THE AGE OF ADVENTURE

SPRING 2020 | MARCH-MAY

Visual Arts · Politics · History · STEM · Fitness · Literature · Music

Register or Join Today!
801-581-7155 | osher.utah.edu
Recently, you have been complimenting the Osher staff on our diverse and interesting offerings. We always say “thank you,” but we wanted you to know a secret. You are the reason that Osher at the University of Utah is so diverse and full of talented instructors and special events. You are curious and knowledgeable members. We program with you in mind, making sure that we feature interesting locations on our special events and that our instructors are ready to share their research with you. We also have an amazing group of member-volunteers that works hard to recruit new instructors and open the door to local businesses. We could not run this program without John, David, Luci, Kathie, Sandy, Dot, Linda, Marilyn, Judy, Mary Jo, Connie, Helle, Barbara, Tamara, Angie, Nancy, Connie, Jill, Doyle, Stephanie, Frank and Pam. Thank you!

Each of these individuals is to thank for one of the courses or events in this catalog. They have helped us recruit leaders for Hiking the Wasatch, optometrists and doctors for Lectures in Ophthalmology, and museum curators that will help us understand the history of Japanese woodblock prints. They have opened doors to the new Salt Lake Airport, the Marriott Library conservation’s lab and Gilgal Gardens. Many are even leading special interest groups.

So if you see any of our volunteers in a course or at a special event be sure to compliment them on their success, and feel free to share your ideas with them. This Osher would not exist without our volunteers, and we could not do it without your curiosity and passion for learning!

- Lauren Andersen, Director

Lauren Andersen  Director (Office 263)  Jill E. Meyer Special Events  (Admin Office 280)  Sheila Jacobsen  Program Assistant  (Admin Office 280)  Osher and Registration Offices  540 Arapeen Drive, SLC, UT 84108
John Boyack Curriculum (Office 261)  Dylan Stokes Osher Excursions  (Admin Office 280)  Registration and Billing Questions  801-581-7155 | Registration Desk 210  M - F, 8:00 AM - 5:00 PM

See map and directions on page 55
Become a Member

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.

Special Activities
The brown bag Lunch and Learn lecture series and Special Events are included in an Osher membership (just $40 per year). Weekly lunch and learns at the Commander’s House can be a nice intermezzo between classes. 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 when they 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.
WORLD CLASS

Osher classes not only cover a wide variety of fascinating subjects, they are all designed to spark curiosity and activate your most powerful muscle: your mind. Class discussions are robust, engaging, and keep you thinking about the material long after class has ended. You’ll gain a new perspective on the world and your place in it.
ACT YOUR AGE

Society finds it convenient to categorize people according to age. The prevailing notion is that those who are approaching or who have reached retirement age should be winding down. Well, it’s time to change that perception. Getting older is not something to be fixed, endured, or avoided, it should be embraced and even celebrated. Think of the extra time that often comes with retirement as a gift to be used wisely.

After all, age is merely a state of mind. And if you don’t mind, it doesn’t matter how many candles are atop your birthday cake, you can still do anything. Climb a mountain, travel to exotic locations, take over the dance floor, gain new perspectives on history, became an artist, musician, or a community activist—there are no limits to what you can achieve.

Osher provides you with countless opportunities to defy the expectations put upon you by a number. New classes this semester include: America Before Columbus, Beginning Knitting, Bigotry: Winning the War, Journalism in the Crosshairs, Literature of Aging and the Family, Mindfulness Watercolor Painting, Paris Attractions, Preservation and Material Culture, The Science Behind the Headlines, Travel…Your Adventure Awaits, Trip to Mars, and dozens more.

When you crunch the numbers, you’ll find your best days are ahead of you. Enjoy them at Osher.

Register or renew your membership today!
America Before Columbus
Instructor: Bernadette Brown
This course will explore the indigenous cultures of the original Americans who inhabited the United States before the arrival of Columbus. The class will introduce civilizations that thrived long before Columbus landed and left behind monuments and art to mark their existence. Among the subjects to be discussed: migrations into North America, early civilizations, and the construction of large communities before the arrival of Europeans.
OSHER 233-002 • Tuesdays, 9:30 - 11:00 AM
March 24 - April 28
LOCATION: Continuing Education Building
TUITION: $99

American Constitutional History: Toward the Future
Instructor: Wayne McCormack
The constitutional history of the United States is critical to understanding and influencing the constitutional future of the United States, and is the subject matter of this course. Placing the Constitution of the United States in the context of global patterns is another step for which we may have time for only a brief glance or two. Our parade through U.S. history will break into six time sequences, each with its landmark events and Supreme

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Age Performance
Instructor: Paul Holbrook
This is a cross between our two previous Osher classes: “Transform Your Quality of Life” and “Age Faster.” It will cover all the latest in exercise programming for adults 50 or better. This course will include mastering the five fundamental movements and learning the five essential “resets” that will have you moving with better quality. And, Paul’s personal favorite, you will learn how to Age Faster! It is not what you think. We do not really want you to “age” faster, but we do want you to go through your later years with the ability to move your body faster. Moving quickly allows you to do the things you enjoy in life, travel, playing with grandchildren, recreational activities, and to recover quickly from a stumble to avoid a fall.
OSHER 217-002 • Wednesdays, 1:30 - 2:30 PM
March 25 - April 29
LOCATION: Age Performance, 1300 South 1100 East, SLC
TUITION: $69

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A Soldier’s View
Instructor: Chip Guarente
Consider this course a “show and tell” of a soldier’s uniform, taking a look at the equipment and weapons that an American soldier wore in the American Civil War, World War I and World War II. This three-week course will bring lecture and historical artifacts together. You’ll be glad you signed up!
OSHER 703-002 • Thursdays, 11:30 AM - 1:00 PM
March 25 - April 29
LOCATION: Commander’s House
TUITION: $99

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2 Plays by Shakespeare’s Contemporaries: Marlowe’s Doctor Faustus and Jonson’s Volpone
Instructor: Chris Horner
During the half century of “The Age of Shakespeare,” thousands of plays by hundreds of playwrights were performed on the London stage, many of them masterpieces. Doctor Faustus (circa 1589), by Shakespeare’s brilliant predecessor, Christopher Marlowe, blends highbrow theology with lowbrow slapstick in the tale of the man who sells his soul to the devil for vast power and knowledge. Volpone (circa 1605), by Shakespeare’s great rival, Ben Jonson, is a merciless and phantasmagoric satire of greed and lust set in Venice.
OSHER 821-002 • Thursdays, 1:30 - 4:30 PM
March 26 - April 9
LOCATION: smARTspace Studio, 3450 S. Main Street, SLC
TUITION: $99
SPECIAL FEE: $25

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COURSES
Becoming a Bird Watcher
Instructor: Joanne LeBer

The key to becoming a bird watcher is understanding the general impression, size and shape (GISS) of the bird. The GISS, plus the color pattern, habitat, and song/call are characteristics that lead bird watchers to accurately identify the bird. This class is a mix of in-class lessons and field trips. Beginning bird watchers develop skills that allow them to classify and identify birds based on plumage, song, behavior, habitat, and season. In-class lessons focus on identifying birds, selecting good gear, getting involved in local birding groups, participating in citizen science, and online and print resources. This course will also feature three field trips to various habitats.
OSHER 868-002 • Wednesdays, Fridays, 9:30 - 11:00 AM
March 25, 27, April 1, 3, April 8, 10
LOCATION: Commander’s House and around SLC
TUITION: $99

Beginning Line Dancing
Instructor: Ruth Palmer

This course introduces members to beginning line dance instruction using a variety of musical genre including show tunes, classic rock and roll, Latin influenced and country. Fun exercise for both the body and the brain.
OSHER 695-002 • Wednesdays, 1:30 - 3:00 PM
March 25 - April 29
LOCATION: 10th East Senior Center, SLC
TUITION: $99

Beginning Knitting
Instructor: Laura Albiston

Discover the feeling of accomplishment as you learn the art of knitting. You will gain skills in beginning your knitting, the meditation of the stitch, and the joy of completing a hat for yourself or a loved one. Take away the burden of perfection and instead allow yourself to embrace or correct your mistakes as they come. Learn about yarn, where it comes from, and how to use it for your projects.
OSHER 237-002 • Wednesdays, 9:30 - 11:00 AM
March 25 - April 29
LOCATION: Continuing Education Building
TUITION: $99

Court opinions, and each with a hint to the future from the Magna Carta to Watergate.

Aristophanes and Greek Comedy: Clouds, Frogs, Women at the Thesmophoria
Instructor: Chris Horner

Aristophanes, the sole surviving representative of Greek Old Comedy, produced his plays during the 5th century BCE. One of the most original playwrights in the entire Western tradition, his comedies feature a brilliant combination of fantasy and satire, inventive manipulation of language, and use of absurd characters and plots to lay bare his society’s institutions and values. Clouds famously caricatures the philosopher Socrates; Women at the Thesmophoria blends elaborate parody of tragedy with transvestite burlesque; and Frogs presents the dead tragedians Aeschylus and Euripides in a vituperative “literary criticism” of each other’s plays.
OSHER 215-002 • Thursdays, 1:30 - 3:00 PM
March 26 - April 30
LOCATION: Commander’s House
TUITION: $99

Bigotry: Winning the War
Instructor: Alan Springer

COURSES

This course will explore bigotry’s psychological processes and social manifestations. We will discuss ways it can be defeated including winnable battles against institutional racism and discrimination on the basis of religion or sexuality. The class will be small enough to maximize discussion. Introspection and emotional risk-taking will be required, sharing personal discoveries with the class will be optional.

OSHER 282-002 • Tuesdays, 9:30-11:00 AM
March 24 - April 28
LOCATION: Commander’s House
TUITION: $99

Calligraphy
Instructor: Chris Dyson

Calligraphy is a writing style that has flourished over thousands of years. Before the invention of the printing press, books and manuscripts were beautifully hand-lettered and illuminated with decorated letters. Using dip pens, students will learn to write the Italic alphabet of the Renaissance period and practice some elements of layout and design.

OSHER 615-002 • Wednesdays, 1:30 - 3:00 PM
March 25 - April 29
LOCATION: Continuing Education Building
TUITION: $99

Clutter-free and Organized at Last!
Instructor: Ruth Hadlock

Are you overwhelmed by the clutter and paper piles around you? How would it be to feel at peace in your home? As a Professional Organizer for fourteen years, Ruth Hadlock will show you how to use simple step-by-step methods to clear your clutter and manage your paper. Ruth will teach you the Clear & Simple Systems to get organized and STAY organized. Being organized is a skill anyone can learn!

OSHER 619-002 • Thursdays, 1:30 - 3:00 PM
March 25 - April 29
LOCATION: Commander’s House
TUITION: $99

Current Economic Issues
Instructor: Bill Carlisle

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 is going. We will examine current overall trends in growth rates, employment, unemployment, and other labor force indicators. We will 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 282-002 • Tuesdays, 1:30 - 3:00 PM
March 24 - April 28
LOCATION: Commander’s House
TUITION: $99

Cultural Geography
Instructor: Chris Dyson

The world has become a global society in which various cultures and belief systems must coexist with each other. Understanding other 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. Cultural 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 615-002 • Wednesdays, 1:30 - 3:00 PM
March 24 - April 28
LOCATION: Continuing Education Building
TUITION: $99
Dark Age Greece and the Rise of the Polis
Instructor: W. Lindsay Adams
With the fall of Troy, a second major migration of Greek-speaking peoples (Dorians) moved into the Balkan Peninsula, wiping out or absorbing the Mycenaean Greek kingdoms. They settled into the Peninsula and continued on to occupy the Aegean Islands and the West Coast of Asia Minor. The tribal chieftains established themselves as kings, founding cities, establishing aristocratic families as supporter, and allocating farmlands for peasant followers. With the fall of the Mycenaeans went their culture and writing. A Dark Age emerged, but one that saved the stories of the previous age. It will be on this platform that the Rise of the Polis (City State), and the Golden Age of Greece emerged.

OSHER 815-002 • Thursdays, 11:30 AM - 1:00 PM
March 26 - April 30
LOCATION: Continuing Education Building
TUITION: $99

Don’t Get Mad, Be Even
Instructor: Michele Straube
This workshop will offer an introduction into the effective use of different conflict styles, the neuroscience of conflict and collaboration, and the
basics of conflict management/negotiation skills. Sessions will be interactive with a combination of lecture, exercises and small group discussion.

OSHER 314-002 • Tuesdays, 3:15 - 4:45 PM
March 24 - April 28
LOCATION: Commander’s House
TUITION: $99

**Drawing Workshop: Intro to Two-point Perspective**
*Instructor: Bill Laursen*

The focus of this course is drawing in one- and two-point perspective and the importance perspective has in art history. Learning to draw from observation changes the way we see, and the more we draw, the more we need to reconsider our preconceptions and expectations of drawing and ourselves. The course will focus on how to see perspective everywhere in daily life and how to render everyday subjects in two-point perspective. The course is suitable for beginners and those continuing from 'Introduction to Drawing.' Please bring pencils, an eraser, a plastic ruler, and a sketch book (8.5 x 11) to class.

OSHER 617-002 • Tuesdays and Thursdays, 1:30 - 3:00 PM
March 24 - April 30
LOCATION: 10th East Senior Center, SLC
TUITION: $179

**Embrace Aging**
*Instructor: Anne Asman*

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 273-001 • Friday, 6 PM - 9 PM
March 20
LOCATION: TBD
TUITION: $19

**Falling Out**
*Instructor: TBD*

Blending multimedia theatre with marionette puppetry, Japanese Butoh, and krump dancing, Phantom Limb’s *Falling Out* is a mesmerizing depiction of love, loss, and survival in the aftermath of the nuclear fallout in Fukushima, Japan. *Falling Out* is about people’s changing relationship to nature over time, and is an evocative exploration of what hope means in a time of climate chaos. Osher instructors will give a hour lecture before the performance to discuss nuclear fallout in Utah and across the country.

OSHER 273-001 • Friday, 6 PM - 9 PM
March 20
LOCATION: TBD
TUITION: TBD

**Everyday Mindfulness**
*Instructor: Julie Howell*

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 the 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 62-002 • Wednesdays, 3:15 - 4:45 PM
LOCATION: Continuing Education Building and Red Butte Garden
TUITION: $89
SPECIAL FEE: $15
Flamenco Appreciation  
*Instructor: Katie Sheen-Abbott*

Flamenco is an ancient art form in which dancers, musicians, and the audience interact and communicate throughout the performance. This course will explore flamenco from the audience’s point of view. We’ll learn how to appreciate the language and expression of flamenco and examine different flamenco styles, from the traditional to the very modern. The course will also focus on the basic flamenco palos and rhythms (tangos, alegrías, and sevillanas). We will learn how to clap these rhythms and how to recognize the rhythms in a performance setting. If you’re getting ready to travel to Spain, this course is great preparation to get the most out of your flamenco experiences.

**OSHER 391-002 • Mondays, 1:30 - 3:00 PM**  
March 23 - April 27  
**LOCATION: 10th East Senior Center, SLC**  
**TUITION: $99**

Forensic Science  
*Instructor: Andrew Pacejka*

Forensic science is the application of a broad spectrum of disciplines to investigate and assist the trier of fact in criminal or civil law. We will start with an overview of the field and learn about the capabilities of the Utah Bureau of Forensic Services (a.k.a. the State Crime Lab), review the history of fingerprints and fingerprint processing techniques, explore history and topics in Questioned Document Examination, and study the tools and techniques in biological evidence (e.g. DNA). Osher members will walk through a mock crime scene and discuss any probative evidence and how to collect it. The course will be a balance of lecture and hands-on experience, culminating with a visit to the State Crime Lab.

**OSHER 471-002 • Tuesdays, 5:15 - 6:45 PM**  
March 24 - April 28  
**LOCATION: Commander’s House**  
**TUITION: $99**  
**SPECIAL FEE: $10**

**Frost and Hemingway**  
*Instructor: Rob Carney*

Robert Frost’s “The Road Not Taken” gets recited at a lot of high school graduations, but Frost is nobody’s kindly-grandpa type. His body of work is much more complex. Ernest Hemingway often gets summed up as macho, but his stories demonstrate more range and nuance than that. We will read nine works by each and discuss their strengths and ideas. We will also consider their relevance to our own time. The first week we will read and discuss works by Frost: “Mending Wall”, “Death of a Hired Man”, and “Stopping by Woods on a Snowy Evening”. The second week, we will discuss Hemingway’s “Indian Camp”, “The Killers”, and “The Battler”.

**OSHER 254-002 • Wednesdays, 3:15 - 4:45 PM**  
March 25 - April 29  
**LOCATION: Commander’s House**  
**TUITION: $99**

**From Hokusai to Hasui: A Glimpse Into the World of Japanese Woodblock Prints**  
*Instructor: Luke Kelly*

In conjunction with two new Japanese shows at the Utah Museum of Fine Arts, this course introduces members to the vibrant world of Japanese woodblock prints. Beginning in Japan in the 1600s, ukiyo-e woodblock prints captured the energy of Edo period (1603-1868) urban culture. Prints depicted Kabuki actors, sumo wrestlers, and courtesans. In the 19th century, artists like Hokusai and Hiroshige introduced landscapes and new techniques to the genre. During the late 19th and early 20th century, prints were in decline in Japan, but soared in popularity and appreciation in the west. The 20th century saw the new print movement sought to recapture the spirit of the past infused with western ideas.

**OSHER 227-002 • Tuesdays, 11:30 AM - 1:00 PM**  
March 24 - April 28  
**LOCATION: Commander’s House**  
**TUITION: $99**

Spanish Appreciation  
*Instructor: Pascale Maza*

Learn to enjoy and engage in the culture and language of Spain. We will learn basic Spanish vocabulary and practice pronunciation and grammar. We will explore the world of flamenco - the beauty of the music, dance, and lyrics - and will learn to appreciate the full range of Spanish music. We will discuss the history of flamenco in Spain and explore regional flamenco styles.

**OSHER 282-002 • Thursdays, 9:30 - 11:00 AM**  
March 26 - April 30  
**LOCATION: Commander’s House**  
**TUITION: $99**  
**SPECIAL FEE: $10**

Flamenco Appreciation  
*Instructor: Katie Sheen-Abbott*

Flamenco is an ancient art form in which dancers, musicians, and the audience interact and communicate throughout the performance. This course will explore flamenco from the audience’s point of view. We’ll learn how to appreciate the language and expression of flamenco and examine different flamenco styles, from the traditional to the very modern. The course will also focus on the basic flamenco palos and rhythms (tangos, alegrías, and sevillanas). We will learn how to clap these rhythms and how to recognize the rhythms in a performance setting. If you’re getting ready to travel to Spain, this course is great preparation to get the most out of your flamenco experiences.

**OSHER 391-002 • Mondays, 1:30 - 3:00 PM**  
March 23 - April 27  
**LOCATION: 10th East Senior Center, SLC**  
**TUITION: $99**

Forensic Science  
*Instructor: Andrew Pacejka*

Forensic science is the application of a broad spectrum of disciplines to investigate and assist the trier of fact in criminal or civil law. We will start with an overview of the field and learn about the capabilities of the Utah Bureau of Forensic Services (a.k.a. the State Crime Lab), review the history of fingerprints and fingerprint processing techniques, explore history and topics in Questioned Document Examination, and study the tools and techniques in biological evidence (e.g. DNA). Osher members will walk through a mock crime scene and discuss any probative evidence and how to collect it. The course will be a balance of lecture and hands-on experience, culminating with a visit to the State Crime Lab.

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**LOCATION: Commander’s House**  
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*Instructor: Rob Carney*

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*Instructor: Pascale Maza*

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**OSHER 282-002 • Thursdays, 9:30 - 11:00 AM**  
March 26 - April 30  
**LOCATION: Commander’s House**  
**TUITION: $99**  
**SPECIAL FEE: $10**
Google Tools: Exploring Drive & Sites
Instructor: Pat Lambrose
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 device(s) or a desktop computer. 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 120-002 • Wednesdays, 2:00 - 5:00 PM
March 25 and April 01
LOCATION: Continuing Education Building
TUITION: $69

Great Decisions
Instructor: The Utah Council for Citizen Diplomacy
Join Great Decisions, a discussion group where sharing knowledge, ideas, and opinions will strengthen your understanding of timely international issues that are vital to U.S. foreign policy. Osher members will have access to in-depth topic resources: a Great Decisions Briefing Book, videos that provide context, and lectures by local experts who will expound on the topics and lead the class discussions. 2020 topics include: Climate Change; India and Pakistan; Red Sea Security; China’s Road to Latin America, Artificial Intelligence and more. This course is offered in partnership with the Utah Council for Diplomacy, a local nonprofit affiliate of the World Affairs Council of America.

OSHER 14-002 • Wednesdays, 1:30 - 3:30 PM
March 25 - May 13
LOCATION: Continuing Education Building
TUITION: $129
SPECIAL FEE: $5

Hiking the Wasatch
Instructor: Dave Smith
This class will feature short hikes with modest elevation gains. Spring hiking in the Wasatch is frequently dependent on snow levels. Accordingly, hikes for this term will focus on foothill and lower-elevation destinations. The scheduled hike each week will be subject to modification based on current conditions. The pace will be slow enough to enjoy the environment, view any wildlife that may be encountered, and socialize with other participants. Sturdy walking shoes or hiking boots will be necessary and trekking poles are helpful. Rain gear and appropriate clothing for the weather are necessary. Planned Hikes: 3/23 Bonneville Shoreline Trail, Orson Smith T.H. to Bear Canyon 2.4 mi. 470 ft. gain. 3/30 Lower Bell’s Canyon Reservoir Loop 2.3 mi. 532 ft. gain. 4/06 Alexander Canyon 4.0 mi. 445 ft. gain. 4/13 Dimple Dell Park, North Rim Tr. to Mountainview Tr. Loop 4.7 mi. 561 ft. gain. 4/20 Pipeline Tr., Rattlesnake Gulch to Salt Lake Overlook 3.3 mi. 710 ft. gain. 4/27 Corner Canyon, Clark’s Tr. & Hoof n’ Boot Loop 3.9 mi. 905 ft. gain.

OSHER 26-002 • Mondays, 9:30 AM - 2:00 PM
March 23- April 27
LOCATION: Salt Lake County
TUITION: $99

History of Funeral Services
Instructor: Shannon Warenbski
This course is a brief introduction to the modern-day funeral service covering historical developments, present-day funeral practices, and the values of funeral service. Personal qualifications, ethics, and application to current practices will be discussed. Students will learn about current religious rites, ceremonies, and memorial practices of religious faiths including those of Catholic, Buddhist, Jewish, Military veterans, and fraternal organizations. Instruction includes guest speakers. Modern-day funeral service operation, law, and regulations will also be discussed.

OSHER 420-002 • Tuesdays, 5:15 - 6:45 PM
March 24 - April 28
LOCATION: Commander’s House
TUITION: $99
Human Cognitive Limitations
Instructor: Alan Morris
Dr. Morris has been deeply engaged in medical decision-making and has explored general human cognitive limitations that contribute to erroneous decisions. The class will address the nature of human cognitive limitations and the common human overestimation of our capabilities and performance. Why do we so commonly make bad decisions and poor predictions? These discussions will be linked to our human species’ success through Darwinian evolution.
OSHER 657-002 • Mondays, 11:30 AM - 1:00 PM
March 23 - April 27
LOCATION: Continuing Education Building
TUITION: $99

Intermediate to Advanced Photography
Instructor: Rodger Newbold
As taking pictures becomes more prevalent, it is important for the community concerned with significant photography to set a standard. High-quality images must be distinguished from the rest by their technical mastery and clarity of vision. We will learn to correct photographic exposures, control focus, tell stories using photographs, and explore the use of wide-angle and telephoto lenses.
OSHER 67-002 • Tuesdays, 5:15 - 6:45 PM
March 24 - April 28
LOCATION: Commander’s House
TUITION: $99

Internet Security
Instructor: Debbie White
This three-session course will cover internet issues such as security, privacy, viruses, malware, scams/frauds/identity theft, computer hackers, phishing, and more. We will also discuss a number of suggested offensive and defensive safety tips and best practices for both Mac and Microsoft platforms, including most mail clients.
OSHER 51-003 • Wednesdays, 9:30 - 11:00 AM
March 25 - April 8
LOCATION: Commander’s House
TUITION: $49
- OSHER 51-003 • Wednesdays, 9:30 - 11:00 AM
April 15 - 29
LOCATION: Commander’s House
TUITION: $49

Introductory Hand Drumming and Rhythm
Instructor: Bill Stoye
This Osher course allows members who have always wanted a reason to drum to learn comfortably and at an easy pace. We will learn the basics of rhythm and understand how rhythm emphasizes and supports the music. Osher members are invited to listen to music and play along on their own drum. The Special Fee will cover the purchase of a smaller djembe style drum.
OSHER 628-002 • Thursdays, 3:15 - 4:45 PM
March 26 - April 30
LOCATION: 10th East Senior Center, SLC
TUITION: $99
SPECIAL FEE: $45

Islamic Civilization
Instructor: Abdulnaser Kaadan
This class will revolve around a discussion about the evolution and practice of the Islamic civilization from its origins until its fall, including the Islamic Golden Age. The goal of the course is to encourage members to think about Islamic civilization from an historical perspective and to appreciate how a knowledge of Islamic civilization can inform the study of history.
OSHER 113-002 • Thursdays, 1:30 - 3:00 PM
March 26 - April 30
LOCATION: Commander’s House
TUITION: $99
Learn to Play Mah Jongg  
_Instructor: Marilyn Morris_

Mah Jongg is a cognitive game that can improve memory and sharpen the mind. People learn to make faster decisions and make observations quickly and think in different ways. It is not only good for the brain but also good for socialization which can often be a problem for seniors. A study in Hong Kong, published in the *International Journal of Geriatric Psychiatry* states that Mah Jongg is a viable option for combatting dementia without professional intervention.

**OSHER 238-002 • Tuesdays, 1:30 - 3:30 PM**  
March 24 - April 14  
**LOCATION:** Continuing Education Building  
**TUITION:** $99  
**SPECIAL FEE:** $10

Korean Ink Art: Brush to Rice Paper  
_Instructor: Joon Bae_

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 Symbols, Four Gentlemen: Bamboo, Orchid, Mum, Plum Tree. Students will cultivate creativity; new mysterious ink painting ideas, and radical constraint but the brushwork remains in the heart as a metaphor and symbol of things. With the diversity of so many creative brushstrokes, Asian ink paintings enable students to know and appreciate beautiful East Asian art. The methods help develop a better cultural exchange, understanding of culture, and respect for the diversity of lifestyle.

**OSHER 7-002 • Wednesdays, 9:30 - 11:30 AM**  
March 25 - April 29  
**LOCATION:** Continuing Education Building  
**TUITION:** $99

King Arthur and The Matter of Britain  
_Instructor: Gordon Jones_

The Matter of Britain is a course on the role of King Arthur in Western literature, history, and culture. Over six lectures we will cover the historical Arthur (if there was an Arthur) and his evolution into the iconic literary figure who continues to loom large in Western culture.

**OSHER 616-002 • Thursdays, 1:30 - 3:00 PM**  
March 25 - April 29  
**LOCATION:** Continuing Education Building  
**TUITION:** $99

Lectures on Ophthalmology  
_Instructor: John Moran Eye Center_

Six lectures from experts in Ophthalmology from the John A. Moran Center will touch on a different topic each week. The schedule is as follows: Mar 26 Monika Fleckenstein, MD, Adult Macular Degeneration; Apr 2 Rachel Simpson, MD, Glaucoma; Apr 9 Doug Marx, MD, Eyelid Surgery/Other Oculoplastics topics; Apr 16 Akbar Shakoor, MD, Retinal Detachment/Autoimmune Diseases; Apr 23 Davide Meyer, OD and Dix Petley,
materials developed by Dr. Sam Trychin, explores what contributes to the differing experiences we have in communication and understanding, how to identify them, and what to do about them. Technology will be touched on but the emphasis of the class is changing the behaviors that make dealing with a hearing loss more difficult. Learn what you can do, what others can do, and how to ask for what you need. This class will have assisted listening and real-time captioning to make it fully accessible to people with hearing loss.

OSHER 197-002 • Mondays, 1:30 - 3:00 PM
March 23 - April 27
LOCATION: SFEBB, 1655 Campus Drive, Salt Lake
TUITION: $99

Looking Into The Abyss: A Guided Tour of Modern Conflict, Atrocity, Accountability and Recovery
Instructor: David Schwendiman

Osher members will be exposed to examples of modern conflict and the immense suffering and destruction that affects lives and influences events around the world. This course examines what has been done to hold individuals accountable for their part in atrocity, war crimes, and crimes against humanity committed in those conflicts. We will explore and evaluate the historic origins and reasons for insisting on accountability for
The passion and enthusiasm Osher instructors bring to each class is legendary. It’s also contagious. Students can’t help but to be inspired to think deeply about the subject matter, which results in lively discussions. Best of all, Osher instructors make learning fun through stimulating lesson plans and hands-on activities in an always encouraging and supportive environment.
these acts, and assess attempts to help individuals, affected populations, and states recover and rebuild during and in the wake of conflict. The course ends with a look at the future of norms, rules, laws, and institutions that address accountability for atrocity, war crimes, and crimes against humanity, including an examination of their impact on war-fighting and war-fighters as well as on the civilians, communities, and states caught up in current and future conflicts.

**OSHER 247-002 • Tuesdays, 3:15 - 4:45 PM**
March 24 - April 28
LOCATION: Commander’s House
TUITION: $99

**Make Productive Use of your Windows Laptop**
_Instructor: Eunice Griffin_

Learn the basics of the Windows operating system that powers your laptop. Learn how to use Word to write your memoirs. Set up and productively use an email account to maintain contact with your friends and relatives. Use Google to look up facts and topics you would like to learn more about. Use Windows Explorer to easily store and retrieve all the memories you create with Word and Excel! This course is for beginners who want to more productively use their new laptops. This course is not appropriate for intermediate and advanced users.

**OSHER 670-002 • Mondays, 3:15 - 4:45 PM**
March 23- April 27
LOCATION: Continuing Education Building
TUITION: $99

**McCarthyism: Political, Social, and Economic Oppression In America**
_Instructor: Kay Hunt_

Senator Joseph McCarthy is the person whose name is attached to the type of oppression this course is concerned with but this repression exists in many institutions and practices in the United State even now, decades after Senator McCarthy lost his power in the 1950s.

**OSHER 281-002 • Mondays, 1:30 - 3:00 PM**
March 23 - April 27
LOCATION: Commander’s House
TUITION: $99

**Masterpieces at the Metropolitan Museum of Art**
_Instructor: Jill E. Meyer & Margaret Landesman_

The Metropolitan Museum of Art in New York houses one of the world’s finest collections. With 19 curatorial departments and two million square feet of exhibition space, the museum is a living encyclopedia of humankind’s greatest achievements spanning from Ancient Egypt to the present day. Enjoy an armchair tour of the highlights with two trained docents who know this museum well. For regular visitors to the Met, this course will provide an opportunity to connect with old favorites and deepen understanding. For those planning a trip to New York, this course will help select what you really want to see and maximize your visit. We will create an enlivening and uplifting group experience of viewing great art.

**OSHER 678-002 • Tuesdays, 11:30 AM - 1:00 PM**
March 24 - April 28
LOCATION: Continuing Education Building
TUITION: $99

**Medicare For All?**
_Instructor: John Grima_

This course will explore a set of topics that are foundational to a clear understanding of health policy in the United States. We will look at overall system cost, how the U.S. compares to and differs from other modern economies; factors governing the demand for health services; social determinants of health and access to health care; geographic variation in the content and quality of care; Medicare, Medicaid, and government support for health spending. We will try to keep a common focus by using each topic to create arguments for and against a single-payer in the United States (Medicare for All). There will be recommended readings, slide
presentations, and discussion. It will be more fun than it perhaps sounds at first hearing. The core of the demand discussion is a piece that analogizes health care services to farm yard animal behavior; the core social piece is from the British civil service; and the variation material is from the Dartmouth Atlas, material that is good to look at and startling in what it shows about U.S. hospital care.

OSHER 256-002 • Thursdays, 9:30 - 11:00 AM
March 26 - April 30
LOCATION: Commander’s House
TUITION: $99

Mind Over Matter
Instructor: Chris Wilson

Some researchers claim that up to 87% of the illnesses that plague us are a direct result of toxic thinking. “Mind Over Matter” is a course that helps participants understand the negative effects of toxic thinking on our lives and relationships. The course is interactive and experiential and teaches participants the difference between positive and negative thoughts through meta-cognition. Other topics include the connection between thoughts and emotions, warning signs of unhealthy thought patterns, and how to change toxic thinking patterns to gain better holistic health.

OSHER 207-002 • Mondays, 11:30 AM - 1:00 PM
March 23 - April 27

Mindfulness Watercolor Painting
Instructor: Barbara Taylor

This course will blend studio practice with plein air style. Osher members will spend four weeks working on their own courses in a studio and two days in Moab. Course facilitator Barbara Taylor will be available for advice and support. At the end of each session 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.

After the first four lessons, Barbara Taylor will co-lead an overnight excursion to Moab for two days of guided painting inside Arches National Park and nearby scenic locations. No prior experience necessary - all levels are welcome to join and learn! All meals, painting supplies, transportation, accommodation, and park entrance fees included.

OSHER 284-002 • Tuesdays, 9:30 - 11:30 AM
April 7, 14, 21, 28, May 5, 6
LOCATION: Continuing Education Building and Arches National Park
TUITION: $49
SPECIAL FEE: $320/person (double occupancy)

Nutrition for an Aging Population
Instructor: Denise Gascoigne

This course will survey the latest information related to human nutrition for the elderly. Topics covered will include: nutritional requirements in older adults; the role of nutrition in the prevention of age-associated diseases; nutrition and immunity; drug-nutrient interactions; nutrition and behavior, and nutrition and gastrointestinal function. In addition, we will survey the various social services currently available to assist our aging population’s nutritional needs. Topics will be presented in a simple and easy-to-understand format.

OSHER 255-002 • Thursdays, 3:15 - 4:45 PM
March 26 - April 30
LOCATION: Continuing Education Building
TUITION: $99

Our Great Salt Lake
Instructor: Jaimi Butler

Great Salt Lake is a unique, understudied, and underestimated national landmark. As one of the extreme ecosystems of the world, where life is tested at its limits,
Pilates: Life in Balance
Instructor: Lindsey Mattison
What creates a balanced body? We know that when bones act our muscles react. Our approach to this understanding begins with our basic, bony structure as we build from the ground up. We will add skills for stability and mobility in each class session to emerge feeling stronger in our core, stable on our feet, and supported by our posture and breath. We will hone these fundamental skills to feel supple throughout our bony structures and bright in our minds.

OSHER 635-002 • Thursdays, 9:30 - 11:00 AM
March 26 - April 30
LOCATION: YOLO Pilates, 1615 Foothill Drive, SLC
TUITION: $99

Performing Balkan Music
Instructor: Jan Root
Learn the basics of Balkan music and song, and celebrate with a Saturday night performance at the end of the course. Balkan music uses challenging and unique harmonies and rhythms. Each session will include singing Balkan music, playing Balkan music, and listening to Balkan music. At the conclusion of the course, we will perform at an International Folk Dance Association party.

OSHER 680-001 • Wednesdays, 1:30 - 3:00 PM
March 25 - April 29
LOCATION: 10th East Senior Center, SLC
TUITION: $99

Policing in America
Instructor: Paul Cunningham
This course will explore the role of police in America, including a historical overview and explanations of jurisdiction. We will examine how police officers are selected, trained, and managed. After considering crime data, we will look at issues such as police use of force, race, vehicle pursuits, body cams, citizen review boards, etc. One class will focus on the corrections system. Each class will include 30 minutes dedicated to discussion of police related news of the past week.
COURSES

OSHER 687-002 • Tuesdays, 3:15 - 4:45 PM
March 24 - April 28
LOCATION: Commander’s House
TUITION: $99

Protection and Material Culture
Instructor: Randy Silverman

This course provides an introduction to the preservation of library materials. The curriculum includes an overview of the causes of physical and chemical deterioration to various forms of library media and explores the body of knowledge related to ameliorating those problems. The sequence includes a history of papermaking, printing, and book production for the purpose of understanding the physical “stuff” of traditional library collections, as well as addressing some non-book and digital media. Inherent causes of book and paper deterioration will be discussed in relation to currently accepted standards for book and paper conservation. The role of preventive measures, including appropriate care and handling, archival housing, the use of alkaline paper, environmental control, and disaster preparedness will be explored.

OSHER 232-002 • Tuesdays, 9:30 - 11:00 AM
March 24 - April 28
LOCATION: Marriott Library, Room 5210
TUITION: $99
SPECIAL FEE: $20

Protecting the Earth with Sustainable Winemaking Practices
Instructor: Sheral Schowe

We will celebrate Earth Day with a discussion on sustainable, organic, and biodynamic grape growing and winemaking practices. Following the discussion, Sheral Schowe, founder and wine educator of Wasatch Academy of Wine, LLC, will lead you through a tasting of her favorite wines from around the world which were crafted with organic and biodynamic methods. Cheese, bread, and organic olive oil will be served with the tasting of six wines.

OSHER 252-002 • Wednesday, 6:00 - 9:00 PM
April 22
LOCATION: Marriott Hotel, 480 Wakara Way, SLC
TUITION: $49
SPECIAL FEE: $79

Remote Control Model Aircraft Ground School 101
Instructor: Lee K Shuster

After decades of dominance by glow and gas-powered internal combustion engines, the hottest thing in remote control (RC) flying today is clean, electric powered model aircraft. RC Model Aircraft Ground School provides you with the information you need to get started in the exciting hobby of model aviation. Safely explore warbirds like the P-51 Mustang, aerobatic aircraft like the Edge 540, and a variety of trainers similar to the Piper Cub or Cessna 172 in a realistic classroom simulator.

OSHER 594-002 • Tuesdays, 1:30 - 3:30 PM
March 24 - April 28
LOCATION: Continuing Education Building
TUITION: $99

Re-Imagining Your Life:
A Creative Aging Writing Workshop
Instructor: Debbie Leaman

Where do I belong? Who am I, now that I am not who I used to be? What is my purpose? These are common questions we all ask ourselves as we grow older. Expressive writing opens us up to new possibilities, helps unblock us, and reveals new pathways toward reinvention and discovery. It changes our perspective in ways that we might not have otherwise seen. Through guided writing prompts, readings, shared stories, and other creative means members will uncover their own personal answers – helping them find purpose and meaning in life’s next act.

OSHER 687-002 • Tuesdays, 3:15 - 4:45 PM
March 24 - April 28
LOCATION: Commander’s House
TUITION: $99

Remote Control Model Aircraft Ground School 101
Instructor: Lee K Shuster

After decades of dominance by glow and gas-powered internal combustion engines, the hottest thing in remote control (RC) flying today is clean, electric powered model aircraft. RC Model Aircraft Ground School provides you with the information you need to get started in the exciting hobby of model aviation. Safely explore warbirds like the P-51 Mustang, aerobatic aircraft like the Edge 540, and a variety of trainers similar to the Piper Cub or Cessna 172 in a realistic classroom simulator.
Rewiring the Brain for Spiritual and Personal Development
Instructor: Harry Keshet

We have entered a new and hopeful era of human achievement. A new brain science of personal and spiritual development has emerged in the last 15 years. The brain is not static or unchanging. We can self-direct our mind, using specific practices, to rewire brain circuits and create new pathways to consciously support positive life changes, contentment, compassion, calmness, and joy as we age. Prayer, meditation, contemplation, and chanting changes the brain in specific ways that support awareness of our higher Self, awareness of other people and helps us live consciously and cooperatively. We will examine the science of well being and higher consciousness and learn specific methods that enable the mind and brain to work together to reach higher levels of human development.

OSHER 614-002 • Wednesdays, 11:30 AM - 1:00 PM
March 25 - April 29
LOCATION: Commander’s House
TUITION: $99

- OSHER 614-003 • Thursdays, 1:00 - 2:30 PM
March 26 - April 30
LOCATION: Park City, Summit County Library
TUITION: $99
SPECIAL FEE: $10

Rhythm Ukulele
Instructor: Bill Stoye

This class will focus on learning new styles and rhythms for playing ukulele, including strums, plucking and picking patterns, and breaking down rhythms and counting. Learn how dynamics and combining rhythms will breathe new life into songs. You should have some basic ukulele ability and be able to follow along with some simpler songs. Bring your own ukulele. We will play in standard (GCEA) tuning. Instructor will supply materials.

OSHER 698-002 • Wednesdays, 1:30 - 3:00 PM
March 25 - April 29
LOCATION: 10th East Senior Center, SLC
TUITION: $99

Singing In Harmony
Instructor: Stacey Cole

This workshop is all about singing for the pure joy of it. We will be learning three songs from across the globe, with lush and diverse harmonies and simple text. Easy enough to learn by ear but satisfying and special enough to sing over and over. All voices welcome (from shy shower singers to confident singers). Songs will be taught by ear (no need to read music). Instructor Cole will provide audio files via email of all of the parts for in-home practice. Participants can choose which part they would most like to learn and sing. There is nothing so delightful as blending our voices, creating wondrous and beautiful harmony. Come explore, see, and hear what our voices can do!

OSHER 805-002 • Thursdays, 11:30 AM - 1:00 PM
March 26 - April 30
LOCATION: Monson Center
TUITION: $99

Snake Kings and Warrior Queens:
Politics among the Ancient Maya
Instructor: Richard Paine

Recent advancements in the decipherment of Maya texts have opened up a new world of ancient Maya politics. We will explore the world of ancient Maya politics, including: the role of Maya priest kings, relationships between warfare and religion, political alliances, Maya warrior queens, and the 500-year rivalry between Tikal and the mysterious Kaan (snake) kings.

OSHER 671-002 • Wednesdays, 3:15 - 4:45 PM
March 25 - April 29
LOCATION: Commander’s House
TUITION: $99

- OSHER 671-003 • Thursdays, 1:00 - 2:30 PM
March 25 - April 30
LOCATION: Park City, Summit County Library
TUITION: $99
SPECIAL FEE: $10
The Films of James Whale  
*Instructor: Chris Stockslager*

You likely haven't heard of him James Whale, you may not have seen his most famous films, but you know them. Besides directing horror masterpieces such as *Frankenstein* (1931), *The Bride of Frankenstein* (1935), and many other films in the horror genre, Whale was a multi-talented film director who helmed wonderful productions ranging from a sequel to the film *All Quiet on the Western Front* and the 1936 version of Jerome Kern and Oscar Hammerstein III’s *Showboat*. We will also examine some of his lesser-known horror films. Hollywood wasn’t as kind to Whale as they could have been, but through his movies, we shall see his unique touch in everything he did.

**OSHER 393-002 • Mondays, 7:00 - 9:00 PM**  
March 23 - April 27  
**LOCATION:** Continuing Education Building  
**TUITION:** $99

The Culture of Utah Politics  
*Instructor: Brian King*

We have a tendency to view those with whom we disagree about deeply felt political issues as not just wrong but as morally inferior. Understanding more about why that is true, coming to a greater understanding of how these political issues can divide us, and developing methods to bridge the gap between people on opposite sides of those strongly held political beliefs are more important today than ever. We will try to make progress in these areas in this course. We will discuss the history of, and cross currents in, Utah politics. We will talk about how the legislative process works in Utah, how Utah’s political climate is affected by cultural and religious values and influences, and how those are influenced by national issues and trends. Guest presenters may include current or former elected officials.

**OSHER 731-002 • Tuesdays, 9:30 - 11:00 AM**  
March 24 - April 28  
**LOCATION:** Commander’s House  
**TUITION:** $99

The Bill of Rights  
*Instructor: Beth Whitsett*

This course will explore the first ten amendments to the U.S. Constitution including the sources and early history of each of the enumerated rights, and the interpretations provided by the U.S. Supreme Court over the last 240 years. While we will cover all ten amendments, we will focus on Amendments I (speech, press, religion and assembly), IV (privacy), and V and VI (due process).

**OSHER 243-002 • Tuesdays, 11:30 AM - 1:00 PM**  
March 24 - April 28  
**LOCATION:** Continuing Education Building  
**TUITION:** $99

The Fools of Shakespeare  
*Instructor: Charles Boynton*

Shakespeare wrote his plays to be acted. His "fools" were created for dramatic presentation. Their literary qualities were of comparative indifference to him, the conception and depiction of the major characters of each drama and the arrangements of the incidents of the play being his first consideration. However, the beauty
of the diction, the exquisite poetry, and the sublime philosophy of the “fools” showed the spontaneous expression of his transcendent but unconscious genius.

OSHER 246-002 • Tuesdays, 9:30 - 11:00 AM
March 24 - April 28
LOCATION: Commander’s House
TUITION: $99

The Geography of Buddha
Instructor: Jonathan Duncan

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 class 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 965-002 • Thursdays, 3:15 - 4:45 PM
March 26 - April 30
LOCATION: Commander’s House
TUITION: $99

The History and the Literature: City of Thieves
Instructor: Diane and Stan Henderson

Historical novels tell interesting stories about a time and place and the people living there. The authors of these novels must do extensive research so that their writing accurately reflects the history of the period. Using City of Thieves by David Benioff as the launching point, this class will offer a one-hour look at the history of Russia in the years just before and after the revolution in order to provide the historical context for the novel. We will then spend an hour discussing the novel as a piece of contemporary literature. Readers and history buffs welcome! Participants should read City of Thieves before the class.

OSHER 278-002 • Monday, 9:30 - 11:30 AM
May 4
LOCATION: Continuing Education Building
TUITION: $19

The Most Common Health Problems in Elderly: Part 1
Instructor: Abdulnaser Kaadan

The average lifespan of humans has dramatically increased in the last decade due to advances 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. 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 all people as they age, and to recognize that there are preventive measures by which you place yourself (or a loved one) on a path to healthy aging.

OSHER 205-002 • Thursdays, 3:15 - 4:45 PM
March 26 - April 30
LOCATION: Commander’s House
TUITION: $99

The Science Behind the Headlines
Instructor: Alan Eastman

This course discusses how science really works and how the process differs from the legal system and journalism. We will discuss five major areas of current concern where some knowledge of the sciences is essential to understand what is going on: air pollution, water pollution, energy and alternative energies, climate change, and evolution.
**Travel...Your Adventure Awaits!**  
*Instructor: Bonnie Snyder*

Come learn, share, and journal all about your travel dreams. We will discuss road trips down Highway 101 and Route 66. We will also explore regions of the United States: the South, New England, the Midwest and the Northwest. Finally, we will look at international destinations. Learn cruise tips, travel tips, and ignite the travel fire inside you.

**Trip to Mars**  
*Instructor: Dennis Clark*

The first question is “Why go to Mars?” The answer: because it is the stepping stone to Infinity. NASA scientists have been working for years to prepare us to visit the Red Planet. The initial concept launched in 2018, with a rover to follow in 2020. Those dates have been pushed forward; currently, there is a soft date for this part of the plan scheduled for 2024. Only time will tell what the future will bring as far as Mars exploration is concerned. Join us as we discuss.

**Ukrainian Egg Decoration: Beginner**  
*Instructor: Diana Michalicek*

Explore your creative side, learn and improve your egg dyeing skills, and gain cultural awareness in this three-day introductory workshop led by Osher instructor, Diana Michalicek. Osher members will learn about and work with kistka, design patterns, then create beautiful, colorful eggs in the tradition and style of Ukrainian culture.

**Utah Opera Preview: The Barber of Seville**  
*Instructor: Paula Fowler*

During our class meeting on Tuesday March 3, students will learn about the history and music of the classic comic opera, *The Barber of Seville*, by Rossini. They will also...
Vincent Price and Poe
Instructor: Chris Stockslager
Price and Poe: a match made in heaven. Over the course of only four years, Price made no less than seven Edgar Allen Poe films with Roger Corman’s film company. Though not exactly strictly adhering to the original stories, the films are some of Price’s best work. Spooky, atmospheric, and always with more than a wink towards the audience, these films are a riot and theatrical to the hilt. We will be watching five of the seven Price / Poe films, and one film very closely related to the others in the theatre department (Price considered it his best film). We will also explore how these films differentiated from the source material and perhaps why. Come join me, won’t you?
OSHER 593-002 • Wednesdays, 7:00 - 9:00 PM
March 25 - April 29
LOCATION: Continuing Education Building
TUITION: $99

What is Modern Art? Modernism and Post-modern Art from 1850-1990
Instructor: Colleen Wood
World War II, with the devastation it unleashed on all dimensions of life, set the stage for the second half of the 20th century. Nuclear war became a real threat and affected the geopolitical balance of power and the nature of international conflict. In the 1940s the center of the Western art world shifted from Paris to New York. The relative economic stability of the United States was a major factor in this shift and helps explain the predominance of American artists in world art markets. The art produced often shocked the public and reflected a challenge to old values as modernism and the avant-garde prevailed. The later 20th century saw the production of art that reflects artists’ reactions to a social, political, cultural, and psychologically changing world as they challenged the very nature of Art itself!

OSHER 226-002 • Tuesday, 1:30 - 2:30 PM
March 3
LOCATION: Utah Opera Production Studios, 336 N 400 W, SLC
TUITION: $25

About The Barber of Seville: Deception! Disguises! Dating! If you’re having trouble getting close to the woman you love, don’t worry. Figaro can help, and he might just be the best wingman in all of opera!

OSHER 226-002 • Tuesday, 1:30 - 2:30 PM
March 3
LOCATION: Utah Opera Production Studios, 336 N 400 W, SLC
TUITION: $25

Utah Symphony: Finishing Touches
Instructor: Carol Anderson
Flutist Sally Humphreys provides a half-hour introduction to the music the Utah Symphony will perform during its Finishing Touches rehearsal on Friday, March 6. Music to be discussed includes Andrew Norman’s ”Unstuck,” Lao’s “Symphonie espagnole,” Ravel’s ”Rhapsodie espagnole,” Aubert’s ”Habanera,” and Debussy’s ”Iberia,” from Images pour orchestra.

OSHER 16-002 • Friday, 9:00 - 9:30 AM
March 6
LOCATION: Abravanel Hall, 123 W. South Temple, SLC
TUITION: $5

Why Nations Succeed or Fall Apart
Instructor: Jane Yager
This course explores why some nations such as the United States, Great Britain, Australia, Germany, and Canada have generally succeeded, but other nations such as North Korea, Iran, Venezuela, Lebanon, and the Democratic Republic of the Congo have failed to thrive and grow. The history and conditions that underlie the success or ultimate failure of nations throughout history are presented. Economic and social concepts also will be introduced to provide insights as to why some nations are
poor and failing despite being rich in natural resources. Predictions for the future of the United States will be debated using the concepts presented in this course. A guest speaker will be Dr. Loren Yager, former Managing Director of International Affairs and Trade with the U.S. Government Accountability Office (GAO). Dr. Yager currently serves as an advisor to several nations on their performance and how it affects success or failure.

OSHER 159-002 • Tuesdays, 1:30 - 3:00 PM
March 24 - April 28
LOCATION: Continuing Education Building
TUITION: $99

OSHER 159-003 • Thursdays, 3:00 - 4:30 PM
March 26 - April 30
LOCATION: Park City, Summit County Library
TUITION: $99
SPECIAL FEE: $10

Writing Your Life, A Part of It Anyway
Instructor: Phyllis Barber

After teaching writing for over 25 years, Barber still wants to help people tell their story, if not their stories. Instead of facing the writing of a whole life, each participant will choose one event/incident and write it with individual personality and style. Voices are honored here. And remember, you are the only you.

Yoga for All Bodies
Instructor: Roz Newmark

Roz Newmark brings over 25 years of experience in teaching yoga oriented toward individuals with injuries, 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 881-003 • Tuesdays, 9:30 - 11:00 AM
March 24 - April 28
LOCATION: Mindful Creative Yoga, 223 S 700 E, SLC
TUITION: $99

OSHER 881-004 • Tuesdays, 11:30 AM - 1:00 PM
March 24 - April 28
LOCATION: Mindful Creative Yoga, 223 S 700 E, SLC
TUITION: $99
You Must Remember This: Stardust Melodies from 1920s to the 1950s

Instructor: Wayne Egan

The history of American popular music is marked by galvanizing moments that leave the cultural landscape permanently altered, creating a profound musical heritage. Such a moment occurred at the 1930 Broadway opening of George Gershwin’s Girl Crazy, when Ethel Merman introduced “I Got Rhythm,” and literally stopped the show. This class will revisit “I Got Rhythm” and many other period hits from the Great American Songbook—e.g., a selection of love songs, hits, and show tunes from Irving Berlin (“Blue Skies”) and H. Hupfeld (“As Time Goes By”) to Richard Rodgers (“Blue Moon”) and Henry Mancini (“Moon River”). Performance and discussion will illustrate how the marriage of melody and lyrics makes the chosen songs so memorable. In short, participants will witness the musical magic of some unforgettable hits. For each song under consideration participants will embark on a planned musical excursion comprising five aspects: 1. Review of the cultural backdrop and the composer’s relationship to the song 2. The union of harmony and melody (nontechnical analysis) 3. The nostalgic quality of the song—why the lyric is effective and which singers made the lyric popular 4. Why the song is still widely performed 5. Live performance of each song on the Monson Center Steinway with a bassist.

OSHER 819-002 • Thursdays, 1:30 - 3:00 PM
March 26 - April 30
LOCATION: Monson Center
TUITION: $99
FRIEND ZONE

Few things in life have as big an impact on our happiness as good times spent with friends. Socializing has been shown to strengthen the immune systems, sharpen memory, and even help you get an excellent night’s sleep. And there’s no better way to enjoy time with friends than with Osher’s Special Events. Look over the options and sign up today!
SPECIAL EVENTS

The following special events include a surcharge and will be listed online as courses. Search for the special event online via its course number or title under “Classes.” For more information or for help registering, please call 801-581-7155.

Pompeii: The Exhibition at the Leonardo Museum

POMPEII: THE EXHIBITION tells the remarkable story of an ancient Roman city forever transformed by the catastrophic eruption of Mount Vesuvius. This city lay buried, frozen in time, hidden from view and forgotten for centuries until its rediscovery 250 years ago. The sudden disaster that destroyed the city also preserved it. The exhibition contains 150 precious artifacts on loan from the Naples National Archeological Museum in Italy and allows visitors to experience the daily life of this once-vibrant Roman city. Salt Lake City will be the last stop before the artifacts are returned to Italy. Our visit will start with a short video introduction, followed by a self-guided tour of the exhibition.

OSHER 216-004 • Monday, April 6 • 10:00 AM
LOCATION: The Leonardo Museum, 209 E 500 S, Salt Lake City 84111
SPECIAL FEE: $20

Flower Arranging Class at the Petal Coop

Join Natalie Cruz of The Petal Coop as she hosts a hands-on floral arrangement class using local farm-grown flowers. Weather permitting, Natalie will park her adorable 1968 Volkswagen double cab floral truck outside her floral shop and set up tables on the lawn for our class (class moves inside otherwise). We will learn what flowers grow locally and the basics of floral design, then create a small arrangement filled with spring blooms. Flowers and the vase are included; wine, non-alcoholic beverages and light refreshments will be served.

OSHER 258-001 • Monday, April 27 • 2:30 PM
LOCATION: 145 East 900 South #4, Salt Lake City 84111
SPECIAL FEE: $50 includes flowers, vase, and light refreshments

Two-day Workshop with Artist Sarinda Jones: Painting with Alcohol Inks

Alcohol inks are paints that can be used on a variety of surfaces including glossy paper, plastic, metal, glass, and other materials. No experience in painting is necessary. We will focus on materials, tools, techniques, color, value, and finding your artistic voice. You will complete several note cards and a frame-worthy print as we learn and experiment. All class materials provided, including a frame.

OSHER 257-001 • Thursday, April 30 and Friday, May 1
10:00 AM - 12:00 PM
LOCATION: 422 West 900 South, Salt Lake City 84101
SPECIAL FEE: $104 ($35 for materials + $69 for two days of instruction)
Spring Dean’s Tour
Please join the College of Fine Arts Spring Dean’s Tour in celebrating our performing arts units with a special visit to each area, accompanied by a student performance and discussions from faculty members and the unit’s Chairs/Directors. With this exclusive opportunity, guests can enjoy a breakfast to socialize with members of the Fine Arts Advisory Board, College of Fine Arts faculty, and other campus community members. Please note that movement outside to each area’s facility will be required.
OSHER 633-002 • Thursday, March 19
8:30 AM to 12:00 PM
Marriott Center for Dance 330 South 1500 East,
Salt Lake City, UT 84112
Special Fee $5

Modern West Fine Art Gallery
Having recently moved to a new location, Modern West is a gallery created to support established and emerging contemporary artists who, in compelling and varied ways, reframe our understanding of the West. The gallery aspires to involve the local community with informative events. We will be spending 30 minutes walking through the gallery followed by a short Q & A session with a staff member. The current five-person show is entitled, “Reinterpreting Landscapes.” Osher members are welcome to spend as much time in the space as they would like after the tour.
Friday, March 6 • 2:00 PM
LOCATION: 412 South 700 West, Salt Lake City 84104

University of Utah Dumke Gymnastics Center
An 18,000 square foot stand-alone building, the Dumke Gymnastics Center is home to the University of Utah women’s gymnastics team. It opened in 1998 and is a completely self-contained gymnastics training facility, complete with locker room, athletic training and rehabilitation room, aerobics and lounge area, and strength and conditioning level, designed exclusively for the Utah Gymnastics team. A planned $3 million renovation will break ground in 2020. We will tour the building and then watch the gymnastics team practice. Utah Gymnastics has qualified for a record 44-straight National Championships. They have won 10 national championships and average over 15,000 fans per meet. Go Red Rocks!
Tuesday, March 10 • 1:30 PM
LOCATION: 1825 E South Campus Drive, Salt Lake City 84112

Salt Lake Acting Company Celebrates Women & Voting: Four Women Talking About the Man Under the Sheet
Salt Lake Acting Company celebrates 49 years of brave, thoughtful, captivating theatre. In celebration of the 150th anniversary of the first ballot cast by a woman in U.S. history, the 100th anniversary of the ratification of the 19th amendment, and International Women’s Day, Salt Lake Acting Company presents a world premiere from Utah’s own, Elaine Jarvik. Join us at 6:15 PM for a social reception in the Green Room Gallery to hear about the SLAC season and to find out what it means to be a SLAC subscriber, or arrive in time to be seated for the 7:00 performance. Synopsis: On the morning of February 21, 1895, the day after the great Frederick Douglass died, Susan B. Anthony shows up on his widow’s doorstep. She is there to grieve — but is she also feeling guilty? Four Women Talking About the Man Under the Sheet is an exploration of feminism and race, asking “what compromises should you make in pursuit of a cause?”
Wednesday, March 11 • 6:15 PM
LOCATION: 168 West 500 North, Salt Lake City 84103
Utah Food Bank

Founded in 1904, Utah Food Bank remains true to its mission of Fighting Hunger Statewide by providing food to a statewide network of 182 emergency food pantries and agencies. Last fiscal year, Utah Food Bank distributed 45.7 million pounds of food and goods, the equivalent of approximately 38 million meals, to families and individuals in need throughout the state. Touring Utah Food Bank’s 90,000 square foot primary distribution center and headquarters, located in South Salt Lake, will provide insight into the complex operations required to feed the 374,000 Utahns facing hunger.

Wednesday, March 18 • 10:00 AM
Wednesday, May 27 • 10:00 AM
LOCATION: 3150 South 900 West, Salt Lake City 84119

Introduction to Tea

As with wine, coming to understand and appreciate the vast number of tea blends that are available can be quite overwhelming! Let’s visit Tea Zaanti, where the second most consumed beverage in the world (after water!) can be demystified and thoroughly enjoyed. You will start the event with a cup of tea and a scone, then get an overview from owner, Scott Little, of the different types of tea through tasting and explanation of service styles. You will also learn the secret to an incredible iced tea! Cost of $15 to be paid to Tea Zaanti at the event. Osher members will be given a 10% discount on any item purchased from the store after the class.

Monday, March 23 • 2:00 PM
LOCATION: 1944 South 1100 East, Salt Lake City 84106

Utah Museum of Fine Arts Tour of Seven Masters and Beyond the Divide: Merchant, Artist, Samurai in Edo Japan

Join Luke Kelly, Associate Curator of Collections and Antiquities, on a tour of two special exhibitions: Seven Masters, 20th century woodblock prints from the Minneapolis Museum of Art, and Beyond the Divide: Merchant, Artist, Samurai in Edo Japan, the UMFA’s first major display of its own Japanese art collection in over a decade.

Friday, April 3 • 2:00 PM
LOCATION: 410 Campus Center Drive, Salt Lake City 84112

We Olive Lunch and Olive Oil Tasting

Learn how to taste olive oil like an expert and discover the many uses it provides. We Olive specializes in California-grown and certified extra virgin olive oil along with a lineup of balsamic vinegar and other specialty food items. We will begin with a no-host lunch at 1:00 followed by a tasting class at 2:00. It’s a unique, one-of-a-kind experience. Charge for lunch to be paid onsite.

Monday, April 6 • 1:00 PM
LOCATION: Trolley Square, 602 East 500 South, Salt Lake City 84102

Quilts on the Corner Visit

Quilts on the Corner is a local long-arm quilting business offering quilting education, Innova products, and services. Find out what they offer for both beginner and expert quilters and learn how you can make your own quilt. Osher attendees will receive a 10% discount on any rental classes they purchase after this visit. There is also a separate quilt fabric shop to visit nearby.

Monday, April 6 • 2:30 PM
LOCATION: 208 East Main Street, Sandy 84070

Mental Health Donation from Huntsman Family

The Huntsman family made a recent donation to the University of Utah to address mental health needs in Utah. Anne Asman, Osher Instructor, Gerontologist, and Director of Advancement and Outreach in the Department of Psychiatry, will give a presentation about plans to use this generous gift wisely. Group will meet in the auditorium of the University Neuropsychiatric Institute in Research Park.
To Kill a Mockingbird Student Matinee at the Grand Theatre

Currently running successfully on Broadway and featuring a script by Oscar and Emmy winner Aaron Sorkin, this gripping new adaptation of Harper Lee’s beloved classic novel, To Kill a Mockingbird, is having its Regional Premiere right here in Salt Lake City at the Grand Theatre! Set in the Depression-Era South, Tom Robinson, a black man, is accused of a crime against a white woman. When Lawyer Atticus Finch takes on the case, he is determined to give Tom a fair trial, despite the rampant racism and prejudice in his small town. A heated dissection of justice and virtue, Lee’s classic story is retold with a new light and contemporary edge. Many students study Lee’s classic novel in school, as it captures important themes surrounding race, prejudice, youth, and justice. Come and enjoy a special matinee performance open to all students in our area.

Koodegras CBD Oil

Founded in 2015, Koodegras is a homeopathic pharmacy in Midvale. Come learn about CBD oils and products made from proprietary blends that are 100% THC free. As a bonus we will learn how to make comforting bath bombs which can be purchased for $12.99 each.

Walking Tour of the Thomas S. Monson Center

Meant to be a “gathering place for people and ideas and a source of enlightenment for the citizens of Utah and the world,” this recently restored historic building in downtown Salt Lake City now houses an “embassy” for the University of Utah. Formerly known as the Enos Wall Mansion, the building also served as home to the LDS Business College for many years. Come enjoy a guided tour of past and present, as we discuss the history of the Wall family and progress through three floors of the original mansion, the additional west wing and the added Carriage House. The center now provides a world class venue for university functions as well as private events.

Hartland Youth Performance

The Hartland Youth Theatre and Dance Education Program will perform original creative pieces especially for Osher members. The Hartland Partnership Center is part of an expanded effort by the University of Utah toward civic engagement—a recognition that active collaboration between University and community groups can enhance learning, teaching, and research. This model works because the resources fit the reality and a culture of reciprocal sharing and learning permeates the center. Youth will share their stories, creative process, and passion for the arts. Interactive art making will be part of the event. Come learn, share, and experience authentic art making alongside these amazing young people.

Marriott Center for Dance 30th Year Celebration

As we recognize the generous commitment and gift of the Marriott Family, please join the College of Fine Arts in celebrating the successes and community that the Marriott Center for Dance has created on the University of Utah campus. Starting the day with a breakfast, the Marriott Center for Dance will be open for guests to explore historical photos, witness live student classes in the various studios, and enjoy a performance by the School of Dance in the Hayes Christensen Theatre. Please note that the Marriott Center for Dance is ADA compliant.

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Wednesday, April 8 • 1:30 PM
LOCATION: 1005 East Fort Union Blvd, Midvale 84047

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Football 101 & Football Center Tour
Here is your opportunity to learn basic “football 101” terms, plays, calls, and referee signals. Geared towards those who need assistance in understanding the game (to cheer on our favorite college football team), this “class” will be given by one of the University of Utah’s football staff members. A tour of the Spence & Cleone Eccles Football Center will follow. Meet at the Hall of Fame lobby.

Wednesday, April 22 • 2:00 PM
LOCATION: Eccles Football Center, 580 Guardsman Way, Salt Lake City 84112

McCarthey-Walker Mansion Tour
Built in 1904 on Salt Lake’s historic South Temple, the Walker-McCarthey mansion was first and foremost a luxurious residence. This ornate Italian Renaissance Revival mansion was built for Matthew and Angelena Walker and designed by local architects Walter Ware and Alberto Treганza. It was host to frequent social events, including Sunday evening recitals by local and national musicians in the dramatic two-story main hall capped with a magnificent Tiffany stained glass skylight. Through the years it was altered and converted to office space. In 1999, the mansion was purchased by Philip G. McCarthey who started a complicated multi-year restoration to bring the mansion to its former glory.

Thursday, April 23 • 2:30 PM
LOCATION: 610 East South Temple, Salt Lake City 84102

Chapman Library
Considered to be one of the finest Carnegie libraries in the west, this 8,900 square-foot Neoclassical building was named after Annie E. Chapman, the first librarian of the Salt Lake City public library system. Architect Don Carlos Young, Jr. who also designed the layout of the University of Utah campus built the library in an L-shape on two levels. Since its opening in 1918, it has been an important part of city services to west side residents. It was listed on the National Register of Historic Places in 1980 and renovated in 1993 and 2002.

Friday, April 24 • 11:30 AM
LOCATION: 577 South 900 West, Salt Lake City 84104

Tour of the New Salt Lake City Airport
Coming in 2020: The new Salt Lake City International Airport! Travelers flying in and out of Salt Lake City can see up close what looks like a massive, steel city rising out of the grounds west of the current airport. The construction underway will result in a new central terminal, new concourses, and a new parking garage, all scheduled to open in 2020. Tour the construction site and find out why we need a new airport and what will happen to the existing facilities.

REMINDER: This is an active construction site. Long pants and closed-toe, hard-soled shoes are required. No shorts, no open-toed shoes, and no wheelchair access. There will be a lot of walking.

Friday, April 24 • 2:00 PM
LOCATION: 776 North Terminal Drive, Salt Lake City 84122

Salt Lake Community College Fashion Show
The opportunity to experience a live fashion show doesn’t come often, so let’s take advantage of this discounted offer to Osher members! The Fashion Institute at the Salt Lake Community College offers the only fashion design program in the state of Utah. Come and see the amazing talent 16 designers will bring to the runway. There will be over 150 designs, from outerwear to swimwear, to bridal, and many more. You also have the opportunity to purchase any design or to place an order for upcoming events. The fashion show will start at 7:00 pm but will be preceded with an exclusive Osher-only Q&A with faculty and designers at 6:00 pm. Osher members pay $25 at the gate (bring your Osher ID to get the discount) and entitles you to VIP seating; and Osher members are welcome to bring guests for $30 each.

Saturday, April 25 • 6:00 PM
SLCC South City Campus, 1575 So. State Street, Salt Lake City 84115
Utah State Capitol Tour
For over a century, the State Capitol has been one of Utah’s most prominent landmarks. Designed by local architect Richard K. A. Kletting, the Capitol has been home to state government since its opening in 1916. From 2004 to 2008, the Utah State Capitol underwent one of the largest historical preservation projects in the United States. In addition to safe-guarding the building against the risk of an earthquake, the project also repaired and restored the original beauty and artwork of the Capitol. Each year, thousands of people visit the Capitol to witness its modern magnificence and historic significance. Come enjoy a lively tour with a trained volunteer docent.
Monday, May 4 • 11:00 AM
Wednesday, May 20 • 3:00 PM
LOCATION: 350 N State St, Salt Lake City 84103

McCune Mansion
Completed in 1901 and restored in 2001, the McCune Mansion is a Utah showplace. Entrepreneur and railroad tycoon Alfred W. McCune, one of Utah’s first millionaires, built the mansion as his family home. Its world-class period architecture, workmanship and design make it an important part of Utah’s heritage. At the same time, it ranks among the grandest of early twentieth century homes in America. This impressive building has noteworthy interior details shipped from around the world, including rare materials such as Utah onyx, Nubian and Irish marble, South American blond mahogany and Russian leather. The exterior was built of native Utah sandstone and the roof covered with tiles made in the Netherlands. A New York artist took two years to complete the ceiling murals and the decorative borders. Join us as we go inside one of Salt Lake City’s beautifully restored treasures. The tour is conducted by Preservation Utah and has a $10 per person charge, payable at the Mansion before the beginning of the tour. Please bring cash in exact change.
Tuesday, May 5 • 10:00 AM
LOCATION: 200 N. Main Street, Salt Lake City 84103

Beehive Gin Distillery Tour and Tasting
Learn how the art and science of gin making has reached a high point in Utah’s newest (and only gin) distillery. Beehive Gin makes a superior product infused with botanicals to give the alcohol its distinctive flavor. The employees proclaim, “Gin is our passion and we’re not stopping at one recipe. Like a bunch of mad chemists, we’re trying different ingredients and different ways of distilling and aging to find the perfect blend.” Beehive Gin’s Barrel Reserve, for instance, reflects the magical alchemy of a botanical gin aged in hand-charred French oak barrels. During this tour, you will learn about the history and development of gin, including significant events that led to modern gin production and distribution. Stay after the tour and enjoy some gin and vodka samples. Charge of $5 for tour and $5 for samples, to be paid onsite.
Wednesday, May 6 • 5:00 PM
LOCATION: 2245 S West Temple, Salt Lake City 84115

Marriott Library Conservation Lab
Randy Silverman, Head of Preservation, will provide a behind-the-scenes tour of the Marriott Library’s Conservation Department which occupies a bespoke conservation lab located on the library’s 5th Floor. This purpose-built lab supports the hands-on treatment and technical decision-making associated with the conservation of rare and valuable objects housed in the library’s general and special collections. The lab is staffed by the Head of Preservation, one book conservator, and three conservation technicians who are responsible for the care of books, documents, manuscripts, maps, photographs, and a variety of three-dimensional objects belonging to the J. Willard Marriott and the Spencer S. Eccles Health Sciences Libraries.
Thursday, May 7 • 10:00 AM
LOCATION: 295 South 1500 East, Room 5210, Salt Lake City 84112
The Salt Lake City and County Building

The Salt Lake City and County Building is one of our city’s most beloved landmarks. Completed in 1894, the building is Utah’s finest example of Richardsonian Romanesque architecture. Its rich history includes the Utah State Constitutional Convention, the trial of Joe Hill, and an infamous pumpkin. In the late 1980s, it became the first building in the world to be retrofitted with base isolators. During an earthquake, the building will gently float on 440 steel and rubber “slinkies.” Preservation Utah’s one-hour guided tour of the City and County Building begins with the base isolators beneath the building and ends in the clock tower high above.

Friday, May 8 • 1:00 PM
LOCATION: 451 South State Street, Salt Lake City 84111

Pioneer Theater Backstage Tour:
Something Rotten

By popular demand, the Pioneer Theater backstage tour is available to Osher members again! Meet Artistic Director Karen Azenberg or Managing Director Chris Massimine in the lobby at 5:00 PM sharp, then spend the next hour or so learning what is going on backstage this month. You will see behind the scenes of the show, Something Rotten, and hear more about next season’s productions.

Tuesday, May 12 • 4:45 PM
LOCATION: 300 South University Avenue, Salt Lake City 84112

Salt Lake City Public Library Resources

The Salt Lake City Public Library offers dozens of online resources that you can access anytime and anywhere. Download eBooks and digital magazines, stream music and movies, learn a new language or gain a new skill. Databases include The New York Times, Consumer Reports, Lynda and Zinio. Each person who attends this orientation will have access to a computer to actively learn how to use all these resources.

Wednesday, May 13 • 10:00 AM
Wednesday, May 20 • 10:00 AM
LOCATION: 210 East 400 South, Salt Lake City 84111

Grand Theatre Tour and Preview Performance of The Producers by Mel Brooks

Enjoy a back-stage tour with Seth Miller, Artistic & Executive Director of The Grand Theatre. He will take us through their set on-stage, back-stage dressing rooms, greenroom, back-stage shop areas, and technical operations booth. Along the way, he will answer any questions about the theatre and equipment, as well as give some history of the space. Following Seth’s tour, we are invited to stay for the 7:30 PM preview performance of The Producers by Mel Brooks, a hilarious musical comedy. Cost for those attending the preview is $9 to be paid at the theatre. Non-Osher members may attend the performance.

Wednesday, May 13 • 5:00-6:00 PM Tour
7:30 PM Performance
LOCATION: 1575 South State Street, Salt Lake City 84115

Pioneering Utah Women Tour at the Utah State Capitol

In celebration of the 100th anniversary of the passage of the 19th Amendment guaranteeing and protecting women’s constitutional right to vote, come learn from a trained volunteer docent about the pioneering women, historic and modern, who are depicted in the artwork and exhibitions throughout the State Capitol building.

Thursday, May 14 • 2:00 PM
Tuesday, May 26 • 12:00 PM
LOCATION: 350 State Street, Salt Lake City, 84103

Pioneer Memorial Museum

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 on July 24, 1847 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...
SPECIAL EVENTS

of the world to seek religious freedom and to build a great city in the Salt Lake Valley and surrounding areas.

Friday, May 20 • 1:00 PM
LOCATION: 200 South Central Campus Dr, Salt Lake City 84112

Great Salt Lake Institute Lecture: Historical Archaeology and Ecology of Great Salt Lake

Since the shorelines of Lake Bonneville receded, Great Salt Lake has featured prominently in the natural and cultural history of North America and beyond. Millions of birds rely on the productive environment for breeding, nesting, and refueling during migration, feasting on the ample food supplies in and around the lake. Humans possess a close connection to the lake as well, from early Paleoindians hunting mammoths in its marshes, to Fremont villages and agricultural fields nestled at its shores. More recently, the lake has become a place of recreation and exploitation. The salty brine featured as a major recreational draw, supporting several different bathing resorts from Black Rock, to Lakeside, to Saltair (I, II, and III). Capitalists also saw the lake as a much more lucrative endeavor for exploitation through salt evaporation, brine shrimp harvesting and even market hunting. We all, birds included, have a stake in the future of Great Salt Lake. History nerd Chris Merritt from the Utah State Historic Preservation Office and Great Salt Lake nerd Jaimi Butler, biologist, Coordinator of Great Salt Lake Institute, and Osher instructor, will talk about modern research collaboration attempts to bridge the

Jane’s Home, The Golden Rule Project, and Art in Utah Schools

Please join us for a personalized tour of this beautifully restored historic home on South Temple and its art collection. Learn the history of the building’s construction in 1907 to the 1989 restoration, and the home’s use now as a community gathering place. Also learn about Jane’s Home’s role in The Golden Rule Project, founded by Bonnie Phillips in 2003, and how the GRP is working to instill a sense of unity in the community.

Jane’s Home houses one of the premiere local art collections in the state. Works gathered by Bonnie and Denis Phillips span many decades and genres of work by Utah Artists from the 19th century to the 21st. These works will form the basis of a new project, Art in Utah Schools, where the Phillips family and the GRP are beginning to donate works of art to hang in Utah schools for the enjoyment and upliftment of our children. This tour does not have a cost, but donations to our cause are welcome.

Friday, May 15 • 2:00 PM
LOCATION: 1229 East South Temple, Salt Lake City 84102

RubySnap Fresh Cookies Tour

Cookies, cookies, cookies - who doesn’t love them? At Ruby Snap, we will tour the facility where founder/owner Tami Steggel makes her creatively distinctive flavor combination cookies, each baked with fresh ingredients. The company was started in 2008 and has grown each year. Tami’s mantra is “If it isn’t wonderful, it doesn’t belong in your mouth.”

Saturday, May 16 • 9:00 AM
LOCATION: 770 South 300 West, Salt Lake City 84101

Utah Art Collection at the A. Ray Olpin Union Building

The historic University of Utah student Union building is home to about 100 pieces of art in varying mediums and sizes. Esteemed local artists include JT Harwood, Lee Greene Richards, AB Wright, Mabel Frazer, and LeConte Stewart. Come view these works, learn about the history of the collection from a staff member, and see fabric art made by current students. Enjoy the option to stay afterwards for refreshments with other Osher tour members in the Union food court at own expense. Note: this is a continual walking tour with sitting available in some places; elevators are available.

Friday, May 15 • 1:00 PM
LOCATION: 300 N Main St, Salt Lake City 84103

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entire gap of Great Salt Lake’s thousands of years of human-environment interactions, and spur a new century of engagement for a new generation of lake lovers. In other words, we will talk about “Old Crap, Bird Crap and Learned Crap.”

Wednesday, May 27 • 6:00 to 7:30 PM
LOCATION: Westminster College, Bill and Vieve Gore School of Business Auditorium, 1840 South 1300 East, Salt Lake City 84105

International Peace Gardens
Come enjoy a 50-minute tour of the International Peace Gardens. Donated by Rotary Clubs around the world and by people in the Salt Lake City area from various ethnic backgrounds, the gardens represent almost every country in Europe, several in Asia, a few in the Americas, and also a single garden for all of Africa.

Friday, May 29 • 1:00 PM
LOCATION: 1060 South 900 West, Salt Lake City 84101

Tour of Gilgal Gardens
The only designated “visionary art environment” in the state of Utah, Gilgal Sculpture Garden contains 12 original sculptures and more than 70 stones engraved with scriptures, poems, and literary texts. This “secret garden” of Salt Lake is filled with symbolic statuary. Over the years, many restorations and citizen-led preservation efforts have helped keep the structures intact and close to their original design by local businessman Thomas Battersby Child, Jr. Come enjoy a walking tour with Director Judi Short. Refreshments will be served to celebrate Gilgal’s 30th anniversary. Donations to support the gardens will be welcomed.

Wednesday, June 3 • 10:00 AM
LOCATION: 755 East 5th South, Salt Lake City 84103

Hiking and Hiking Gear Basics at REI
Join REI staff to learn about the basics of hiking. In this program, REI experts will share tips and tricks on all aspects of hiking. Learn about trip planning, essential items, equipment, and safety precautions, along with local resources and great places to go.

Thursday, June 4 • 3:00 to 4:30 PM
LOCATION: REI Store, 3285 East 3000 South, Salt Lake City 84109

Earthquakes in Utah and the Intermountain West
An Earthquake Information Specialist for the Western States will discuss earthquake location techniques, the threats in our region, how to stay safe, and other research interests and capabilities for our area as well as applications on a global scale. A question and answer session will follow.

Tuesday, June 9 • 9:30 AM
LOCATION: Frederick Albert Sutton Building (FASB), 115 South 1460 East, Room 103, Salt Lake City 84112

Historical Walk in Porter Fork
Join Osher member, instructor, and volunteer Jill Smith for a guided walking tour of historic buildings and plant life in Porter Fork. Meet Jill at Porter Fork Gate to walk .75 miles on paved trails with a gradual elevation gain of 500 feet. Then enjoy a bring-your-own picnic lunch at her cabin. After lunch, you are welcome to continue up the road to the wilderness area or skyline trail on your own.

Wednesday, June 10 • 9:30 AM
LOCATION: Meet at Porter Fork Road Gate, ¼ mile above Log Haven, Millcreek Canyon Road, 3800 South Wasatch Blvd., Salt Lake City 84109
Overview of the Attorney General's Office
April 15, 2020 • Leo Lucey, Chief of Investigations for the Attorney General’s Office

The five units of this office conduct investigations on a wide variety of crimes including Internet Crimes Against Children, human trafficking, human smuggling, public corruption, fraud involving elections, Medicaid, Workers Comp and Social Security, identify theft, embezzlement, internet scams, crimes by and against undocumented communities, as well as other areas. Mr. Lucey can answer questions on those areas of most concern to Osher members.

Exploring Yellowstone: I’ve Seen Old Faithful, Now What?
March 25, 2020 • Linda Johnson, Osher member

We will explore areas of Yellowstone National Park at and beyond the main attractions that are accessible to most anyone. Included will be sights you may not have considered visiting, short walks or hikes, classes offered in the park, planning your time, along with a few tips on in-park lodging, dining, and camping. If time permits we will add a few ideas for the Tetons too.

Utah’s Architectural Landscape - Modernism
April 08, 2020 • Bim Oliver, Writer and Researcher, Osher Instructor

During the middle decades of the 20th century, a new style of architecture appeared in Utah. Called “Modernism,” its visual ideas represented a dramatic departure from the more conservative, traditionalist ones that had defined Utah architecture. Though Modernism was not widely embraced at the time, it left a lasting impact—not only in the buildings of that period but in the buildings of today. In this lecture, we will discuss the origins of Modernism, trace its development in Utah, and assess its significance in shaping the Utah architectural landscape—then and now.

Utah’s Inland Port
April 1, 2020 • Deeda Seed, Senior Utah Field Campaigner, Center for Biological Diversity

Learn about the controversial proposed Utah Inland Port slated for over 25% of the land within Salt Lake City (with a slice of Magna and West Valley City thrown in). What is being proposed? What are the concerns and solutions?

The Ancient Olympics and its Modern Footprints
April 22, 2020 • W. Lindsay Adams, Distinguished Professor Emeritus, History, University of Utah

The Modern Olympics, in many ways, mirror the ancient ones. Baron Pierre de Coupertin intended that, as the ancient games brought together the ancient Greek world...
that stretched from Italy and Sicily to the Greek homeland and on to Asia Minor, the Middle East, and Egypt. The Baron hoped to unite the late 19th and early 20th Century world. Many of the modern events reflect the ancient games, as does the management of the games by the ten judges who swore to judge fairly before the athletes, and the athletes’ oaths to compete fairly. There was no torch relay but following the oaths torches were carried within the Altis (the sanctuary of Olympia) to light the six double altars to the twelve Gods. The celebration of the victories and its heroes went far beyond even our modern accolades. The differences between then and now are fascinating and paint a picture worth examining.

University of Utah Health Equity & Inclusion
April 29, 2020 • José E. Rodríguez, MD, Associate Vice President for Health Equity and Inclusion, University of Utah

Dr. José Rodríguez will be talking about efforts undertaken at the University of Utah Health to increase diversity among students and staff and residents. He will also lead an exercise with participants about diversity in our personal lives and how it enriches us all.
Osher Film Discussion Special Interest Group

Enjoy watching films but wish there were more opportunities to discuss what you have seen? Consider joining our Film Discussion Special Interest Group. Every other week we will meet to talk about a film playing locally—for its size, the Salt Lake City area has an abundance of “art house” movies and special screenings, in addition to a profusion of first and second run conventional theatres. No expertise is required but affection for movies “good” and “bad” is. Explore themes, sub textual meanings, cinematic techniques, spectator responses, social contests, and implications of emerging film types. To start with, film titles will be selected by several film aficionados, but later we will decide as a group what titles we want to talk about.

If you’re interested, please contact Sharon Swenson, swensons773@gmail.com and you will be notified of the first film and the meeting time and place.

SPECIAL INTEREST GROUPS

An Osher Special Interest Group (SIG) is an informal group focused on a particular interest. These groups are independent of regular Osher classes and are organized and run by the group’s members. Their purpose is to offer a chance to socialize and share common interests. Osher members may form such groups if they have a particular interest they think other members may want to share.

Hemingway, an Osher SIG

A Hemingway Special Interest Group for Osher members that are interested in Ernest Hemingway’s writings, life, and contemporaries. Of special interest is the upcoming Hemingway Society meeting being held in Sheridan College, Sheridan, Wyoming (July 19-22) and Cooke City, Montana (July 24-26).

Hemingway spent time in Sheridan and Cooke City in the late 1920’s and 1930’s, so there is interest in exploring his time in the west, what he was writing, with whom he was associating, where he was traveling/visiting. We will meet once a month for two hours until July. If you are interested in joining the SIG, please email either of us listed below. This SIG is limited to 15 members.

Contact: John Boles, evexplore+eh@gmail.com
or John Sanders, jpaulsan@comcast.net

Nonfiction Book Group, an Osher SIG

A nonfiction book group that connects members who love to read about real world happenings, lives and challenges and meet together to discuss and share their thoughts, impressions and questions.

Choosing nonfiction reads provides a change of pace and will inspire thought-provoking conversations. Plan to meet once a month, on the first Monday of each month.

It is expected that members of the group will choose books of interest, and rotate among members for the book choice, and then lead the discussion.

Contact: Dorothy Blakely, dot.blakely.db@gmail.com

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If you’re interested, please contact Sharon Swenson, swensons773@gmail.com and you will be notified of the first film and the meeting time and place.
Osher Social Club (SOC)

Would you like to get to know Osher members in a social, informal, relaxed format? Join the Osher Social Club SIG. It meets on the 2nd and 4th Wednesday of each month at 4:30pm in the back room of The Thistle and Thyme Restaurant on the bottom floor of the University Park Marriott Hotel (480 Wakara Way, Salt Lake City, UT 84108). Enjoy great conversations, food and drink, and camaraderie with other fascinating Osher members and occasionally Osher staff!

Contact: Luci Malin, luciamalin1951@gmail.com

Show and Tell with Osher Friends

Oh, to be saved from the dark times after classes end! Announcing a Special Interest Group between Osher terms.

Ever wish you could share an idea, a hobby, or your passion at Lunch and Learn but were put off by the audience size, the questions, their expectations? Here is your chance to Show and Tell with Osher Friends! Come spend an afternoon with your member friends and tell us what makes you tick……or talk.

Thursday afternoons from approximately 1:30 – 3:00 PM
Beginning Thursday, February 27 until March 19
LOCATION: TBA (Library or home near University of Utah area)

If you’re interested, please contact Julie Myers, jscott63@comcast.net. We anticipate a group size of 8 – 15 members.

Start your very own Special Interest Group!

A member that is interested and wants to form a SIG needs to complete an application, via email, that looks somewhat like this:

Contact Information for SIG Leader and Assistant,
Name:
Email:
Phone Number:

SIG Name, SIG description, maximum and/or minimum number of members, meeting dates, time, location, etc.

Example Topics: Films, Golfing, Bridge, Scrabble, Skiing, Hiking

When ready, contact the SIG coordinator to review your application together and go over any questions. SIG organizers should designate an assistant and keep a membership list. This list should be reported to the SIG coordinator and kept up to date.

Osher SIG Coordinator:
David Hibdon, dhibdon@gmail.com
Abdulnaser Kaadan
Islamic Civilization
The Most Common Health Problems in Elderly: Part 1
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.

Alan Eastman
The Science Behind the Headlines
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 online 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.

Alan H. Morris
Human Cognitive Limitations
Alan H. Morris is professor of medicine and adjunct professor of medical informatics at the University of Utah. He received his BA in Chemistry from Princeton University and his MD from Yale University. He trained in Pulmonary Medicine at the University of Texas Southwestern Medical Center in Dallas and at the Albert Einstein Medical Center in New York. He established the Pulmonary care service and the pulmonary research laboratory at the US Army Institute of Surgical Research at Fort Sam Houston. He directed a 30-year effort to implement detailed computer protocols that enable replicable clinician decision-making across medical disciplines and across medical cultures. He is chairman of the University of Utah Department of Internal Medicine “Replicability Crisis in Medicine and Learning Healthcare System” Committee. This committee currently consists of 35 members including associate-chairs of Internal Medicine, the Chair of Biomedical Informatics, the Chair of Biomedical Engineering, faculty from computer science, and several more from the University of Utah, Intermountain Healthcare, Inc., and Stanford University. He is an expert in critical care and pulmonary medicine.

Alan Springer
Bigotry: Winning the War
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 schoolteacher 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.

Andrew Pacejka
Forensic Science
Andrew Pacejka is the Forensic Scientist Manager for the Identification Section of the Utah Bureau of Forensic Services. He has been with the Bureau since 2002 and has been qualified in and completed casework in Forensic Serology, DNA Analysis, Crime Scene Response and Latent Prints. Andy has a BA in Biology from Illinois Wesleyan University, an MS in Biological Sciences from Illinois State, and did some post-graduate work at the University of Utah’s Biology Department.
Bill Laursen
Drawing Workshop: Intro to Two-Point Perspective

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.

Beth Whitsett
The Bill of Rights

Beth 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 (MA 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.

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.

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Bonnie Snyder
Travel...Your Adventure Awaits!

Bonnie Snyder spent her career working as a travel agent for one of the biggest airlines in the world. She held special positions within the Travel Vacation Package department and served on the board called Project Destinations educating and exciting employees about their travel benefits. She has also traveled extensively around the world and to almost every state in the U.S. She is passionate about travel and is excited to share her experiences with others.

Brian King
The Culture of Utah Politics

Brian S. King is a native Utahn, obtained his undergraduate degree in Economics and his JD from the University of Utah College of Law. He was elected to the Utah House of Representatives representing District 28 in 2008 and currently serves as the Leader of the Democratic Caucus. He serves as a Board member of the ACLU of Utah, of the Rape Recovery Center, and of Utah’s Hogle Zoo. He has served as the Chair of the Judicial Conduct Commission and the President of the Utah Association for Justice (formerly, the Utah Trial Lawyers Association). He has practiced law in Salt Lake City for over 30 years and represents individuals with denied life, health, and disability claims.

Bruce Landesman
Thomas Hobbes and John Locke: Origins of the Liberal Democratic Tradition

Bruce Landesman received both a B.A. and Ph.D. in Philosophy and spent most of his career as a faculty member in the Philosophy Department at the University of Utah, retiring in 2012. His specialties are Moral and Political Philosophy and he has twice taught an Osher course on the general nature of democracy and how it fails. This course will apply ideas of democracy to the current political environment, both in Europe and in the United States. Bruce has been teaching for Osher since 2016.

Carol Anderson
Utah Symphony Finishing Touches

Dr. Carol Anderson has been principal coach for the Utah Symphony, Utah Opera since 2003, where her duties include presenting the popular Opera Preludes before every Utah Opera performance. She serves as the official accompanist for both the Utah District Metropolitan Opera National Council Auditions and the MONCA Southeast Regional Auditions in Atlanta, and spends her summers on the music staff of the Santa Fe Opera.

Carol Masheter
Life Lessons from Mountaineering Around the World

Carol Masheter, PhD has been a research chemist at Wesleyan University, Middletown, CT and University of Connecticut Health Center, Farmington, CT; an assistant professor in human development and relationships at Rutgers University, New Brunswick, NJ and University of Utah, Salt Lake City, UT; and an epidemiologist at Utah Department of Health, Salt Lake City, UT. Now in her early 70s, she is a mountaineer, motivational speaker, and author of two books about life lessons learned from climbing big mountains around the world: No Magic Helicopter: An Aging Amazon’s climb of Everest (2011) at age 61 and Brightest of Silver Linings: Climbing Carstensz Pyramid in Papua at age 65 (2014). Dr. Masheter is currently the oldest woman in the world to summit all nine of the Seven Summits, the highest peak in each continent. When she is not mountaineering, Dr. Masheter practices yoga, bicycles, hikes, snowshoes, climbs, works as a volunteer field paleontologist for the Natural History Museum and grows vegetables and flowers. Dr. Masheter is working on a third book about climbing the Seven Summits in her 60s. She has supported three foster daughters, two in Southern India and one in Tanzania.
Charles Boynton
The Fools of Shakespeare
Charles Boynton has spent decades studying Shakespearean plays and sonnets, as well as examining the problem, "Who wrote Shakespeare?". His expertise and enthusiasm are reflected in his involvement as past Chair of the Marin Shakespeare Company and membership in the respected Shakespeare Oxford Society. Charles’ post-graduate education is in Business.

Chip Guarente
A Soldier’s View
An American growing up in the U.K. with a brief stint in the U.S. Army in the early 70s, Chip’s interest in history expanded over the years while participating in premier U.K. reenactment societies covering the American Civil War, WWI, and WWII. After meeting a WWII Medal of Honor recipient on the beaches of Normandy during the 65th anniversary, his words have been Chip’s personal mantra over the years. When Chip mentioned to him that he’d hoped he did not insult him with the uniform he was wearing, the recipient replied, “No son, you’re keeping the history alive.”

Chris Dyson
Calligraphy
Cultural Geography
Chris Dyson became fascinated with calligraphy over 40 years ago and has studied with international master calligraphers from across the U.S., Canada, and England. These include studying at St. John's University in Minnesota under Donald Jackson, Scribe to Queen Elizabeth, focusing on ancient alphabets and illuminated letters. She has taught calligraphy classes in the public schools and through Community Education. Her pieces have received Best of Show and Honorable mention awards in juried exhibits.

Dyson received a B.A. in English and a Master’s of Education from the University of Utah. Before retiring in 2016, she worked for Granite School District as a classroom teacher and a Teacher Specialist at the District Office for 11 years. She coordinated a character education/service learning program for 90 schools and also served as a national trainer and on the Board of Directors for the Community of Caring program. She began teaching Cultural Geography for Osher in 2017.

Chris Horner
2 Plays by Shakespeare’s Contemporaries: Marlowe’s Doctor Faustus and Jonson’s Volpone
Aristophanes and Greek Comedy: Clouds, Frogs, Women at the Thesmophoria
Chris Horner has an M.A. from City College, New York, and a Ph.D. from the University of Utah. He has taught literature at the University of Utah, Weber State, Westminster College, and Salt Lake Community College. He has taught Osher courses since 2015.

Chris Stockslager
The Films of James Whale
Vincent Price and Poe
Chris Stockslager graduated from Westminster College in 2015 with his B.A. in Classical Voice. He then earned his M.M. from The Manhattan School of Music also in Classical Voice in 2017. Besides actively pursuing performing careers in opera and jazz, Chris’ interests include film history, music history, and vintage automobiles.
Christina Wilson  
*Mind Over Matter*

Chris Wilson has been studying and teaching conflict resolution, communication, and emotional intelligence skills since 2006. Her training methods incorporate strength-based, solution-focused, and evidence-based practices. She served 17 years at Juvenile Court as a probation officer and mediator. She taught communication and conflict resolution skills to inmates from 2013 to 2016. She holds a Ph.D. in conflict analysis and resolution from Nova Southeastern University. Her dissertation is a phenomenological study of the effects of holistic conflict resolution training on inmate self-efficacy. She currently teaches communication and sociology courses. She provides training, coaching, and consulting services along the Wasatch Front. She resides in Utah with her husband of 37 years. They have three grown children and five grandchildren.

Debbie Leaman  
*Re-Imagining Your Life: A Creative Aging Writing Workshop*

Debbie Leaman’s writing, including personal essays, has appeared in numerous local, national and international magazines and on a variety of websites. 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 “Re-Imagining Your Life: Creative Aging” and “Write Your Creative Aging Story: The Art of the Personal Essay.” Websites: debbieleaman.com and debbieleaman.com/creative-aging-blog.

Colleen Wood  
*What is Modern Art? Modernism and Post-modern Art from 1850-1990*

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.

David Schwendiman  
*Looking Into The Abyss: A Guided Tour of Modern Conflict, Atrocity, Accountability and Recovery*

1976 graduate of University of Utah College of Law (S.J. Quinney); LCDR U.S. Navy; Assistant Utah Attorney General; Assistant U.S. Attorney / Utah; Interim U.S. Attorney / Utah; Deputy Chief Prosecutor, Head of War Crimes Department / Bosnia; Justice Attache, U.S. Embassy / Kabul, Afghanistan; Assistant Special Inspector General / Director Forward Operations, Special Inspector For Afghanistan Reconstruction (SIGAR) / Kabul, Afghanistan; Lead Prosecutor, EU Special Investigative Task Force (SITF), Brussels; Chief Prosecutor, Special Prosecutor’s Office (Kosovo), The Hague; Adjutant Prof., S.J. Quinney College of Law.

Dave Smith  
*Hiking the Wasatch*

David Smith has been hiking and skiing in the Wasatch Mountains for nearly 50 years. He is a Life Member of the Wasatch Mountain Club, and has organized many activities for the club. He spent his professional life working in the mountain sports industry and enjoys having more time to hike and ski since he retired. He has a BSBA from Regis College in Denver, CO; and an MBA from Westminster College in Salt Lake City.

Debbie White  
*Internet Security*

Debbie White has over 40 years of teaching experience (30 years in public education). She earned her M.Ed. at Westminster College and her Technology Endorsement via the eMints program. Following her retirement, Debbie spent four years as an Apple Product Professional repairing computers and teaching classes. As an owner
of her own business, Art-Tech Vision, she enjoys helping adults get the most out of their Apple electronic devices, which is why she loves teaching technology for the Osher program! Debbie also loves to share her more recently gained healing skills. As a Usui Reiki Master and Emotion Code practitioner, Debbie successfully combines these healing modalities, and is excited to share her knowledge of the healing arts with others.

Denise Gascoigne
Nutrition for an Aging Population

Denise Gascoigne is a registered dietitian, certified health coach, fitness instructor, and behavior change specialist. She holds a M.S. in nutrition and dietetics from the University of Utah and a B.S. in natural health sciences from Bastyr University. Denise has taught various science and nutrition courses and developed nutrition-related curricula at the University of New Mexico and University of Utah. She currently facilitates Centers for Disease Control and Prevention (CDC) national diabetes prevention program (DPP) classes. She holds a passion for learning and enjoys staying abreast of the latest research in the sciences of health, nutrition, fitness, and behavior change. Denise is committed to providing reliable scientific information to her students, and creating a supportive and engaging learning environment in her classes.

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.

Dennis Clark
Trip to Mars

Dennis spent thirty-six years in the US Air Force. He taught aircraft maintenance, primarily emphasizing aircraft repair and lift over drag on air frames. He worked as an investigator of accidents involving the F-4 aircraft. He became Chief of the F-4 Technical Coordination Group, which was responsible for engineering support for the F-4 world-wide. He was program manager for the F-35, responsible for development requirements on the F-35 from all branches of the US military and all foreign governments involved with that aircraft. He taught logistical engineering at Weber State University for several years. He studied aerospace engineering at Utah State University in conjunction with the US Air Force. He has BS and MBA degrees in economics and management and a PhD in economics with an emphasis on business process re-engineering.

Diana Michalicek
Ukrainian Egg Decoration: Beginner

Diana Michalicek taught school for Jordan School District for 32 years at Butler Elementary. She has taught Ukrainian Egg Decoration at Millcreek Senior Center, in the Clark Senior Center, and in Taylorsville. She has been decorating eggs for over 60 years.

Diane and Stan Henderson
The History and the Literature: City of Thieves

Stan and Diane Henderson are avid readers–Stan reads history, Diane reads fiction. In other lives, Stan would have been a history professor and Diane an English professor. They have teamed up to share their passion for history and literature with the Osher community. In their previous worlds, Stan was the Vice Chancellor for Enrollment Management and Student Life at the University of Michigan-Dearborn, and Diane was an educational program planner and consultant. Both earned baccalaureate degrees at Michigan State University. Stan earned an MA in Government at Cornell and Diane an MA in Communication at MSU. Both are ABD from the University of Illinois at Urbana-Champaign–Stan in Higher Education Administration and Diane in Mass Communication. In addition to their interest in history and literature, they share a 49-year marriage, three sons (the eldest earned an MFA and a PhD in English at the U), and ten grandchildren.
INSTRUCTOR BIOS

Eunice Griffin
Make Productive Use of your Windows Laptop
Eunice attained her business management undergraduate degree in 1984 at the University of Utah. While working at IHC, she attended the University of Utah’s evening MBA program and attained her MBA in 1997. She has sold, configured, installed and administered UNIX and Windows computer systems at IBM, IHC and other major companies for the last 34 years. Her IT positions required regular use of Windows laptops and Windows applications such as Word, Excel and Powerpoint. She has worked as an IBM marketing representative, systems engineer, senior systems administrator and SAP Basis administrator. To help her son excel in high school and college, she informally taught him how to use a laptop, and use Word, Excel and Powerpoint.

Gordon Jones
King Arthur and The Matter of Britain
Gordon has academic degrees in history (Columbia), Education (Stanford), and Political Science (George Washington), but these are the smallest part of his education. A musician, actor/director, linguist, cruciverbalist, polemicist, Gordon has traveled thru virtually every state of the United States and many foreign countries learning as he went. Always, he has been a reader, consuming (on average) five books a week, and that for a very long time. His goal now is to bounce ideas off others about The Matter of Rome and anything else that might come up.

Harry Keshet
Rewiring the Brain for Spiritual and Personal Development
Harry Keshet, PhD, is a clinical and organizational psychologist with broad experience in helping people learn skills for living positively and helping companies and organizations create healthy work environments. He has practiced meditation over many years and teaches it and other methods for developing mental and emotional strengths using western and eastern science and spiritual traditions.

His long term interests are studying the connections between the mind, the brain and spirituality and developing the art of teaching by sharing knowledge, humor, personal experiences and class participation.

Jaimi Butler
Our Great Salt Lake

Jan Root
Performing Balkan Music
Jan Root has been a member of Zivio Ethnic Arts Ensemble since 1991 and has loved every minute of it! She plays various instruments and sings. She loves the uneven Bulgarian rhythms, the challenge of complex melodies, singing in many different languages, and especially playing for dancers.

Jane Yager
Why Nations Succeed or Fall Apart
Formerly Senior Economist, White House Council on Environmental Quality, Dr. Jane Yager has held several senior environmental conservation positions in the public and private sectors, as well as adjunct faculty positions in mid-career graduate programs with Johns Hopkins University and the University of Maryland University College. Currently, Dr. Yager is volunteering with the STEM LAB/Schools Program at the Natural History Museum of Utah. Dr. Yager has a Ph.D. and a
Jonathan Duncan
The Geography of Buddha

Jonathan Duncan is an award-winning photojournalist and digital storyteller whose work focuses on the geography and culture of the world's mountains. His images have been widely published in national magazines and in digital media, including National Geographic Online. He is an adjunct professor for Adventure Media and served as the Global Studies Fellow at Westminster College. His previous Osher courses include: "Geography of Buddha" and "An Introduction to Landscape Photography."

John Moran Eye Center
Lectures on Ophthalmology

Guest lecturers from the University of Utah’s John Moran Eye Center include: Monika Fleckenstein, MD; Rachel Simpson, MD; Doug Marx, MD; Akbar Shakoor, MD; David Meyer, OD; Dix Pettey, OD; Jeff Pettey, MD.

Joon Bae
Korean Ink Painting: 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.

Jeanne LeBer
Becoming a Bird Watcher

Jeanne LeBer has a BA in English Literature and a Master’s in Library Science. A passionate bird watcher for the past 35 years, Jeanne has studied and birded with Terry Tempest Williams, Ella Sorenson, Mark Stackhouse and other experts. As a result of this excellent mentoring, Jeanne has a Utah bird list of 324 species, a North American bird list of 530 species and an international bird list of 1100 species. Jeanne regularly participates in local bird counts including the Salt Lake City Christmas Bird Count, the Jordan River CBC (as the lead compiler), and the Brighton Bird Count, held in July. She is also an active participant with the Strawberry Valley Bluebird Box Trail, on which 100 nesting boxes are maintained in the Strawberry Valley.

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INSTRUCTOR BIOS

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.

Julie Howell

Everyday Mindfulness

Julie Howell is a Certified Mindfulness Facilitator (CMF) who trained at the Semel Institute at UCLA, Mindful Awareness Research Center. She continues to enjoy a decades-long meditation practice. She works at the Huntsman Cancer Institute, and facilitates mindfulness-based classes for patients and staff. Having personally experienced the benefits of a mindfulness practice, she delights in teaching the practical application of mindfulness to everyday life, and the experiential practice of meditation.

Kathy Evans

Living with Hearing Loss

Kathy Evans lives with a hearing loss every day. Through the Division of Services to the Deaf and Hard of Hearing, and through her volunteer involvement in support groups, she gives presentations and teaches classes to help others find the tools to be successful in daily communications. She wears a hearing aid and a cochlear implant, uses other technology as needed, and successfully advocates to participate in the activities that make life full and rich. She has served on the Advisory Council for the Division. Kathy is also one of the founders of a local advocacy coalition of organizations for deaf, late-deafened and hard of hearing people, having success getting public service announcements captioned, promoting accommodations at tourist sites in Utah, assuring that movies have captions, and educating government about our needs. She is also involved in the Hearing Loss Association of America’s Salt Lake Chapter and the Association of Late-Deafened Adults.

Katie Sheen-Abbott

Flamenco Appreciation

Katie Sheen-Abbott has studied Flamenco for many years and most recently while living in Sevilla, Spain. There she studied with many famous maestros including Luisa Palacio, Milagros Mengibar, and Angel Atienza. She has taught Flamenco dance, rhythms, and history for the past four years and she loves sharing her passion with the community. She teaches at the Sugar Space Arts Warehouse, the Draper Senior Center, and the Mount Olympus Senior Center. She has also taught workshops at the Salt Lake Arts Academy, the Ballet West Academy in Park City, and the Salt Lake School for the Performing Arts. She is also a Teaching Artist for the Utah Division of Arts and Museums.

Kay Hunt

McCarthyism: Political, Social, and Economic Oppression In America

E. K. Hunt has a BS and a PhD 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; the University of California, Santa Barbara; Bangkok University, and the American University in Cairo. He has published over 50 articles in academic journals and seven books. He received the Distinguished Teaching Award and the Distinguished Research Award from the University of Utah College of Social Science.

Laura Albiston

Beginning Knitting

As a young child, Laura learned knitting skills from her grandmother, mother, and aunts. Later, she developed skills from knitting workshops and classrooms across the country. She continues to develop and learn from her fellow knitters and friends and has taught courses at Blazing Needles and Harvey Skills Shop. She loves to knit, crochet, weave, sew and stitch!
Lee Shuster  
Remote Control Model Aircraft Ground School 101

Lee has been an IT Professional Engineer providing network, server, voice, and infrastructure support (including monitoring of hospital and academic critical IT services) at the University of Utah for nineteen years, including a stint at Marriott Library. Lee retired in January 2020, and is an active member of the Academy of Model Aeronautics, (AMA).

Linda Bayes  
Paris Attractions

Linda Bayes is passionate about all things French. Holding a BA major in French from the University of Utah, she completed advanced courses at UCLA, California State University, BYU, and four universities in France. She has studied French language, literature, culture, business, computers, and various other subjects in France on multiple occasions and traveled through the country 12 times. She has attended national language conferences and presented at state sessions. A retired Advanced Placement language teacher in both California and Utah, and previous Osher instructor on French culture and language, she is active in multiple associations advocating French language and culture. Linda served as the Attachée for the French Olympic Committee in Salt Lake City in 2002.

Lindsey Mattison  
Pilates: Life in Balance

Lindsey is a local Pilates studio owner and founder of YOLO Pilates, established in 2013. She has been a student of the practice since 1999 after a dance injury led her to Pilates for help. She was instantly enchanted by the practice and rehabilitative results. Lindsey continued to study for personal gain and in 2006 certified to teach with the most progressive program to address tissue, skeletal, and muscular integration. She found an immediate joy in teaching and is continually inspired by seeing others enjoy profound success from a sustained practice.

Luke Kelly  
From Hokusai to Hasui: A glimpse into the world of Japanese woodblock prints

Luke Kelly is the Associate Curator of Collections and Antiquities at the Utah Museum of Fine Arts. Starting his curatorial career at the museum in 2002, he has curated numerous Asian art installations and exhibitions at the museum including the two new Japanese shows: Seven Masters: 20th Century Woodblock Prints from the Minneapolis Institute of Arts and Beyond the Divide: Merchant, Artist, Samurai in Edo Japan from the UMFA’s permanent collection.

Marilyn Morris  
Learn to Play Mah Jongg

Marilyn is a retired physical therapist, gerontologist, and Certified Dementia Practitioner. She volunteers for Salt Lake County Aging and Adult Services and for the Alzheimer’s Consortium for the State Plan. She has played Mah Jongg on and off since she was a young girl and taught Mah Jongg both at the Millcreek Senior Center and her my home for several years.

Merry Harrison  
Spring Herb Gardening

Merry Lycett Harrison, RH (AHG), is the owner of Millcreek Herbs, LLC, in Salt Lake City, Utah. A trained clinical herbalist and professional member of the American Herbalists Guild, she received her training from Michael Moore of the Southwest School of Botanical Medicine in 1998. She’s studied ethnobotany at the Baca Institute of Ethnobotany and the science of essential oils at Purdue University. Merry is an author and researcher whose work can be read in the HerbalGram: the Journal of the American Botanical Council and Utah’s own Catalyst Magazine. She teaches classes on medicinal and culinary herbs, herb gardening, harvesting, preparations, and she is also the creator of Thrive Tonic.
INSTRUCTOR BIOS

Michele Straube  
Don’t Get Mad, Be Even

Michele Straube retired in 2017 after 40 years’ experience as an attorney, mediator, and collaborative process facilitator. She worked with a wide variety of government, corporate, and non-profit clients, conducting trainings and helping clients solve disputes. She also designed and taught conflict management and dispute resolution courses in the University of Utah law school and MPA programs. She was the Founding Director of the Environmental Dispute Resolution Program at the S.J. Quinney College of Law.

Pat Lambrose  
Google Tools: Exploring Drive & Sites

Pat Lambrose has a BA in Recreation and Youth Leadership, a BA in Education, and an MEd 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 backcountry skiing hut trips in Canada, cycling in Europe, and river running. Pat coordinates statewide geospatial technology opportunities.

Paul Cunningham  
Policing in America

Paul Cunningham was employed as a law enforcement officer with the Salt Lake County Sheriff’s Office for 30 years. He worked patrol, juvenile investigations, drug and alcohol enforcement, school resource officer, and planning and research functions, before becoming the Sheriff’s Office Personnel Manager for ten years. He retired from law enforcement after a final ten years as the Corrections Bureau Chief Deputy, responsible for the Salt Lake County Jails. He then accepted employment with South Jordan City, first as the Human Resources Director for five years and then the City’s Chief of Staff for five years. Paul holds a Bachelor’s in Sociology with a minor in Criminology, and a Master’s in Economics, both from the University of Utah. He attended the FBI National Academy. He has been an instructor at the Utah Policy Academy, created the Utah high school Vocational Law Enforcement program curriculum, and taught in the Criminal Justice Program at Salt Lake Community College. He is still certified as a Senior Professional in Human Resources.

The Utah Council for Citizen Diplomacy  
Great Decisions

The Utah Council for Citizen Diplomacy (UCCD) believes that everyone has the right, even the responsibility to help shape U.S. foreign relations “one handshake at a time,” and since 1967, we at UCCD have fostered citizen diplomacy by creating meaningful person-to-person interactions with individuals from other countries and cultures. UCCD works with the U.S. Department of State’s International Visitor Leadership Program and other exchange programs to welcome hundreds of emerging leaders from around the world to Utah to meet with like-minded professionals, businesses, government agencies, and organizations to exchange best practices and create networks while experiencing Utah’s unique culture.

Paul Holbrook  
Age Performance

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 20 years. In 2005, Paul founded the Age Well Center, a human performance training center for older adults.
Rick Paine
Snake Kings and Warrior Queens: Politics among the Ancient Maya

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.

Rob Branch
Journalism in the Crosshairs

Rob Branch earned his BA 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.
Ruth Hadlock
Clutter-free and Organized at Last!
Ruth Hadlock is a Certified Professional Organizer who teaches a step-by-step method to organize anything from a small junk drawer to a large junk room to an entire house. If you feel overwhelmed by the clutter and paper piles which so easily accumulate, Ruth will share a proven system to get organized and stay organized. Even if you are not a “born organizer” you will complete this course confident that you can finally feel at peace in your surroundings, using the skills you learned to get organized at last. For fourteen years, Ruth has taught classes and worked side-by-side with clients to clear their clutter. With skill and focus, she sees her client’s organizing projects through to the end. Ruth was an on-air guest on KUTV for a year, teaching organizing tips. She is also the past-President of the Utah Professional Organizers. She is a member of the Golden Circle of the National Association of Productivity and Professional Organizers (NAPO) and is also a Clear & SIMPLE™ Certified Organizer & Trainer.

Roz Newmark
Yoga For All Bodies
Roz Newmark was first introduced to Transcendental Meditation (TM), and Swami Vishnudevananda’s yoga in 1972. She has studied with many Senior Iyengar, Anusara and Para instructors, completing several teachers’ trainings sessions. Donna Farhi’s work has been a strong influence, with its clarity in how to integrate the richly informed studies of Body Mind Centering (BMC) with yoga. In her own teaching, Roz enjoys blending the concise structure of the Iyengar tradition with BMC and her own kinetic insights developed as a professional dancer. She has served a wide range of populations, from children to seniors, athletes to injured, corporate to casual. It is her belief that, through merging breath with asana while listening to the body’s deeper wisdom, one can prevent injuries and find greater ease in movement and stasis.

Rob Carney
Frost and Hemingway
Rob Carney is the author of five books of poems, most recently The Book of Sharks (Black Lawrence Press, July 2018) and 88 Maps (Lost Horse Press, 2015), which was named a finalist for the Washington State Book Award. In 2014 he received the Robinson Jeffers/Tor House Foundation Award for Poetry. His work has appeared in Cave Wall, Columbia Journal, and many others, and he writes a regularly featured series called “Old Roads, New Stories” for Terrain: A Journal of the Built + Natural Environments. Carney is a Professor of English and Literature at Utah Valley University, where he has won awards for his teaching. Originally from the northwest, he received a BA in English from Pacific Lutheran University (Tacoma, WA), an MFA in Creative Writing from Eastern Washington University (Spokane/Cheney, WA), and a PhD from the University of Louisiana-Lafayette. Since August 1997, he has lived in Salt Lake City.

Rodger Newbold
Intermediate to Advanced Photography
Rodger is a 36-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.

Ruth Palmer
Beginning Line Dancing
Ruth Palmer is happily retired. While exploring options to stay involved and healthy, she discovered and fell in love with line dancing. More than five
years later she is a participant and teacher in a number of line dance classes for active seniors in the Salt Lake Valley and Mesa, Arizona.

Sally Smith

**Literature of Aging and the Family**

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. In 2018, Sally received the Brooke Hopkins Endowed Award in Adult Teaching.

Shannon Warenski

**History of Funeral Services**

Shannon was born and raised in Salt Lake City, Utah, graduating from Granger High School. He began his career in the funeral service industry in 1997. During his apprenticeship, he attended the Arapahoe College of Mortuary Science in Littleton, CO, graduating in 2002 with a 4.0 GPA and honors. He is recognized as one of the first funeral directors in Utah to obtain his license and to complete his funeral service education online. After graduating, Shannon was selected to develop and implement the new Mortuary Science program at the Salt Lake Community College. Shannon served as an adjunct instructor from 2006-2012, program and curriculum developer from 2006-2012, and the first PAC Committee Chairperson for the new program. In 2014 Shannon graduated Magna Cum Laude from Utah State University with a Bachelor’s degree in psychology. Shannon has kept his association with many aspects of professional education within the funeral industry and continues to work closely with academics. With his strong background in family service and 20-plus years of serving Utah families, Shannon has developed priceless relationships within the communities he serves. Shannon is an active member of the National Funeral Directors Association, the Utah Funeral Directors Association, and the Cremation Association of North America.

Sheral Schowe

**Protecting the Earth with Sustainable Winemaking Practices**

Sheral Schowe is the founder and owner of Wasatch Academy of Wine, LLC, Utah’s first and largest wine school established in 1991. Named International Wine Educator of the Year by the Wine Scholar Guild, Sheral offers classes for the beginner to the professional throughout the state. She travels to Europe every year to visit wine regions and learn about the wineries and winemakers of Italy, France, and Spain, bringing back the stories that make her classes so enjoyable and engaging. Sheral has been an instructor for Continuing Education since 1996 and also teaches for Salt Lake Community College Culinary Arts, Ecole Dijon Cooking School, and for Harmon’s Cooking Schools.

Stephen Hall

**WWII in the Pacific**

Stephen C. Hall, (Colonel, U.S. Air Force, Retired) is a Professor of the Practice in Literature, Media, and Communication at the Georgia Institute of Technology. He is a former Senior Fellow at L-3 Communications Systems-West (CS-W), Salt Lake City, Utah, and currently is a lecturer on World War I and World War II history at the Osher Institute for Lifelong Learning at the University at the Salt Lake Community College.
Wayne Egan
The Simple Joys of Singing

Kenneth Egan has a PhD 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 improvisor, 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 three CDs on the Nuance label.

W. Lindsay Adams
Dark Age Greece and the Rise of the Polis

Lindsay has taught at the University of Utah for 42 years, after earning his Bachelor of Arts degree in History and his PhD degree in Ancient and Medieval History at the University of Virginia. From 1974 to 2016 he rose from a Visiting Assistant Professor to a full Professor of History, teaching Greek, Roman, and Byzantine History. Along the way he was Undergraduate History Advisor, Director of Graduate Studies, and Acting Chair of the Department. He also received five university teaching awards, including the ASUU Student Choice award, the John R. Park Teaching Fellowship, the Presidential Teaching Award, the University Professorship during the Winter Olympics, and the Hatch Prize for Teaching Excellence. He also chaired over 30 Master of Arts degrees and three dissertations.

Wayne McCormack
American Constitutional History: Toward the Future

Professor McCormack received a BA from Stanford University and a JD 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.

Tim Chambless
Current Issues

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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of Utah. He is a 1967 Industrial Management graduate of the Georgia Institute of Technology, received his Master’s degree in Management from Troy State University in 1976, and served 26 years in the Air Force. At CS-W, Colonel Hall created and executed the CADRE training program for exceptional performers and acted as professional liaison between CS-W and Georgia Tech. Colonel Hall has lectured for many years to audiences in the Salt Lake Valley, Georgia Tech, Morehouse College, and the University of Utah. He is a 2017 recipient of the Brooke Hopkins Award for Excellence in Adult Education at the University of Utah. Colonel Hall and his wife underwrite six scholarship programs at Georgia Tech and Spelman College and were the recipients of the 2017 Ivan Allen College Dean’s Appreciation Award.

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AFTER HOURS WITH EXPERTS

An Osher series featuring one hour lectures on interesting topics. These lectures begin at 5:30 pm and feature Osher members as regional experts. Come and learn something new!

Wild Utah: America’s Red Rock Wilderness
Presented by Dave Pacheco
View a short film by SUWA then hear a presentation by SUWA’s Utah Grassroots Organizer, Dave Pacheco, focusing on the global environmental need for protecting wild places, particularly at home in Utah.
OSHER 324-001 • Monday, March 23 • 5:30 PM
Commander’s House • Fee $9

Utah Roadmap – Pathway to a Cleaner Environment
Presented by Thomas Holst
Thomas Holst, Senior Energy Analyst for the Kem Gardner Policy Institute, will describe the methodologies and processes for developing the Utah Roadmap, and highlight the recommendations to the Legislature.
OSHER 339-001 • Monday, March 30 • 5:30 PM
Commander’s House • Fee $9

State of the U
Presented by President Ruth Watkins
President Ruth Watkins uses one word to describe the U’s future: boundless. Join President Watkins for an hour conversation about the University of Utah and its place in Utah.
OSHER 317-001 • Monday, April 6 • 5:30 PM
Commander’s House • Fee: $9

Respecting Humans in Health Care: Ethics, Arts and Humanities in Medical Education at the U
Presented by Dr. Karly Pippitt and Gretchen Case, PhD
Ethics, arts, and humanities are an important but sometimes under-emphasized aspect of medical education. See how students’ clinical skills are “layered” onto these other necessary skills that require ongoing learning and reflection.
OSHER 307-001 • Monday, April 13 • 5:30 PM
Commander’s House • Fee: $9

Documentaries, Summits and Women Mountaineers: An Evening with Jennifer Jordan
Learn about 3000 Cups of Tea, a documentary about Greg Mortenson and his rise and fall creating the Central Asia Institute, from the filmmaker herself.
OSHER 315-001 • Monday, April 20 • 5:30 PM
Commander’s House • Fee: $9

Endangered Connection: How We Interact With Nature Today and Make A Connection
Presented by Tim Brown
The majority of people in the United States live in urban areas and Utah is no different. Learn about the impact of technology on our connection to nature and how to reconnect.
OSHER 347-001 • Monday, April 27 • 5:30 PM
1111 West 3300 South, South Salt Lake • Fee: $9
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<tr>
<td>9:30 AM</td>
<td>- Hiking the Wasatch (SL)</td>
<td>- WWII in the Pacific (CH)</td>
<td>- Ukrainian Eggs (CE)</td>
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<td>- Utah Symphony (SL)</td>
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<td>- WWII in the Pacific (CH)</td>
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<td>- Becoming a Bird Watcher (CH)</td>
<td>- Medicare for All? (CH)</td>
<td>- Becoming a Bird Watcher (CH)</td>
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<td>- Bigotry: Winning the War (CH)</td>
<td>- Pilates: Life in Balance (SL)</td>
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<td>- Mindfulness Watercolor (CE)</td>
<td>- Thomas Hobbes and John Locke (CH)</td>
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<td>- Preservation and Material Culture (SL)</td>
<td>- Travel… Your Adventure Awaits! (CE)</td>
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<td>- The Culture of Utah Politics (CH)</td>
<td>- What is Modern Art? (CH)</td>
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<td>- The Fools of Shakespeare (CH)</td>
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<td>- Human Cognitive Limitations (CE)</td>
<td>- Mind Over Matter (CE)</td>
<td>- Rewiring the Brain (CH)</td>
<td>- 2 Plays by Shakespeare (CH)</td>
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<td>- Singing In Harmony (MC)</td>
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<td>12:00 PM</td>
<td>- The History &amp; The Literature (CH)</td>
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<td>- LUNCH &amp; LEARN (CH)</td>
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<td>- Cultural Geography (CH)</td>
<td>- Age Performance (SL)</td>
<td>- A Soldier's View (SL)</td>
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<td>- Beginning Line Dancing (10)</td>
<td>- American Constitutional History (CH)</td>
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<td>- Drawing Workshop (10)</td>
<td>- Current Issues: 006 (SV)</td>
<td>- Rewiring the Brain (PC)</td>
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<td>- Life Lessons from Mountaineering (SV)</td>
<td>- Don’t Get Mad, Be Even (CH)</td>
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<td>- Make Productive Use of Your Laptop (CE)</td>
<td>- Looking Into The Abyss (CH)</td>
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**LOCATION KEY**

- **(10)** 10th East Senior Center
- **(CE)** Continuing Education Building - 540 Arapeen Dr.
- **(CH)** Commanders House - 1965 De Trobriand Street
- **(MC)** Monson Center - 411 E South Temple
- **(PC)** Summit County Library - Kimball Junction Branch, 1885 W Ute Blvd, Park City
- **(SL)** Salt Lake City - see class listing for location
- **(SV)** Summit Vista - 3990 W Signal Peak Dr.
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 the 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 Officers’ 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 Union.

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.

Summit Vista

3390 W. Signal Peak Drive, Taylorsville.
Parking is to the west of the building. Signs in the lobby will point you toward your classroom.

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

Park City - Summit County Library, Kimball Junction Branch

1885 S Ute Blvd, Park City, UT 84098

Parking surrounds the building. Courses will be held in the large auditorium on the upper level.
Lifelong Learning at the University of Utah designs its courses for inquisitive adults ages 18 and up. Sign up for a course and lean more, do more, become more.

lifelong.utah.edu

Go Learn
Take your knowledge further as you explore the world with hand-selected University of Utah faculty in a program that combines education with a vacation. It’s the most intelligent way to travel.
golearn.utah.edu

Osher Lifelong Learning Institute
The Osher Lifelong Learning Institute at the University of Utah offers a rich and evolving array of courses, lectures, and special activities, taught by distinguished emeritus faculty, scholars, and community experts. Members from all walks of life bring a lifetime of experience to the classroom and our activities.
osher.utah.edu

PERSONAL ENRICHMENT

The Osher Lifelong Learning Institute is one of the three personal enrichment programs offered by the University of Utah.
Class Registration and Special Event
RSVP Request Processing
Register online at osher.utah.edu or by calling 801-581-7155. 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 may be waived if you do not wish to receive the materials. Please call the Osher office at 801-585-5442 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 only attending classes for which you are registered.

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.
THANK YOU

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.

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 123 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 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
Utah Museum of Fine Arts
University of Utah Alumni Association
University of Utah Emeriti Club

CURRICULUM COMMITTEE
John Boles - Chair
Kathie Coopersmith - Past Chair
Sandy Clark - Lunch & Learn
Dot Blakeley
Linda Johnson - Lunch & Learn
Marilyn Copeland
Judy Donnell
David Hibdon - Vice Chair
Mary Jo Westien
Connie Kirkpatrick
Helle LeRette
Luci Malin - Past Chair
Barbara Reid - Past Chair
Tamara Springer

CLASS ASSISTANTS
Too numerous to list, but none-the-less important to the success of the Osher Institute. Thank you!

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!

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

SPECIAL EVENTS COMMITTEE
Doyle Clayburn
Marcie Collett
Stephanie Garlinghouse
Angie Matinkah - Co-chair
Jill E. Meyer
Nancy Morrison - Co-Chair
Connie Reed
Jill Smith
Frank Wilson
Pam Wilson
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 gaining 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 61 for the guest policy.