

THE GOLDEN AGE OF DISCOVERY

Winter 19: January February

Join Today! (801) 581-7155 www.osher.utah.edu



Visual Arts • Politics • History • STEM • Fitness • Literature • Music • Fun

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HAPPY ANNIVERSARY!

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Something special just happened. Osher Lifelong Learning Institute at University of Utah just turned 15 years old! That's right, 2019 marks the 15th year that Osher Lifelong Learning Institute has been at the University of Utah, and we are going to celebrate all year long.

In addition to the regular scheduled courses and special events we're adding some special anniversary events and we've brought together an Osher Anniversary Committee to make sure that not a month goes by without us doing something to celebrate turning 15 years old.

Flip through the catalog and you will find an Osher anniversary mark next to everything that we're doing to celebrate. You'll see a special trip to Zion National Park to learn how the park and surrounding communities are adapting to increased tourism in the area. You'll find *The Transcontinental Railroad: The History and the Romance, 150 Years*, a course that remembers the 150th Anniversary through art, music, history and writing, and we've finally been given access to tour Loveland Living Aquarium. All of these events are just for Osher members and an opportunity for all of us to reflect on what our years with Osher have meant to us - learning, laughing, friends and fun!

And while we're thinking of it, save time on your calendar for our Anniversary celebration in 2019. Look for an invitation from us for an anniversary celebration in Summer 2019.

Happy 15th Anniversary Osher at University of Utah. Here's to (at least) 15 more!

Lauren Andersen
Director

Contact and Visit Osher

Osher Office

801-581-7155
Hours vary.
osher@utah.edu

Lauren Andersen,

Director, room 263

John Boyack,

Curriculum and Special Events Coordinator,
room 280

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Registration and Billing Questions

801-581-7155
room 210 M - F, 8:00 AM - 5:00 PM

Osher and Registration Offices

540 Arapeen Drive
Salt Lake City, UT 84108
See map and directions on page 45



Just For You



Membership in the Osher Institute is one of the best gifts you can give yourself and those you care about.

Everyone knows learning is good for your brain. The Osher Institute at the University of Utah makes it easy and fun.

Courses

Taking courses at Osher offers a great return for the time and money you invest. Tuition is affordable and scholarships are available. Most courses are held at the Commander's House in Fort Douglas and other nearby locations - all easily accessible with free parking! The majority of courses meet for 90 minutes, once per week, for 6 weeks, allowing plenty of time for other interests. Osher instructors teach with both style and substance. They are able to entertain as well as educate. And when you take courses you are eligible to obtain a U of U student ID card that brings many more opportunities and benefits to you.

Special Activities

The brown bag Lunch and Learn lecture series and the Special Events are included in the basic membership (just \$40 per year). The weekly Lunch and Learn lectures

at the Commander's House in Fort Douglas can be a nice intermezzo between classes. The Special Events provide a way to learn about the surrounding community and to stay connected when classes are not in session.

People

Osher members are dynamic individuals who each bring a lifetime of experience to every conversation. You will meet new, interesting people and may even renew a long lost connection from your past.

Campus

The Osher Institute is your portal to the University of Utah. U of U faculty teach abbreviated courses for Osher, our Special Events grant you behind the scenes access to some of the campus's newest buildings and remodels, and weekly e-mails keep you informed about events taking place at University of Utah.

Benefits

Osher members are eligible for select benefits (with U of U student ID card*) including free admission to the Utah Museum of Fine Arts. Red Butte Garden grants Osher members free admission to members who show their Osher name tag at the admission gates. Discounts are also available at Pioneer Theatre Company.

* U of U Student ID card is available to Osher members taking classes. There is a fee for the card. Obtain the card at the U Card office in the Olpin Union (801-581-2273). The card is active in semesters in which you are registered for at least one class.



JOIN US FOR A NIGHT

February 13-14 • \$275 per person

Join Osher for an overnight excursion to Zion National Park for a first-hand, “behind-the-scenes” look at the dynamics of managing the park, and its impact on surrounding communities. In just two days, you’ll delve into the complex issues of: land management between state/local and federal entities; overtourism and the corresponding stresses it places on local residents and business owners; and what the future holds

for the area’s natural resources, economy, and citizen wellbeing.

Trip highlights include:

- Discussions with prominent local stakeholders
- Overnight lodging at Zion Ponderosa Ranch Resort
- Catered dinner and buffet breakfast
- Hike in Zion National Park
- Lunch at the world-famous Oscar’s Café in Springdale, UT

MORE POWER TO YOU

Many of the busiest, most successful people in the world, including Bill Gates, Warren Buffet, and Oprah Winfrey, share a common, but little-known trait: they all dedicate at least one hour every day to learn something new. Why do they commit this time when they already seem to have everything they could ever need? Because they understand knowledge truly is power and that learning is always the best use of time.

Learning changes the way you see the world and your place in it. Fancy cars, stocks, and cool gadgets can't compete with knowledge, because unlike material goods, knowledge becomes a part of who you are and is the catalyst to personal fulfillment. So while you may

not be a tech pioneer, stock guru, or media mogul, you can continue to learn and enhance your life with the power of knowledge.

Of course, one of the most exciting ways to continue to learn is through the highly interactive classes and engaging special events at Osher. This semester, you'll find several dynamic new offerings, including *Creating Balance in Your Life*, *Global Governance: Past and Future*, *Grand Traditions of Landscape Painting*, *Journalists: "Enemy of the American People?"*, *Religion and the Rise of Capitalism*, *The Philosophy of Yoga*, *There Ought to be a Law and Why There Isn't*, *Time to Downsize & Simplify*, *Wines of Spain: Rioja*, *Writing Through Grief*, and many more!

Empower yourself by learning something new - register or renew your membership today!



COURSES BY CATEGORY

History

Environmental Conflict on the Colorado Plateau - A History
History of Funeral Service
Islamic Civilization
Military Intelligence Part 1: Ancient History - World War II
Military Intelligence Part 2: 1950s - Current Operations
Miracle at Philadelphia ✨
Religion and the Rise of Capitalism ✨
The Camino de Santiago: The Ways of Saint James ✨
The Forgotten War: Armed Conflict on the Korean Peninsula, 1950 and Beyond
Time, Gods, Blood, and Kings: Ancient Maya Religion ✨
World War II in Western Europe

Law, Government, and Politics

Current Economic Issues
Current Issues in American Public Affairs & Politics
Democracy: What is it? How does it work? How does it fail?
Global Governance: Past and Future ✨
Law in Film: Part 2 ✨
Pulse of Utah Politics
There Ought to be a Law and Why There Isn't ✨

Literature

Anton Chekhov's Play and Selected Short Stories: *The Sea Gull, The Three Sisters, and the Chekhovian Mood* ✨
Love Stories of Rumi ✨
Modernist Novella: Joyce, Mann, and Hemingway ✨
Ovid's *Metamorphoses*: Transformation & Desire ✨
The Lives of Girls and Women ✨
Zane Grey: The Mormon Trilogy ✨

Medicine, Health, and Fitness

Age Faster! The 1-Minute Workout: Interval Training ✨
Dance Fitness
Embrace Aging
Reiki 1 & 2
Tai Chi for Fall Prevention ✨
The Brain, Emotional Style, Meditation and Well Being ✨
The Most Common Health Problems in Elderly: Part 2 ✨
Yoga For All Bodies

Nature, Outdoors, and Lifestyle

Creating Balance in Your Life ✨
Environmental Creative Writing & Communication (Nature Writing) ✨
Everyday Mindfulness
Improving Interactions with Family and Friends
Intergenerational Learning: Osher and UKids at Guardsman Way
Getting Lost to Find Ourselves: An Exploration of American Travel & Adventure Narratives of the 20th Century ✨
Time to Downsize & Simplify ✨
Wines of France: the Côtes-du-Rhône ✨
Wines of Spain: Rioja ✨

Other Humanities

Cultural Geography
Introduction to Enneagram ✨
Journalists: "Enemy of the American People?" ✨
Relating Brings More than Relationship ✨
The Geography of Buddha
The Gifts of Imperfection: An Art Journaling Course ✨
The Philosophy of Yoga ✨
Writing Through Grief ✨
Writing Your Story

Performing Arts

Great American Songbook
Utah Opera Preview: Portman's *The Little Prince*
Utah Symphony Finishing Touches Preview: *Vivian Fung Dust Devils, Chopin Piano Concerto 1, Dvorak 7*

STEM

Advances in Biomedical Engineering
Climate Change: Where We Are, How We Got Here, and Now What Do We Do?
Digitizing Your Memories
From Death to the Grave
Google Maps: Become a Custom Map Maker
Google Tools: Drive & Sites

Visual Arts

Collage Art: Transforming By Cutting & Pasting
Examining Architecture: Why Buildings Look The Way They Do ✨
Drawing: Portraits
Glorious Baroque: Art in Response to Challenge, Change and Martin Luther ✨
Grand Traditions of Landscape Painting ✨
Intermediate Photography 5: Breaking Out Of Your Shell ✨
Jewelry: Historic Perspectives and Individual Creation
Korean Ink Art: Brush to Rice Paper ✨
The Transcontinental Railroad: The History and the Romance, 150 Years ✨ ⑤
The Golden Age of the Horror Film (1931-1948) ✨
Watercolor 1: Beginning – Intermediate
Watercolor 2: Intermediate – Advanced
Women Artists: Part 2

COURSES

Advances in Biomedical Engineering – New Instructors

The twenty-first century has seen remarkable advances in biomedical engineering. A term that was barely used seventy years ago is now the occupation of thousands of engineers, biologists, mathematicians, chemists and physicians. Learn from various researchers from the University of Utah’s Biomedical engineering department about what they do, advances that they are making in this remarkable field, and hear them describe how their research could change medicine, computation, modeling, food, and pharmaceuticals for future generations.

1. Chuck Alan Doral, “Pacemakers for the Brain to Treat Neurological Symptoms”
2. Claire Acevedo, “On the mechanistic origins of weak bone; Why bones are more prone to break with age”
3. David Grainger, “Case Studies in Medical Devices and Drug Performance: Unmet Needs and Proposed Solutions”
4. Rob MacLeod, “What Happens When You Overdraw on Your Metabolic Bank Account; Myocardial Ischemia and Heart Attacks”
5. Richard Normann, “Brain Stimulation for Neurological Conditions and Cognitive Enhancement”
6. Hamid Ghandehari, “Engineered Nanomaterials: Are we safe?”

OSHER 938-001 Thursdays, 11:30 AM-1:00 PM
January 17 - February 21

LOCATION: Commander’s House

INSTRUCTORS: University of Utah’s Department of Biomedical Engineering

TUITION: \$99

Age Faster! The 1-Minute Workout: Interval Training

Age Faster! What? Yes, this is a play on words. Of course we really don’t want to “age” faster, but we do want to go through the aging process with the ability of our bodies to move faster physically as we age. Being fast as we age will allow us to do the things we enjoy, traveling, playing with grandchildren, recreating and recovering quickly from a stumble to avoid a fall.

You will learn:

- Why we move more slowly as we age and how we can reverse it.
- Why the way we are exercising now might be doing more harm than good in terms of aging.
- How is it that we are stuck in the conventional “cardio” mode of exercise.
- How to get the exact same benefits (actually more) of exercise in 1-3 minutes versus 50 minutes. Yes, you read that correctly!
- What different protocols to use for exercising in a

fraction of the time. If you have any interest at all in moving better, faster and saving a ton of time while reaping all the benefits of exercise, you might want to sign up to Age Faster!

Note: Members will need to get up and down from the floor. Please bring a stopwatch (most smartphones are equipped with one).

OSHER 194-001 Wednesdays, 1:30-2:30 PM
January 16 - February 06

LOCATION: Age Performance, 1291 South 1100 East, SLC

INSTRUCTOR: Paul Holbrook

TUITION: \$49

Anton Chekov’s Play and Selected Short Stories: *The Sea Gull*, *The Three Sisters*, and the Chekhovian Mood

Anton Pavlovich Chekhov (1864-1904) was raised the son of a freed serf in Taganrog, Russia. He became a doctor, a noted short story writer (he wrote in order to make money to go to medical school) and finally an international playwright. The Chekhovian “mood” is especially noteworthy in that through his characters he creates an atmosphere of ironic absurdity, aching sadness, and profound insight into the nature of the human being and the world. It often evokes in the reader an attitude of what has been called “laughter through tears” as well as human understanding. We

more class information on page 7

will read two plays, *The Sea Gull* (recently made into a movie) and *The Three Sisters*. If time allows, we will also read some short stories to be selected in class.

OSHER 262-001 Tuesdays, 11:30 AM-1:00 PM

January 15 - February 19

LOCATION: Commander's House

INSTRUCTOR: Gene Fitzgerald

TUITION: \$99

TEXTS: Recommended: *Four Great Plays: The Sea Gull / The Cherry Orchard / Three Sisters / Uncle Vanya Tr.*

Constance Garnett. ASIN: B002FD6T8M. For the short stories, any number of editions are available and will work.

Climate Change: Where We Are, How We Got Here, and Now What Do We Do?

Climate change has received a lot of attention from all sorts of people and interest groups, and the discussion continues, though the tenor of the discussion has changed considerably as the effects of climate change have become indisputable. Yes, our climate is really changing – the argument on that point is essentially over. Some of the arguments now focus on the causes — the sun, natural cycles, people, volcanoes? Even that argument has about run its course: people are causing most of the changes that we see. The fun really begins when we try to figure out what (if anything) we can or should do about it. This course will attempt to give class members the information they need to understand the discussion. Our approach will be strongly science-based,

but don't worry about math – we won't need much of it. You've heard it said that everyone has a right to his/her own opinion, but not to his/her own facts. We'll try to lay out the facts as impartially as possible – but even that will raise questions whose answers lie in the realm of politics, not science. Since this is a science class, we will try to stick to the science – but the science is so intimately tied to public policy, we will inevitably talk about that as well.

OSHER 873-001 Thursdays, 11:30 AM-1:00 PM

January 17 - February 21

LOCATION: Commander's House

INSTRUCTOR: Alan Eastman

TUITION: \$99

✦ Collage Art: Transforming By Cutting & Pasting

A hands-on course, using found images from magazines, newspapers, old books, old photos, cloth and other found objects glued to paper, canvas, or other types of base material. You will be creating new images from these found objects. What can be more fun than creating a work of modern art using found objects, scissors, glue and paper? We will follow in the footsteps of the George Braque and Pablo Picasso from the beginning of the 20th century and many others (such as Matisse and his cut-outs) as we explore this art form. Absolute beginners and more experienced Osher members are welcome. As you choose shapes, colors and textures you compose a new image.

We will explore starting without a preconceived plan and see where our objects lead us, letting the objects give us suggestions. It's lots of fun. Bring scissors, rubber cement and a couple of magazines for cutting and pasting to the first class. Additional materials you might like to use will be discussed in the first class.

OSHER 161-001 Wednesdays, 1:30-3:00 PM

January 15 - February 19

LOCATION: 10th East Senior Center

INSTRUCTOR: Bonnie Sucec

TUITION: \$99

✦ Creating Balance in Your Life

We are constantly being pulled off balance in our life by any number of challenging situations. Research tells us we need to stay connected to others, be physically active, and continue to exercise our minds in order to maintain some sense of balance. This class will take these concepts farther, by exploring a variety of avenues focused on regaining and maintaining balance in our lives through a mixture of activities, discussions, along with a multitude of resources with the focus on creating a personalized balanced life.

OSHER 571-001 Tuesdays, 9:30-11:00 AM

January 15 – February 19

LOCATION: Commander's House

INSTRUCTOR: Debbie White

TUITION: \$99

Cultural Geography

The world has become a global society in which various cultures and belief systems must coexist with each other. Understanding these cultures makes us more accepting and enriches our own life experience. This course will help us comprehend how humans shape their lives and their environments because of their geography. Geography teaches the “why of the where” through both physical and cultural aspects. Although both are important, this course will focus on the cultural elements that define societies, such as identity, ethnicity, gender roles, religions, and language.

OSHER 24-001 Tuesdays, 11:30 AM-1:00 PM
January 15 - February 19
LOCATION: 540 Arapeen, Room 152
INSTRUCTOR: Chris Dyson
TUITION: \$99

Current Economic Issues

Current economic policy and future developments are, like much of the current environment, as clear as this morning’s cup of coffee. Taking into account this environment, we will track current developments and try to get a sense of where the economy has been and where it’s going. We will examine current overall trends in growth rates, employment, unemployment, and other labor force indicators. We’ll also track international trade, other international concerns, interest rates, Federal Reserve policy, and a wide variety of other economic issues. Fasten your seat belts.

OSHER 430-001 Tuesdays, 11:30 AM-1:00 PM
January 15 - February 19
LOCATION: Commander’s House
INSTRUCTOR: Bill Carlisle
TUITION: \$99

Current Issues In American Public Affairs & Politics

Examine the behind-the-scenes details—strategies, personalities, power, and politics—that influence stories in *The New York Times* about current political and governmental events. *The New York Times* provides many issues for lively discussion. In addition, *The Washington Post*, CNN, and National Public Radio will be sources for breaking stories. News articles and videos seed the discussion, but they often grow into entirely different topics based on student interest and participation. Students are encouraged to ask hard questions, and to participate actively and respectfully in class discussion.

OSHER 630-001 Tuesdays, 1:30-3:00 PM
January 15 - February 19
LOCATION: Commander’s House
INSTRUCTOR: Tim Chambless
TUITION: \$99
SPECIAL FEE: \$3

OSHER 630-002 Wednesdays, 9:30-11:00 AM
January 16 - February 20
LOCATION: Commander’s House
INSTRUCTOR: Tim Chambless
TUITION: \$99
SPECIAL FEE: \$3

Dance Fitness

Studies prove that dancing can improve mental and physical fitness levels. This fun workout will have you moving to the “oldies,” incorporating dance moves you love as well as current music and styles. Improve balance, endurance, tone and rhythm as you dance your way to increased physical fitness and mental acuity. All skill and fitness levels are welcome; the workout will include warm-up and cool-down stretch. Wear clothes allowing you to move to the music and athletic workout shoes. The last 15 minutes of class will be dedicated to optional muscle toning exercises. Bring a yoga mat if you plan to stay for this part.

OSHER 855-001 Wednesdays, 1:45-3:00 PM
January 16 - February 20
LOCATION: 10th East Senior Center
INSTRUCTOR: Denise Gibson
TUITION: \$89

Democracy: What is it? How Does it Work? How Does it Fail?

We live in a democracy and believe that democracy is the best form of government, perhaps the only morally acceptable form. Democracy is more than voting. It involves norms like the rule of law, judicial independence, freedom of speech and the press, tolerance, and more. Currently, a number of nations seem to be moving from democratic to more authoritarian forms of government. Some fear that democracy in the United States is also under threat. We will try to understand these events and trends. Our first and primary task will be to understand what democracy is, how it has developed, and what conditions are necessary to make and keep it a workable and desirable form of government.

OSHER 340-001 Wednesdays, 1:30-3:00 PM
January 16 - February 20
LOCATION: Commander's House
INSTRUCTOR: Bruce Landesman
TUITION: \$99

Digitizing Your Memories

Do you want to know what can be done with all your print photos, negatives, slides, and videos? This class will teach you all you need to know about how to preserve, archive and even restore your non-digital media. We will go over how easy it is to share

your memories with family and friends, including putting images on Facebook and your digital devices (computer, phone & tablet). Learn about available alternatives and the answers to frequently-asked questions regarding how to “do-it-yourself” or what to look for in a vendor so you get the most for your money while protecting your irreplaceable memories.

OSHER 25-001, 12:00-4:00 PM
February 4
LOCATION: Commander's House
INSTRUCTOR: Debbie White
TUITION: \$49

Drawing: Portraits

Drawing the human face is fun and easy when you know the insider secrets. Learning how to recognize the proportions and placement of facial features will enable you to create a likeness relatively quickly. We will begin with rendering the individual features of the face and then move on to rendering hair, profiles, and three-quarter views of the head as our skills develop. You should expect to make rapid progress. Both experienced and inexperienced students are welcome. Each student should bring a sketchbook, pencils, and erasers to class.

OSHER 688-001 Tuesdays and Thursdays, 1:30-3:00 PM
January 15 - February 21
LOCATION: Tenth East Senior Center

INSTRUCTOR: Bill Laursen
TUITION: \$159
SPECIAL FEE: \$2

Embrace Aging

Your healthcare providers do not generally cover many of the topics we will discuss in depth. This course will examine how we can enjoy a healthier, happier, and better prepared life as we age. We will look at what is normal aging and what is not. Topics may include: the biology of the aging brain and how that biology affects the risk for cognitive impairment (dementia), defining dementia and quality of life, managing illness (mental and physical) as we age, the role of the family and caregivers as we age, how to address and plan for the end of life (what's important, what's not), and identification of community resources for the aging population.

OSHER 979-001 Wednesdays, 5:15-6:45 PM
January 16 - February 20
LOCATION: Commander's House
INSTRUCTOR: Anne Asman
TUITION: \$99

Environmental Conflict on the Colorado Plateau - A History

Conflict is a major theme of western American history, and perhaps especially so the history of the Colorado Plateau where monument designations, archaeological

preservation, wilderness creation, road building, and water development have polarized the region for years. This course will use the methodology and perspective of history and archaeology to examine targeted controversial episodes on the high plateau and canyon country of southeastern Utah. The first half of the course, Land and Sovereignty, will address disputes over ownership and control of territory and archaeological resources on public lands; the second half will address the role water plays in the future of the west.

OSHER 75-001 Thursdays, 5:15-6:45 PM

January 17 - February 21

LOCATION: Commander's House

INSTRUCTORS: Arie Leeflang and Jedediah Rogers

TUITION: \$99

🌿 Environmental Creative Writing & Communication (Nature Writing)

This course invites students to write about contemporary environmental narratives across a variety of genres. Students will learn to think critically and with distinction about environmental issues both past and present. This course will explore the difference between nature and environmental writing. The course provides practice and insight into the history of creative environmental nonfiction, natural history and science writing, as well as public policy and advocacy writing. The class will focus on writing that speaks to

our essential relationship to the natural world and our human experience in it as we share our journeys by utilizing evocative language and vivid imageries.

OSHER 181-001 Tuesdays, 1:30-3:00 PM

January 15 - February 19

LOCATION: 540 Arapeen, Room 152

INSTRUCTOR: Nicole Anderson

TUITION: \$99

Everyday Mindfulness

Osher members will experience the two complementary ways to practice mindfulness: learning the formal practice of meditation and the informal experience of letting mindfulness spill over into everyday life. This course will introduce the concept of mindfulness, covering history, benefits and science behind this age-old practice. When a practitioner pays attention to the present moment, mindfulness unfolds a whole new level of awareness. Meditation has been shown to have many beneficial effects, both mental and physical.

OSHER 62-001 Tuesdays, 3:30-5:00 PM

January 15 – February 12

LOCATION: Red Butte Garden

INSTRUCTOR: Julie Howell

TUITION: \$89

SPECIAL FEE: \$20

Examining Architecture: Why Buildings Look The Way They Do

Picture in your mind a building, any building. Examine its size, shape, color, and the materials from which it was constructed. Now ask yourself: Why does it look the way it does? The answer is quite complex, and can significantly enhance your appreciation of the structure. In this course we will delve into that complexity. We'll explore the why of architecture, the various factors that determine why a given building looks the way it does. We will address a broad range of topics from the evolution of materials to the role of cultural values to the influences on how we perceive buildings.

OSHER 250-001 Thursdays, 3:15-4:45 PM

January 17 - February 21

LOCATION: Commander's House

INSTRUCTOR: Bim Oliver

TUITION: \$99

From Death to the Grave

This course will cover the timeline of what happens to an individual from the time of death to final disposition of the remains. Emphasis will be on those deaths that fall under the jurisdiction of the Medical Examiner's Office and will cover the following: death scene investigations; what is an autopsy; why is a death a Medical Examiner case; who issues a death certificate; types of injuries and their interpretations; drug-related deaths; organ and

more class information on page 11

tissue donation; and the preparations done by a funeral home prior to a funeral or cremation. Speakers will join the course to speak about Intermountain Donor Services, the work of a funeral director, and the role of a medical examiner investigator. Some topics and photos will be of a graphic nature. Please take this into consideration before registering for the course.

OSHER 64-001 Tuesdays, 3:15 PM – 4:45 PM
January 15 - February 19
LOCATION: Commander's House
INSTRUCTOR: Ed Leis
TUITION: \$99

✦ Getting Lost to Find Ourselves: An Exploration of American Travel & Adventure Narratives of the 20th Century

Roots or routes? It is common wisdom that we must put roots down to feel a true sense of place, but what does it mean that so many of us desire horizontal movement through the world, its landscapes, and its cultures, as well? We will examine the human impulse to travel and explore the world, as well as the need we seem to have to tell the stories (and show the photos) of our journeys. Americans in the 20th Century have had the wealth and the inclination to see and interpret the rest of the world up close—but what do we really see when we travel? In this class we will study the travels and literary records of such prominent American travelers/adventurers as Jack London, Amelia Earhart, Jack

Kerouac, Cheryl Strayed, and Jon Krakauer to see what their wanderlust tells us about our own. We will share their travel stories--and our own--along the way.

OSHER 301-001 Tuesdays, 3:15-4:45 PM
January 15 - February 19
LOCATION: Commander's House
INSTRUCTOR: Matt Heimburger
TUITION: \$99

✦ Global Governance: Past and Future

Despite appearances in 2018, there has been a steady accretion (the process of growth or increase) of worldwide norms for at least 3500 years, stemming from attempts to ameliorate the effects of tribalism. We will look at norms from ancient times to an accelerating pace of globalism in the last half of the 20th Century to the current spasm of nationalistic/autocratic movements. Many factors argue in favor of believing that this hiccup will lead to an even stronger set of global governing institutions, about which members may speculate.

OSHER 311-001 Thursdays, 3:15-4:45 PM
January 17 - February 21
LOCATION: Commander's House
INSTRUCTOR: Wayne McCormack
TUITION: \$99

✦ Glorious Baroque: Art in Response to Challenge, Change and Martin Luther

What is Baroque, where did it begin and why? Class one will cover Catholic Counter-Reformation Art in Italy: Caravaggio, Gentileschi, Carracci, and The New Saint Peter's Basilica. Then we move on to the genius of Gianlorenzo Bernini and quintessential baroque genius. From there we will discuss the architecture of Francesco Borromini, Gaulli, and baroque Catholic experience before moving to the art of Catholic Spain: Ribera, Zurbaran, and the unique art of Diego Velazquez. We will discuss the Art of Louis XIV: Baroque art in France, at the Palace of Versailles, the French Royal Academy of Art, and art in the service of the state. Our final classes will discuss the Art of the Dutch Republic, Protestant art by Frans Hals, Judith Leyster, and Rembrandt, and the subject matter of patronage and style: Vermeer, Jan Steen, and vanitas painting.

OSHER 370-001 Thursdays, 9:30-11:00 AM
January 17 - February 21
LOCATION: Commander's House
INSTRUCTOR: Colleen Wood
TUITION: \$99

Google Maps: Become a Custom Map Maker

Discover tips and tricks for using Google Maps. Create and save custom maps in your own My Places Google Maps account. Learn to map your favorite restaurants,

fishing holes, bike routes, golf courses, trail heads, etc. The workshop will explore the variety of features available in Google Maps through demos, hands-on exercises, and discussion. The class will be held in a computer lab.

OSHER 469-001 Wednesday, 5:30-8:30 PM
January 23
LOCATION: 540 Arapeen, Room 249
INSTRUCTOR: Pat Lambrose
TUITION: \$39

Google Tools: Drive & Sites

Discover how to use Google Drive to store documents, spreadsheets, slides, and forms in the cloud. Access your files on Drive anywhere using your mobile devices or desktop computers. Learn how to create, organize, and store your files about family events, travel, business, social activities, and much more. Work with new Google Sites to build websites quickly and easily. Google Sites is a free and easy way to create and share webpages. Bring your phone or tablet to class. We will have fun and get organized.

OSHER 120-001 Wednesday, 5:30-8:30 PM
February 6 and February 13
LOCATION: 540 Arapeen, Room 249
INSTRUCTOR: Pat Lambrose
TUITION: \$69

★ Grand Traditions of Landscape Painting

This course explores the rise of landscape painting from its origins in antiquity to the present, with a special focus on great traditions of landscape painting around the world and including right here in Utah. The course will culminate in a trip to the Utah Museum of Fine Arts where we will closely examine works by some of the greatest landscape painters of all time.

OSHER 375-001 Wednesdays, 3:15-4:45 PM
January 16 - February 20
LOCATION: Commander's House
INSTRUCTOR: Jennifer Brown
TUITION: \$99

Great American Songbook

The Great American Songbook includes hundreds of songs from an incredibly fertile period in American musical history. The course surveys many popular songs of a roughly 40-year period, some of which are played even today in musical theater, jazz, and pop. From the many composers who wrote songs from 1920 into the 1950s this course will focus on the songs from eight masters of the idiom—Irving Berlin, Jerome Kern, George Gershwin, Cole Porter, Richard Rodgers, Harry Warren, Duke Ellington, and Jimmy Van Heusen. In the intimate “Steinway Room” of the Monson Center, Wayne Egan will introduce and demonstrate songs that have influenced countless lives with entertainment

and romance. No knowledge of music is required, and only Mr. Egan is required to sing. Involved course participants will:

1. Learn about the structure of classic American popular songs
2. Learn about the work and lives of eight great innovators
3. Discover what makes a song a hit and enduring
4. Hear performances of excerpts and complete songs
5. Hear recordings of select songs by master musicians
6. Be encouraged to group-sing select songs

OSHER 479-001 Thursdays, 3:15-4:45 PM
January 17 - February 21
LOCATION: Monson Center
INSTRUCTOR: Wayne Egan
TUITION: \$99

History of Funeral Service

This is a brief introduction to the modern day funeral service. The course will cover historical developments, present day funeral practices and the values of funeral service. Personal qualifications, ethics, and application to current practices will also be discussed. Students will also receive instruction on current religious rites, ceremonies and memorial practices of religious faiths the funeral director will perform, including Protestant, Lutheran, Roman Catholic, Military and Veteran Organizations, Buddhist, Jewish and Fraternal Funeral Rites. Instruction will also include guest speakers. Modern day funeral service operation, law and regulations will be discussed as well.

OSHER 420-001 Tuesdays, 6:00-7:30 PM
January 15 – February 19
LOCATION: Commander’s House
INSTRUCTOR: Shannon Warenski
TUITION: \$99

Improving Interactions with Family and Friends

We thought relational issues would get easier in the ‘golden years,’ didn’t we? Instead they evolve, taking new forms as our connections with children, grandchildren, friends, in-laws, and especially our partners make unwanted twists and turns. Participants in this course will privately identify personal relationships they hope to see improved, and, throughout the course, will have the opportunity to verbally share with the rest of us as appropriate. They will learn skills that can be effectively applied even when the other persons are not interested in making relational changes. Course content will develop from the professional experience of the instructor, from the professional literature, and from the personal lives of participants.

OSHER 927-001 Tuesdays, 9:30-11:00 AM
January 15 - February 19
LOCATION: Commander’s House
INSTRUCTOR: Alan Springer
TUITION: \$99

Intermediate Photography 5: Breaking Out Of Your Shell

Becoming a new you through discovery and persistence - developing new concepts to illustrate the “essence.” Members will learn to take time to reveal and explain their pictures, to clarify their thoughts and understanding. We will explore wide angle lenses for emphasis and visual impact, and look at several purchasing possibilities, as well as how to use neutral density filters for greater imaginative power and depth of field control. Finally, members will review assignments and assemble a collection group.

OSHER 67-001 Tuesdays, 5:30-7:00 PM
January 15 - February 19
LOCATION: Commander’s House
INSTRUCTOR: Rodger Newbold
TUITION: \$99

Introduction to Enneagram

Students will learn a powerful and dynamic personality system that describes nine distinct and fundamentally different patterns of thinking, feeling and action. The Enneagram explains why we behave the way we do, points to specific directions for individual growth, and is an important tool for improving relationships with family, friends and co-workers. The course will cover a brief history of the system, a description of the nine types, key drivers of behavior, and interactions between types.

OSHER 585-001 Thursdays, 3:15-4:45 PM
January 17 - February 21
LOCATION: 10th East Senior Center
INSTRUCTOR: Joan Degiorgio
TUITION: \$99

Islamic Civilization

The course will discuss the evolution and practice of the Islamic civilization during the Islamic Golden Ages, from its origins until the fall of the Islamic civilization. The goal of this course is to encourage Osher members to think about Islamic civilization from an historical perspective, and to appreciate how Islamic civilization can inform the study of history.

Osher members will come to understand Islamic civilization, sciences, technology, and medicine, in their historical and social contexts during Islamic civilization. Through the Umayyad and, in particular, the succeeding Abbasid Caliphate’s early phase, lies the period of Islamic history known as the Islamic Golden Age, between 692 and 945, with stable political structures and flourishing trade. Major religious and cultural works of the empire were translated into Arabic. The culture inherited Greek, Indic, Assyrian and Persian influences, and a new common civilization formed, based on Islam. An era of high culture and innovation ensued.

OSHER 113-001 Thursdays, 11:30 AM-1:00 PM
January 17 - February 21
LOCATION: Commander's House
INSTRUCTOR: Abdalnaser Kaadan
TUITION: \$99

Jewelry: Historic Perspectives and Individual Creation

Learn the fundamentals of silversmithing and become familiar with the tools used in the craft. Osher members will learn to use hand tools, a flex shaft, and a soldering torch. Working with silver and copper, members will explore jewelry design and fabrication as well as stone-setting techniques. Members will make pendants or rings with a bezel set cabochon. All levels of expertise are welcome. Special fee includes all materials and use of equipment. Materials include: sterling silver and copper sheet metal, sterling silver wire of various shapes and sizes, silver solder, and a semi-precious cabochon.

OSHER 143-001 Tuesdays, 9:30 AM-12:30 PM
January 15 - February 5
LOCATION: UMFA + SmARTSpace
INSTRUCTOR: Mary Lambert
TUITION: \$129
SPECIAL FEE: \$90

🌟 Journalists: "Enemy of the American People?"

From "yellow journalism" to the current "fake news," we explore aspects of journalism including real v. fake news, opinion v. fact, "kill the messenger," Freedom of Speech, and our rights to know. Guest speakers will visit from local media to help us understand how journalism works – or doesn't – in today's search for truth; i.e. is it out there?

OSHER 98-001 Thursdays, 1:30-3:00 PM
January 17 - February 21
LOCATION: 540 Arapeen
INSTRUCTOR: Rob Branch
TUITION: \$99

🌟 Korean Ink Art: Brush to Rice Paper

When you put brush to rice paper each brushstroke transforms your image and leaves a mark like a peaceful dream. You feel a new breath emerging from body and heart. Outside stories fade away. You begin speaking the language of appreciating life. To practice painting brings calm. The painting is a meditation in creating your own world. Osher members will learn the basic elements of four gracious plants: orchid, bamboo, chrysanthemum, and plumtree. Osher members will create new, mysterious ink paintings by practicing radical constraint. Using many different brushstrokes, Asian ink paintings help enable members to know and appreciate beautiful East Asia art. The methods used in this course

will help develop a better cultural exchange and respect for a diversity of lifestyles and cultures.

OSHER 7-001 Wednesdays, 9:30-11:00 AM
January 16 - February 20
LOCATION: 540 Arapeen, Room 138
INSTRUCTOR: Joon Bae
TUITION: \$99

🌟 Law in Film: Part 2

This course will view six to twelve films that portray lawyers and the legal system. Osher members will view the films assigned for the week at home or in a planned weekly library session, and should come prepared to participate in course discussions. We will focus on the criminal and civil justice systems, the jury trial, and even how the films tackle the attempt by the legal system to deal with the complex cultural issues of their time. Film clips from the movies viewed or other similar films will be shown as part of the presentation and discussion. Included in the films assigned will be *A Man For All Seasons*, *Compulsion*, *A Few Good Men*, *Caine Mutiny*, *Inherit The Wind*, *Philadelphia*, *Witness For The Prosecution*, *The Rainmaker*, and *Snow Falling On Cedars*.

Members may access these films through the public library system, Amazon Prime Online, iTunes, Netflix, Comcast's Xfinity On Demand, Hulu, or another online service. The instructor will also loan out one or two copies of the films.

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A SOCIAL SERVICE

While it's common for a person's social network to shrink as he/she gets older, Osher members see their social connections increase and grow. The energy found at Osher is palpable and being around others with a passion for learning not only boosts emotional health, but can often be just as effective as exercise for physical health.



Note: Law in Film: Part 1 is not a pre-requisite for this course.

OSHER 8-001 Thursdays, 9:30-11:00 AM
January 17 - February 21
LOCATION: Commander's House
INSTRUCTOR: Scott Williams
TUITION: \$99

☀ **Love Stories of Rumi**

What is the nature of love? How is it related to the divine mysteries? In what manner can divine love be actualized? These are the types of life changing questions that Rumi explores in his mystical magnum opus, the *Masnavi*. In this course we will investigate Rumi's narrative conception of love and how he relates it to human experience, our understanding of reality, and our relationship with the divine. In our class discussions we will look at not only how Rumi describes and narrates love in four major love stories from the *Masnavi*, but the textual strategies he uses to encourage his readers to fall in love themselves as he attempts to provide them with a poetic experience of what it means to be a true lover of God. This course will be taught over two related but independent terms.

OSHER 128-001 Wednesdays, 5:15-6:45 PM
January 16 - February 20
LOCATION: Commander's House
INSTRUCTOR: Amin Azad Sadr
TUITION: \$99

Military Intelligence Part 1: Ancient History - World War II

Throughout history, gathering and the use of intelligence has been a critical element of military and political decision making. From the early Egyptians to current times, intelligence operations have played major roles in defining world history. Learn about ancient and medieval intelligence operations and about intelligence gathering during American conflicts, including World War I and World War II.

OSHER 952-001 Wednesdays, 1:30-3:00 PM
January 16 - February 26
NOTE: No class February 20
Final class on Tuesday, March 26
LOCATION: 540 Arapeen, Room 152
INSTRUCTOR: Frank Furr
TUITION: \$99

Military Intelligence Part 2: 1950s - Current Operations

Continue learning how intelligence plays a critical role in political and military decision making. Learn about intelligence operations during the Cold War, the Cuban Missile Crisis, Vietnam, and the Gulf Wars. Current capabilities and operations will be discussed with emphasis on airborne reconnaissance operations. Enlightening, first-hand stories enhance the presentations.

OSHER 953-001 Thursdays, 1:30-3:00 PM
January 17 - February 26
NOTE: No class February 20
LOCATION: 540 Arapeen, Room 152
INSTRUCTOR: Frank Furr
TUITION: \$99

☀ **Miracle at Philadelphia**

This class will explore the U.S. Constitution, the text, as drafted in 1787 and as subsequently amended, its legal and historical context, the role of the federal courts in its development, and some of the issues that confront us today. We will address the Constitutional Convention of 1787, its participants, debates and compromises, and ask how 55 diverse, often fractious delegates representing 12 of the 13 former English colonies agreed to a document that established a nation.

OSHER 920-001 Tuesdays, 11:30 AM-1:00 PM
January 15 - February 19
LOCATION: 540 Arapeen, Room 232
INSTRUCTOR: Beth Whitsett
TUITION: \$99

☀ **Modernist Novella: Joyce, Mann, and Hemingway**

Modernism was a significant stage of human development in the first half of the 20th century. In literature, this was a time of stylistic experiments and struggling with existential

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questions. Modernists examined ordinary people and human psychology to explore their own views on the nature of life—beautiful, complex, and somewhat absurd. Most modernist writers are known for their novels. In this course we will read and discuss shorter but nonetheless important works of literature—novellas—by such Modernist giants as James Joyce, Thomas Mann, and Ernest Hemingway. We will explore Modernism as a literary style and way of thinking and the novella as a genre. To make it even more interesting, we will watch a classic film based on one of the novellas and examine it as a cinematic text.

TEXTS: James Joyce, *The Dead* – Provided by the instructor, this text should be read prior to our first meeting (if possible).

Thomas Mann, *Death in Venice* ISBN 9780486287140
Trans. Stanely Appelbaum, Dover Publications, 1995
Luchino Visconti, *Death in Venice* (movie), 1971
Ernest Hemingway, *The Old Man and the Sea*, ISBN 9781781396803, Benediction Books, 2016

OSHER 142-001 Wednesdays, 1:30-3:00PM
January 16 - February 20
LOCATION: Commander's House
INSTRUCTOR: Olga Savenkova
TUITION: \$99

Ovid's *Metamorphoses*: Transformation & Desire

Endless change and transformation is the theme of *Metamorphoses*, by the Roman poet Ovid. First published in 8 AD, the poem's 12,000 lines of verse retell and interweave some 250 Greek myths. Few epic poems have had a greater impact on the Western literary imagination. Dante, Chaucer, and Shakespeare all mined the *Metamorphoses* for stories and allusions. If you have ever wanted to plunge into Greek mythology, there is no more artistic, profound, or enjoyable source than Ovid. The verse translation by the American poet Charles Martin, which won the 2004 Harold Landon Translation Award from the Academy of American Poets, is recommended. ISBN-10: 039332642X or ISBN-13: 978-0393326420.

OSHER 155-001 Thursdays, 11:30 AM-1:00 PM
January 17 - February 21
LOCATION: 540 Arapeen, Room 152
INSTRUCTOR: Chris Horner
TUITION: \$99

Pulse of Utah Politics

Be involved in Utah's legislative process and stay up on what is happening in "The People's House" during the 2018 legislative session. In addition to spirited classroom discussions, we will witness the political process first hand during weekly classes at the Capitol, helping you

better navigate Utah's political arena. Track the status of bills and observe lobbyists, advocates, elected officials, and staff in action. Guest speakers will be invited to share their perspective on issues and bills of interest. Classes will include a refresher on how an idea becomes a law, how constituents can advocate, an orientation to the Capitol, and information about transportation/parking during the legislative session.

OSHER 725-001 Wednesdays, 9:00-10:30 AM
January 23 - February 27
LOCATION: Utah State Capitol, Senate Building, Olmstead Room (room #115, east building) and Alpen Room (February 6). There are public shuttles from remote parking areas. Details will be provided to registered students.
INSTRUCTOR: Sheryl Allen & Trisha Beck
TUITION: \$99

Reiki 1 & 2

Level 1 covers the origin and history of Reiki, the nature of Reiki energy, the complete hand placement system, the treatment of yourself and others, Gassho meditation, Byosen scanning, and Chakra clearing. Level 2 goes deeper into the healing practice with members gaining a second attunement and three useful symbols. Upon completion of the class, members will have an historical background of Usui Reiki, a full understanding of the healing practice, and will have gained the attunements

and symbols for personal healing. Members will also receive Reiki certification at successful completion of the class. Plan to wear comfortable clothing.

OSHER 132-001 Monday and Wednesday, 8:30 AM - 4:30 PM
February 25 and February 27
LOCATION: 540 Arapeen, Room 152
INSTRUCTOR: Debbie White
TUITION: \$198

✦ **Relating Brings More than Relationship**

We've all grown up seeing and experiencing relationships. Have you seen or felt jealousy, betrayal, boredom, hostility, anger, frustration, or sadness? We may then unwittingly associate ourselves with ideas of ownership, obligation, being stuck or confined, deception, feeling overwhelmed, helpless, hurt, fearful, and small. Perhaps many of us carry underlying thoughts like, *I am inadequate if I am not in a close relationship or I must be in a close relationship to make me happy or It's the weekend and I have no plans and no partner to share plans with anyway.* Perhaps the very preconception of relationship closes out possibilities and becomes a fixed viewpoint: a relationship has to be like this but never like that. Perhaps the joy we've been missing can be uncovered by questioning ideas we've grown up with, and then replacing them with a vibrant aliveness that can rise out of simply relating with people we like and love without an agenda.

OSHER 176-001 Wednesdays, 1:30-3:00 PM
January 16 - February 20
LOCATION: Commander's House
INSTRUCTOR: Steve Patrick
TUITION: \$99

✦ **Religion and the Rise of Capitalism**

This class examines the historical genesis on capitalism in Europe in the late medieval and early modern time period and the transformation of Christianity that was occurring at the same time. Most scholars agree that the relationship between the two was very important but differ as to the direction of causation – some arguing that the change in religious beliefs was an important cause of the creation of capitalism and others arguing that the advent of capitalism was the single most important cause in the transformation of religious beliefs.

We will discuss the types of economic organization that existed before capitalism and discuss the importance of the institutions that came to characterize capitalism. We will also discuss the difference in the religious beliefs of these two eras. The discussion of religion will NOT be a discussion of the “truth,” “validity” or “holiness” of any theological doctrine or church.
Recommended texts:
Excerpts from Hunt's book, *Property and Prophets*
ISBN-10: 9780765606099, ISBN-13: 978-

0765606099, or ASIN: 0765606097
Max Weber, *The Protestant Ethic and the Spirit of Capitalism*
ISBN-10: 9780140439212, ISBN-13: 978-0140439212, or ASIN: 0140439218
Richard Tawney, *Religion and The Rise of Capitalism*
ISBN-10: 1781681104, or ISBN-13: 978-1781681107

OSHER 177-001 Thursdays, 3:15-4:45 PM
January 17 - February 21
LOCATION: Commander's House
INSTRUCTOR: Emery Kay Hunt
TUITION: \$99

✦ **Tai Chi for Fall Prevention**

While I can't promise that you'll live to 100 if you practice Tai Chi, I can provide you with a variety of tools that will improve your balance and leg strength through a combination of slow, smooth, and continuous moves (this is helpful for those with arthritis too). Balance is a motor skill that we begin to lose in our 20's. It is never too late to improve this skill and Tai Chi is a safe and effective way to do so.

OSHER 192-001 Tuesdays, 1:30-3:00 PM
January 17 - February 21
LOCATION: 10th East Senior Center
INSTRUCTOR: David Keyes
TUITION: \$99

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✦ **The Camino de Santiago: The Ways of Saint James**

This virtual journey down the third most important Roman Catholic pilgrimage route in the world will take us from the foothills of the Pyrenees to Santiago de Compostela in Spain. We break up the journey into six stages, dedicating attention to history, whether in the greater European context, or simply the local folklore and sites of importance. Members will learn and contribute to subjects such as the Roman Catholic Church, the Moors of the Iberian Peninsula, local traditions and history along the Camino de Santiago, and some strategies on how to tackle this pilgrimage, if so interested.

OSHER 587-001 Wednesdays, 3:15-4:45 PM
January 16 - February 20
LOCATION: Commander's House
INSTRUCTOR: Christoph Dressler
TUITION: \$99

The Forgotten War: Armed Conflict on the Korean Peninsula, 1950 and Beyond

What events in Korea's history led to the Korean War? We will explore the concept of the Hermit Kingdom, two wars fought on Korean soil (the Sino-Japanese and Russo-Japanese wars), Japan's annexation of Korea, the division of Korea at the end of the Second World War, and Korea's role in the Cold War immediately following World War II. The course will then focus in depth on the Korean War

from 1950 to 1953, and will concentrate on battles, truce negotiations, and personalities and politics involved in the hot war. The course will conclude with an appraisal of the ongoing tensions on the Korean peninsula.

OSHER 365-001 Wednesdays, 9:30-11:00 AM
January 16 - February 20
LOCATION: Commander's House
INSTRUCTOR: Walter Jones
TUITION: \$99

The Geography of Buddha

This course provides an introduction to Buddhist philosophy through the lens of the landscapes, history, and culture that inspired it. Students will trace the emergence of Buddhism in northern India and examine the role that the geography and culture of the Himalayas have played in its evolution. The course will explore the representation of mountains in Eastern mythology, as well as the art, literature, and ethnogeography of the Himalayan region. Through slide-illustrated lectures, readings, and open discussion, students will gain intimate knowledge of a region that is held sacred to five of the world's great religions.

OSHER 965-001 Tuesdays, 1:30-3:00 PM
January 15 - February 19
LOCATION: Commander's House
INSTRUCTOR: Jonathan Duncan
TUITION: \$99

✦ **The Gifts of Imperfection: An Art Journaling Course**

Blend personal growth with artistic creativity in a journey to wholehearted living. Through art-journaling exercises we'll explore characteristics of wholeheartedness such as: authenticity, celebration of life, gratitude and joy, life-work balance, and self-compassion. Readings for this class come from *The Gifts of Imperfection* by social researcher Brené Brown whose presentation "The Power of Vulnerability" is one of the most popular TED talks of all time. This is heartwork through artwork. You don't have to be super creative for this artistic journey. Whatever your level of expertise, you will enjoy this hands-on class.

OSHER 609-001 Thursdays, 9:30-11:00 AM
January 17 - February 21
LOCATION: Commander's House
INSTRUCTOR: Martha Hales
TUITION: \$99

✦ **The Golden Age of the Horror Film (1931-1948)**

In the sequel to "Silent Screams (1896-1931)," we will examine the Golden Age of horror films and witness the rise of stars like Boris Karloff, Bela Lugosi, Lon Chaney, Jr. and others in their most famous roles. We shall enjoy some fantastic movies and discuss them meticulously!

OSHER 600-001 Mondays, 7:00-9:00 PM
January 14 - March 4
No class Monday, January 21
No class Monday, February 18
LOCATION: 540 Arapeen, Room 120
INSTRUCTOR: Chris Stockslager
TUITION: \$99

☀ **The Lives of Girls and Women**

Good winter reads! These books are highly readable, and they will give us lots to talk about. They go well with hot chocolate and flannel pajamas. *A Tree Grows in Brooklyn* by Betty Smith: Francie Nolan lived in the Williamsburg slums of Brooklyn from 1902 until 1919. ISBN-10: 0061120073 ISBN-13: 978-0061120077. *Bastard out of Carolina* by Dorothy Allison: “I’ve been called Bone all my life, but my name’s Ruth Anne: I was named for and by oldest aunt. My mama didn’t have much to say about it since, strictly speaking, she wasn’t there.” ISBN-10: 0452297753 ISBN-13: 978-0452297753. *Interpreter of Maladies* by Jhumpa Lahiri: Winner of the Pulitzer Prize for fiction, these interconnected stories by an author of Indian origin chart the emotional journeys of characters seeking love beyond the barriers of nations and generations. ISBN-10: 039592720X ISBN-13: 978-0395927205

OSHER 601-001 Tuesdays, 11:30 AM-1:00 PM
January 15 - February 19

LOCATION: Commander’s House
INSTRUCTOR: Sally Smith
TUITION: \$99

☀ **The Most Common Health Problems in Elderly: Part 2**

The average lifespan of humans has dramatically increased in the last decade due to the advance in medicine. According to the United Nations, the world population of individuals aged 60 years or above will triple by 2050. In the United Kingdom alone, approximately 22% of the population will be 65 years or older by 2031, exceeding the number of those aged less than 25 years. However, the fast-growing aging population also increases the likelihood of some diseases. Geriatrics, or geriatric medicine, is a branch of science that focuses on health care of elderly people. It aims to promote health by preventing and treating diseases and disabilities in older adults.

The goal of this course is to help Osher members understand the challenges faced by people as they age, and recognize that there are preventive measures that can place one’s self or a loved one on the path to healthy aging.

OSHER 602-001 Thursdays, 1:30-3:00 PM
January 17 - February 21
LOCATION: Commander’s House
INSTRUCTOR: Abdulnaser Kaadan
TUITION: \$99

☀ **The Philosophy of Yoga**

Yoga means union with the divinity within us, which is an incredible physical, emotional, mental, and spiritual journey. The Philosophy of Yoga gives us the mental preparation for that journey. Of the six classical schools of Indian Philosophy, the class will address the synthesis of the Samkhya and Yoga schools. You will learn the meaning of such Yogic concepts as: a) the ancient enlightened Seers of the Vedas; b) the relation of consciousness to matter; c) liberation from bondage; d) the infinite absolute as Sat-Chit-Ananda; e) the Law of Karma; f) the doctrine of Maya; g) the nature of Self and Soul; h) meditations and mantras; i) the Yoga theory of creation; j) the doctrine of rebirth; and k) the Yoga Sutras of Patanjali describing the eightfold path of Yoga. Note: this is a philosophy course, not an exercise course.

OSHER 603-001 Wednesdays, 9:30-11:00 AM
January 16 - February 20
LOCATION: Commander’s House
INSTRUCTOR: Robert Faught
TUITION: \$99

⑤ ☀ **The Transcontinental Railroad: The History and the Romance, 150 Years**

The Transcontinental Railroad is 150 years old and Utah is celebrating the anniversary in grand style. Curated by Donna Poulton and underwritten by the Hal R. and Naoma J. Tate Foundation, this course will bring scholars, authors, and train aficionados from Utah and

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the West to talk about the significance of joining the East and West coasts by train. We will explore the SPIKE150 celebrations along with themes of Chinese, Irish, and Mormon workers, scientific and economic endeavor, and the relationship between art and the railroads.

OSHER 70-001 Thursdays, 1:30-3:00 PM
January 17 - February 21
LOCATION: Commander's House
INSTRUCTOR: Donna Poulton
TUITION: \$99

☀️ There Ought to Be a Law and Why There Isn't

This class will examine the process and the dynamics of the legislative process. Obviously, the Utah Legislature is dominated by the Republicans, but we will take a closer look at the power of individual positions where power is centralized as well as the power of special interest groups, including the role of money in dictating which bills become law. We will also draw comparisons between the U.S. Congress and the Utah legislature.

OSHER 604-001 Tuesdays, 1:30-3:00 PM
January 15 - February 19
LOCATION: Commander's House
INSTRUCTOR: Rod Julander
TUITION: \$99

☀️ Time to Downsize & Simplify

Are you ready to downsize or ready to release STUFF but just don't know where to start? There is support and help out there for you. This course will give you the information and resources to make it through the changes. You will also be inspired to simplify your space and your life.

OSHER 193-001 Thursdays, 1:30-3:00 PM
January 17, January 31, and February 14
LOCATION: Commander's House
INSTRUCTOR: Marla Dee
TUITION: \$39

☀️ Time, Gods, Blood, and Kings: Ancient Maya Religion

Maya Religion, especially ancient Maya religion, holds an enduring fascination for us. We will explore Maya religion across time, focusing on the Classic period (from about 200-900 C.E.), Maya views of time and the cosmos, the creations and recreations of the world and humans, sacrifice and autosacrifice among the Maya, the religious roles of Maya rulers, and ways the Maya have reconciled traditional religion with Christianity in the years since the Spanish Conquest. Week 1: The Maya, their calendar, and hieroglyphic writing. Week 2: Supernatural Geography and the Cosmos. Week 3: Creations and re-creations. Week 4: The Popol Vuh: the hero twins and Maya kings. Week 5: Warfare and sacrifice. Week 6: Visit the NHMU travelling Maya exhibit.

OSHER 172-001 Tuesdays, 3:15-4:45 PM
January 15 - February 19
LOCATION: Commander's House
INSTRUCTOR: Rick Paine
TUITION: \$99

Utah Opera Preview: Portman's *The Little Prince*

Academy Award-winning composer Rachel Portman and librettist Nicholas Wright took Antoine de Saint-Exupéry's beloved story, *The Little Prince*, and turned it into a magical opera. *The Little Prince* follows a story narrated by a stranded pilot who meets a young prince that has fallen to Earth from a tiny asteroid. As the little prince explores the Earth, he meets a number of colorful, and often puzzling, characters. Experience a night of magic and wonder the entire family will enjoy when Utah Opera unveils a new production of *The Little Prince*. Each class in the series will focus on a Utah Opera production during the company's season. In the class, you will learn historical background of the opera and will have the opportunity to listen carefully and get acquainted with the beloved musical moments. Each class has been planned so that participants may sit in on some of the rehearsal process in the opera production studios. This is a productive way to prepare to have a fantastic experience attending a performance of the opera in the Capitol Theatre, and to appreciate all of the work that goes on behind the scenes.

OSHER 343-001 Tuesday, 1:30-2:30 PM
January 8

LOCATION: Utah Opera Productions, 336 N 400 W, SLC
INSTRUCTOR: Paula Fowler and Carol Anderson
TUITION: \$25

**Utah Symphony Finishing Touches
Preview: *Vivian Fung Dust Devils, Chopin
Piano Concerto 1, Dvorak 7***

Vivian Fung Dust Devils, Chopin Piano Concerto 1, Dvorak 7. The Finishing Touches Rehearsal is a behind-the-scenes look at the orchestra during a Masterworks Series rehearsal. Join Sally Humphreys, flute player and regular substitute on the Utah Symphony roster, for an informative and entertaining 30 minutes of learning about the music featured in this concert (followed by Q&A). The Finishing Touches class takes place the same morning as the performance, and includes a ticket to the rehearsal only. Evening performance tickets available usuo.org.

OSHER 16-001 Friday, 9:30-10:00 AM
January 11

LOCATION: Tier 1 Rehearsal Room, Abravanel Hall,
123 W. South Temple, SLC
INSTRUCTOR: Sally Humphreys
TUITION: \$15

SPECIAL FEE: \$11.25

Note: This section includes the price of a discount ticket for the rehearsal.

OSHER 16-002 Friday, 9:30-10:00 AM
January 11

LOCATION: Tier 1 Rehearsal Room, Abravanel Hall,
123 W. South Temple, SLC
INSTRUCTOR: Sally Humphreys
TUITION: \$15

Note: This section DOES NOT include the price of a discount ticket for the rehearsal.

Watercolor 1: Beginning - Intermediate

Haven't held a paint brush since elementary school, but have a desire to express yourself? Know nothing about painting or drawing? This course is for you. You will produce art work that you can be proud of. You will gain an understanding of the color wheel, blending and shading colors and the importance of contrast and composition. You will also experience the joy of creativity. Special themes for this session will be: flowers; trees; dogs; and birds. Students should bring to the first class a pad of watercolor paper (9 x 12 cold press 140 lb.), a cup for water, a roll of toilet paper, three water color brushes (small size #1-4 round, medium #8 or 10 round, and large #14 flat), one water color palette box (minimum 7 colors), spray bottle, pencil, and a tray for mixing with a minimum of 4 wells.

OSHER 721-001 Tuesdays, 9:30-11:00 AM
January 15 - February 26 (No class January 22)
LOCATION: 540 Arapeen, Room 138

INSTRUCTOR: Barbara Taylor
TUITION: \$99

Watercolor 2: Intermediate - Advanced

This is a studio course. Osher members can work independently on their own projects at their own speed. Course facilitator Barbara Taylor will be available for advice and support. At the end or the beginning of each class we will meet for a short period to critique each other's work and to support each other as we explore and grow in the watercolor medium. Some experience painting watercolor required.

OSHER 410-001 Tuesdays, 11:30 AM-1:00 PM
January 15 - February 26 (No class January 22)
LOCATION: 540 Arapeen, Room 138
INSTRUCTOR: Barbara Taylor
TUITION: \$99

🌟 Wines of France: the Côtes-du-Rhône

Did you know that Syrah and Viognier both have their origins in the Côtes-du-Rhône? The Rhône Valley begins below Lyon, considered France's gastronomic capitol, to Avignon, the gate of Provence. This large region is diverse in grape varieties as well as its history. Home to seven Popes and Julius Caesar, the Rhone has always been the perfect destination for living, agriculture and of course vacationing! French Wine Scholar Sheral Schowe will showcase different styles of wines including white,

more class information on page 23

rosé, red and fortified with stories that date back to 125 BC. Don't miss this incredible tasting which will include a pairing of cheese from France.

OSHER 151-001 Wednesday, 7:00-9:00 PM

January 23

LOCATION: Café Trio - Cottonwood

INSTRUCTOR: Sheral Schowe

TUITION: \$49

SPECIAL FEE: \$79

Wines of Spain: Rioja

Spain has the largest area of grape acreage in the world and Rioja is its' largest and most famous region. The finest and most age-worthy reds come from Rioja, with very strict and specific requirements for barrel ageing. You will learn the difference between the styles of wine and winemaking techniques as you taste your way from Joven to Crianza to Reserva to Gran Reserva from Spain's crown jewel, La Rioja. This educational tasting, led by Spanish Wine Educator Sheral Schowe, will include a pairing of cheese from Spain.

OSHER 381-001 Wednesday, 7:00-9:00 PM

February 13

LOCATION: Café Trio - Cottonwood

INSTRUCTOR: Sheral Schowe

TUITION: \$49

SPECIAL FEE: \$79

Women Artists: Part 2

This second part of the course will cover not just painting and sculpture but literature and music. The list of artists indicates the scope of the course. Other woman artists will be included and student participation is encouraged. The first two sessions will explore those artists involved in the formation of formal groups that were united by a similar attitude towards the arts and included formal and written declarations of their philosophies.

OSHER 605-001 Wednesdays, 9:30-11:00 AM

January 16 - February 20

LOCATION: 540 Arapeen

INSTRUCTOR: Bernadette Brown

TUITION: \$99

World War II in Western Europe

Retrace the steps of the Allied campaigns and actions that began in North Africa and ended at the Elbe River. We will explore the decisions that were made and the factors that went into these decisions. In addition to covering D-Day, the breakout and race across France, and Bastogne to Berlin, we will address less well-known contributions to winning the war in Europe by the 8th Air Force, women, and African-Americans.

OSHER 599-001 Tuesdays, 9:30-11:00 AM

January 15 - February 19

LOCATION: Commander's House

INSTRUCTOR: Steve Hall

TUITION: \$99

Writing Through Grief

Writing can help guide us toward a deeper understanding of the pain and suffering of loss. Whatever the reason for grieving—death of a loved one, divorce, illness, aging, job loss, empty-nesting, moving—this workshop is designed to provide a supportive environment for participants to explore and honor all feelings of grief. Writing prompts and short readings will offer new ways to express thoughts. Putting pen to paper gives us the opportunity to change perspective and transform suffering into healing. All writing levels are welcome. No writing experience is necessary.

OSHER 606-001 Wednesdays, 1:30-3:30 PM

January 16 - 20

LOCATION: 540 Arapeen, Room 138

INSTRUCTOR: Debbie Leaman

TUITION: \$99

Writing Your Story

Those family stories that need to be handed down: you know, all the ones you've promised yourself to put down on paper? Your excuses (no time, no talent, Aunt Ivy would kill me, etc.) can fly out the window. Anyway, Aunt Ivy either died already or will be thrilled to be remembered in your stories. In six classes you will learn that you can indeed write, and that it's not only easy but fun. Bring a lined paper notebook or looseleaf and a pen. That's it!

OSHER 80-001 Thursdays, 3:15-4:45 PM
January 17 - February 21
LOCATION: 540 Arapeen, Room 138
INSTRUCTOR: Terrell Dougan
TUITION: \$99

Yoga For All Bodies

Roz Newmark brings over 25 years of experience in teaching yoga oriented toward individuals with injuries, those recovering from injuries, or with other special needs. The perfect recipe for stability, easeful movement, and a calmer nervous system varies depending on the individual. Working from the ground up, we will begin to personalize a practice for each Osher member's specific needs. Drawing from the Iyengar Yoga tradition, attention will be focused on alignment and the therapeutic uses of various asanas, or poses. We will use props to help customize the asanas and to create a more balanced condition in your body. This course is accessible to all body types. Props and mats will be available for use at the studio. Please wear clothing appropriate for moving.

OSHER 881-001 Tuesdays, 9:30-11:00 AM
January 15 - February 19
LOCATION: Mindful Yoga Collective, 223 South 700 East, Suite 4, SLC.
INSTRUCTOR: Roz Newmark
TUITION: \$99

Yoga For Less Flexible Bodies

Many of us came to yoga when we were much younger and another set of Sun Salutations or another Jump Through was no big deal. This class will focus on using yoga as part of healthy aging. Each class will focus on balance, breathing, strengthening, and the flexibility we need at this point in our lives. No pretzels or handstands, but rather a slower yoga practice suitable for all body types and ages. No previous yoga experience is required.

OSHER 607-001 Thursdays, 1:30-3:00 PM
January 17 - February 21
LOCATION: 10th East Senior Center
INSTRUCTOR: David Keyes
TUITION: \$99

🌟 Zane Grey: The Mormon Trilogy

Between 1907 and 1913, novelist and former dentist Zane Grey made several trips into the backcountry along the Utah-Arizona border, an area that was, at that time, still a primitive frontier. Many of the people who befriended him were Mormon settlers who were trying to eke a living out of that harsh, unforgiving land. Grey's attitude toward the Mormons and their culture was a complex, conflicted one, ranging from an overly romantic admiration for their heroic ability to endure the hardships of their lives to a strong disapprobation of their practice of polygamy and the authoritarianism of the church hierarchy. These themes play major roles in his trilogy of novels about the lives of these pioneers in that rugged, beautiful land. *Heritage of*

the Desert (1910), *Riders of the Purple Sage* (1912), and *The Rainbow Trail* (1915) are the three novels we will read and analyze in this course. All three are available in multiple editions, including electronic and audio formats.

OSHER 608-001 Wednesdays, 3:15-4:45 PM
January 16 - February 20
LOCATION: Commander's House
INSTRUCTOR: John Sanders
TUITION: \$99

SPECIAL EVENTS

Intergenerational Learning: Osher and UKids at Guardsman Way

Help enrich the lives of the University of Utah's youngest lifelong learners by sharing your favorite lessons and stories with toddlers and kindergarteners at UKids on Guardsman Way. Want to introduce young ones to a foreign language? Assist in the infant room? Lead a ukulele sing-a-long? Osher staff will be standing by to co-create lesson plans Osher members can share with children enrolled at UKids. Register for this course and get ready to teach, learn, and play anytime between January 2 and March 22. You can sign up for one week, the six week Osher term, or any time period that works with your schedule. Tuition covers the cost of a standard background check mandatory for all UKids volunteers and employees. Members will also have to pay for their fingerprints. Once you have registered, Osher staff will contact you with additional information. For more information about UKids at Guardsman Way, visit www.guardsman.childcare.utah.edu.

OSHER 169-001 Mondays – Fridays, variable times
January 2 – February 22 (no volunteering on University Holidays January 21 or February 18)
LOCATION: UKids at Guardsman Way, 545 S. Guardsman Way, Salt Lake City
INSTRUCTOR: Lauren Andersen
SPECIAL FEE: \$55 (fee for standard yearly background check)

Utah Governor's Mansion (Kearns Mansion) Holiday Tour

December 6, 2018, 2:30 PM
December 13, 2018, 2:30 PM
603 E. South Temple, SLC

Built in 1902, and officially donated to the state of Utah in 1937, The Kearns Mansion is an enduring icon of turn-of-the-century architecture. During his tenure, U.S. Senator Thomas Kearns commissioned the mansion to be built with the finest materials and craftsmen available, with plans to use the mansion for both politics and entertainment. In fact, Teddy Roosevelt dined there in 1903. Fast forward a century (and one catastrophic fire later), the mansion has been restored to its original style to the tune of \$7.8 million, through a massive effort on the part of the Utah Division of Facilities Construction and Management. Now, the historical interior and architectural soundness resemble their original construction. Former Governor of Utah Mike Leavitt once called it “[O]ne of the most outstanding historic restorations in the country.” Join Osher for a tour of this historic site.

Utah Museum of Fine Arts Exclusive Tour: Site Lines

December 28, 2018, 11:00 AM
410 Campus Center Drive, Salt Lake City 84112
Enjoy an exclusive tour of the new Utah Museum of Fine Arts' exhibition *Site Lines: Recent Work by*

University of Utah Art Faculty with senior curator Whitney Tassie. This lively show features more than 40 artworks in a wide variety of mediums from 27 local creators who teach on the U campus. <https://umfa.utah.edu/site-lines>.

Tony Caputo's Market & Deli: Intro to Fine Cheese

January 4, 2019, 7:15 PM
Caputo's Downtown: 314 West Broadway, Salt Lake City 84101
OSHER 1-001 \$25 for class
OSHER 1-002 \$25 for class + \$20 wine pairing

Get an in-depth look into the world of fine cheese. You will taste your way through Southern European creations made according to age-old techniques by true artisans. Learn about the Cheese Cave and what it means for your cheese. Get tips on how to best shop for and store your cheeses once you get them home. Our alcohol offerings have been expertly paired to round out the cheese-lover experience.

Please note: All single guest cancellations require 48 hours notice. Food and wine are purchased and prepared in advance and cannot be re-purposed.

The Price Museum of Speed

January 7, 2019, 10:00 AM
580 South 200 East, Salt Lake City 84111
Join Osher members for a much sought-after tour of

the Price Museum of Speed. The museum features a rare display of the greatest representations of early racing history. Many of these rare vintage race cars either won or placed well in numerous renowned events such as the Grand Prix, Le Mans, Daytona Beach, and many others. The capstone of the collection is the famous Ab Jenkins 1938 Mormon Meteor III, one of the most important racing machines in the world. Learn about the automobiles on display and the history of racing, especially at our own Bonneville Salt Flats.

Wild Utah: America's Redrock Wilderness

January 8, 2019, 2:00 PM

540 Arapeen Drive, Salt Lake City 84108

This 14-minute short documentary is an advocacy film for Utah's last remaining wild places. Southern Utah Wilderness Alliance (SUWA) advocates for protecting over 9 million acres of federally managed public lands as Wilderness—area of pristine natural beauty, unique and untrammled ecosystems, and unfathomable cultural significance. This film walks the viewer through the diverse landscape and draws upon diverse voices to tell the story of why these lands are worth protecting, why corporate and political greed are risking the integrity of the landscape, and what can be done to ensure these public lands are protected for generations to come. We will watch the film together, then discuss with Dave Pacheco, Utah Grassroots Organizer, Southern Utah Wilderness Alliance.

The Monarch Tour

January 10, 2019, 1:00 PM

455 25th Street, Ogden 84401

The Monarch will be the epicenter of Ogden's "Nine Rails Creative District" and will be the future home to artisans, designers, and creatives of all types—from art to architecture. The Monarch will offer restaurant, retail, and event space (2500 - 10,000 sq. ft.), exhibit and collaborative space (3000 - 4500 sq. ft.), and artisan and designer creative studios (300 - 1500 sq. ft.).

History of Building: The Ben Lomond Garage building was constructed in 1929 by A.P. Bigelow, a leading entrepreneur in the State of Utah, and was intended as a parking structure for The Hotel Bigelow, now known as the Ben Lomond Hotel. The structure remains Ogden's only surviving example of an enclosed garage from the early depression era. The building is also architecturally significant, as an example of the Spanish Colonial Revival movement. Because of its historical and architectural significance, it was placed on the national historic register in 2012.

Clark Planetarium Tour

January 11, 2019, 2:00 PM

110 South 400 West, Salt Lake City 84101

The Clark Planetarium offers so much more than IMAX shows! Join a guided tour of select exhibits and a behind the scenes look at this amazing

community resource. Individuals can stay after the tour for a show. IMAX tickets are \$7.00.

Peter Prier and Sons Violin Tour

January 18, 2019, 10:00 AM

304 East 200 South, Salt Lake City 84111

Peter Prier and Sons Violins houses a shop and a violin and bow making school. Mr. Prier came to the United States from Germany in 1960 and opened the Violin Making School of America in 1965. Artists using his instruments include Yehudi Menuhin, Joseph Silverstein, and Daniel Heifetz. His son, Peter Prier, co-founded the Bow Making School of America in 1999.

Maverik Center tour and Utah Grizzlies Game

January 18, 2019, 1:00 PM

3200 S. Decker Lake Drive, West Valley City 84120

Osher members will tour the Maverik Center in West Valley City. Visit the arena, locker rooms, suites, hospitality rooms, and kitchen. Members will be invited to attend the game beginning at 7:00 PM. Group discount ticket prices are will be available.

Intermountain Therapy Animals

January 25, 2019, 1:00 PM

4050 South 2700 East, Holladay 84124

"Not Just Warm & Fuzzy!" Come learn about the broad spectrum of ways that therapy animals are being utilized to help people heal, some of them may

more information on page 27

! *Remember to cancel your RSVP if your schedule changes so a member on the wait list will have an opportunity to attend.*

surprise you. This lively and interesting presentation will be educational and fun, and there will of course be trained therapy animals present.

Great Salt Lake Institute at Westminster Tour

January 25, 2019, 10:00 AM

1840 East 1300 South, Salt Lake City 84105

Connecting people to Great Salt Lake through research and education. Great Salt Lake Institute (GSLI) was established in 2008 with support from Westminster College and an external grant, allowing us to hire a coordinator, involve student employees, and purchase equipment to reach out to the community in a real way. We began by running community field trips and developing high school and college curriculum on GSL. Shortly thereafter, we created a GSLI summer undergraduate research program. Tour led by Osher instructor Jaimi Butler.

UDOT Operations Center Tour

January 28, 2019, 1:00 PM

2060 South 2760 West, Salt Lake City 84104

The Utah Department of Transportation actively manages traffic across the state. Devices such as traffic cameras, electronic message signs, traffic monitoring stations, traffic signal controllers, and road weather stations are deployed from border to border and are controlled from the Traffic Operations Center. Discover how to access information if a storm has swept in and you

are looking for the safest route home. Learn how UDOT uses these resources to manage traffic and learn about UDOT's many partnerships that facilitate the work.

Federal Reserve Bank

February 1, 2019, 10:00 AM

120 S. State Street, Salt Lake City 84111

Learn about our nation's central bank. The tour will include an overview of the Federal Reserve System and cash operations. Note: No cameras are allowed to be brought into the facility; photo identification is required. You will be screened at a security check point similar to an airport. RSVP at least two weeks in advance as a list of participant names must be sent to the Federal Reserve Bank in advance of the tour.

Utah Presents Executive Director Brooke Horejsi + Kingsbury Hall Tour

February 4, 2019, 1:00 PM

1395 Presidents Circle, Salt Lake City 84112

UtahPresents, a multi-disciplinary presenter at the University of Utah, brings diverse artistic and cultural experiences to campus and the region, exploring and enriching the human experience through the lens of creativity and the arts.

As stewards of the iconic Kingsbury Hall, we provide a valuable gathering space for community events and campus partners. Through a breadth of collaborations,

UtahPresents encourages curiosity, enhances cultural vibrancy, and creates connections beyond the stage.

Join us as we discuss UtahPresents with Executive Director Brook Horejsi and take a quick, behind the scenes tour of Kingsbury Hall.

Mazza Middle Eastern Cuisine

February 8, 2019, 2:00 PM

1515 South 1500 East, Salt Lake City 84105

Join us at Mazza, a lovely Lebanese/Mediterranean café for appetizers, wine, and dessert. We will enjoy delicious food while we get to know Ali, the owner. He will regale us with his life story and how he came to love food.

SPECIAL FEE: Price is determined at the time of ordering. See Mazza online menu for price ranges.

Utah Bureau of Forensic Services

February 11, 2019, 10:00 AM

4415 South 2700 West, West Valley City 84129

The Utah Bureau of Forensic Services is the only full service crime laboratory in Utah. 40 forensic scientists serve city, county, state, and federal law enforcement, performing forensic analysis in multiple areas including controlled substances, trace evidence, firearms/toolmarks, DNA, fingerprints, and shoe and tire impressions. They participate in crime scene response and reconstruction and are called to provide expert testimony in court proceedings.

YWCA Utah Tour

February 11, 2019, 1:00pm

322 East 300 South, Salt Lake City 84111

Advancing the well-being of women in Utah through safety, opportunity, and advocacy.

YWCA Utah believes that better lives for women leads to stronger families and communities.

The YWCA is committed to advancing the well-being of women in Utah through safety – offering family violence services; opportunity – with leadership and education programs; and, advocacy – as a voice for change.

SaltFire Brewery Tour

February 11, 2019, 1:30 PM

2199 S. West Temple, South Salt Lake 84115

Saltfire Brewing Company opened May 19, 2018.

The founder, Ryan Miller, was a home-brewer before he decided to open a business. He took an unusual approach by developing an industry changing bottle filling system before developing the SaltFire brews. The success of the bottle filling system allowed him to open his dream brewery. The system is direct-fire, using natural gas rather than steam or electricity. They produce IPA's, saisons and sours which are wild-fermented beers. They now have a full line of beers available for purchase on site and soon to be available in stores. Tasting is available. For \$8, you can sample four, four-ounce beers of your choosing.

Utah State Supreme Court Tour

February 15, 2019, 10:00 AM

450 South State Street, Salt Lake City 84114

Osher members will be led through the courthouse, observe live court, and then tour the Supreme Court courtroom. Members can look for the agenda a few days before the tour as the court calendar changes daily before going upstairs to one of the courts in session to observe for about 20 minutes. Members will then proceed up to the Supreme Court for an overview of what happens there. Court tours typically last 1.5 hours. You will meet Geoff Fattah in the rotunda of the courthouse as you enter through the east doors.

Tony Caputo's Market & Deli: Intro to Craft Chocolate

February 15, 2019, 7:15 PM

Caputo's at 15th: 1516 South 1500 East, Salt Lake City 84105

OSHER 2-001 \$25 for class

OSHER 2-002 \$25 for class + \$20 alcohol pairing

Our most popular tasting class. Learn what makes one chocolate “fine” and the other just “standard.” Find out how to identify flavors, get familiarized with great chocolate makers, and learn other priceless bits of chocolate know-how. Salt Lake Magazine recently featured our Chocolate Class on their SLC Bucket List. Don't miss out! Please note: All single guest cancellations require 48 hours notice. Food and wine are purchased and prepared in advance and cannot be re-purposed.

Daughters of Utah Pioneer Memorial Museum Tour

February 22, 2019, 2:00 PM

300 N. Main Street, Salt Lake City 84103

The Pioneer Memorial Museum is noted as the world's largest collection of artifacts on one particular subject, and features displays and collections of memorabilia from the time the earliest settlers entered the Valley of the Great Salt Lake until the joining of the railroads at a location known as Promontory Point, Utah, on May 10, 1869. As you enter the Pioneer Memorial Museum, you walk back into history. Here are the belongings of a hardy pioneer people who migrated 2,000 miles west across the plains from Nauvoo, Illinois, and from all parts of the world to seek religious freedom and to build a great city in the Salt Lake Valley and surrounding areas.

Radon 101: What You Need to Know

February 25, 2019, 12:00 PM

540 Arapuen Drive, Room 138, Salt Lake City 84108

Eleanor Diver, Radon Coordinator for the State of Utah. During our Radon 101 event, we will be discussing what radon is, the health effect of radon, how to test your home for radon, what you can do if you have elevated levels of radon. We will also discuss Geographical hot spots and why they exist for radon. Diver will be giving away 20 free radon test kits. Members are encouraged to bring a lunch.

more information on page 29

! Remember to cancel your RSVP if your schedule changes so a member on the wait list will have an opportunity to attend.

Dark Skies at Tracy Aviary

February 26, 2019, 10:00 AM

589 East 1300 South, Salt Lake City 84105

Come join us on a talk about the skies at night for the birds. Learn how we can help birds survive the night skies. Discussion will cover the effect on night skies from the individual person to the downtown streets of Salt Lake, how birds (and how many) are injured at night, and much more. Jess Dwyer is involved with the Night Sky program.

Archaeological Dig at Fort Douglas Museum

February 27, 2019, 1:00 PM

32 Potter Street, Salt Lake City 84113

Join Chris Merritt as he describes the recent archaeological dig at Fort Douglas. Learn about what his team uncovered and how they intend to further educate the public about their findings and discoveries there.

UTA Warm Springs Rail Facility Tour

February 27, 2019, 11:00 AM

900 North 500 West, Salt Lake City 84116

Guided tour of the UTA Commuter Rail (Fronrunner) facility at Warm Springs. Tour will include the shop, dispatch center, rail yard, operational simulators, and a brief history of the building. We will be looking at locomotives, passenger cars, and various equipment used in the day-to-day operations of one of the nation's top commuter rail systems.

Congregation Kol Ami Tour

February 27, 2019, 2:30 PM

2425 East Heritage Way, Salt Lake City 84109

Rabbi Sam Spector is the new Rabbi at Congregation Kol Ami. He will take us on a guided tour of the Synagogue which is the largest Synagogue in Utah. Kol Ami is a vibrant, inclusive, participatory, egalitarian synagogue that values the rich traditions of the Jewish heritage. The congregation has a mix of Jews from many places and Jewish experiences. The strength of the congregation comes from their diverse backgrounds. Rabbi Spector will explain the various Jewish holidays and their significance in the religion. There are three Jewish cemeteries in the Salt Lake Cemetery and Kol Ami is responsible for the maintenance of all three. You can explore and ask questions about Judaism, being Jewish in Utah, or anything else you would like to learn from a Rabbi.

Spy Hop Productions Tour

February 28, 2019, 1:00 PM

669 S. West Temple, Suite 202, Salt Lake City 84101

Spy Hop's mission is to mentor young people in the digital media arts to help them find their voice, tell their stories, and be empowered to affect positive change in their lives, their communities, and the world. We envision a world in which all young people possess the skills and mindsets necessary for future success and that their voices are heard and valued in their communities. Since 1999, Spy Hop has mentored Utah's young people in the digital media arts as a vehicle for free expression, self-discovery, critical

thinking, and skilled participation. Our afterschool and community programs in film, audio, music, and design are a model for youth development programs across the nation and Spy Hop is recognized by the White House as a leading nonprofit arts and humanities organization. SPY • HOP (v): The act in which a dolphin rises above the water in order to navigate and determine its position in relation to other members of the pod. 2. To look ahead. 3. To tune in.

Waterpocket Distillery Tour

February 28, 2019, 2:30pm

2084 West 2200 South, West Valley City 84119

Alan and Julia Scott opened Waterpocket Distillery in February 2017. Their motto is "OPEN WILD" and they suggest you "be prepared to be challenged and delighted." Julia combines her skills as a Ph.D. in biochemistry with Alan's creative genius to develop products by fermentation and distillation. Named for the Waterpocket Fold in Capitol Reef National Park, which the Scott's consider a quintessential Utah landscape and a national treasure for the adventurer. It is this spirit that informs their product lineup. Through their research, they discovered a rich vein of pre-Prohibition herbal spirits, bitters and long lost liqueurs and they mine these recipes for flavor gold. In addition to rum and rums flavored with in-house roasted coffee and cocoa, they produce intensely flavored botanical liqueurs including Oread, a botanical spirit based on sage, sweet orange and star anise; the kümmel called Snow Angel, an old world

cordial made with caraway, peppermint and fennel; or the Notom amaro, a bittersweet amaro digestive.
Tasting fee: \$10

Kiitos Brewery Tour

March 1, 2019, 6:30 PM

600 West 700 South, Salt Lake City 84104

Kiitos Brewing is all about gratitude, from the bottom of our hearts to the head on our beers. We see brewing as a privilege and we are thankful to be doing so, just as we are thankful for good friends, family, and a beautiful planet on which to enjoy them all. So join us for a tour and tasting of our new brewery, raise a glass (or a can if you prefer) with us, and join us in saying “Kiitos” for all the good things in life.

Utah Museum of Fine Arts Exclusive Tour: The Race to Promontory

March 8, 2019, 1:00 PM

March 13, 2019, 5:00 PM

410 Campus Center Drive, Salt Lake City 84112

Enjoy an exclusive tour of The Race to Promontory: The Transcontinental Railroad and the American West, an extraordinary exhibition at the Utah Museum of Fine Arts celebrating the 150th anniversary of the completion of the railroad. UMFA curator of European, American, and regional art Leslie Anderson will guide you through the historic photographs that tell the remarkable story of this landmark achievement. <https://umfa.utah.edu/index.php/race-to-promontory>.

Loveland Living Planet Aquarium Tour

March 8, 2019, 3:00pm

12033 Lone Peak Parkway, Draper 84020

While there may not be an ocean nearby, the Loveland Living Planet Aquarium is home to over 4,000 marine animals from around the world- and it's just down the road! In addition to housing and protecting marine life, the aquarium is well known for its community outreach, which visits over 450 schools and 80,000 students in Utah annually. Join Osher for a guided tour of the exhibits, the saltwater regulator, a presentation on the upcoming Science Learning Campus, and up close encounters with marine wildlife.

University of Utah Dumke Gymnastics Center Tour

March 12, 2019, 1:00 PM

1825 E. South Campus Drive, Salt Lake City 84112

The Dumke Gymnastics Training Center is home to the University of Utah Women's Gymnastics team. It opened in 1998 and is an 18,000 square foot stand-alone building, a completely self-contained gymnastics training facility with a locker room, athletic training and rehabilitation room, aerobics and lounge area, and a strength and conditioning area exclusively for the Utah Gymnastics team. We will tour the building and then watch the gymnastics team practice. Utah Gymnastics has qualified for a record 42-straight National Championships. They have won 10 national championships and average over 15,000 fans per meet. Go Red Rocks!

Hale Centre Theatre Tour

March 5, 2019, 1:00 PM

March 14, 2019, 1:00 PM

9900 S. Monroe Street, Sandy 84070

Hale Centre Theatre has been entertaining Utah families since 1985. With the new Sandy Theatre, opened November 2017, the tradition continues. The 130,000 square foot building has two theatres: the Centre which seats 900 and the Sorensen Legacy Jewel Box which seats 460. Come get a complete front and back stage behind the scene experience. Fee: \$3.00

Camper Reparadise Tour

March 15, 2019, 7:00 PM

2382 S. Redwood Road, West Valley City 84119

Camper Reparadise is a team of travel trailer experts specializing in full restorations, appealing updates and everything in between. Started more than five years ago by people who love Utah's outdoor recreation opportunities, Camper Reparadise saves tired and dilapidated vintage trailers and transforms them into fully functioning units ready for any adventure. After gaining restoration experience, they decided to branch out and began producing their own twist on the classics. The result was their Tin Bar line which are small trailers that can be purchased or rented for events such as weddings, parties, or photo events. In addition to the vintage trailer work, the company designs and creates mobile offices, living quarters inside horse trailers, and build-outs in shipping containers.

LUNCH & LEARN

Understanding Autism: Ontology, Classification, and Ethics

Wednesday, 1/16/2019, 12:00pm – 1:00pm

by Ryan Nelson, Graduate Research Fellow, Tanner Humanities Center, Department of Philosophy, University of Utah

Nelson's dissertation, "Understanding Autism: Ontology, Classification, and Ethics," lies at the intersection of the philosophy of medicine and disability studies, with a particular focus on autism. His project seeks to understand how views about what autism is influence views about how individuals with autism ought to be treated. Specifically, Nelson is interested in the distinction between difference and disorder, and the role this distinction plays in judgments about clinical ethics and public policy. As he will argue, clarity on this matter informs a range of debates, including those surrounding the DSM-5, the neurodiversity movement, and the social model of disability.

Why Literacy Rates in Prison Matter

Wednesday, 1/23/2019, 12:00pm – 1:00pm

*Commander's House, Fort Douglas
by Brenden Cody, CEO, Roots Literacy*

Brenden Cody's new startup company, Roots Literacy, aims to raise literacy rates in prisons and decrease recidivism rates. This work is ongoing and primarily focuses on literacy. Roots, a student startup that wants to teach literacy to inmates by using music, won first place at the fall Entrepreneurship 1020

Bootcamp hosted by the Department of Entrepreneurship & Strategy at the University of Utah's David Eccles School of Business. "Reading is such an important skill to have in the modern world, and more than 60 percent of inmates cannot read above a fourth grade reading level," said Brendan Cody, a student and founder of Roots. "Roots is trying to change that number and believe that people in incarceration will be less likely to go back with this new skill."

Hope, Heart, and the Humanities: How a Free College Course is Changing Lives

Wednesday, 1/30/2019, 12:00pm – 1:00pm

*Commander's House, Fort Douglas
by L. Jackson Newell, Associate Instructor, Honors College, University of Utah*

Hope, Heart, and the Humanities tells the story of how Venture, a free, interdisciplinary college humanities course inspired by the national Clemente Course, has helped open doors to improve the lives of Utah people with low incomes. Created and taught by Jack Newell and four colleagues from the UofU, Westminster College, and Utah Humanities, the inspiring program this book describes has given hundreds of adults, many of them immigrants and refugees, the knowledge, confidence, and power to re-chart their lives. Newell will lead speak and lead a discussion about his experiences teaching and learning from his Venture students, as well as those at unique Deep Springs College in California. He is professor emeritus at the University of Utah and president emeritus of Deep Springs College.

Albert Einstein

Wednesday, 2/6/2019, 12:00pm – 1:00pm

*Commander's House, Fort Douglas
by Larry Campbell, Ph.D.*

This will be fun, and not too technical (you will not need a slide rule!). Born 1879 Germany – Died 1955 Princeton, New Jersey, Einstein is viewed as the most influential physicist of the 20th century and received the Nobel Prize for Physics in 1921. He later interfaced with the Nazi movement and we will discuss reaction from other physicists. We will explore special and general theory of relativity, Space Time, $E = mc^2$, gravity and acceleration, plus the photoelectric effect. Also, comments regarding one of his peers, Nikola Tesla, will be given.

Celiac Disease, What is the truth?

Wednesday, 2/13/2019, 12:00pm – 1:00pm

*Commander's House, Fort Douglas
by Janet Harnsberger, M.D. Pediatric Gastroenterologist, emeritus*

"Gluten-free" is one of the popular diets recommended to improve digestion, well-being, and a host of other symptoms. In this presentation, Dr. Janet Harnsberger, recently retired specialist in Celiac Disease, will present the medical science of Celiac. We will learn the autoimmune basis of the condition, appropriate diagnostic testing, the specifics of gluten-containing grains, the necessary life-long diet, and healing. This lecture will also discuss the difference between Celiac Disease and non-

Celiac gluten intolerance, and why this distinction is important. Resources for gluten-free living will be reviewed.

After the Departure of Outdoor Retailer: Running an Outdoor Products Company in Utah

Wednesday, 2/20/2019, 12:00pm – 1:00pm

by Bart Miller, Vice President of Sales at Klymit (outdoor gear company in Kaysville, Utah)

Utah is a hot bed for outdoor industry consumer products companies. Having successfully built two such businesses, Bart will discuss what it takes to create a winning brand in outdoors. Together, we will talk through ideas for active lifestyles in the outdoors and the benefits that come from such a lifestyle. Finally, we will discuss the state of the Outdoor Industry and the reasons the major trade show was pushed out of Utah.

Date	Lunch and Learn Lecture
1/16/19	Understanding Autism: Ontology, Classification, and Ethics
1/23/19	Why Literacy Rates in Prison Matter
1/30/19	Hope, Heart, and the Humanities: How a Free College Course is Changing Lives
2/6/19	Albert Einstein
2/13/19	Celiac Disease, What is the truth?
2/20/19	After the Departure of Outdoor Retailer: Running an Outdoor Products Company in Utah

INSTRUCTORS

Sheryl Allen & Trisha Beck

The Pulse of Utah Politics: What’s Happening on the Hill
 Before entering politics, **Sheryl Allen** was an educator and Public Relations Director of the Davis Applied Technology College. She served as president of the Davis County Board of Education, and she represented the 19th District of the Utah House of Representatives from 1994 to 2011. In May 2010, Salt Lake County mayor Peter Corroon, the Democratic candidate for Governor of Utah, selected Allen as his running mate for the office of Lieutenant Governor, making them the first major bipartisan ticket in Utah state history. Although defeated, Sheryl has remained committed to improving the lives of Utah residents, working tirelessly as an advocate for Real Women Run, the YWCA Advisory Board, Utahns for Public Education, Alliance for a Better Utah, KUED, and she serves on the University Alumni Emeritus Board.

Following ten years as a volunteer lobbyist advocating for individuals with disabilities, a quality public education, and the right to access affordable health care, **Trisha Beck** represented the 48th District in the Utah State House of Representatives for four terms from 1997-2002 and again in 2009-2010. Trisha has served on dozens of State boards and committees. With over 30 years in the political arena, Trisha delights in sharing her knowledge and understanding of Utah Politics. Trisha is a University of Utah Alumni with a degree in Political Science.

Nicole Anderson

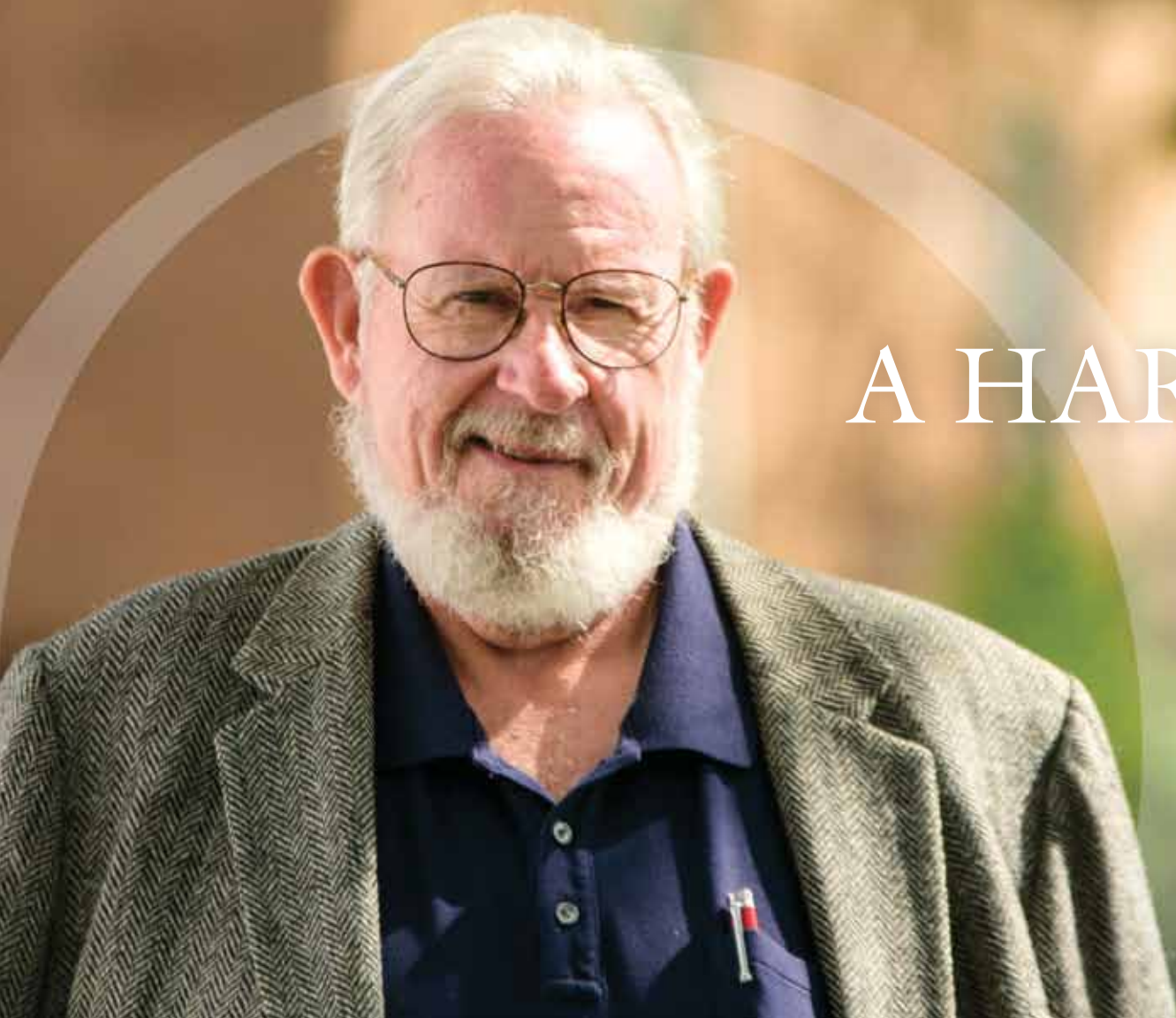
Environmental Creative Writing & Communication (Nature Writing)

Nicole Anderson is a Utah native, communication professional, researcher, and freelance writer. She holds a master’s degree in strategic communications from Westminster College along with a bachelor’s degree in environmental studies from the University of Utah. Anderson currently teaches at Salt Lake Community College in the Communications Department, is a former volunteer member of the Nature Conservancy’s Speaker’s Bureau, and a certified Utah Master Naturalist in Watersheds. When she isn’t teaching or writing, you’ll find her outdoors camping, exploring off-the-beaten-path locations, or sailing. Her essays and writing collection have appeared in Airboating Magazine, Betterboat.com, Breathing Stories, Gateway Magazine, Keep the Lake Great, and New West News among others. Anderson resides in the Salt Lake valley with her husband and dog and is an advocate for landscapes that cannot speak for themselves.

Anne Asman

Embrace Aging

Anne Asman completed a M.S. in Interdisciplinary Gerontology in August of 2015 from the University of Utah; the Dementia Dialogues Certification as a trainer in August of 2015 and the Utah Certificate of Palliative Care Education in August 2016. She



A HARD CHOICE

With so many fascinating courses and immersive special events to choose from, many members say the hardest thing about Osher is deciding what course to take each term. No matter what you choose, you are guaranteed to find passionate instructors and learners, as well as robust discussion that will lead to valuable new insight.

INSTRUCTORS

has worked with the State Office of Aging and Adult Services, and is an active member and leader for the Alzheimer's and Other Dementias Coordinating Council. Anne has facilitated several presentations on Advanced Directives and End of Life Planning. She is also an integral part of the Department of Psychiatry's committee applying for a designated Geriatric Psychiatry Division. Anne has consulted with Community Nursing Services for the past five years.

Gemma Joon Bae

Korean Ink Art: Brush to Rice Paper

Gemma Joon Bae has been painting with traditional Korean ink techniques that she learned from her Grandfather and Father, a renowned calligrapher in her hometown, and from old teachers in Korea since an early age. Upon moving to Salt Lake City in 1984, she took a break from art to raise her family. She began painting and writing again in the late '90s and received a BFA from University of Utah. Her old training influences her work as well as her spirituality today. Her paintings strive to express a truth behind what is seen. She paints with thanks towards living things. In the narratives of her paintings, Bae wants to reveal an eastern philosophy through symbols and metaphors. Like a line in an old poem, she hopes that her work is sensed and stays in the heart, and that she might slip meaning into the hearts of those that see her paintings.

Rob Branch

Journalists: "Enemy of the American People?"

Rob Branch earned his B.A. in Communications from Antioch University in Santa Barbara, California. He has 40 years' experience working as a journalist in print, radio, and television, as well as 30 years' experience as a community college Associate Professor of Journalism, Radio, TV, and English.

Jennifer Brown

Grand Traditions of Landscape Painting

Dr. Jennifer Brown received her Ph.D. in Art History from Johns Hopkins University. She lived, conducted research, and taught in study abroad programs in Europe for 10 years before returning to her native Utah. In addition to her publications and teaching in art history, Dr. Brown has received numerous awards for her work promoting the humanities, fine arts, and educational equity.

Bernadette Brown

Women Artists: Part 2

Bernadette Brown worked as the Curator of African, Oceanic, and New World Art at the Utah Museum of Fine Arts. She earned an M.A. in Anthropology and a Certificate in Museum Studies from New York University and a B.A. in Anthropology with a minor in Art History and Archaeology from Hunter College.

Bill Carlisle

Current Economic Issues

Dr. Carlisle is emeritus faculty in the Department of Economics at the University of Utah. He holds a Ph.D. from Cornell University, but is proud to hold his bachelor's degree from the U. He has taught courses in economic theory, American economic history, and current economic problems. One of his special fields of interest is the Great Depression of the 1930s.

Tim Chambless

Current Issues In American Public Affairs & Politics

Tim Chambless, Ph.D. has taught seven different courses for the University of Utah's Department of Political Science since 1987. He has also taught courses for the U of U's Departments of Communication and History as well as the English Language Institute. He has worked for a Mayor and Governor in addition to a Senator and Congressman. He served over 20 years on the Salt Lake City's Planning Commission and Board of Adjustment, and participated in over 30 political campaigns. Tim emphasizes current events and contemporary world problems in the student of American government as both an experiment in democracy and as a tool for solving societal problems. He has taught for Osher since January 2007.

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Marla Dee

Time to Downsize & Simplify

Marla has been a professional organizer for 18 years and a teacher of the Clear & SIMPLE Way to get organized for 16 years. She is a master messenger and an international speaker. She has appeared on numerous TV, radio and podcast programs throughout the years. Marla is the author of *Get Organized*, *The Clear & Simple Way*, and *The ART of Letting Go*. She is a Certified Professional Organizer and former President of Utah Professional Organizers. If you are ready for a change, Marla will set you free of the clutter and chaos at last.

Joan Degiorgio

Introduction to Enneagram

Joan's day job for 40 years was in the area of natural resources planning and management, working for state, federal, private and non-profit entities. For the last 15 years, she worked for the Nature Conservancy in Utah conserving critical species and systems. Her educational background is political science and law (J.D. from the University of Utah). Joan also taught as an assistant adjunct professor for the Geography Department (U of U). Additionally, as she grew to appreciate the importance of "personality" in solving any conservation problem, she sought and received certification from the Enneagram Institute. Knowledge of the Enneagram

served as a great tool for working with others. She shared her Enneagram knowledge at The Nature Conservancy teaching monthly sessions for over 9 years. She has taught additional workshops; but, now retired, would like to share this knowledge more widely through Osher.

Terrell Dougan

Writing Your Story

Terrell Harris Dougan's most recent book is a memoir, *That Went Well: Adventures in Caring for My Sister* (Hyperion, 2009). Other books include: *This is the Place: An Entertaining Guide* (1976-1986) with Jo Rose, and *We Have Been There: A Guidebook for Families of People with Mental Disabilities*. Her award-winning humor column appeared for 13 years in *The Deseret News*. More recently, she has been a blogger for Huffington Post. (You can read her work by googling Terrell Harris Dougan). She is at work on two books: an update of her memoir about her sister, *Normal People Worry Me*, and a memoir about growing up as a descendent of handcart pioneers.

Christoph Dressler

The Camino de Santiago

A three-time veteran of the Camino de Santiago, Christoph went into this pilgrimage uninformed, and with one goal: just to do it. After the initial

transformative experience, the next two pilgrimages he approached much differently, reading about and studying up on the Camino. He is planning to return a fourth time in 2019 and what better preparation than to teach a class on his findings? Whether or not you have been to Santiago de Compostela, or you have something to contribute to the class, he hopes all will enjoy northern Spain through this armchair journey.

Jonathan Duncan

The Geography of Buddha

Jonathan Duncan is an award-winning photojournalist with over 20 years' experience traveling the world and telling evocative stories of the planet's geography and culture. He has served on the faculty of Westminster College, Western Washington University, and the Art Institute of Portland. The Himalayas and Eastern philosophy have been a driving passion in his life and work since his first trip into Nepal in 1993.

Chris Dyson

Cultural Geography

Chris Dyson received a B.A. in English from the University of Utah in 1972 and a Master of Education in 1994. She spent 16 years as a geography teacher and another 11 years as a Teacher Specialist for Granite School District. She has presented at conferences across the United States, Canada, and China, and has traveled to 24 countries including two humanitarian trips in Peru and Nepal.

Alan Eastman*Environmental History of Climate Change*

Alan Eastman has a Ph.D. in Chemistry from the University of Utah. During his nearly 30 years working in the research department of a major oil company, Alan acquired some 35 patents in refinery processes and on-line process control. After taking an “early retirement,” he established a startup geothermal energy company. Alan’s experience in several facets of the energy industry has given him a unique perspective from which to view our country’s energy problems and the potential solutions.

Wayne Egan*Great American Songbook*

Wayne Egan has a Ph.D. in German from the University of Texas at Austin. He taught at the University of Texas, Westminster College, and the University of Phoenix. His avocation is traditional jazz piano. He is an adept improviser, well versed in basic jazz harmony and the songbook that will be the subject of the course. He has lectured on the great American songbook for private groups for several years and has recorded and produced 3 CDs on the Nuance label.

Robert Faught*The Philosophy of Yoga*

Robert Faught received a B.A. in Psychology from the University of California Riverside, and an M.A.

in Psychology from Pepperdine University. He worked for eight years as a mental health therapist for the Riverside, California Mental Health Department. He has been interested in Yoga since the age of 12, and at age 13 (1958) he met and was initiated by the Maharishi Yogi into Transcendental Meditation. In the 1970s he lived in an ashram in Pomona, California for five years, following the Sikh Dharma and learning Kundalini Yoga from Guru Yogi Bhajan Ph.D, a master Kundalini Yogi from India. During the 70s he taught Yoga to his peers at the Mental Health Department and at the local city college. Currently he is a member of Swami Yogananda’s Self-Realization Fellowship studying Kriya Yoga.

Gene Fitzgerald

Anton Chekov’s Play and Selected Short Stories: The Sea Gull, The Three Sisters, and the Chekhovian Mood
Gene Fitzgerald has been a professor of Russian Language and Literature at the University of Utah since 1969. He has also taught courses in the Honors, Liberal Education, and Comparative Literature programs. He has principally concentrated on the fiction of Dostoevsky, Gogol, Tolstoy, Chekhov, and the poetry of Aleksander Pushkin. His teaching awards over the years include the U’s Distinguished Teaching award, the Hatch prize for Excellence in Teaching, and the Presidential Teaching Scholar award.

Paula Fowler

Utah Opera Preview: Portman’s The Little Prince
Paula Fowler is the Director of Education and Community Outreach for Utah Symphony | Utah Opera, a position she has held since the two companies merged in 2002. She was Education Director for Utah Opera for 5 years before the merger. She helps oversee Utah Opera’s Resident Artist program, manages outreach to schools and communities around the state, runs the company’s classroom operas program, and enjoys creating music events for special populations.

Frank Furr*Military Intelligence Part 1: Ancient History - World War II; Military Intelligence Part 2: 1950s - Current Operations*

Frank “Fuzzy” Furr is a retired USAF Colonel and pilot of the famous U-2 Dragon Lady spy plane. Having retired from the Air Force and a leading defense contractor, Frank has been providing enrichment lectures on military intelligence history. He has over 45 years of experience in the intelligence related activities. He holds a B.S. from NC State University and a M.S. from the University of Northern Colorado.

INSTRUCTORS

Denise Gibson

Dance Fitness

Denise Gibson was a professional ballroom, swing, and jazz dancer for over eight years and has been teaching ballroom dance, step aerobics, dance aerobics, kickboxing, and spinning for over 30 years. She is the founder and owner of a continuing education provider for fitness professionals.

Martha Hales

The Gifts of Imperfection: An Art Journaling Course

Martha Hales studied social work and organizational behavior at BYU. She loves using creative expression to explore the inner landscape. After a career developing corporate training programs, she studied to become a spiritual director and finds joy in helping others cultivate an authentic and resilient spiritual life. She is a certified facilitator of Brené Brown's "The Daring Way" and "Rising Strong" courses. She also teaches SoulCollage, an intuitive collage technique designed to connect with our inner wisdom.

Steve Hall

World War II in Western Europe

Stephen C. Hall, (Colonel, USAF retired) is a former Senior Fellow at L-3 Communications Systems-West (CS-W), Salt Lake City, Utah. He is a 1967 graduate of the Georgia Institute of Technology and received

his Master's Degree in Management from Troy State University in 1976. Colonel Hall lectures on World War II history at Georgia Tech, Morehouse College, BYU, and the University of Utah.

Matt Heimburger

Getting Lost to Find Ourselves: An Exploration of American Travel & Adventure Narratives of the 20th Century.

Matthew Heimburger has spent his life trying to balance the world of books/intellect with the world of action/adventure. He has taught at the collegiate level for over 20 years--most recently at Westminster College--but has never been able to put both feet permanently in the pool of full-time academia. Life has both brought surprises--some unwelcome, some sought for. He has traveled widely, and written about those travels; he has loved deeply, and written about his wife and three children. He believes he has as much to learn from his students as he has to teach them.

Paul Holbrook

Age Faster! The 1-Minute Workout: Interval Training for Osher Members

Paul Holbrook has a Master's degree in Gerontology from the Fischer Institute for Wellness at Ball State University and experience at the Human Nutrition Research Center on Aging at Tufts University. A

Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, he has worked as a personal trainer for over twenty years. In 2005, Paul founded the Age Well Center, a human performance training center for older adults.

Chris Horner

Ovid's Metamorphoses: Transformation & Desire

Chris Horner has an M.A. from City College, New York and a Ph.D. from the University of Utah, both in literature. He has taught literature and composition at the University of Utah, Weber State, Westminster College, and Salt Lake Community College.

Sally Humphreys

Utah Symphony Finishing Touches Preview: Vivian Fung Dust Devils, Chopin Piano Concerto 1, Dvorak 7

Sally loves to keep a busy schedule as a free-lance musician, playing flute and piccolo with the Ballet West Orchestra, the Utah Symphony, and the woodwind quintet Aspen Winds. She maintains a private flute studio and also teaches at Westminster College. She is President of the Utah Flute Association and is acting as the local arrangements chair for the National Flute Association when they bring their annual convention to Salt Lake City in 2019.

Emery Kay Hunt

Religion and the Rise of Capitalism

E. K. Hunt has a B.S. and a Ph.D. in philosophy and economics from the University of Utah. In addition to teaching at the University of Utah, he has taught at the University of Calgary, the University of California, Riverside and the University of California, Santa Barbara, Bangkok University, and the American University in Cairo. He has published over 50 articles in academic journals and 7 books. He received the Distinguished Teaching Award and the Distinguished Research award from the University of Utah College of Social Science.

Walter Jones

The Forgotten War: Armed Conflict on the Korean Peninsula, 1950 and Beyond

Walter Jones, retired Head of Western Americana at the J. Willard Marriott Library, teaches history at Salt Lake Community College. He has Master's degrees in Library Science from BYU and in History from the University of Utah. Walter was a Korean linguist in the U.S. Army (four years active duty and 23 years Reserves), and in the National Guard. He has presented papers and written about the Vietnam War.

Rod Julander

There Ought to Be a Law and Why There Isn't

Rod Julander graduated from the University of Utah with a Master's in Philosophy. In 1984 he earned a Ph.D. in Political Science. He served as the chairperson of the Department of Political Science and Philosophy at Weber State University. In the 1970s he was a member of the Utah Senate, and in the 1990s was the vice-chair of the Utah Democratic Party.

Abdulnaser Kaadan

Islamic Civilization and The Most Common Health Problems in Elderly: Part 2

Dr. Abdulnaser Kaadan arrived in the U.S. in December of 2016 as a refugee from the Syrian crisis. He was an orthopedic surgeon and a professor of the History of Medicine at Aleppo University. He now teaches as a Visiting International Professor at Weber State University's History Department. His courses include the History of Medicine, the History of Science, the History of the Middle East, the History of the Syrian crisis, and the Islamic Renaissance. Professor Kaadan founded the International Society for the History of Islamic Medicine, and still serves as its President and Editor of its journal. His work and writing led him to be nominated for the Nobel Prize in 2012.

David Keyes

Tai Chi for Fall Prevention and Yoga For Less Flexible Bodies

David Keyes completed his yoga teacher training soon after retiring from Salt Lake City School District. He teaches yoga, Qigong, and other healthy living classes in the community. His interest in Walking Meditation began in earnest after attending a labyrinth workshop at Grace Cathedral in San Francisco.

Mary Lambert

Jewelry: Historic Perspectives and Individual Creation

Mary began learning metalsmithing in a community education class. She has taught for Osher's sister program Lifelong Learning since 2016. Metalsmithing is a passion of Mary's that she is happy to share with Osher members. She looks forward to learning from her students as they grow as artists and metalsmiths.

Pat Lambrose

Google Maps: Become a Custom Map Maker and Google Tools: Drive & Sites

Pat Lambrose has a B.A. in Recreation and Youth Leadership, a B.A. in Education, and an M.Ed. in Technology and Computers, all from the University of Utah. She taught in middle and high schools and was an instructional technology facilitator in Salt Lake City School District. As a retiree, she is now pursuing her passion for outdoor adventures like

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backcountry skiing hut trips in Canada, cycling in Europe, and river running. Pat coordinates statewide geospatial technology opportunities.

Bruce Landesman

Democracy: What is it? How Does it Work? How Does it Fail?
Bruce Landesman received his B.A. from the University of Rochester and his M.A. and Ph.D. in Philosophy from the University of Michigan. He taught at the University of Utah for 44 years, retiring in 2012. His specialties are Political Philosophy, Ethical Theory, and Applied Ethics. He has taught graduate and undergraduate courses in political philosophy, ethics, medical ethics, business and legal ethics, and other areas of philosophy.

Bill Laursen

Portrait Drawing

Bill Laursen, a well-known Salt Lake area artist and educator, has been painting and teaching his entire career. His art credits include Best of Show from the Brigham City Museum Gallery, the Oneta J. Thorne Memorial Art Award for Outstanding Watercolor, and an Award of Merit from the Park City Arts Festival. Bill is a member of the Salt Lake County Art Selection Committee.

Debbie Leaman

Writing Through Grief

Debbie Leaman's writing, including personal essays, has appeared in numerous local, national and international magazines and on a variety of websites. She was awarded 2nd Place in the 2017 Utah Society of Professional Journalists contest and was a finalist in both the 2016 Utah Society of Professional Journalists contest and the 2011 Writers@Work Memoir competition. As a writing coach, Debbie listens deeply, helping others translate their thoughts, experiences, and feelings into words on the page. She teaches various writing workshops including "Creative Aging" and "Write Your Creative Aging Story: The Art of the Personal Essay." Visit: debbieleaman.com and debbieleaman.com/creative-aging-blog.

Arie Leeflang and Jedediah Rogers

Environmental Conflict on the Colorado Plateau - A History

Arie Leeflang is the Archaeology Records Manager for the State of Utah and an archaeologist with the Antiquities Section of the Utah Division of State History. He also serves as the State History representative on the Utah Committee on Geographic Names. His professional interests lie in Great Basin prehistory, the Virgin Anasazi of southern Utah, and the history of archaeological site

recording in Utah. He holds a Master of Science in Anthropology from the University of Utah. Beyond archaeology he enjoys a good run, Wasatch powder, and wandering Utah's forgotten corners.

Jedediah Rogers earned a Ph.D. in American history from Arizona State University. Currently co-editor of the Utah Historical Quarterly, he is author of *Roads in the Wilderness: Conflict in Canyon Country* (University of Utah Press, 2013) and editor of a couple of documentary volumes in Mormon history. He has taught adjunct history courses at Westminster College in Salt Lake City and University of Montana in Missoula.

Ed Leis

From Death to the Grave

Ed Leis received his Doctor of Medicine from the University of Kansas in 1984. He has been the Assistant and Deputy Chief Medical Examiner in Utah since 1990 to the present, performing over 12,000 forensic examinations. He is an Assistant Professor of Pathology at the University of Utah School of Medicine, and in addition to having extensive experience in courtroom testimony, he has provided lectures for students from grade schools, high schools, medical students, residents in pathology training programs and law enforcement training programs.

Wayne McCormack

Global Governance: Past and Future

Professor McCormack received a B.A. from Stanford University and a J.D. from the University of Texas. He joined the faculty at the University of Utah S.J. Quinney College of Law in 1978 and also served as Associate Dean for Academic Affairs. Prior to joining the U of U, he taught at the University of Georgia School of Law and served as Associate Director of the Association of American Law Schools. He will be joined by colleagues from the University of Utah S.J. Quinney College of Law.

Rodger Newbold

Intermediate Photography 5: Breaking Out Of Your Shell

Rodger is a 36-How year veteran of teaching and performing photography. He attended the University of Utah, Utah State University, and Santa Fe New Mexico Photo workshops, as well as personal studies with Ansel Adams, Ruth Bernhard, Cole Weston and others. He has contributed to many books of photography and was named Photographer/Educator of the year by the Salt Lake Chamber of Commerce in 1997.

Roz Newmark

Yoga For All Bodies

Rosalind Newmark has been an active performing and visual artist for two decades. She has taught and performed throughout the United States. She holds

a B.A. in dance and photography, studied at Rosella Hightower's Le Center de Danse in France and has an M.F.A. from the University of Utah in choreography. Ms. Newmark teaches dance, yoga, photography; plays fiddle, sings with various string bands, and operates as an independent artist in Salt Lake City, Utah.

Bim Oliver

Examining Architecture: Why Buildings Look The Way They Do

Bim Oliver researches, writes, and lectures about architecture. His publications include the book *South Temple Street Landmarks: Salt Lake City's First Historic District* as well as articles on Utah architecture in various local and national periodicals. Currently, he is working on a history of the Salt Lake airport.

Rick Paine

Time, Gods, Blood, and Kings: Ancient Maya Religion

Rick Paine has been introducing University of Utah students to the wonders of Mesoamerican archaeology since 1995. Rick is an experienced Maya scholar and has conducted fieldwork at several Maya sites, as well as excavations in Turkey, and the United States. Rick is currently a member of the Mirador Basin archaeological project. El Mirador is a colossal pre-Classic Maya site, located deep in the Peten rainforest of northern Guatemala. El Mirador is a key to understanding the rise of Maya civilization.

Steve Patrick

Relating Brings More than Relationship

Steve Patrick might be viewed as a wild and crazy guy or as a guy who is filled with the deep joy that comes from life's energies. He loves learning. He earned a Master's degree in Industrial Psychology at University of Utah and has continued to study psychology, epistemology, and philosophy. He feels that what matters most is coming to view life as holding energies that are much deeper than cognitive studies or learning can bring. What matters more than any particular biographical characteristic is the whole of life energies that Steve has learned to allow to flow through, not just those filtered through the cognitive tools of his words.

Donna Poulton

The Transcontinental Railroad: The History and the Romance, 150 Years

After curating Art of Utah and the West at the UMFA for seven years, Dr. Poulton established Donna Poulton Curated: Fine Art Consulting, with a focus on building and maintaining private art collections. She earned her M.A. from BU and her Ph.D. from BYU. She has juried and curated many exhibitions, including "Bierstadt to Warhol" and "LeConte Stewart: Masterworks." Dr. Poulton has written numerous articles and books her most recent book is "Painters of Grand Teton National Park."

INSTRUCTORS

Amin Azad Sadr

Love Stories of Rumi

Amin Sadr has spent most of his adult life trying to understand mysticism in all its shapes and forms. This journey has led him to travel Europe and Iran extensively, visiting shrines, churches, and monasteries and attending the services of mystics of various faith traditions. In 2014, he received his Ph.D. in Persian Literature and Comparative Mysticism from the University of Chicago, after spending several wonderful years exploring the deep relationship and interconnections between the Islamic, Christian, and Jewish faiths. Amin has published articles and book reviews in various academic journals and is preparing his dissertation for publication. In his free time he enjoys writing speculative fiction and is currently working on a fantasy novel that integrates the mystical structure of Rumi's poetry into a comprehensive fantasy narrative.

John Sanders

Zane Grey: The Mormon Trilogy

John Sanders completed an M.A. in English from The Ohio State University, as well as all the course work toward the Ph.D. As a graduate student, he taught several undergraduate courses and then continued his teaching career in English at the high-school level for 33 years. He has traveled through much of Zane Grey country in Utah and Arizona.

Olga Savenkova

Modernist Novella: Joyce, Mann, and Hemingway

Olga holds Bachelor's degrees in Economics from Moscow State University and in Cultural Studies from Nizhny Novgorod State Linguistic University. She has an M.A. in Comparative Literary and Cultural Studies from the University of Utah, and is currently working towards her Ph.D. in that department. She has been teaching advanced Russian and Introduction to the Study of Literature and Culture and has been a teaching assistant in a class on Classical Mythology at the University of Utah. She specializes in Plato, Modernism, and Queer Studies. In the classroom, she enjoys an open discussion format and free exchange of opinions.

Scholars from the University of Utah's Biotechnology program

Advances in Biomedical Engineering

Researchers in the biomedical engineering program of study: Chuck Alan Doral, Associate Professor, Biomedical Engineering; Claire Acevedo, Assistant Professor, Mechanical Engineering; David Grainger, Distinguished Professor, Pharmacy and Pharmaceutical Chemistry; Rob MacLeod, Professor, Biomedical Engineering; Richard Normann, Distinguished Professor Emeritus, Biomedical Engineering; and, Hamid Ghandehari, Professor, Pharmacy and Pharmaceutical Chemistry.

Sheral Schowe

Exploring the Wines of Rioja, Spain and Exploring the Wines of the Côtes-du-Rhône, France

Sheral Schowe is the founder and owner of Wasatch Academy of Wine, Utah's first and largest wine school and affiliate provider of classes for the Wine Scholar Guild. She teaches for the Lifelong Learning program at the University of Utah, Harmons Grocery and Cooking Schools, and Salt Lake Community College Culinary Institute. Certified as a French Wine Scholar through the French Wine Society, she is a Scholar in the areas of Provence and the Rhone. She has a Master's degree in Adult Education and is a Licensed Wine Educator through the Utah Department of Alcoholic Beverage Control.

Sally Smith

The Lives of Girls and Women

Sally Smith owned and operated A Woman's Place Bookstore for 10 years. She taught English literature for 22 years at Judge Memorial Catholic High School and West High School. She graduated from the University of Utah with a major in English and minors in History and French.

Alan Springer

Improving Interactions with Family and Friends

Dr. Springer earned a B.S. in Sociology and Health Education at Brigham Young University; a

M.Ed. in Family Studies from Central Washington University; a Certificate in Counseling Psychology from Eastern Washington University; and a Ph.D. in Marriage and Family Therapy and Gerontology from Brigham Young University. He began his professional career as a school teacher and school counselor. He then transitioned into serving as a therapist, therapist supervisor, and then director of services at an adolescent treatment center. Most recently, he was owner, director, and therapist at the Marriage Clinic of Utah. He is also an adjunct instructor teaching Marriage and Family Therapy at Brigham Young University.

Chris Stockslager

The Golden Age of the Horror Film (1931-1948)

Chris graduated from Westminster College in 2015 with a B.A. in Classical Voice. He earned his M.M. from The Manhattan School of Music, also in Classical Voice, in 2017. Besides actively pursuing a career in jazz and opera, Chris' interests include film history, music history, and vintage automobiles.

Bonnie Sucec

Collage Art: Transforming By Cutting & Pasting

Bonnie Sucec is the creator of spiritual and imagist works and also an art educator. Sucec first studied with Don Olsen at Jordan High School. She then

studied at Brigham Young University. She studied further at California College of Arts and Crafts and Virginia Commonwealth University. Sucec earned an MFA in painting and drawing from the University of Utah in 1984. Her work is nonrepresentational and her preferred medium is oil pastel. "The War and the World", "Life Line", and "Fluid Vision" are examples of her work. Her work is included in the collection of the Salt Lake Art Center, the Utah Arts Council, and the Utah Museum of Fine Arts. The Phillips Gallery represents her work. Her website is BonnieSucec.com.

Barbara Taylor

Watercolor 1: Beginning – Intermediate and
Watercolor 2: Intermediate – Advanced

Barbara received a B.A. from the University of Utah and taught art in the public schools. She then earned a M.Ed. from University of Illinois and later an M.S.W. from the University of Utah. She is a retired L.C.S.W. who has discovered the thrill of color. She has taught art at the Rescue Mission and recently won a blue ribbon in watercolor at the Utah State Fair.

Shannon Warenski

History of Funeral Service

Born and raised in Salt Lake City, Mr. Warenski began his career in the funeral service industry

in 1997. During training and apprenticeship, he attended Arapahoe Community College, graduating in 2002. After graduating, he was instrumental in the development of the Mortuary Science Program at Salt Lake Community College. Mr. Warenski served as an adjunct instructor from 2006-2012, program/curriculum developer, and the first PAC Committee Chairperson for the new program. In 2014, he received a bachelor's degree in psychology from Utah State University. With a strong background in family service and 20-plus years of serving families in Salt Lake and Davis County, he has developed a great relationship with the community and enjoys serving friends and neighbors. He is a current member of the National Funeral Directors Association, Utah Funeral Directors Association and the Cremation Association of North America.

Debbie White

Digitizing Your Memories; How To Create Balance Your Life; Internet Security; Reiki 1 & 2

Debbie White has over 30 years of experience in teaching. She earned her M.Ed. at Westminster College and her Technology Endorsement via the eMINTS program. After an extended period teaching sixth grade, Debbie spent three years as an Apple Product Professional, teaching Mac and iPad basics and well as software programs such

INSTRUCTORS

as iPhoto and iMovie. She enjoys teaching in a variety of settings, particularly with students as eager to learn as those enrolled in Osher Lifelong Learning Institute.

Beth Whitsett

Miracle at Philadelphia

Ms. Whitsett is a Utah (and California) attorney, practicing law since 1978. She is a graduate of the University of Southern California Law School, Yale University (M.A. in Teaching), and Stanford University. She has broad transactional legal experience with focus in recent years on compliance and governance, including code and policy development and employee training for U.S. and multinational clients. She is a former Adjunct Professor of Law, University of Utah College of Law.

R. Scott Williams

Law in Film: Part 2

R. Scott Williams, a retired civil litigator and trial lawyer, was a partner and member of the board of directors of a prominent Salt Lake law firm. For several years he represented Utah civil trial lawyers in a national organization. He currently is affiliated with Utah Alternative Dispute Resolution as a mediator, volunteers as legal counsel for a nonprofit organization, and enjoys taking classes in film at the University of Utah.

Colleen Wood

Glorious Baroque: Art in Response to Challenge, Change and Martin Luther

Colleen taught in Granite School District for over 40 years, including 29 years of Advanced Placement Art History. She also taught French, World History, Anthropology, and Financial Literacy. Between 1983 and 2008 she led students on tours in Europe and has recently led student tours in San Francisco. She is convinced of the importance of art within societies and how art reflects social values, culture, religious beliefs and political and economic conditions of the times.

CLASS SCHEDULE

Refer to individual class listing for details.

	Monday	Tuesday	Wednesday	Thursday
9:00 AM			- Pulse of Utah Politics (SL)	
9:30 AM	- Digitizing Your Memories (CH) - Reiki 1 and 2 (CH)	- Creating Balance in Your Life (CH) - Improving Interactions (CH) - Jewelry: Historic Perspectives (SL) - Watercolor 1 (CE) - World War II in Western Europe (CH) - Yoga For All Bodies (SL)	- Current Issues (CH) - Korean Ink Art (CE) - Reiki 1 & 2 (CH) - The Philosophy of Yoga (CH) - Women Artists (CE)	- Glorious Baroque (CH) - Law in Film (CH) - The Gifts of Imperfection (CH)
11:30 AM		- Anton Chekhov's Play ... (CH) - Cultural Geography (CE) - Current Economic Issues (CH) - Miracle at Philadelphia (CE) - The Lives of Girls and Women (CH) - Watercolor 2 (CE) - Yoga For All Bodies (SL)	- Lunch & Learn	- Advances in Biomedical Engineering (CH) - Environmental Hist. Climate Change (CH) - Islamic Civilization (CH) - Ovid's <i>Metamorphoses</i> (CE)
1:30 PM		- Current Issues (CH) - Environmental Creative Writing (CE) - Drawing: Portraits (10) - Tai Chi for Fall Prevention (10) - The Geography of Buddha (CE) - There Ought to Be a Law ... (CH)	- Collage Art (10) - Age Faster! (SL) - Democracy: What is it? ... (CH) - Military Intelligence Part 1 (CE) - Modernist Novella (CH) - Relating Brings More than Relationship (CH) - Writing Through Grief (MC)	- Drawing: Portraits (10) - Journalists (CE) - Military Intelligence Part 2 (CE) - On the Trail of the West (CH) - Most Comm. Health Probs in Elderly (CH) - Time to Downsize & Simplify (CH) - Yoga For Less Flexible Bodies (SL)
1:45 PM			- Dance Fitness (10)	
3:15 PM		- From Death to the Grave (CH) - Getting Lost to Find Ourselves (CH) - Time, Gods, Blood, and Kings (CH)	- Why Do Buildings Look The Way They Do? (CH) - Grand Traditions of Landscape Painting (CH) - The Camino de Santiago (CH) - Zane Grey (CH)	- Global Governance (CH) - Great American Songbook (MC) - Introduction to Enneagram (10) - Religion and the Rise of Capitalism (CH) - Writing Your Story (MC)
3:30 PM		- Everyday Mindfulness (SL)		
5:15 PM			- Love Stories of Rumi (CH)	- Environmental Conflict ... (CH)
Evening	- The Golden Age of Horror (CE)	- History of Funeral Service (CH) - Intermediate Photography 5 (CH)	- Google Maps & Tools (CE) - Wines of France/Spain (SL)	

LOCATION KEY

- (10) 10th East Senior Center
- (CE) Continuing Education Building
(540 Arapeen Dr)
- (CH) Commanders House
- (MC) Monson Center
(411 E South Temple)
- (SL) Salt Lake City
(see class listing for location)

MAPS & DIRECTIONS

Commander's House, Fort Douglas

Osher classes held at Ft. Douglas in Salt Lake City are based at the Commander's House. Arrive a few minutes early on your first day of class for a cup of coffee, tea, or cocoa, and to find out where your class will be held. An Osher representative will be on hand to welcome you and help you find your class.

Enter gates of Fort Douglas from South Campus Drive or Mario Capecchi Dr. Left at first stop sign. Left on the one-way street immediately before the Officer's Club into parking lot. Whenever classes are in session you may park in any space in this lot except the handicap and University vehicle stalls. Overflow parking is available in the lot behind the University Guest House to the north.

Administrative and Registration Offices

The Osher offices are located at 540 Arapeen Drive in the University of Utah's Research Park. Offices are on the second floor in room 280 and 263.

540 Arapeen Drive is on the corner of Wakara Way and Arapeen Drive. It is just west from the University of Utah Credit Bureau.

Tenth East Senior Center

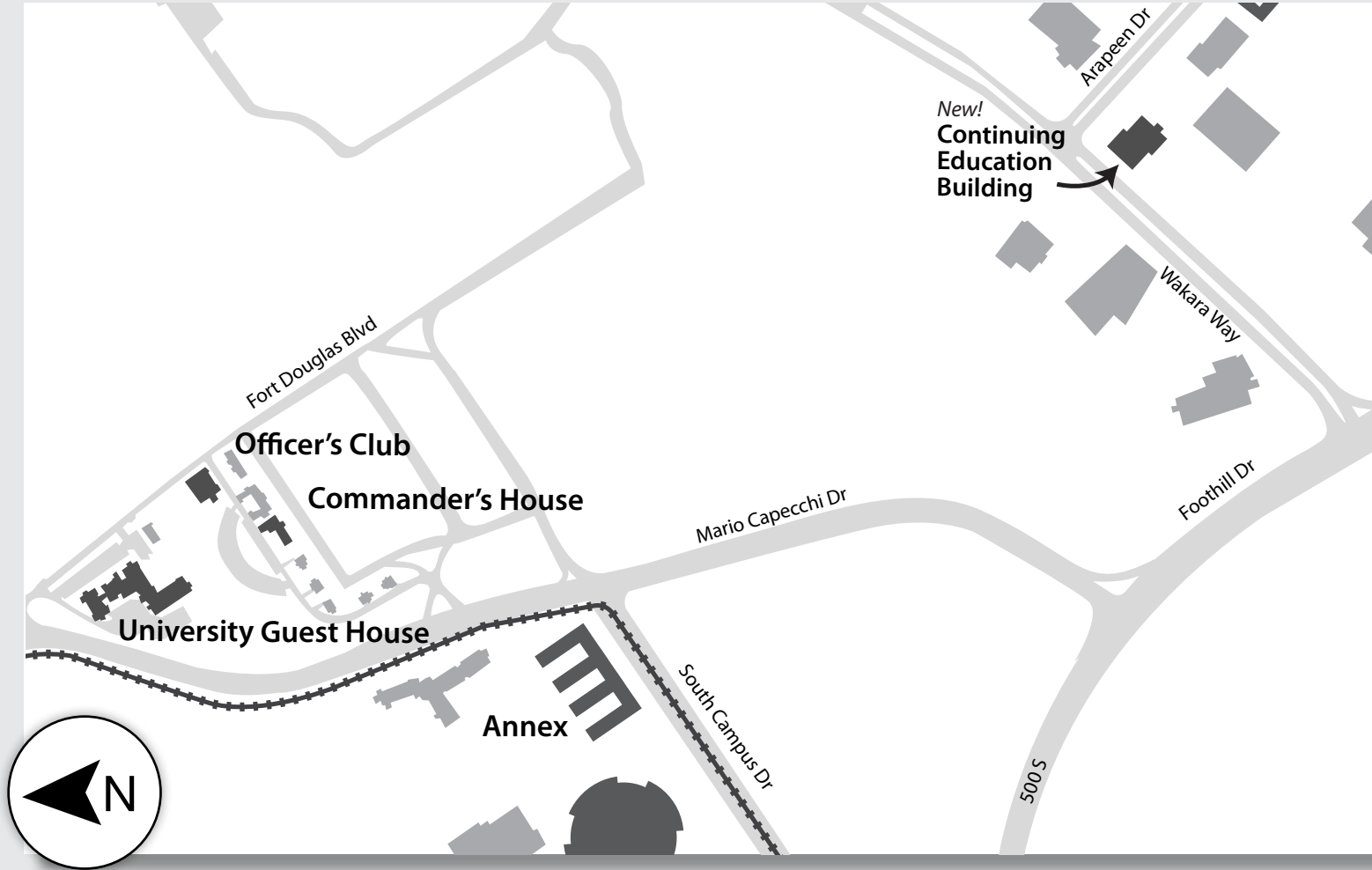
237 S. 1000 E., Salt Lake City
The center is on the east side of the street. Parking is in the lot behind the center and is free at all times.

Thomas S. Monson Center

411 South Temple, Salt Lake City
Parking is available in lots North and East of the Monson Center.



Check the class listing in this catalog for your class location.



THE OSHER LIFELONG LEARNING INSTITUTE
is one of three personal enrichment programs
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Here are Osher's

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PERSONAL ENRICHMENT

OSHER POLICIES & FAQ

Class Registration and Special Event RSVP

Request Processing

Registration and RSVP requests are processed as they arrive in the office or online. If a class or event you request is full your name will be placed on the wait list. Registration status (confirmed or wait listed) will be noted on your confirmation.

Special Fees

In many cases special fees can be waived if you do not wish to receive the materials. Please call the Osher office for assistance.

Refunds

Because space is limited and we have arranged to provide our students access to various University facilities, you may drop a course and receive a full refund up to the start of class. Once class has begun, you may drop the course, but a \$20 late drop fee and class special fee will be subtracted from your refund. If you have an extenuating reason for dropping past the start of class, please contact the Osher office at 801-585-5442, so that we may identify the best option to meet your individual circumstance.

Attending Classes for Which You Are Not Registered

You must be registered before you attend a class. This includes attending a different section of a class. Sitting-in on a class disrupts the experience for those students who are legitimately registered for the class. Please respect your fellow students and instructors by not attending classes for which you are not registered.

Guests

Bringing guests age 50 and over to Osher is a lovely way to introduce them to our community. Members are encouraged to bring guests to Lunch and Learn Lectures. These lectures offer an opportunity to experience the more academic side of Osher and to meet some members. Guests are welcome to sample Special Events and Courses on a space available basis with prior approval of the Osher office. Call four days before the event or one day before the course to check availability and register your guest. There is no guest charge, but remember, the guest policy is for sampling Osher. Please encourage your guests to join so they too can enjoy the full benefits.

Cancellation of Classes

In the event of university closure, Osher classes and activities will be canceled. Listen to your local radio station for university closure announcements or call the Osher office.

Occasionally a class will be cancelled at the request of the instructor. Every effort will be made to schedule a make up class at a time that is convenient for the most students.

Accessibility

To request a reasonable accommodation for a disability, please contact the Center for Disability Services at 801-581-5020 or online at disability.utah.edu. Reasonable notice required.

Special Events

RSVPs are required for all events. To ensure all members have an opportunity to attend some events there is a four event per member limit. The four event limit applies to the total number of events for which you are either confirmed or wait listed.

Additional events may be requested 1 week in advance of the event and will be honored on a space available basis. Call the office to check availability.

If you can't attend it is important that you call to cancel as far in advance as possible. This allows us to give someone else a chance to attend and is respectful of our hosts and fellow members. Your RSVP is nontransferable. Members on the wait list have priority for open spots and must be processed in order.

Event size is limited at the request of our hosts to ensure a great experience for participants. Do not attend an event for which you do not have a confirmed reservation as this can place a burden on our host and is not fair to other members.

Tuition Reduction

U of U faculty and staff tuition reduction benefits are available for Osher classes. To receive the discount you must submit an application to Human Resources (801-581-7447) every semester. Failure to submit the application will result in a balance due on your account and may result in a hold on your account preventing future registration.

Communication

The Osher office uses email for registration confirmation, special event reminders, and for general communication with Osher members. Please be sure you have a current email address on file and that you check your email periodically. If you do not use email, consider getting an email buddy who can pass communication along to you in a timely manner.

Our donors, sponsors, partners, and volunteers allow us to bring together a community of adult learners who share a passion for intellectual and social interaction.

THANK YOU

**MASTER SPONSOR
Continuing Education & Community
Engagement (CECE)**

CECE provides the operational infrastructure for our Osher Institute.

**MASTER DONOR
Bernard Osher Foundation**

The Bernard Osher Foundation was founded in 1977 by Bernard Osher, a respected businessman and community leader. Among other priorities, the Foundation funds Osher Lifelong Learning Institutes for people 50 and better on 119 campuses of higher education across the country.

MEMBERS MAKE THE DIFFERENCE!

Members' tax-deductible gifts are greatly appreciated and help sustain and expand the quality Osher programming. Thank you for supporting the benefits and joy of learning by enrolling in classes, purchasing gift certificates for family members and friends, and remembering Osher in your charitable giving. **Visit www.osher.utah.edu/ support or call the office to discuss giving options.**

FACULTY PARTNERS

Thank you to the esteemed faculty from the University of Utah Colleges and Academic Departments who will share their expertise with Osher members this term.

**CAMPUS AND COMMUNITY
PARTNERS**

Marriott Library
Natural History Museum of Utah
Red Butte Garden and Arboretum
Tenth East Senior Center
The University Guest House and
Conference Center
UKids - Guardsman Way
Utah Museum of Fine Arts
University of Utah Alumni Association
University of Utah Emeriti Club

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Rob Branch
John Boles
Marilyn Copeland
Luci Malin
V. Pasupathi - chair
Claudia Raab
Tamara Springer
Fred Tripp

Curriculum Committee

John Boles - Vice Chair
Kathie Coopersmith - past chair
Sandy Clark

Marilyn Copeland
Judy Donnell
David Hibdon
Steve Hudson - Lunch & Learn
Mary Jo Westien
Connie Kirkpatrick
Helle LeRette
Luci Malin - Chair
Barbara Reid - past chair
Tamara Springer

Special Events Committee

Angie Matinkhah
Jill E. Meyer
Nancy Morrison
Connie Reed
Jill Smith
Frank Wilson
Pam Wilson

15th Anniversary Committee

Jill Meyer - Chair
Anne Asman
Gerri Blair
Laurie Brussow
Dennis Clark
Joyce Federer
Betty Forsyth
Karen Hyde
Angie Matinkhah
Robin Pendergrast
Connie Reed
Janet Sahakian

Pam Sanders
Jill Smith
Lauraine Stephen
Frank Wilson
Pam Wilson

Class Assistants

Too numerous to list, but none-the-less important to the success of the Osher Institute.

OSHER MEMBERS MAKE IT HAPPEN!

The Osher Institute depends on members who volunteer their time and talents to make our programs the best that they can be. Volunteers multiply the reach of our small staff and are integral to curriculum, special events, and lunch and learn planning, as well as instructor and member support. Thank you!

INTERESTED IN BEING A VOLUNTEER?

Anyone can be a volunteer at the Osher Institute. Opportunities range from being a contributing member of one of the standing committees to proposing and leading a new initiative to spreading the word in the community. Contact the Osher office to express your interest and share your ideas.

Share Osher

INVITE A FRIEND TO CLASS

What better way to show someone how great Osher is than inviting them to join you?

Sharing the Osher experience is a win-win-win. The new member gains access to an amazing array of learning opportunities, the program becomes stronger with each new member, and you have the satisfaction of making a difference in someone's life (and possibly even gain a companion with whom to take classes and attend special activities). Invite your friends to feel the energy of the members and catch a glimpse of the interesting classes and life-enhancing experiences that await them when they join the dynamic Osher community.

Note: Some people may like to sample the Osher experience before joining. Guests are welcome to sample Special Events and Courses on a space available basis with prior approval of the Osher office. See page 49 for the guest policy.



Osher Lifelong Learning Institute
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