TOGETHER AGAIN
FALL 2021 | AUGUST-NOVEMBER
Visual Arts · Politics · History · STEM · Fitness · Literature · Music

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# CONTACT Osher

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Registration Desk 210  
M-Th, 8:00 AM - 8:00 PM, F, 8:00 AM - 5:00 PM

**Osher and Registration Offices**  
540 Arapeen Drive, SLC, UT 84108
Back to School

The end of long carefree summer days turning to fall can be a melancholy time of year. But for those who love lifelong learning, the traditional back-to-school months bring exciting new beginnings. An Osher membership offers you so many opportunities for new experiences, friendships, and connection. Join us this fall for your choice of 80 classes, seven stand-alone lectures, in-person and virtual open houses, and ongoing special events.

Our aim is to offer something for everyone. As recovery from the COVID-19 crisis continues, we want our members to feel confident in the choices that feel right for them. For those who are ready to get back to in-person meetings, 50 of our classes will meet in classrooms. For those who wish to remain at home, 28 classes will meet on Zoom. For those whose time is limited, we have special events and seven stand-alone lectures, three of them held on Zoom. For those who like to try something new, we offer two classes on Canvas as independent learning.

If you need help deciding what to take, please join us for one or both of our two fall open houses! Instructors teaching online will preview their courses in a virtual open house on Zoom on August 12. Instructors teaching in-person classes will meet Osher members, answer questions, and share their syllabi at our annual in-person open house on August 16. We will host members and guests for a breakfast buffet at Red Butte Garden and celebrate being together again after many long months of isolation.

For nostalgic alumni, fall also brings homecoming activities. This year, Osher is excited to participate in homecoming at The University of Utah. We will partner with the Office of Alumni Relations to host a special evening at the beautiful Cleone Peterson Eccles Alumni House on campus. Heavy appetizers and cocktails will be served for happy hour, another opportunity to enjoy each other’s company in a lovely setting. We will learn about the Environmental and Economic Impact of Drought and Fires in a lecture by Dean Peter Trapa and Professor William Anderegg from the College of Science.

Fall brings changes too. This term will be a little different as we continue to adapt to our new and shifting environment. We will not have a fall break in our short six-week term. We will not be holding classes at our usual spot, the Commander’s House in Fort Douglas, due to COVID-19 space restrictions and internet and staffing capacity. Instead, we will offer classes in our beautiful Continuing Education building at 540 Arapeen, the University of Utah Sandy Center, the 10th East Senior Center, and the Thomas S. Monson Center.

Zoom continues to be popular for many instructors. Lunch and Learn will also remain on Zoom this term and until further notice. This online option allows us to increase our attendance size limits and learn from experts from beyond our geographic region. We will have instructors joining us from Italy, Greece, California, Connecticut, New York City, Arizona, and South Carolina, as well as from right here in Utah.

Back to school brings so many opportunities to stay engaged and learn something new. Thank you for being part of our vibrant learning community, as members, instructors, volunteers, and long-time friends. Welcome back. Let the learning continue!

- Jill E. Meyer, Director
The Osher program was designed on the premise that life is better when you surround yourself with people who lift you higher. The friendships formed at Osher will not only boost your confidence, they bring a new energy to your soul. The supportive community always helps you push through challenges and takes time to celebrate your successes.

Mary Ann Samowitz & Marion Johnson
UMFA Volunteers & Osher Members
A Soldier's View
Chip Guarente
Consider this course a “show and tell” of a soldier’s uniform, taking a look at the equipment and weapons that a 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 will be glad you signed up!
OSHER 821-001 | Wednesday 11:30 AM-2:30 PM
Sept 22-Oct 6, 2021
3450 S. Main Street, Salt Lake City 84115

A Twentieth-Century Thai Life
John Grima
We will explore moments from the life of a Thai woman born in 1908 who lived through all of the political and cultural change that shaped Thailand in the twentieth century. We will use elements of her own autobiographical reporting and crosscuts from the writing of historians and other scholars.
OSHER 119-001 | Monday 9:30-11:00 AM
Sept 20-Oct 25, 2021
ZOOM

America Before Columbus
Bernadette Brown
This course will explore the indigenous cultures of the original inhabitants who settled the expanse of the United States before the arrival of Columbus. The class will introduce civilizations that thrived long before Columbus landed and who 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, and the interaction between ancient Mexican and southern cultures.
OSHER 233-001 | Tuesday 9:30-11:00 AM
Sept 21-Oct 26, 2021
540 Arapeen Drive, Salt Lake City 84108

An Introduction to Hinduism and Its Most Sacred Text: The Bhagavad Gita
Santosh Gandhi
The popular view of Hinduism by non-Hindus is that of a complex, confusing mix of rituals, festivals, and customs, combined with thousands of gods and goddesses. Yet, it is also the source for deep philosophical insight and practices, such as yoga and meditation. This picture masks the underlying unity and appeal of the ancient ideas of the Vedic seers seeking answers to fundamental questions: Who am I? What is this creation? What or who is God? These questions are addressed in the study of Vedanta using the Bhagavad Gita along with the Upanishads. This course will introduce Hinduism through these most sacred texts and the relevance of their messages in day-to-day life. It will cover the basic tenets of Hinduism: dharma (ethical living),

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
**karma theory (destiny/free will), karma yoga (path to**
**spiritual/emotional maturity), and reincarnation.**

OSHÉR 880-001 | Tuesday 1:30-3:00 PM
Sept 21-Oct 26 2021
540 Arapeen Drive, Salt Lake City 84108

**Ancient Cities of Mesoamerica**

*Rick Paine*

Prepare to embark on a tour of some of the great cities of ancient Mexico and Central America. Using a series of famous archaeological sites to explore important institutions of Mesoamerican civilization, we will discuss San Lorenzo Tenochtitlan, the New World’s first complex society; conquest and early urbanism at Monte Alban; Teotihuacan, Mesoamerica’s first true city; Mayan writing and political history at Tikal, Copan, and Calakmul; and the mysterious relationship between Tula and Chichen Itza.

OSHÉR 86-001 | Wednesday 3:30-5:00 PM
Sept 22-Oct 27, 2021
The Thomas S. Monson Center, 411 E. South Temple, Salt Lake City 84111

**Aristophanes and Greek Comedy:**

*Clouds, Frogs, Women at the Thesmophoria*

*Chris Horner*

Aristophanes is the only comic playwright of the Classical Greek era whose works have survived. One of the most original dramatists of the Western tradition, his plays feature a brilliant combination of fantasy, social-political satire, and use of absurd characters and plots to shine a spotlight on his society’s institutions and values—and to skewer Athenian politicians who continued to promote the disastrous Peloponnesian War. *The Clouds* famously caricatures the philosopher Socrates; *Women at the Thesmophoria* blends elaborate parody of tragedy with transvestite burlesque; and in *The Frogs*, the Greek tragic playwrights Aeschylus and Euripides engage in a vituperative “literary criticism” of each other’s plays in the Underworld—presided over by the god Dionysus.

OSHÉR 228-001 | Tuesday 11:30 AM-1:00 PM
Sept 21-Oct 26, 2021
540 Arapeen Drive, Salt Lake City 84108

**Bird Watching: Friday Field Trips!**

*Jeanne Le Ber*

Enhance your bird-watching skills by participating in six morning field trips, each lasting a half day. Participants develop skills that allow them to classify and identify birds based on the general impression of size and shape, plumage, song, behavior, habitat, and season. Participants should be willing to drive themselves to each location. Please dress appropriately for the weather, wear comfortable walking shoes, and bring a drink and a snack. Binoculars and a note pad to record sightings are essential.

OSHÉR 170-001 | Friday 8:00 AM -12:00 PM
Sept 24-Oct 29, 2021
Locations to be announced to registered class members

**Breaking the Rules: Building Toward War and After in Early Twentieth-Century Art**

*Colleen Wood*

This course covers artists and movements from the first half of the twentieth century, including the Fauves (Matisse and Derain), German Expressionism and Die Brucke (Kirschner and Nolde), Der Blaue Riter (Marc and Kandinsky), and Cubism (Picasso and Braque). Explore *The Armory Show*, held in 1913 New York City.
and heralded as the time when Modern art came to America, as well as Futurism by Severini, Balla, and Boccioni. We will look at reactions to World War I by DADA, Duchamp, Arp, Hanna Hoch, and Schwitters, including revolution and war in Russia, the movements Suprematism (Malevich), Constructivism (Tatlin), and De Stijl (Piet Mondrian and Rietveld). From there, we will explore Surrealism (de Chirico, Dali, Magritte, Ernst, Oppenheim, and Miro). Learn about Seeking the Universal and sculpture as social commentary (Dorothea Lange, Hopper, Jacob Lawrence, Grant Wood, Benton, Orozco, and Rivera), Social Realism and the rise of dictators, plus milestones in architecture (Gropious, Mies van der Rohe, Le Corbusier, and F.L. Wright).

OSHER 112-001 | Thursday 9:30-11:00 AM
Sept 23-Oct 28, 2021
ZOOM

Calligraphy: Introduction to the Italic Hand
Chris Dyson

One of the most popular styles used in contemporary Western calligraphy, the elegant Italic script was developed from antique Latin texts and inscriptions during the Italian Renaissance. Class members will learn variations on the alphabet and ideas for layout and design to create beautiful lettered art. Supplies list: Speedball C-2 nib (students can purchase the set of nibs, which includes the C-2; if you are left-handed, you need a left-handed set), calligraphy ink (Speedball or Eternal), nib handle, and plain paper (copy paper is fine). Supplies can be purchased at Blick in Sugarhouse or on Amazon.

OSHER 615-001 | Wednesday 1:30-3:00 PM
Sept 29-Nov 3, 2021
540 Arapeen Drive, Salt Lake City 84108

Critical Junctures: The U.S. and Other Democracies at the Tipping Point
Jane Yager

This course builds on the framework, concepts, and readings from Osher 159: Why Nations Succeed or Fall Apart, taught in spring, summer and fall of 2020. Students will be involved in applying the framework and concepts to identify and analyze the threats and critical junctures faced by the United States and other democracies around the world. A guest speaker will provide insights about how political appointees in the U.S. Executive Branch can affect government operations and impact the functioning of democratic institutions.

OSHER 326-001 | Wednesday 9:30-11:00 AM
Sept 15-Oct 27, 2021 (no class on Oct 6)
ZOOM
Cultural Geography
Chris Dyson

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

OSHER 24-001 | Thursday 11:30 AM-1:00 PM
Sept 30-Nov 4, 2021
540 Arapeen Drive, Salt Lake City 84108

Current Issues in American Public Affairs and Politics
Tim Chambless

Examine current political and governmental issues breaking that day and week—locally, nationally, and internationally! This class is highly interactive. Controversial questions are scrutinized. Group discussions are encouraged. Readings from The New York Times and NPR, as well as local newspapers and Internet sources, will be provided. News articles and videos seed the discussion, but often grow into entirely different topics based on student interest and participation. Students are encouraged to ask hard questions, and to participate actively and respectfully in class discussion.

OSHER 630-001 | Tuesday 1:30-3:00 PM
Sept 28-Nov 2, 2021
540 Arapeen Drive, Salt Lake City 84108

Don’t Just Retire ... Refire! An In-Depth Discovery of Your Third Act of Life
Steve Wrigley

This class is designed not only to inspire people to explore their goals and passions, but also to give them an actionable plan on how to navigate a new and evolving life phase. Retirement is no longer a destination, it’s now a transition on a journey. It’s more important to think about what you’re retiring TO, rather than what you’re retiring FROM. Your third act is an opportunity for new goals, dreams, adventures, contributions, and personal reinvention with new interests, opportunities, explorations, relationships, and a new way of life. This class will help you move from a retired life to an inspired life. In the class, you will design a third act of life that is right for you by setting meaningful, attainable goals, and you will learn how to take simple steps to reach them. The instructor, a board-certified life coach and certified retirement-transition, career, and relationship coach, will help class members navigate change and inspire them with new possibilities.

OSHER 650-001 | Monday 3:30-5:00 PM
Sept 20-Oct 25, 2021
540 Arapeen Drive, Salt Lake City 84108

Easy Guitar Jam
Bin Oliver

Expand your campfire repertoire! Each week, we will play simple, familiar tunes, such as “Brown-Eyed Girl,” “Country Roads,” “Jambalaya,” and others. Along the way, we’ll explore some fundamental technique elements (to enrich your playing) and dabble in a little elementary music theory (to help you understand how to play any song). But the emphasis will be on playing and singing in a relaxed setting. You should be comfortable with basic chords. Song charts will be provided digitally in PDFs.

OSHER 455-001 | Monday 1:00-2:30pm
Sept 20-Oct 25, 2021
10TH East Senior Center,
237 S 1000 E, Salt Lake City, UT 84102
Eliminating Extreme Poverty: What Works and What Doesn’t
James B. Mayfield

This course introduces students to the discipline of rural development. We will examine theories, strategies, and approaches to eliminating extreme poverty. We will discuss why so many have failed and why so few are successful, and present what must be done to create successful programs. It will be a course in discovery, allowing class members to connect with the diverse people of Nepal by experiencing the majesty of the Himalayan mountain range and the amazing local culture and way of life. We will learn how a group of Americans working with Nepali facilitators was able to help develop a sense of hope that life can be better. This will be a “hybrid” course, where class members can complete four modules (each containing three to five lessons) at times of their own scheduling, via the online learning platform called Canvas. The instructor will meet with the class via two Zoom meetings, allowing class members to ask specific questions and learn more about how extreme poverty can be eliminated through strategies employed by individuals, local communities, and governments.

OSHER 12-001 | Thursday 3:30-5:00 PM
Sept 23 & Oct 28
Taught on Canvas with two Zoom sessions

Emotional Style, Feelings, and Brain Science
Harry Keshet

Brain science is the study of the neurological and genetic underpinnings of emotional style and how our feelings affect and are affected by the brain. Emotional style includes resiliency, outlook, social intuition, self-awareness, sensitivity to context, and attention. Each dimension influences our daily life. Negative feelings—such as anger, anxiety, and depression—and positive emotions—such as love, joy, compassion, and gratitude—affect the brain and greatly influence how we live. We will examine how our genetically based emotional style and our positive and negative feelings are changed by how we behave, think, and imagine. We will also discuss how to create the lifestyles we wish to have.

OSHER 122-001 | Thursday 11:30 AM-1:00 PM
Sept 23-Oct 28, 2021
540 Arapeen Drive, Salt Lake City 84108

European Profiles of the Reformation Era
Jared Day

This set of lectures examines many of the key individuals and events that shaped the Reformation era from 1492 to 1648. Each lecture will revolve around a biographical sketch of an historical figure, with substantial focus on the context in which the person lived and acted. Our topics will include Queen Isabella of Spain, Martin Luther, King Henry VIII of England, Queen Catherine de Medici of France, and King Ferdinand II of the Holy Roman Empire. We will cover the voyages of Columbus, the Inquisition, Henry VIII’s marriages, the Saint Bartholomew’s Day Massacre, and the Thirty Years War.

OSHER 135-001 | Monday 3:30-5:00 PM
Sept 27-Oct 25, 2021
ZOOM

Everyday Mindfulness
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 and will cover its history and benefits, as well as the 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.

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
Exploring the History and Landscapes of the Great Salt Lake
Nicole Anderson

The Great Salt Lake is the largest saltwater lake in the western hemisphere and is also the largest body of water between the Great Lakes and the Pacific Ocean. It is large enough to create its own weather patterns and can be seen from space! Its ecosystem is one of the harshest environments in the world, and the lake is one of the few places on Earth where you will find oolitic sand. The Great Salt Lake and its surrounding wetlands are critical to more than 250 different species of birds. Historical places of interest to explore include the Saltair Resort and the Fielding Garr Ranch on Antelope Island, and there are unique earthworks like Robert Smithson’s Spiral Jetty. In this course, you will learn what differentiates the four main regions of the Great Salt Lake and where to visit, as well as a variety of activities you can experience when going to this distinctive place.

Exploring the Instruments of Classical Music
Geraldine Johnson

In this music appreciation course, we will explore the solo repertoire and sounds of standard Western musical instruments. Strings, woodwinds, brass, and percussion instruments have different sounds and capabilities, all of which our ears are able to detect and distinguish. Composers and virtuosos throughout history have influenced how instruments developed and how they sound to us today. We will also take a peek at some important ancestors to the instruments we know and love.

Exploring the Jordan River
Anne Terry

Participants will gain a holistic appreciation for the Jordan River watershed as an important riparian ecosystem for a variety of wildlife species, a critical migratory pathway for birds, and a geographic hub of rich human history. Topics will cover ecology, conservation biology and planning, human history, and stewardship activities as these relate to the Jordan River Watershed. Classes meet at Tracy Aviary’s Jordan River Nature Center, and we will spend time walking on the Jordan River Parkway Trail.

Fabrics in History and Art
Margaret Landesman, Mary Lambert, and Jill E. Meyer

Why the Iron Age or the Bronze Age, rather than the Pottery Age or the Flax Age? The development of fabric technologies and trade has influenced human history perhaps more than any other technology. But little evidence survives, and there is a tendency to regard the study of this history as frivolous. It is a fascinating story. This course will use works of art—paintings,
sculptures, costumes, and decorative arts—to serve as discussion points in exploring the history of textiles, including linen, silk, wool, and cotton, and how they are represented by artists from ancient days in Egypt to today in the West. One class session will be devoted to examining actual textiles from the instructors’ and class members’ own personal collections.

OSHER 174-001 | Monday 1:30-3:00 PM
Sept 20-Oct 25, 2021 (No class on Oct 11)
540 Arapeen Drive, Salt Lake City 84108

**Feldenkrais® II**
Carol Lessinger

Like meditation or yoga, or watching a beautiful sunset, once is not enough! Feldenkrais Awareness Through Movement® is a practice that is constantly changing because you, too, are constantly changing. The more you experience your presence in movement, the more you find there is to learn. If you have enjoyed Feldenkrais classes before, please join in. There will be less time given to review the basic ideas and more time open to movement and to addressing specific needs and desires. Prerequisite: “Your Life Is Only as Comfortable as Your Movement” course with Osher, or previous experience in a Feldenkrais series of classes with Carol Lessinger or another certified Feldenkrais practitioner.

OSHER 190-001 | Wednesday 3:30-5:00 PM
Sept 22-Oct 27, 2021
ZOOM

**Feldenkrais® Fundamentals:**
*Rediscover Pleasure in Movement*
Carol Lessinger

Movement is essential for life. When movement is comfortable, life is more enjoyable. You feel more like you would like to feel. The key is to move more organically, efficiently, with the least amount of effort to achieve the effect you desire. The Feldenkrais Method® offers gentle, intelligent, and intriguing movement sequences that bring embodied self-awareness that leads to more pleasure in moving through your life. See www.feldenkrais.com for information about the method. All abilities are welcome. Note: This class was originally called “Your Life Is Only as Comfortable as Your Movement.”

OSHER 299-001 | Wednesday 1:30-3:00 PM
Sept 22-Oct 27, 2021
ZOOM

**Film and Dreams: Imagination and the Unconscious**
Sharon Swenson

Films create a dreamlike state for the spectator, one that can be shared with the other viewers. Cinema creates shared dreams, expressing the individual as well as a collective unconscious. Using some concepts of Gestalt psychology and wish fulfillment, plus the ideas of Freud and Jung, we will explore some general ideas of film/dreaming/unconscious and analyze specific films that enact dreams and stimulate our imagination. The lines between media and life, digitality and reality, are increasingly blurred. But studying films like *Spellbound*, *Inception*, *Beasts of the Southern Wild*, *The Dark Knight Rises*, *Tree of Life*, *What Dreams May Come*, *Millions*, *La La Land*, *On Body and Soul*, *Paprika*, *The Good Night*, and *Jacob’s Ladder* can deepen our understanding of what meanings arise, and how they do so.

OSHER 198-001 | Tuesday 1:30-3:00 PM
Sept 21-Oct 26, 2021
540 Arapeen Drive, Salt Lake City 84108
Finding Yourself Through Literature
Bill Hardesty

Have you ever wondered how much you might be like Atticus Finch in To Kill a Mockingbird, or Tintin in Tintin in Tibet, or Celie in The Color Purple? In this course, as we analyze great literary characters, we will ask how much we are like and how much are we not like these memorable characters. It will be a journey of self-discovery through the pages of literature.

OSHER 335-001 | Thursday 3:30-5:00 PM
Sept 23-Oct 28, 2021
540 Arapeen Drive, Salt Lake City 84108

Google Tools: Exploring Drive and Sites
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 devices or desktop computers. Learn how to create, organize, and store your files about family events, travel, business, social activities, and much more. Work with new Google Sites to build websites quickly and easily. Google Sites is a free and easy way to create and share webpages. Bring your phone, tablet, or laptop to class. We will have fun and get organized.

OSHER 120-001 | Thursday 3:00-6:00 PM
Oct 21-28, 2021
540 Arapeen Drive, Room 249, Salt Lake City 84108

Great Decisions
Utah Council for Citizen Diplomacy with Deaun Saxby

Great Decisions is the United States’ largest world affairs discussion group program. For more than sixty years, the Foreign Policy Association has picked the eight most relevant world affairs topics that concern the United States and has compiled them in a book for America’s general populace to enjoy. This course will invite subject matter experts who will lead a class discussion. The examination of these topics will generate further depth and understanding of how they affect the United States nationally and globally. The course topics for this term are Global Supply Chains and National Security, Persian Gulf Security Issues, Brexit and the European Union, Struggles Over the Melting Arctic, China’s Role in Africa, The Korean Peninsula, Roles of International Organizations in a Global Pandemic, and The End of Globalization.

OSHER 14-001 | Wednesday 9:30-11:00 AM
Sept 22-Nov 10, 2021
540 Arapeen Drive, Salt Lake City 84108

History of Photography
Jonathan Duncan

Photography is synonymous with the rise of the modern era. A technology that emerged out of Europe in the 1830s, the photograph quickly became a defining vehicle for self-expression. It brought about a democratization of the arts, in that we all became historians to our
own experience. This course explores the changes photography brought to our relationship with history, authenticity, and our understanding of time. It will also provide an art historical perspective of the different movements, personalities, and styles that have defined the medium from its early roots to the rise of digital technology and the age of social media.

OSHER 362-001 | Tuesday 3:30-5:00 PM  
Sept 21-Oct 26, 2021  
540 Arapeen Drive, Salt Lake City 84108

### Huck Finn’s America

**Jeffrey Walker**

Misunderstood as a boy’s adventure book or as only a dialogue on race, Mark Twain’s *Adventures of Huckleberry Finn* (1885) instead addressed youth violence and bad boys, schools and parents, and civil rights and minstrel shows. The novel, banned in New England then (and elsewhere today), needs to be read anew for a better understanding of America, then and now.

OSHER 223-001 | Thursday 1:30-3:00 PM  
Sept 23-Oct 28, 2021  
Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070

### Indigenous Rock Imagery: A (Non-Indigenous) Twenty-first-Century Perspective

**Elizabeth Hora**

This course will introduce students to the prehistoric people who created rock imagery (aka rock art) across the state of Utah, and expose them to the challenges of interpreting these traces of the past. The most common question people ask when faced with prehistoric rock imagery is “What does this mean?” and it’s a question that archaeologists are uniquely suited to… avoid answering. Why is that? And to whom can we turn for answers? We will dive into the challenge of interpretation, and you may be surprised where the conversations lead you!

OSHER 225-001 | Tuesday 9:30-11:00 AM  
Sept 21-Oct 26, 2021  
ZOOM

### Introduction to Basic Drawing

**Bill Laursen**

You will be pleased to discover that you can actually draw when shown simple techniques. Your artistic skills will quickly improve, along with developing a working artist’s vocabulary. Your ability to “see what artists see” will also greatly improve. This course will prepare you with a solid foundation and confidence, so that you can continue with drawing or move into other media, such as watercolors, oils, or acrylics. Necessary drawing materials for purchase will be discussed during our first class session. This course will be tailored to every skill level.

OSHER 408-001 | Tuesday and Thursday 12:30-2:00 PM  
Sept 21-Oct 28, 2021  
10TH East Senior Center,  
237 S 1000 E, Salt Lake City, UT 84102

### iPad and iPhone Essentials

**Debbie White**

This hands-on class has combined the best of the prior “iPad Basics” and the “Beyond the Basics” classes to provide a class that will help you do more with your iPad and/or iPhone. After a quick review of some basic features of your device, this class will focus on the multi-faceted capabilities of the most frequently used apps within the operating system. The class will also explore tips and tricks, helping you to get the most out of your device. At-home activities will be suggested to enhance classroom concepts. This class is not intended for those who have never used an Apple tablet or smartphone.

Visit [osher.utah.edu](http://osher.utah.edu) for additional information, including pricing, special instructions, and to register.
A VOTE OF CONFIDENCE

There are countless reasons why Osher benefits your life, but one of the most basic is that learning a new skill vastly improves how you feel about yourself. Learning helps you gain self-confidence, which in turn, gives you the motivation to make tangible improvements in your life, leading to more positivity, resilience, and happiness.

Brett Evans
Osher Instructor
OSHER 709-001 | Thursday 3:30-5:00 PM  
Sept 23-Oct 28, 2021  
Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070

Joy, Spirituality, and Brain Science  
_Harry Keshet_

The Dalai Lama and Archbishop Tutu identified seven pillars of joy: acceptance, compassion, forgiveness, humility, humor, generosity, and gratitude. A new brain science called neurotheology research shows how spiritual practices affect the brain to support joy and spirituality. This course will explore joy scientifically and experientially and help bring more joy into your life.

OSHER 368-001 | Tuesday 11:30 AM-1:00 PM  
Sept 21-Oct 26, 2021  
540 Arapeen Drive, Salt Lake City 84108

King Arthur and The Matter of Britain  
_Gordon Jones_

The Matter of Britain is the role of King Arthur in Western literature, history, and culture. This course will cover the historical Arthur (if there was an Arthur!) and his evolution into the iconic literary figure who continues to figure in Western culture.

OSHER 588-001 | Taught on Canvas

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
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 239-001 | Wednesday 9:30-11:00 AM
Sept 22-Oct 27, 2021
540 Arapeen Drive, Salt Lake City 84108

Lady Laureates: Female Nobel Prize Winners for Literature
Robert Weibezahl

Of the 117 writers who have been awarded the Nobel Prize for Literature, only 16 have been women. Setting aside this gross inequity and lack of inclusion, these scant female writers who were so honored stand out for their artistry, their contribution to their country’s cultures, and the universality of the themes and lessons they convey with their work. This course will survey the lives and accomplishments of all these women—from Sweden’s Selma Lageröf in 1909 to the most recent recipient, U.S. poet Louise Glück in 2020—and will look at why they were awarded the world’s most prestigious literary award. Along the way, we will explore the work of such masters as Toni Morrison, Nadine Gordimer, Alice Munro, Doris Lessing, Pearl S. Buck, and Gabriela Mistral.

OSHER 269-001 | Tuesday 3:30-5:00 PM
Sept 21-Oct 26, 2021
ZOOM

Let’s Go to Mars
Dennis Clark

Why Mars? We humans have always been explorers. The challenge of leaving the Earth has finally come full circle. First the moon landing, then the orbiting Space Station, now full-time living on the Moon is being planned to happen soon. Next comes the trip to Mars! This class will discuss the NASA program called ARTEMIS, a plan to transition from a new Space Station to the moon and back, establish a permanent colony on the Moon, and finally develop a Mars colony. We will view pictures of Mars, discuss the human urge to travel to space, and explore being on the cusp of traveling into the Cosmos at this extraordinary time in history. Ready, Set, Launch!

OSHER 276-001 | Thursday 1:30-3:00 PM
Sept 23-Oct 28, 2021
ZOOM

Let’s Write!
Debbie Leaman

Do you want to write, but you are having trouble getting started? Are you stuck, not knowing what to write about? This six-week workshop will help get your creative juices flowing. Unlock your “inner writer” through weekly writing prompts, tips, and short exercises. In a supportive environment, we’ll write, share, and discuss the craft of writing. So, grab your laptop (or pen, pencil, and paper), get comfortable, and put your critical voice on hold. All writing levels are welcome.

OSHER 287-001 | Wednesday 9:30-11:00 AM
Sept 22-Nov 3, 2021 (no class Oct 13)
ZOOM

Liberty in Shakespeare
Charles Boynton

Study Shakespearean plays, narrative poems, and sonnets to discern Shakespeare’s positions on four aspects of universally accepted “liberty.” The four liberties we will analyze are: natural or individual rights, expression or speech and discussion, religion, and morality. We will compare Shakespearean posture on these aspects of liberty with the contemporary philosophical and political atmosphere around the matter
in his time. How would Shakespeare’s positions align with today’s positions on this subject?

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.

OSHER 710-001 | Monday 11:30 AM-1:00 PM
Sept 20-Oct 25, 2021
540 Arapeen Drive, Salt Lake City 84108

Living Consciously in an Ageist Culture: Dialogues about Our Futures
David Derezotes

People over age 50 typically experience systemic and personal ageism every day. Whereas personal ageism involves the behaviors of people interacting directly with each other, systemic ageism involves cultural, political, and institutional factors that also harm or otherwise disadvantage older people. The purpose of this class is to provide Osher members with a learning community in which we can study ageism together and discuss practical individual and collective responses to our aging process. We will engage in dialogue with each other about our personal perspectives and experiences, empowering ourselves to write our own stories about the final chapters of our lives. Drawing inspiration from a diversity of world wisdom traditions, together we will reimagine our role in our own families and communities.

OSHER 355-001 | Wednesday 1:30-3:00 PM
Sept 22-Oct 27, 2021
ZOOM

Love Stories of Rumi
Amin Sadir

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

OSHER 128-001 | Monday 3:30-5:00 PM
Sept 20-Oct 25, 2021
ZOOM

Mac Essentials
Debbie White

This online class has combined the best of the prior “Mac Basics” and “Beyond the Basics” classes to provide a class that will help you do more with your Mac computer. We will focus on key features of your Mac, including Finder and file management, operating system and app preferences, Safari, and coordination of your Apple devices. Suggested homework will be given to enhance classroom concepts. Prerequisite: Prior use and understanding of an Apple computer is important. This is not an introduction to Mac computers.

OSHER 686-001 | Monday 1:30-3:00 PM
Sept 20-Oct 25, 2021
ZOOM

Marcie’s Movie Club
Marcie Collett

Each week, Marcie’s Movie Club will have a Zoom introduction, watch a film, and then have a post-film discussion, again via Zoom. The films are offered by Salt Lake Film Society’s platform https://slfsathome.org/ or by another platform. Class fee includes streaming charge for viewing each film. Class members will connect with one another over quality cinema

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
and also connect with their fellow global citizens through films from around the world. As Roger Ebert noted, movies are an empathy machine!

OSHER 325-001 | Monday 12:00-2:30 PM
Sept 20-Oct 25, 2021
ZOOM

**McCarthyism and American Political Repression**

*Emery Kay Hunt*

This course will explore the history of political repression that reached its highest point in the 15 years following World War II. We will view three documentary movies and learn about the high costs of economic and political thinking that reduced intellectual freedom in the United States during those years. We will examine the ways in which this thinking still exists in American society today.

OSHER 296-001 | Wednesday 3:30-5:00 PM
Sept 22-Oct 27, 2021
540 Arapeen Drive, Salt Lake City 84108

**Modern Greek Literature, Language, and Culture: Themes, Texts, and Contexts**

*Nikoleta Zampaki*

This course will discuss modern Greek literature, language, history, and culture of the twentieth and twenty-first centuries. Through an interdisciplinary approach, we will explore, analyze, and discover common themes, contexts, and texts in Ancient, Medieval, early modern, and modern Greece.

OSHER 298-001 | Monday 9:30-11:00 AM
Sept 20-Oct 25, 2021
ZOOM

**Origins of Democracy**

*Bruce Landesman and Patricia Hanna*

The idea of a democratic and liberal form of government originated in thought in the seventeenth and eighteenth centuries, began to be put into practice in the late eighteenth and nineteenth centuries, and has further developed since then. In this course, we will examine the origins of the idea of liberal democracy by two of the people most important for originating it, Thomas Hobbes (1588–1679) and John Locke (1632–1704). They developed the idea that government should rest on the consent of the governed, protect personal liberty, treat people as equals, and adhere to the rule of law. Hobbes’s great work, *Leviathan*, published in 1651, and Locke’s *Second Treatise of Human Nature*, published in 1689, will be our texts.

OSHER 302-001 | Wednesday 9:30-11:00 AM
Sept 22-Oct 27, 2021
540 Arapeen Drive, Salt Lake City 84108

**Photoshop One**

*Lynne Bennett*

Come join a photographic adventure in Photoshop One! In this course, we will learn how to “become one” with the basic tools of Adobe Photoshop. We will learn to use these tools to manipulate images, blend and touch up, and turn your photographs into works of art. This class is a beginning-level Photoshop course.

OSHER 308-001 | Monday 11:30 AM-1:00 PM
Sept 20-Oct 25, 2021
Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070
Policing in America
Paul Cunningham

This course will explore the role of police in America, including an 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 cameras, and citizen review boards. One class will focus on corrections. Each class will include 30 minutes dedicated to discussion of police-related news of the past week.

OSHER 687-001 | Thursday 9:30-11:00 AM
Sept 23-Oct 28, 2021
540 Arapeen Drive, Salt Lake City 84108

Refire Your Marriage/Relationship in Your Encore Years: Skills for Building Strong and Healthy Relationships
Steve Wrigley

This class is designed to help you have a strong, fulfilling, and lasting relationship. Marriages do not come with instruction manuals. We are not born knowing how to create healthy relationships. Yet we all desire a good relationship in our encore years. Retirement is supposed to bring a life of bliss, yet it frequently places undue stress on even the best relationships. Through PREP, the Prevention and Relationship Enhancement Program, your instructor will help you build on your existing strengths, prevent future problems, and nurture dedication and long-term views of your relationship. Successful relationships are about knowing how to handle your differences and developing skills for dealing with conflict. These skills will be taught in an enjoyable and engaging classroom format. The instructor, a certified PREP instructor, board-certified life coach and certified retirement transition, career, and relationship coach, will help class members learn new skills and inspire them with new possibilities for their encore years.

OSHER 309-001 | Wednesday 3:30-5:00 PM
Sept 22-Oct 27, 2021
Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070
Class workbook will have an extra $17 fee

Rhythm Ukulele
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 be at an advanced-beginner or intermediate level, ready to add three new songs and rhythmic styles per week to your repertoire. What will be taught each week can be flexible, depending on the level of the students enrolled. Bring your own ukulele. We will play in standard (GCEA) tuning, low G preferred but not mandatory. Instructor will supply materials.

OSHER 698-001 | Thursday 2:15-3:45 PM
Sept 23-Oct 28, 2021
10th East Senior Center, 237 S 1000 E, Salt Lake City, UT 84102

Sacred Mountains of the World
Jonathan Duncan

This course will explore humankind’s relationship with the mountain environment. From the sacrificial rituals of the Inca, to the vision quests of the Apache and Navajo in the American West; from the Athabascan legends of Denali, to the European Romantics’ first artistic forays in the Alps—the course will use the academic and interdisciplinary lens of the humanities to open up the different ways cultures have made sense out of the spiritual and creative dimensions of the world’s high places. The class will incorporate multimedia lectures,
assigned reading, and open discussion. Students will be provided a broad introduction to the mountain world and the role it has played in shaping the mythology and culture of many of history’s greatest civilizations.

OSHER 320-001 | Thursday 3:30-5:00 PM
Sept 23-Oct 28, 2021
540 Arapeen Drive, Salt Lake City 84108

Salty Science of Great Salt Lake
Jaimi Butler

The Great Salt Lake is a unique, understudied, and underestimated national landmark. As one of the most extreme ecosystems of the world, where life is tested at its limits, this lake provides new territory for exploration. Once an ancient inland sea, the Great Salt Lake has a rich history, both geological and human. Today it is a critical site for migratory birds, an important resource for industry and recreation, and a valuable laboratory for learning about the biology and chemistry of hyper-saline environments. Our goal is to connect each student to their own understanding of the lake through the interdisciplinary lenses of science, art, policy, and the humanities.

OSHER 342-001 | Monday 1:30-3:00 PM
Sept 20-Oct 25, 2021
ZOOM

Saudi Arabia: The Kingdom
Chris Schaefer

Long seen as a mysterious and far-away land, the Kingdom of Saudi Arabia has become, in actuality, one of the world’s most advanced countries. The tents, veils, and camel caravans of lore are today overshadowed by broad avenues, skyscrapers, and futuristic planned cities, all set among the sand dunes and mosques that for centuries constituted the stronghold of Islam’s most conservative clerics, those who follow the teachings of Abdul Wahhab. In this course, we will follow the history of the Bedouin Arabs who settled the Arabian Peninsula and the often-unexpected events that transformed their lives: multiple foreign invasions, the advent of Islam, sudden oil wealth, being thrust onto a world stage, and the Kingdom’s recent struggle to throw off the restrictions of the past and create a technological future like no other. It remains an absolute monarchy—but Saudi Arabia has changed.

OSHER 346-001 | Thursday 11:30 AM-1:00 PM
Sept 23-Oct 28, 2021
ZOOM

Sing Freely! Vocal Play and Harmony
Stacey Cole

Free that unique voice of yours! Have you ever wondered “How does that singer make a certain kind of sound?” Are you longing to learn HOW to sing a harmony part? Come explore vocal harmony, tone, and vocal ornamentation. We will keep our brains sharp and our hearts light, while having fun singing together—virtually! You will learn short, wonderfully novel songs (novel as in “new,” a song you’ve never heard on the radio) and you will learn harmony parts for each song. MP3 audio files will be provided so that you can have access to the songs and parts for your own reference. In addition, we will explore vocal resonance (chest voice, head voice, mixed voice, etc.) as well as vocal decoration and play (trills, sliding, and “flipping” the voice). What have you got to lose? You’ll be able to do all of this from the privacy of your own space. This class is a great way to keep learning while making new discoveries with your voice. No previous experience necessary.

OSHER 386-001 | Tuesday 11:30 AM-12:30 PM
Sept 21-Oct 19, 2021
ZOOM
Singing for Fun and Well-Being
Stacey Cole

This delightful four-week course combines a weekly virtual sing-along (lyrics provided) of popular songs from the first half of the twentieth century up through the 1960s. It includes fun vocal warm-ups and practical information about how to take care of your voice. Healing and uplifting! Shy singers are welcome and greatly encouraged.

OSHER 288-001 | Thursday 11:30 AM-12:30 PM
Sept 23-Oct 14, 2021
ZOOM

Six Biblical Conundrums and Their Resolution with the Aid of Archaeology and Related Scientific Disciplines
David Meir-Levi

Combining the latest in archaeological finds from Israel and surrounding areas with Biblical history and extra-Biblical texts, we will address the following six conundrums, covering one per class session:
The Biblical creation story vs. astrophysics: Which is right? The flood story: Geology says it happened! Really? The patriarchs: pimps, privateers, or princes?
The Exodus story: Did it happen? King David and his dynasty: Did they really rule? Jesus, James, Josephus, and the Dead Sea Scrolls. We will review relevant evidence from archaeology, geology, Assyriology, Egyptology, Greek and Roman historical sources, Semitic epigraphy, the Dead Sea Scrolls, and Biblical narratives.

OSHER 348-001 | Monday 9:30-11:00 AM
Sept 20-Oct 25, 2021
ZOOM

Six Lectures on Ophthalmology from Physicians at the John A. Moran Eye Center
Jeff Pettey, MD

This course will be an eye-opening lecture series on visual function and the most common conditions causing low vision and blindness. Each week’s topic will be a different disease or part of the eye with a focus on improving and maintaining eye health. Six specialists will review the common conditions they treat: Monika Fleckenstein, MD on age-related macular degeneration updates; Jeff Pettey, MD, MBA on cataracts/comprehensive eye health; Doug Marx, MD on eyelid surgery and other oculoplastic topics; David Meyer, OD on refractive errors and corrective lenses; Akbar Shakoor, MD on retinal detachment and autoimmune disease; and a final speaker will discuss glaucoma.

OSHER 354-001 | Thursday 11:30 AM-1:00 PM
Sept 23-Oct 28, 2021
John A. Moran Eye Center, 1st Floor Auditorium, 65 Mario Capecchi Dr, Salt Lake City, UT 84132

So You’ve Got A Story To Tell: An Introduction to Screenwriting
Lori Lyle

This course will present a brief history of screenplays and analysis of the accepted format, character development, theme, and structure. By examining some well-known movies, we will identify the simple structure of storytelling and present a brief introduction to the seven-act structure. It will be helpful for each class member to have access to Netflix and Amazon video streaming. We will study historical genres in film, explain new trends in genres, and introduce software used for screenwriting. After this course, you will be informed and ready to start telling your story for film!

OSHER 378-001 | Thursday 9:30-11:00 AM
Sept 23-Oct 28, 2021
ZOOM

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
Stress Management

Spencer Hadley

This course is designed to help students identify stressors and learn about practices that can reduce the negative impacts of stress. The concepts and remedies are a mix of ancient and modern approaches, and they include references to new research. These simple approaches to stress management are helping individuals and groups to make necessary adjustments for better living.

OSHER 811-001 | Tuesday 11:30 AM-1:00 PM
Sept 21-Oct 26, 2021
540 Arapeen Drive, Salt Lake City 84108

Stretch, Then Move: Qigong and Easy Tai Chi

David Keyes

This course will open with thirty minutes of qigong, the exercise system from traditional Chinese medicine, for gentle, full-body stretching. The second thirty minutes will include shibashi, the Japanese blend of qigong and tai chi, and other easy tai chi forms, to help improve balance to prevent falls. Class to be held outdoors with a small group at a park in the Murray area, location to be announced to registered class members.

OSHER 817-001 | Wednesday 9:30-10:30 AM
Sept 1-29, 2021
Class location in Murray area to be announced to registered class members.

The Art of Bird Feeding

Jeanne Le Ber

Do you have questions about best practices for feeding the birds that visit your yard? Everything you need and want to know about providing the best environment for these birds is answered in this course. Topics include identifying the birds in your backyard, best bird feeders and bird food, water features, planting and landscaping for birds, and feeder placement for optimal viewing and bird safety. Participants are introduced to online community science efforts that put your observations to work by expanding the knowledge base of bird populations over the seasons and the years. Three sessions in the classroom are paired with three field trips to explore selected backyards for real-life examples that exemplify best practices for the art of bird feeding.

OSHER 359-001 | Monday 9:30-11:00 AM
Sept 20-Oct 25, 2021
First three classes will be held at
540 Arapeen Drive, Salt Lake City 84108.
Three field trip locations in the Salt Lake area will be announced to registered class members.

The Art of Watercolor Painting

Karl Lorenzen

In this hands-on experiential course, class members will discover the unique characteristics and handling of watercolor. We will explore five beautiful painting techniques and effects: wet in wet, embossing, embellishing, trompe l’oeil, and patterns. The material has been developed so that it is available to students at all levels of ability; no previous art experience is required. Class held online via Zoom.

OSHER 361-001 | Tuesday 1:30-3:00 PM
Sept 21-Oct 19, 2021
ZOOM

The Cold War in Film

Scott Williams

In this class we will view and discuss films made during the Cold War and films looking back to the events of that time period. Class discussion will interweave content of the films with major issues, events, and public figures of the Cold War. Film clips from movies and Cold War documentaries will be used in class presentations. Class members will be asked to view one or more films prior to class and come prepared for a lively discussion. Some films will be available to Osher members online from
the Marriott Library. All the films should be available through public libraries and other online sources, such as iTunes, Amazon Video, Netflix, and Comcast on Demand. The films assigned will be Good Night and Good Luck (2005), Bridge of Spies (2015), The Spy Who Came in from the Cold (1965), Thirteen Days (2000), Fail-Safe (1965), and Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb (1964). Bonus films that can be viewed and may be discussed in class will include: Trumbo (2015), Breach (2007), Tinker, Tailor, Soldier, Spy (2011), Our Man in Havana (1959), The Courier (2021), The Bedford Incident (1965), and On the Beach (1959).

The Literary Ghost
Sally Smith

The Literary Ghost is a collection of ghost stories written by the most prominent and well-respected authors of our time. These are not your typical campfire tales, but rather they are short stories in which ghosts are used as subjects for the highest and purest literary aims from some of the most distinguished and accomplished contemporary writers.

The Supreme Court: Great Dissents and Dissenters
Elizabeth Whitsett

“Certainty and unanimity in the law are possible only under a fascist or communist system, where, indeed, they are indispensable. ... I do not know of any salvation for society except through eccentrics, misfits, dissenters, people who protest.” ~ Justice William O. Douglas.

This course will focus on Supreme Court dissents that have moved American jurisprudence. We will meet a number of the dissenters, reading their dissents in the context of the cases of which those dissents are a part. Among the 115 justices who have served the Court since 1789, we will look closely at just a few, including John Marshall Harlan, Louis Brandeis, Hugo Black, William O. Douglas, Antonin Scalia, and Ruth Bader Ginsberg.

The Wasness of the Is:
Geological History of the Salt Lake Area
Bill Christiansen

This course will provide the tools necessary to learn the language the Earth uses to tell her story. Class members will be able to use minerals, rocks, fossils, land forms, structures, and processes to reveal the geological history of the Salt Lake Valley. We will also use geological principles/laws to describe the geological history of the area. The first two classes will meet in the classroom. The final four classes will be various outdoor field trips in the Salt Lake City area. Field trips may last longer than 90 minutes. Must be able to walk about two miles round trip. Special fee of $10 provides class members with extensive handouts.
The Wonderful Middle Ages and the Medieval Way of Life in Italy
Alessandro Achille Galvani Vecchietti

The so-called Dark Ages are depicted as a period of barbaric practices, deep ignorance, and scientific regression. Instead, it was a time of discovery, creativity, and intense exchange with other cultures all over the Mediterranean and beyond. Near Naples, women officially taught medicine to medical students; in Bologna, the university education system was implemented; in Venice, an intense exchange with Byzantine and Arabic countries created a unique masterpiece we still enjoy today; in Palermo, Arabs, Jews, and Normans collaborated to build an amazing and integrated culture. By examining the history of Siena, Verona, Florence, Pisa, Amalfi, and Venice, we will see how Medieval people thought, lived, and contributed to the creation of our modern world.

OSHER 111-001 | Friday 9:30-11:00 AM
Oct 1- Nov 5, 2021
ZOOM

West Side Stories: Understanding Utah History through Salt Lake City’s Oldest International Neighborhood
Brad Westwood

Through presentations, guest lecturers, readings, and recommended sites to visit independently, this course will delve into the history of Salt Lake City’s oldest international, transportation, and industrial district. Inhabited first by Utah’s ancient and Native peoples, the area served as a base camp or distribution hub for nearly every immigrant group that settled in Utah or the Intermountain West, up until the 1970s. In 1847, Mormon settlers laid claim to the region by first camping on Salt Lake City’s original west side. Thereafter, other immigrants joined, including Jews from Germany and Russia, Chinese, Africans, Italians, Greeks, Eastern Europeans, Japanese, Syrians and other refugees from the crumbling Ottoman Empire, Mexicans, and Latinx peoples. All made, or were pressured to make, the original west side their home. The area became a bastion of other religionists, mutual aid societies, and counterculture groups and a gathering place for LGBTQ+ communities. One of a three-part series, this course will tell the story, with your help, of one of Salt Lake Valley’s most unique neighborhoods, a microcosm of Utah’s not-so-often-told history, from its beginnings to the present. Fall term will cover up to the 1880s, winter term will cover up to World War I, and spring term will cover to the present.

OSHER 337-001 | Thursday 3:30-5:00 PM
Sept 23-Oct 28, 2021
540 Arapeen Drive, Salt Lake City 84108

What's So Bad About Aging?
Anne Asman

This course will examine how we can enjoy a healthier, happier, and better-prepared life as we age across the challenges of the lifespan. We will look at what is “normal” aging and what is not, what impacts normal aging, how our attitudes can be detrimental and beneficial to aging, and how we can create peace of mind for ourselves and our families in preparing our futures. Topics include: The biology of the aging brain and how that biology affects the risk for cognitive impairment, a closer look at dementia and mental health, managing illness, the latest healthy aging research, the role of the family and caregivers as we age, how and when to plan for our future needs (financial, physical, emotional, and end of life), identification of resources for the aging population, and reframing aging and ageism.
World War II in Eastern Europe
Stephen C. Hall

Many of us think of World War II as having taken place primarily in the places where the forces of the United States and Great Britain fought. We know very little about World War II campaigns in Eastern Europe, despite the fact that the vast preponderance of the fighting happened there. This lecture series focuses on the specific events of the Eastern European campaign and the decisions that led to victory. We will carefully examine the pros and cons of the major decisions, the factors in play, and why the final outcome was what it turned out to be. We will examine Operation Barbarossa, the Battle of Stalingrad, and the amazing recovery and resilience shown by the Soviets. We will also discuss additional topics, including the role played by Soviet women.

Write Away: An Unflinching Look at the Ups and Downs of Your Experience
Nicole Anderson

Open to writers of all levels, this class skews toward a psychological approach to personal growth rather than literary polish. We will deeply dive into feelings of failure, shame, defensiveness, and grief, and then into kindness, generosity, and self-acceptance, as we learn how to recognize the truly fabulous parts of ourselves we have not been able to own until now. We will incorporate the power of writing to work on our self-awareness, making it easier to move our lives in the direction we would like them to go. In other words, we blend writing and vulnerability, thus creating a life change. This is NOT a grammar class or one that will help you polish a masterpiece, but, rather, it is designed to allow your story to pour onto the page in all its rough glory, opening the floodgates to self-knowledge.

You Must Remember This: Stardust Melodies from 1920s to the 1950s
Wayne Egan

The marriage of melody and lyric makes many songs from the Great American Songbook particularly memorable. In this class we will discuss that interplay as evidenced by the work of songwriting teams such as George and Ira Gershwin (“Fascinating Rhythm”), Rodgers and Hart (“Blue Moon”), and Henry Mancini and Johnny Mercer (“Moon River”) and sole practitioners such Irving Berlin (“Blue Skies”) and Herman Hupfeld (“As Time Goes By”). The class is an invitation to experience the fun of relearning informal singing. The instructor will lead and point out interesting features of the songs. The lyrics will be projected onto a large television screen. Osher members may either raise their voices around the Steinway piano at the Monson Center or simply listen and enjoy the music.
Instructors present individual lectures on a single topic for one session only.

**Birth of Rock and Roll**  
Nov 12, 2021 | Friday 9:30-11:30 AM  
*Stephen C. Hall*  

The melodies often had only three chords, and the lyrics were not always the most socially uplifting, but the music just grabbed you from the first moment you heard it. It was rhythmic, clean, and totally fun to dance to. Growing up with this music was pure joy. We all love the tunes that were popular when we were young, when we first danced with our 7th grade sweetheart, when we went to our first boy-girl party, when we first turned out in pink and black. That music and the stories behind it are forever young. The instructor hopes you find in the Birth of Rock’n Roll a small portion of the pleasure he found and when the musical art form was taking its first steps.

**Google Maps Refresher**  
Oct 20, 2021 | Wednesday 3:00-6:00 PM  
*Pat Lambrose*  

Discover new tips and tricks in Google Maps. Review navigation, create more lists, and customize your maps to share with friends and family. Expand your knowledge and confidence in using Google Maps through demos and hands-on activities. Bring your laptop or tablet to class. Prerequisite is completion of the Osher course “Google Maps: Become a Custom Mapmaker.”

**Have You Checked Your “Personality” Lately?**  
Oct 20, 2021 | Wednesday 1:30-3:00 PM  
*Douglas Stowell*  

Are you the same person you think you are? Are you the same person everyone else thinks you are? This Special Event will try a few very short personality “quizzes” just for fun. There will be absolutely no real attempt to analyze you. And, you do not have to divulge the outcomes. Over an hour or so, we will do four or five exercises. These include the Sherwin Williams Color Preference, the short-form Enneagram, and even an old Meyers-Briggs initial quiz. The classic Myers-Briggs test is not mandatory, as we will conduct other exercises during the 90-minute session. We will poll the class to see the range of personas indicated. What fun!

**History and Literature: The Underground Railroad**  
Oct 18, 2021 | Monday 11:30 AM-1:30 PM  
*Diane and Stan Henderson*  

Historical novels tell interesting stories about a time and place and the people living there. Using The Underground Railroad, by Colson Whitehead, as the launching point,
**Utah Opera Preview: The Barber of Seville**
*Sept 28, 2021 | Tuesday 1:30-2:30 PM*
Carol Anderson and Paula Fowler

Carol Anderson, Principal Coach, and Paula Fowler, Director of Education and Community Outreach for Utah Opera will present an overview of Rossini’s opera, *The Barber of Seville*, and Utah Opera’s October 2021 production. The class will be held in the Utah Opera Production Studios so that interested attendees can sit in for a while in the afternoon’s staging rehearsal. The class is intended as an excellent way to prepare for attending one of the evening performances of the opera. Osher members will learn the story of the opera’s creation, listen carefully and discuss some of the major musical moments in the opera, and learn more about artistic choices made about costuming and set for this production. The opera’s plot: charming and clever Rosina has captured the attention of two men, the older Dr. Bartolo and the penniless student, Lindoro (the incognito Count Almaviva). Enter Seville’s barber, Figaro, who is enlisted by the Count to assist him in winning Rosina’s heart and who does so through a series of hilarious pranks and disguises.

**Utah Symphony Finishing Touches Preview: Stravinsky and Rachmaninoff**
*September 24 | Friday 9:00-9:30 AM*
Sally Humphreys

Flautist Sally Humphreys will present a half-hour preview of the music in the September 24 Finishing Touches Rehearsal of the Utah Symphony: Thierry Fischer Conducts Stravinsky’s *The Fairy’s Kiss* and Rachmaninoff’s *Rhapsody on a Theme of Paganini*. Osher members will learn about the life and work of two master composers, Stravinsky and Rachmaninoff; become familiar with musical elements and themes to listen for in the music, and gain insight into the world of the professional symphony orchestra. Separate $15 tickets are required to attend the actual rehearsal, held the same day from 10:00am to 12:30pm, or the regular evening performances on Friday or Saturday. Tickets can be purchased from the Utah Symphony Ticket Office at 801-533-6683 or immediately after the lecture.

**Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.**
What in the World Is Going On?
A Top 10 Summary of 2021
Oct 13, 2021 | Wednesday 1:30-3:00 PM
Douglas Stowell

This lecture will present a comparison of the U.S. rankings in over 25 key global categories for 2021. We will consider economic factors like incomes, deductions and taxes; the environment and pollution; energy sources; healthcare costs and outcomes; marriage, divorce, and birth rates; education levels and achievement; life expectancy and paid vacations; population trends; an index on religiosity and atheism; immigration populations and trends; a national prosperity index; murder and crime rates; a change readiness index; happiest and most competitive countries; “best” countries ranked; and “where best” to be born in 2021. All charts and links to data sources will be provided to participants. This is year number four for the compilation of such rankings and is the most comprehensive yet. This will be a fast-paced 90 minutes with lots of information leading to interesting discussions!
SPECIAL HOMECOMING EVENT
with The University of Utah Office of Alumni Relations

As part of Homecoming Week 2021, the Osher Lifelong Learning Institute and the University of Utah Office of Alumni Relations welcome you back to campus and cordially invite you to attend a special evening at the Cleone Peterson Eccles Alumni House, 155 Central Campus Drive, on Wednesday, September 22 from 5:30-7:30 pm.

This event is open to Osher members and University of Utah Alumni “age 50 or better!” Heavy appetizers will be served. Free parking is included.

At 6:30pm, we will learn from Dean Peter Trapa and Dr. Bill Anderegg about how the College of Science is creating solutions to Utah’s challenges in a lecture entitled Science Will Save Us.

- Fee $15 -

To register visit osher.utah.edu
SPECIAL EVENTS

As one of the many benefits of an Osher membership, our Special Events give you the perfect bite-sized opportunity to try something new, opening you up to unique experiences and fresh possibilities.

Discover gems around the Wasatch Front and beyond – from tours, to cooking classes and tastings, learning and skill-building opportunities, and a variety of unique experiences to discover – there is bound to be a Special Event that will appeal to you.

Join us this fall for Italian Wine Tasting with Matteo, a tour of Ruby Snap Cookies, virtual tours of the Utah Museum of Fine Arts, online lectures from the University of Utah Health, and so much more!

We invite you to visit our website osher.utah.edu frequently. New events are continually scheduled by our committee of dedicated volunteers. We will continue online events on Zoom and resume in-person events as locations open.
OSHER LIFELONG LEARNING INSTITUTE
FALL OPEN HOUSES

Not sure what classes to take this fall? Please join us for two special free events for people age 50 and better. Osher membership is not required to attend.

Zoom Open House
Instructors teaching online via Zoom will preview their courses with a Q&A panel at the end of each topic grouping.
August 12, 2021  |  10:00 am - 12:00 pm

In-Person Open House
Instructors teaching in-person classes will be available to meet Osher members, answer questions, and share their course syllabus.
August 16, 2021  |  10:00 am - 12:00 pm
Red Butte Garden Orangerie
Breakfast Buffet will be served

Can’t Attend the Open House?
Visit osher.utah.edu to learn more about the program and benefits of membership.
September 22, 2021
Alan Eastman, PhD, Retired Research Chemist, Osher Instructor

We will discuss what the power grid is, why it is important to everyone, why it is in trouble, and what can be done about it. During the big freeze in Texas, the state came within four minutes of a months-long power outage. We will discuss what happened, why it happened, and how it could happen again unless some changes are made. Then we will discuss how to fix those problems.

Mental Health and Aging
September 29, 2021
Kristina Purganan, DO, Medical Director, Geriatric Psychiatry Clinic, University of Utah

Mental health and well-being are as important in older age as at any other time of life. This talk will cover the more common mental health issues in older adults, including depression and cognitive impairment, as well as strategies for optimizing mental health as we age.

The Economic Climate and Changing Skyline of Downtown Salt Lake City
October 6, 2021
Dee Brewer, Executive Director, The Downtown Alliance

Hustle and bustle are returning to the streets of Salt Lake City. Success here ripples out through the valley. Cranes are popping up everywhere during this time of unprecedented development. Come hear the latest updates from Dee Brewer of the Downtown Alliance, a nonprofit organization dedicated to building a dynamic and diverse community that is the regional center for culture, commerce, and entertainment.

Utah Holocaust Survivors: Etched in Memory
October 13, 2021
Eileen Hallet Stone, Writer and Former Salt Lake Tribune Columnist

In 1933, Hitler became the chancellor of the German Government and leader of the Nazi Party. And in a state-sponsored, wide-ranging scourge fueled by “sadistic and pathological hatred,” Nazi Germany and its collaborators incited the Holocaust, the extermination, brutal experimentation, and murder of 5-6 million Jewish men, women, and children and millions of others. For those who survived, the Holocaust, the “systematic
degradation, persecution, and annihilation,” remains an indelible memory of man’s inhumanity to man and the challenges these survivors faced. This presentation will include excerpts from interviews about Holocaust survivors’ stories, told so we will remember.

**Magna Earthquake Lessons Learned and Where to Go from Here**

**October 20, 2021**

*Chris Merritt, PhD, State Historic Preservation Officer, Utah State History*

*Steve Bowman, Geologic Hazards Program Manager, Utah Geologic Survey*

In March 2020, the City of Magna and the Salt Lake Valley at large were rocked by an earthquake of historic magnitude. We were fortunate that nobody was seriously hurt. But some historic buildings suffered damage, threatening the character of several of our most beloved Utah places. The Utah State Historic Preservation Office wants to know: What lessons have we learned? How can we better prepare for future earthquakes? What resources are available for homeowners and other property owners? We invite you to join us as Steve Bowman, Geologic Hazards Program Manager, Utah Geologic Survey, and Chris Merritt, Utah State Historic Preservation Officer, Utah Division of State History, share pictures taken during last year’s earthquake and discuss steps taken to protect buildings and what we can do to protect ourselves in a bad quake.

**Wonderland in the Desert:**

**How Utah Created a National Parks Empire**

**October 27, 2021**

*Fredrick Swanson, Freelance Writer and Author on National Parks*

From Delicate Arch to the Zion Narrows, Utah’s five national parks and nine national monuments display some of America’s most amazing scenic treasures. Author and historian Frederick Swanson will delve into the human stories behind the creation of this mini-empire of national park lands, showing how geologic marvels such as Natural Bridges, Zion, Bryce Canyon, Arches, and Capitol Reef emerged from obscurity to become destinations for travelers worldwide. Drawing from his book, *Wonders of Sand and Stone: A History of Utah’s National Parks and Monuments* (University of Utah Press, 2020), Swanson will introduce the explorers, scientists, artists, writers, and travelers who brought these and other masterpieces of sculptured rock to the attention of the outside world in the early twentieth century. Competing visions of what our national parks represent led to controversy over the establishment of landscape-scale reservations such as Canyonlands National Park in 1964 and the recent designation of Grand Staircase-Escalante and Bears Ears National Monuments.
YOUR TRUE COLORS

When you spend time at Osher—connecting with other members and soaking in the knowledge of our incredible instructors—you can’t help but look at life a little differently than before. Topics that felt dull and gray suddenly become vibrant and bright. You begin to see a world bursting with color and filled with interactions that stoke passions, stimulate creativity, and spark joy.

Jody Andes
UMFA Volunteer & Osher Member
Abdulnaser Kaadan

History of Medicine

Dr. Abdulnaser Kaadan arrived in the U.S. in 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 Department of History. 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.

Alessandro Achille Galvani Vecchietti

The Wonderful Middle Ages and the Medieval Way of Life in Italy

Alessandro Galvani is a native of Italy. He is an Italian historian, a cultural educator, and an alumnus of the University of Bologna, the world’s oldest university. He has a master’s degree in education with a minor in the didactics of cultural history. When he visits an exhibition, he cannot resist gently scolding tour guides who show art only as objects, instead of our living present. He studies the historical mistakes we stubbornly repeat while thinking we are smarter than some superstitious medieval peasant. He loves to share how our ancestors courageously improved tolerance, rights, independence, and democracy.

Amin Azad Sadr

Love Stories of Rumi

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

Anne Asman

What’s So Bad About Aging?

Anne Asman completed an MS in interdisciplinary gerontology from the University of Utah. She has received a Dementia Dialogues Certification as a trainer and a Utah Certificate of Palliative Care Education. She has worked with the State Office of Aging and Adult Services and is a co-chair of the Coordinating Council for the Utah State Plan for Alzheimer’s Disease and Related Dementias. Anne has facilitated several presentations on advance directives and end-of-life planning. She is also
an integral part of the committee with the Department of Psychiatry that is applying for a designated Geriatric Psychiatry Division. Anne has consulted with Community Nursing Services for the past five years.

Anne Terry
Exploring the Jordan River

Anne Terry is the director of education for Tracy Aviary, overseeing programming at Tracy Aviary & Botanical Garden in Salt Lake City and at Tracy Aviary’s Jordan River Nature Center in South Salt Lake. She is passionate about ensuring that programs are shaped by community members and that they increase access to the mental and physical health benefits provided by the natural world. She has a BS in biology from the University of Texas and has completed certification programs in formal science education, free-choice learning, and environmental education.

Bernadette Brown
America Before Columbus

Bernadette Brown worked as the curator of African, Oceanic, and New World Art at the Utah Museum of Fine Arts. She earned an MA in anthropology and a certificate in museum studies from New York University and a BA in anthropology with a minor in art history and archaeology from Hunter College.

Bill Hardesty
Finding Yourself Through Literature

Bill Hardesty embarked on a new career as a freelance journalist after working for over 40 years as an instructional designer and a corporate trainer, mainly in the financial sector. Behind the facts of the news are people—people driving the process and people being affected by it. Bill’s journalistic approach is to help readers better understand what is happening in their community and, most importantly, why. Bill reported on the 68th United Nations Civil Society Conference and a Utah League of Cities and Towns Annual Convention. He has written numerous articles on the lives of refugees in the Salt Lake area. In 2020, he received a third-place award from the Utah Chapter of the Society of Professional Journalists for his continuing coverage of the Men’s Homeless Resource Center in the city of South Salt Lake. Bill received two BS degrees from the University of Utah in human development and family relations and sociology, and an MBA from Westminster College. He served in the United States Coast Guard Reserve, obtaining the rank of lieutenant. He was recently appointed as chair of the Taylorsville City Cultural and Diversity Committee.

Bill Laursen
Introduction to Basic Drawing

Bill Laursen, a well-known Salt Lake-area artist and educator, has been painting and teaching for 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.

Bill Stoye
Rhythm Ukulele

Bill Stoye has taken music theory and ear training at the University of Utah, played drum set and percussion for over 40 years, and studied ukulele for eight years. He recently finished teaching Rhythm Ukulele
Bim Oliver  
*Easy Guitar Jam*

Bim Oliver has taught guitar to a variety of students with diverse backgrounds. He has taught classes in beginning guitar and swing guitar for the Osher program and in swing guitar for Salt Lake Community Education. He has also provided personal instruction for interns with the Music Therapy program at Primary Children’s Hospital, where he plays music as a volunteer. Bim’s teaching style is structured but casual, with an emphasis on playing songs as a way to learn basic techniques and the theory behind the music.

Brad Westwood  
*West Side Stories: Understanding Utah History Through Salt Lake City’s Oldest International Neighborhood*

Brad Westwood is the senior public historian with the Utah Department of Culture and Community Engagement. He was formerly the director of the Utah State Historical Society and was Utah’s State Historic Preservation Officer.

Bruce Landesman and Patricia Hanna  
*Origins of Democracy*

Bruce Landesman received a BA and a PhD in philosophy and spent most of his career as a faculty member in the Department of Philosophy at the University of Utah, retiring in 2012. His specialties are moral philosophy and political philosophy. He regularly teaches Osher courses on the general nature of democracy and how it fails. Bruce has been teaching for Osher since 2016.

Patricia Hanna is a University of Utah professor emerita in philosophy and linguistics. She has served as chair of the Department of Philosophy and dean of the College of Humanities.

Carol Anderson and Paula Fowler  
*Utah Opera Preview: The Barber of Seville*

Carol Anderson has been principal coach since 2003 for the Utah Symphony | Utah Opera, 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.

Paula Fowler is the director of Education and Community Outreach for Utah Symphony | Utah Opera, a position she has held since the two companies merged in 2002. She was the education director for Utah Opera for five years before the merger. She helps oversee Utah Opera’s resident artist program, manages outreach to schools and communities around the state, runs the company’s classroom operas program, and enjoys creating music events for special populations.

Carol Lessinger  
*Feldenkrais® Fundamentals: Rediscover Pleasure in Movement*  
*Feldenkrais® II*

Carol Lessinger has danced from the time she could walk. After years of teaching creative movement to preschool children, she began teaching an improvisational dance class through the Department of Adult Education at Florida State University in Tallahassee in the early
1970s. Her interest in how people’s movement affected everything in their life led her to do a professional training program, studying directly with Dr. Moshe Feldenkrais for three years. Since then, Carol has had a continuous private practice in the Feldenkrais Method. She was a seminar leader at the Esalen Institute in Big Sur, CA, for ten years and taught Feldenkrais classes through the Division of Continuing Education at the University of Utah for 17 years. Carol has held weekend seminars in several states and in Europe. Her continuing somatic education spans many years and many modalities, including the Embodied Life Mentorship Program with Russell Delman. She has a bachelor’s degree in mathematics education from Rutgers University and taught at Kakiat Junior High School in Spring Valley, NY.

Charles Boynton
Liberty in 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’s post-graduate education is in business.

Chip Guarente
A Soldier’s View

Chip, although an American, grew up in the United Kingdom. Subsequently, he served in the US Army in the 1970s. His interest in history expanded over the years as he participated in premier UK reenactment societies covering the American Civil War, WWI, and WWII. He became an expert on the clothing and equipment of US soldiers during those wars. Dressed in period costume on the beach at Normandy for the 65th anniversary of the D-Day landings, he met a World War II Congressional Medal of Honor recipient. Chip said he hoped the veteran was not insulted by the fact that Chip was dressed in a replica of the uniform worn in the assault on the beach. “No, son”, the veteran replied. “You are keeping our history alive.” Chip has taken those words as his personal mantra, and hopes to honor those who served through his teaching and sharing.

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

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

Chris Schaefer
Saudi Arabia: The Kingdom

Chris Schaefer has been an instructor at the University of Utah’s Osher Lifelong Learning Institute since 2007, and he is a recipient of the Osher program’s Brooke Hopkins Award for excellence in adult teaching. He specializes in teaching about the Middle East. Chris is a historian who holds a bachelor’s degree in history and a master’s degree in computing sciences from Texas A&M University. He is the author of the award-winning documentary movie Forgotten Soldiers and the non-fiction book Bataan Diary. He continues to travel extensively to the Middle East and elsewhere, in part to do research for his classes and writing projects.

Christine Dyson
Cultural Geography

Chris Dyson received a BA in English and a master’s degree in education from the University of Utah. Before retiring in 2016, she worked for the Granite School District for 16 years as a classroom geography teacher and as a teacher specialist at the district office.
Colleen Wood
Breaking the Rules: Building Toward War and After in Early Twentieth-Century Art

Colleen Wood taught in the 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. For 25 years, Colleen led students on tours in Europe and has recently led student tours in San Francisco to study art. She is convinced of the importance of art within societies and appreciates how art reflects social values, culture, religious beliefs, and political and economic conditions of the times.

David Derezotes
Living Consciously in an Ageist Culture: Dialogues About Our Futures

David Derezotes earned his MSW at San Diego State University and his PhD at the University of California, Berkeley. He worked as a social worker in inner city locations in Chicago, Boston, Oakland, San Francisco, and San Diego, providing counseling to youth, couples, and families and community mental health work to institutions and neighborhoods. Fondly known as Dr. Dave, he accepted a position in the College of Social Work (CSW) at the University of Utah. His scholarship at the CSW has included advanced generalist social work practice, community mental health, spirituality, deep ecology, and global survival. His publications include six textbooks that range from mental health practice to dialogue practice. His latest text is a novel that incorporates both mental health and peace-and-conflict studies content. He was appointed director of the Peace and Conflict Studies program in 2013, later becoming director of the Transforming Classrooms into Inclusive Communities program. He was given the CSW Teacher of the Year Award six times and was awarded the University Distinguished Teaching Award in 2015.

David Keyes
Stretch, Then Move: Qigong and Easy Tai Chi

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

David Meir-Levi
Six Biblical Conundrums and Their Resolution with the Aid of Archaeology and Related Scientific Disciplines

David Meir-Levi is an American-born Israeli currently living in Palo Alto, CA. He holds a BA from Johns Hopkins University and an MA in Near Eastern studies from Brandeis University. He taught archaeology and Near Eastern history at Hebrew University in Jerusalem and at the University of Tel Aviv in the ‘60s and ‘70s,
during which time he completed his service in the Israeli military. Upon returning to the U.S., David worked as a professional Jewish educator. Most recently, he has lectured on the Middle East and Israel in the Department of History at San Jose State University, and on Biblical studies and archaeology at Lehrhaus Judaica in Berkeley, as well as at the Osher programs at San Jose State and Santa Clara University. David has lectured throughout northern California and abroad at synagogues, churches, high schools, universities, and service organizations on topics related to Biblical archaeology and modern Middle East history.

Debbie Leaman
Let’s Write!

Debbie Leaman teaches various writing workshops, including Write Your Creative Aging Story: The Art of the Personal Essay, Writing Through Grief, and Re-Imagining Your Life: A Creative Aging Writing Workshop. Her 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.

Debbie White
Mac Essentials
iPad and iPhone Essentials

Debbie White has over 40 years of teaching experience (30 years in public education). Following her retirement, Debbie spent four years as an Apple product professional repairing computers and teaching classes. She enjoys helping adults get the most out of their Apple electronic devices, which is why she loves teaching technology classes for the Osher program.

Dennis Clark
Let’s Go to Mars

Dennis Clark has a PhD in management economics from Trinity University, a Master of Education in adult educational psychology from Westminster College, and a BS in business administration and economics from Westminster College. He has taught at Weber State University, the Air Force Institute of Technology, George Washington University, and Utah State University. Most recently, he taught the Osher course “Wonderful World of Whales.”

Elizabeth Hora
Indigenous Rock Imagery: A (Non-Indigenous) Twenty-first Century Perspective

Elizabeth Hora is the public archaeologist with the Utah State Historic Preservation Office in the Utah Division of State History. She has had a lifelong passion for archaeology that began when she was 11 years old, and she proved herself stubborn enough to make a living at it. Elizabeth obtained her MS in archaeology and cultural resource management from Utah State University, where she specialized in understanding prehistoric Utahns’ adaptations to environmental changes, especially during the latest “climate catastrophe” that happened in the era of the Fremont culture.

Elizabeth Whitsett
The Supreme Court: Great Dissents and Dissenters

Beth Whitsett has practiced law in Utah and California since 1978. She is a graduate of the University of Southern California Gould School of Law, Yale University (MA in teaching), and Stanford University. She has broad transactional legal experience with a 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 at the University of Utah S.J. Quinney College of Law.

**Emery Kay Hunt**
*McCarthyism and American Political Repression*

Emery Kay 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.

**Geraldine Johnson**
*Exploring the Instruments of Classical Music*

Geraldine Johnson holds a master’s degree in music from Boston Conservatory and a bachelor’s degree in music from BYU. She is a professional musician with a passion for amateur music-making. Geraldine teaches piano, oboe, organ, and saxophone, and loves to attend the symphony. She recently moved to Utah from Boston, where she taught privately and performed regularly, including with the Clifton Hill Symphony Orchestra on English horn. Come join Geraldine on a musical adventure!

**Gordon Jones**
*King Arthur and The Matter of Britain*

Gordon Jones has academic degrees in history from Columbia, education from Stanford, and political science from George Washington University, but these are the smallest part of his education. A musician, actor, director, linguist, cruciverbalist, and polemicist, Gordon has traveled through virtually every state of the United States and many foreign countries, learning as he went. He has always 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, The Matter of France, and anything else that might come up.

**Harry Keshet**
*Emotional Style, Feelings, and Brain Science*

Harry Keshet, PhD, is a clinical and organizational psychologist with degrees from the University of Michigan and Temple University. He has taught social science at the University of Massachusetts and spiritual classes at the Osher Lifelong Learning Institute at Chico State University in California. He brings personal and academic knowledge, humor, and joy to his classes.

**Jaimi Butler**
*Salty Science of Great Salt Lake*

Jaimi Butler is the coordinator for the Great Salt Lake Institute at Westminster College. Since 1999, Jaimi has been working in and around the Great Salt Lake as a field and lab biologist for a variety of organizations. As the coordinator of GSLI, she manages undergraduate research and K–12 outreach, and does anything she can to spend as much time at the lake as possible. In the past year, she co-edited the book *Great Salt Lake Biology: A Terminal Lake in a Time of Change* and recently published a children’s book about the science of the Great Salt Lake.

**James B. Mayfield**
*Eliminating Extreme Poverty: What Works and What Doesn’t*

James B. Mayfield is presently a professor emeritus, having taught at the University of Utah for nearly forty years. He specialized in international relations, comparative public administration, development
management, rural development, and the politics of world poverty. He has worked in twenty countries as a teacher, trainer, consultant, researcher, and program implementer. He has been a consultant with the United States Agency for International Development, the World Bank, United Nations Development Programme, the Canadian International Development Agency, and numerous private firms specializing in poverty alleviation. As the cofounder of Choice Humanitarian, James has led expeditioners on two- to three-week trips into Mexico, Guatemala, Peru, Ecuador, Bolivia, Egypt, Kenya, India, and Nepal. He has written numerous books and journal articles. His three latest books are Extreme Poverty Eliminated! A Successful Program in Nepal; Egypt: A Field of Reeds: Social, Economic and Political Change in Rural Egypt: In Search of Civil Society and Good Governance; and One Can Make a Difference: The Challenges and Opportunities of Dealing with World Poverty.

Jane Yager
Critical Junctures: The U.S. and Other Democracies at the Tipping Point

Formerly senior economist for the 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, Jane is volunteering with the STEM Lab/Schools Program at the Natural History Museum of Utah. She has a PhD and an MS in marine-estuarine-environmental sciences from the University of Maryland and a BS in ecology and evolutionary biology from the University of Arizona.

Jared Day
European Profiles of the Reformation Era

Jared Day, PhD, taught American history at Carnegie Mellon University for sixteen years. His areas of specialization are U.S. political, urban, and cultural history, as well as world history from the fifteenth century to the present. He is the author of several books, along with numerous other popular and peer-reviewed articles. He now teaches at Three Rivers Community College in Norwich, Connecticut.

Jeanne Le Ber
Bird-Watching: Friday Field Trips!
The Art of Bird Feeding

Jeanne Le Ber has a BA in English literature and a master’s degree in library science. A passionate bird-watcher since 1980, Jeanne has studied and birded with Terry Tempest Williams, Ella Sorenson, and Mark Stackhouse; current mentors include Ian Battersman, Cooper Farr, and Bryant Olsen. Jeanne regularly participates in local bird counts, including the Tracy Aviary Breeding Season Surveys, the Salt Lake City Christmas Bird Count, the Jordan River Christmas Bird Count (as the lead compiler), and the Brighton Bird Count, held in July. She coordinates the Strawberry Valley Bluebird Box Trail, on which 100 nesting boxes are maintained in the Strawberry Valley.

Jeff Pettey, MD
Six Lectures on Ophthalmology from Physicians at the John A. Moran Eye Center

Jeff H. Pettey, MD, MBA is an Associate Professor of Ophthalmology and Visual Sciences, Vice Chair of Education, Residency Program Director, and Medical Director of Global Outreach at the University of Utah Department of Ophthalmology and Visual Sciences. He earned a BA in Russian from the University of Utah, his medical degree from The Ohio State University College of Medicine, and his MBA from the University of Utah. He completed his internship, residency, and fellowship in complex anterior segment surgery and international ophthalmology at the University of Utah’s John A. Moran Eye Center.
Dr. Pettey has been recognized with teaching awards throughout his career. While in medical school he received The Ohio State University Distinguished Diversity Enhancement Award for his work with groups underrepresented in medicine. In 2018, he received the American Academy of Ophthalmology’s Artemis Award for his work with underserved communities in domestic and international settings.

Jeffrey Walker

*Huck Finn’s America*

Jeffrey Walker, emeritus professor of English at Oklahoma State University, authored a critical study of Revolutionary poet and traitor Benjamin Church, edited collections of essays on James Fenimore Cooper, co-edited the annual journal *Literature in the Early American Republic* and the first scholarly edition of Cooper’s 1821 bestseller *The Spy*, and is completing an edition of Cooper’s unpublished letters. A Fulbright lecturer in Norway and Belgium, he won the Phoenix Award for outstanding graduate teaching, the A&S Outstanding Professor Award, and the Regents Distinguished Teaching Award. His teaching interests include Charles Dickens, the history of the book, comedy, mystery, film, and radio, and American literature in general.

John Grima

*A Twentieth-Century Thai Life*

John Grima came to Utah in 1986 as a hospital planner with Intermountain Healthcare. He spent the bulk of his career at McKay-Dee Hospital in Ogden working on services enhancement, facilities development, and business strategy. He is a board member at Midtown Community Health Center and has worked as a consultant and volunteer with other Utah health centers and the Utah Primary Care Association. Prior to healthcare, John earned a PhD in Thai linguistics at the University of Michigan and worked as an academic in linguistics, teaching in Thailand and managing an applied research program in New York. He was a Peace Corps volunteer in Thailand and has had a long relationship with the country and its culture. He has been researching the woman around whose life this course is built as a retirement hobby for several years.

Jonathan Duncan

*History of Photography*

*Sacred Mountains of the World*

Jonathan Duncan has over 20 years of experience working as a professional adventure photographer and digital storyteller. His work has taken him through many of the world’s most remote landscapes and cultures. He is driven by a passion for wild places and for understanding and communicating the way different people relate to the natural world. He has served on the faculty of The Art Institute of Portland, Western Washington University, and Westminster College, where he is currently an adjunct professor teaching Adventure Media and Photography.

Joon Bae

*Korean Ink Painting “Let’s Paint the Harvest”*

Joon Bae received her BFA in visual arts with an emphasis in painting and drawing from the University of Utah. She began learning traditional Korean ink painting methods during her childhood. After a lifetime of practice and an exploration into Western forms of painting through her studies, she has found her rhythm as an East Asian ink painter. Her work has been collected internationally and exhibited in Utah at the Salt Lake
City Library, the University of Utah, the Springville Museum, the Jewish Community Center, and more. She has given countless demonstrations and was featured in the 2019 edition of *Sunshine Artist* magazine. She is excited to continue teaching and learning through storytelling by putting brush to rice paper.

**Julie Howell**  
*Everyday Mindfulness*

Julie Howell is a certified mindfulness facilitator who trained at the Mindful Awareness Research Center within the Semel Institute for Neuroscience and Human Behavior at UCLA. 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 experiential practice of meditation and the practical application of mindfulness to everyday life.

**Karl Lorenzen**  
*The Art of Watercolor Painting*

Karl Lorenzen is a professional and community artist based in Queens, NY, who partners with nonprofits in presenting art workshops for diverse communities in New York City. He is a faculty member of the Open Center in New York and is a teaching artist in residence at the Omega Institute for Holistic Studies in Rhinebeck, NY. Between 2016 and 2019, Karl received SU-CASA awards/residencies, sponsored by the Queens Council on the Arts, New York City Department of Cultural Affairs. During this time, he was also an artist in residence and instructor as part of ProjectArt with the art and social practice residency in New York City. He presently teaches online art courses for the Osher Lifelong Learning Institute at Rutgers University.

**Larry Gerlach**  
*Creation of the American Republic*

After receiving a BS in education and an MA in history from the University of Nebraska and a PhD in history from Rutgers University, Larry Gerlach taught at the University of Utah from 1968 to 2013, except for one year when he was a fellow at the Institute of Early American History in Williamsburg, Virginia. In addition to teaching college and educator workshop courses on the American Revolution, Larry has published several books and numerous scholarly articles on the subject. He previously taught Osher classes on the American Revolution and the Modern Olympic Games.

**Lauren Andersen**  
*Justice Ruth Bader Ginsburg: Cultural and Legal Icon*

Lauren Andersen is the director of the Utah Judicial Institute. For two and a half years, Lauren practiced appellate law in the state of California and presented arguments to the California Supreme Court and the U.S. Supreme Court. During this time, Lauren closely studied the Roberts Court. She has lectured about the Supreme Court and the death penalty. Her opinions were quoted by *The New York Times* as well as the *ABA Journal*. She was previously the director of the Osher Lifelong Learning Institute at the University of Utah for four years.

**Lori Lyle**  
*So You’ve Got A Story To Tell: An Introduction to Screenwriting*

After earning a master’s degree in psychology, Lori Lyle worked for seventeen years as a therapist, where she developed a deep understanding of human behavior and the human condition. Five years ago, she retired from her day job and devoted her time to translating her knowledge of character, emotions, and behavior to the screen. She recently completed her first feature film, *Permitted*, and along with her short films, *Gallup* and *Glass Cages*, she now has three feature-length scripts to her name, and several more waiting in the wings.
Lynne Bennett
*Photoshop One*

Lynne has been involved in computer-mediated communications for over 30 years while being employed in the advertising, publishing, and graphic design professions in Salt Lake City. She uses Adobe and Microsoft Office Suites software on a daily basis. Lynne has taught classes in page layout design and graphic design on the college level, and she has taught private computer classes.

Marcie Collett
*Marcie’s Movie Club*

Moving to Salt Lake City from Denver in 2005, Marcie has spent her professional and volunteer life working to advance film programs, the arts, health, and educational causes that serve the community. Her work includes organizations such as the American Cancer Society, the Leukemia and Lymphoma Society, the University of Utah, Utah Film Center, and the Utah Museum of Fine Arts. Since 2017, Marcie has been associate director of the Salt Lake Film Society, thrilled to advance their mission and programs through the Broadway and Tower cinemas, slfsathome.org, and the Studio Backlot Motor Cinema.

Margaret Landesman, Mary Lambert, and Jill E. Meyer
*Fabrics in History and Art*

**Margaret Landesman** is emeritus faculty at the University of Utah, where she served as the head of Collections Development at the Marriott Library for many years. She has a BA in philosophy from Oberlin College and a master’s degree in library science from the University of Southern California. Margaret spent two years as a graduate student in art history at Stanford University.

**Mary Lambert** has taught metalsmithing for Continuing Education at the University of Utah since 2016. She began learning metalsmithing in a community education class, and it is a passion she is happy to share and continue to learn.

**Jill E. Meyer** has a BA from the University of Utah and an MA from the University of Delaware in art history. She enjoyed presenting public lectures and gallery talks while employed at the Metropolitan Museum of Art, the Cooper-Hewitt National Design Museum, and the IBM Gallery in New York City, as well as the Winterthur Museum in Wilmington, Delaware. She currently serves as the director and curriculum coordinator of the Osher Lifelong Learning Institute at the University of Utah.

Margaret, Mary, and Jill volunteer together as docents at the Utah Museum of Fine Arts.

Nicole Anderson
*Exploring the History and Landscapes of the Great Salt Lake*

**Write Away: An Unflinching Look at the Ups and Downs of Your Experience**

Nicole Anderson is a Utah native, communications professional, researcher, and freelance writer. She holds a master’s degree in strategic communications from Westminster College along with a bachelor’s degree in environmental studies from the University of Utah and a certificate in rhetoric from Harvard. Nicole currently teaches interpersonal and intercultural communications at Salt Lake Community College. She also works as a freelance writer and writing coach. Her essays and writing collection have appeared in *Airboating*, Betterboat.com, *Breathing Stories*, *Gateway*, *Utah Stories*, and *Utah Life*, among others.
INSTRUCTOR BIOS

Nikoleta Zampaki
Modern Greek Literature, Language, and Culture: Themes, Texts, and Contexts

Nikoleta Zampaki is a PhD candidate in Modern Greek literature at the Faculty of Philology of the National and Kapodistrian University of Athens in Greece, a distinguished fellow in ethics and AI at MIT, and a junior fellow at CIIS of Universität Tübingen in Germany. She attended courses at Harvard Extension School, Stanford University, and Oxford University. Her disciplines are comparative literature, environmental humanities, posthumanities, literary theory, and the phenomenology of M. Merleau-Ponty. She is the editor and reviewer of many journals overseas and is a current member of Association for the Study of Literature and Environment USA, The International Merleau-Ponty Circle, British Comparative Literary Association, the Posthumanism Research Institute at Brock University in Canada, and the Environmental Humanities Network at the University of Warwick, UK. She is also multilingual, studying English, French, Russian, Turkish, and Chinese.

Pat Lambrose
Google Maps Refresher
Google Tools: Exploring Drive and Sites

Pat Lambrose has a BA in recreation and youth leadership, a BA in education, and a Master of Education in technology and computers, all from the University of Utah. She taught in middle and high schools and was an instructional technology facilitator with the Salt Lake City School District. 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 on patrol, in juvenile investigations, in drug and alcohol enforcement, as a school resource officer, and in 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 Jail. He then accepted employment with the city of South Jordan, first as the human resources director for five years and then as the city’s chief of staff for five years. Paul holds a bachelor’s degree in sociology with a minor in criminology and a master’s degree in economics, both from the University of Utah. He attended the FBI National Academy. He has been an instructor at the Utah Police 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.

Rick Paine
Ancient Cities of Mesoamerica

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 Petén rainforest of northern Guatemala. El Mirador is a key to understanding the rise of Maya civilization.
Rob Branch

*Journalism: From Cronkite to COVID*

Rob Branch spent 40 years as a practicing journalist, primarily in radio and television. Winner of a Golden Mike for a series dealing with battered children. Following a stint as a disc jockey in Salt Lake City, Rob worked in San Diego. Rob taught journalism, along with radio and television classes, retiring from Palomar College in San Marcos, CA, after teaching for 20 years, while at the same time working as a reporter for a local San Diego radio news station. He operated in San Diego, Los Angeles, San Francisco, and Santa Barbara, California, and as a news reporter/anchor in Boise, Idaho.

Robert Weibezahl

*Lady Laureates: Female Nobel Prize Winners for Literature*

Robert Weibezahl is a writer, editor, critic, and publishing industry veteran who has worked with Nobel laureates, Pulitzer Prize winners, and countless bestselling authors. The author of two novels and two award-nominated non-fiction books, as well as short stories and poems, he writes a monthly literary column for BookPage, a book review publication. An award-winning, internationally produced playwright, he has also worked in theatre and film production. A lifelong learner himself, Robert has an MA in humanities, a BA in English, and an associate of arts degree in music, and has done coursework at the School of Irish Studies in Dublin, The New School for Social Research, and UCLA.

Sally Humphreys

*Utah Symphony Finishing Touches Preview: Chopin Piano Concerto No. 2*

Sally Humphreys loves to keep a busy schedule as a freelance musician, playing flute and piccolo with the Ballet West Orchestra, the Utah Symphony, and the woodwind quintet Aspen Winds. She maintains a private flute studio and also teaches at Westminster College. She is president of the Utah Flute Association and acted as the local arrangements chair for the National Flute Association’s annual convention in Salt Lake City in 2019.

Sally Smith

*“The Literary Ghost”*

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. Sally received the Brooke Hopkins Award for Excellence in Adult Teaching at the Osher Lifelong Learning Institute in 2018.

Santosh Gandhi

*An Introduction to Hinduism and Its Most Sacred Text: The Bhagavad Gita*

Santosh Gandhi earned an MS in physics from Punjab University in India and a master’s degree in electrical engineering from the University of Utah. She worked as a senior software developer and project manager for 3M Health Information Systems in Utah for 25 years. Since retirement, Santosh spends much of her time studying and teaching Vedanta and Sanskrit.

Scott Williams

*The Cold War in Film*

Scott Williams, a retired civil litigator and trial lawyer, was a partner and member of the board of directors of a prominent Salt Lake law firm. For several years he represented Utah civil trial lawyers in a national organization. He currently is affiliated with Utah Alternative Dispute Resolution as a mediator, volunteers as legal counsel for a nonprofit organization, and enjoys...
taking classes in film studies at the University of Utah. He has taught several classes at the Osher Institute, including “Law in Film: Parts 1 and 2,” “Journalism, Law, and Ethics in the Movies,” and “The Cold War in Film.”

Sharon Swenson
Film and Dreams: Imagination and the Unconscious
Sharon Swenson loves talking about films as much as watching them. She spent 30 years teaching film and found students’ perspectives illuminating. Part of her research focused on spectatorship, and she enjoys learning about how others experience film and figuring out the ways “seeing is believing.”

Spencer Hadley
Stress Management
Spencer Hadley has been presenting and training on a variety of topics ranging from campaign finance law to conflict resolution for more than 20 years. He has a master’s degree in public administration and served as the office administrator in the Utah Lieutenant Governor’s Office, where he trained many lobbyists, notaries, elected officials, county clerks, and more. Spencer offers consulting for businesses, groups, and teams on matters of stress management, communication, and conflict resolution. These courses go beyond team building to explore lessons from life stories, modern research, and forgotten concepts from some of the most influential minds of previous centuries. He has met with foreign dignitaries and civic leaders. With all of this experience, Spencer has learned that just about everybody can benefit from simple and focused training.

Stacey Cole
Sing Freely! Vocal Play and Harmony
Singing for Fun and Well-Being
Stacey Cole is a voice coach, speech therapist, and singer, with a background in theatre and film. Until about seven years ago, she herself was a shy singer. Training with the Natural Voice Network (in the U.K.) and as a Fitzmaurice Voicework® teacher opened the door (to her surprise) to the discovery that she could sing. Now she sings in two choirs, performs in a band, and leads a local drop-in choir called CHOIR! CHOIR! SLC! Stacey has taught several inspiring singing courses through Osher, and she is dedicated to helping others experience vocal freedom and the fun of singing.

Stan and Diane Henderson
History and Literature: The Underground Railroad
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 and degrees at Michigan State University. Stan earned an MA in Government at Cornell. Diane earned an MA in Communication at MSU.

Stephen C. Hall
World War II in Eastern Europe
Stephen C. Hall (Col., USAF, retired) is a former senior fellow at L-3 Communications Systems-West, in Salt Lake City. He is a 1967 graduate of the Georgia Institute of Technology and received his master’s degree in management from Troy State University in 1976. Col. Hall lectures on World War II history at Georgia Tech, Morehouse College, BYU, and Osher at the University of Utah.
Steve Wrigley

*Don’t Just Retire…. Refire!* An In-Depth Discovery of Your Third Act of Life

Refire Your Marriage/Relationship in Your Encore Years: Skills for Building Strong and Healthy Relationships

Steve Wrigley is a board-certified life coach and certified retirement-transition, career, and relationship coach. He says his life has always been purpose-driven, giving dedicated effort to his family, employment, community, and a life of service. Six years ago, as he was considering retirement from an executive position within Utah state government, he had a desire to create his own fulfilling Encore Life. In his quest to discover how to do this, he started reading every book he could find about purpose-driven retirement. He became certified as an AARP Life Reimagined group leader, helping people age 50 and over prepare for transitioning into their later years. He loved this work and found that was what he wanted to do, as part of his own Encore Life.

Tim Chambless

*Current Issues in American Public Affairs and Politics*

Tim Chambless, PhD, 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’s departments of Communication and History as well as the English Language Institute. Tim has worked for a mayor, a governor, a senator, and a congressional representative. He served for over 20 years on Salt Lake City’s Planning Commission and Board of Adjustment, and he has participated in more than 30 political campaigns. Tim emphasizes current events and contemporary world problems in the study of American government as both an experiment in democracy and as a tool for solving societal problems. He has taught for Osher since 2007.

Utah Council for Citizen Diplomacy,

Deaun Saxby, Staff Facilitator

*Great Decisions*

Since 1967, the Utah Council for Citizen Diplomacy has been a 501(c)(3) organization dedicated to promoting global respect and understanding between the people of Utah and other nations. Through our meaningful programs, UCCD is dedicated to helping our community learn more about key foreign policy issues and hot topics, and we encourage citizen diplomacy: the concept that a person has the right, even the responsibility, to help shape U.S. foreign relations, one handshake at a time.

Wayne Egan

*You Must Remember This: Stardust Melodies from the 1920s to the 1950s*

Kenneth Wayne 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 improviser and is well-versed in basic jazz harmony and the songbook that will be the subject of his 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.

William J. Christiansen

*The Wasness of the Is: Geological History of the Salt Lake Area*

William J. Christiansen holds a BA in anthropology and an MS in geology. He spent 30 years teaching physics, astronomy, and geology, primarily at East High School and Salt Lake Community College. Winner of several teaching awards, Bill has led students on field trips to Yellowstone, Zion National Park, the Grand Canyon, Bryce Canyon, Moab, Catalina Island, and San Diego.
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<th>Time</th>
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<td>🎵 Art of Bird Feeding</td>
<td>🎵 World War II in the East</td>
<td>🎵 Origins of Democracy</td>
<td>🎵 Policing in America</td>
<td>🎵 Bird-Watching Field Trips</td>
<td>🎵 Justice Ruth Bader Ginsburg</td>
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<td>🎵 Utah Symphony 9/24</td>
<td>🎵 Utah Symphony 12/10</td>
<td>🎵 Six Biblical Conundrums</td>
<td>🎵 America Before Columbus</td>
<td>🎵 Creation of the American Rep</td>
<td>🎵 Eliminating Extreme Poverty w/ 2 Zoom sessions</td>
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<td>🎵 Critical Junctures 9/15-10/27</td>
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<td>🎵 Let’s Write!</td>
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<td>🎵 Photoshop One @Sandy Ctr</td>
<td>🎵 Joy, Spirituality &amp; Brain Science</td>
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<td>- Supreme Court</td>
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<td>12:00pm</td>
<td>Marcie's Movie Club</td>
<td>LUNCH &amp; LEARN LECTURES</td>
<td>Intro to Drawing @ Sr Ctr</td>
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<td>Easy Guitar @ Sr Center</td>
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<td>Calligraphy 9/29-11/3</td>
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<td>Intro to Hinduism</td>
<td>Feldenkrais Fundamentals</td>
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<td>Film &amp; Dreams</td>
<td>Huck Finn's America</td>
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<td>Exploring Instruments @ Sandy Ctr</td>
<td>have you checked your Personality-10/20</td>
<td>Let's Go to Mars!</td>
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<td>Art of Watercolor</td>
<td>Utah Opera: Barber of Seville</td>
<td>Literary Ghost @ Monson Ctr</td>
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<td>Everyday Mindfulness</td>
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<td>European Reformation</td>
<td>Write Away: Unflinching Look</td>
<td>Finding Yourself/Literature</td>
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<td>Refine Your Marriage @ Sandy Ctr</td>
<td>Ancient Cities of Meso Am @ Monson Ctr</td>
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<td>Google Maps 10/20</td>
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<td>History of Medicine</td>
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**Key**

- In-person
- Zoom
- Offsite Location
- Canvas

Visit [osher.utah.edu](http://osher.utah.edu) for additional information, including pricing, special instructions, and to register.
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. E-mail the Osher office at osher@utah.edu to learn more.