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Hansen	Susan	5338	Understanding The Gender Gap	Zoom	60
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Hier	Charles	5365	Soviet Union: Stalin To Gorbachev	In-Person	27
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Pollack	Connie	5367/5368	Get Fit: A Fun Latin Cardio Workout	In-Person	16
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Rosenblum	Helen-Faye	5414	Short Stories: Small Wonders	Zoom	45
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Russ	James	5297	The Physics Of The Cosmos	Zoom	53

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Seetharama	Sankar	5397	The Story Of Steel	In-Person	24
Seltman	Howard	5344	Trivia Jeopardy! Style	In-Person	17
Seltman	Howard	5347	Early Career Research At CMU: English	In-Person	25
Seltman	Howard	5346	Delightful Dozen	In-Person	28
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Steele	Jay	5287	Walking Historical Edgewood	In-Person	34
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Stires	Lloyd	5381	Film Noir 4: French Noir	Zoom	44
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Swoger	Jeffrey	5292	Modernism In The Heartland	In-Person	20
Swoger	Jeffrey	5358	A Night At The Movies: International Films 3	Zoom	44
Swoger	Jeffrey	5291	The Symphony In Three Movements: Part II	In-Person	11
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Zuckerman	Edward	5276	Stupidity: Science Studies The Concept	In-Person	37
Zuckerman	Edward	5285	Pathographies: Characters & Diseases	In-Person	38
Zurowski	Laura	5273	The City Steps of Pittsburgh: A History & Guide	Zoom	59

Osher at CMU Endowment Fund For the Future

Fellow members I am pleased to announce that the Board of Directors has approved the creation of a new Endowment Fund to help secure our future. You are probably wondering why and why now? We have been fortunate that over the years that the revenue from the generous Osher Foundation Endowment has helped a good portion of our annual budget. Post-Covid, with our decline in membership and higher inflation, our gap between revenue and expenses is increasing. Our mission is to keep this program vibrant and affordable for all. Earnings from this \$1 million Endowment will go a long way towards helping us fulfill this goal.

Thank you for your support!

Sankar Seetharama
President
Osher at CMU Board of Directors

Special Interest Groups (SIGs)

Special Interest Groups (SIGs) are member-formed informal groups focused on a particular interest. These groups are independent of regular Osher classes and are organized and run by the group's members. They offer a chance to socialize and share common interests. Some SIGs meet regularly, others occasionally. SIGs are a benefit of membership.

Active Osher at CMU SIGs include:

5050: Canasta

4566: Bridge for Fun: Saturday Edition

4490: Brownbag Lunch and a Movie

For detailed descriptions and meeting information, please visit our website cmu.edu/osher/courses-and-sigs or scan the QR code.



GENERAL INFORMATION & POLICIES

CLASSROOM LOCATIONS

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

PHOTOS AND VIDEOS

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

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

CLASSROOM ETIQUETTE

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

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

BAD WEATHER DAYS

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

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

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

CHECK YOUR SCHEDULE

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

NON-DISCRIMINATION

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

SCHOLARSHIPS

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

CONTROVERSIAL SPEAKERS

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

EMAIL NOTIFICATIONS

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

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

OSHER EMAIL ADDRESSES

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

- · osher@cmu.edu
- · osher-email-to-students@andrew.cmu.edu
- · osher-general@andrew.cmu.edu

READY TO REGISTER?

CHECK YOUR CALENDAR

As you are picking your courses, please be sure none of your classes conflict with your family events, holidays, trips, or other important events. Please only register for courses you will be able to attend. A list of official non-class dates is located below. Osher at CMU follows the CMU calendar. Once course dates are established, they will not be changed unless there is an emergency.

MATERIALS FEES

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

ZOOM CODES

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

REFUND POLICY

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

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

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

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

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

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

CONFIRMATION LETTERS

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

ATTENDANCE POLICY

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

OBSERVED 2025 OFFICIAL OSHER SKIP DAYS

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

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

Martin Luther King Jr. Day Jan. 20 Memorial Day May 26 Juneteenth Jun. 19 Independence Day Jul. 4 Labor Day Sep. 1 Thanksgiving Wednesday Nov. 26 Thanksgiving Day Nov. 27 Thanksgiving Friday Nov. 28 Winter Break Dec. 23 - Jan. 1

CMU Carnival will be held on April 3^{rd} & 4^{th} and no on-campus classes will be held.



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

Join us!













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

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