Creating our fall offering has been such a joy. In the midst of chaos, bad news and difficult decisions, working for the Osher Lifelong Learning Institute at the University of Utah as been a gift. Our world changed dramatically in 2020, and in a delightfully surprising way Osher members, Osher instructors, Osher volunteers and Osher staff responded positively and with hope. Thank you to all of you for venturing into Online learning, for sharing your gifts of knowledge and experience with us, and for remaining bright lights in truly difficult times. This spring, we were able to meet over 300 of you Online. This summer almost 700 of you met instructors and Special Event hosts Online, and this fall we hope that we’ll see even more of you.

To meet you Online this fall we have expanded our semester. Instead of meeting for six weeks, we’ll offer classes from August through November. We won’t take a pause for Fall Break, but we will be able to travel with you wherever you might be. If you’re headed up to cabin in the Unitas, or finally getting a chance to visit family in another state, then take us with you. 95% of our courses and events are Online this fall. If you have WiFi or access to data, you can join us in class and continue to learn and have great discussions.

Take a look at our course and Special Event offerings this fall. Sign up for a course - or as our thank you- up to six Special Events in fall 2020. The extra Special Events are our way of saying thank you for being so wonderful to work with and for!

- Lauren Andersen, Director
Instructor: Christoph Dressler

The fascinating history of six European cities is brought to life through personal anecdotes, facts, and trivia collected during extensive travel in Berlin, Prague, Vienna, Rome, Paris, and London. Explore twists and turns in the history of these European capitals that have shaped the world. Students are invited to share their travel experiences to these cities. If a trip is in your future, you will gain valuable information and hints for exploring these magnificent places.
OSHER 799-001 | Mondays 11:30 AM-1:00 PM | Session B

America's Energy: It Takes More than Love to Make the World Go 'Round!
Instructor: Alan Eastman

We live in a society that is defined and molded by the energy we use—and we use a lot of it—yet most people have little understanding of where it comes from (a plug in the wall? a hose at the gas station?) and how it is used. This class sits at the intersection of science and public policy. It will provide the background you need to understand where energy comes from, how it is used, what the future might hold, how and why the decisions about energy made by legislators will affect our lives.
Since this class was last offered, things have changed considerably in the energy world: there are now more people working in solar energy than in coal, for example, and a number of countries have pledged to eliminate coal and nuclear plants altogether. Utah is once again in the middle of serious discussions about whether to accept radioactive waste from elsewhere (Estonia most recently), and making reserves of coal, uranium, tar sands, and oil shale available for extraction has strongly impacted the state’s wild country, including being a large part of the rationale for drastically reducing the size of Bears Ears and Escalante-Grand Staircase National Monuments. Take this class to learn answers to some questions, like is “Clean Coal” part of our future or is it an oxymoron? How about wind and solar? What is the grid, and why should I care? Is nuclear energy safe? We will also learn about some important questions for which no comfortable answer has yet emerged.
OSHER 117-001 | Thursdays 1:30-3:00 PM | Session B

Beginning Ukulele
Instructor: Marci Villa

Learning to play the ukulele is fun and easy. This versatile instrument can be played in any style from rock and roll to gospel, old classics to new songs. This course is for soprano, alto, and tenor C-tuned ukuleles. We will learn the various parts of the ukulele and their functions, how to play 12 ukulele chords, and how to strum simple songs. Music is provided. Class will be held via Zoom.
OSHER 595-001 | Wednesdays 3:30-5:00 PM | Session B

Bird Watching: Friday Field Trips!
Instructor: Jeanne Le Ber

Take your bird watching skills beyond the basics by participating in six field trips designed for the adventurous birder. Developing good bird watching skills takes practice and these field trips offer the opportunity to improve and strengthen those skills. Osher members will explore 1) Silver Lake, 2) Mountain Dell, 3) Jordan River, 4) Liberty Park, 5) Farmington Bay and 6) Antelope Island. Field trips start at 8:00am and last two to four hours depending on the trip. Enrollment cap is six. Masks and binoculars required.
OSHER 170-001 & 002 | Fridays 8:00 AM-12:00 PM | Sessions A & B

The Brain, Emotional Style and Well-being
Instructor: Harry Keshet

In the last 10 years, research discovered how our emotional makeup is intimately connected to our brain in ways only recently understood. Our genes do not totally govern our emotional life. The brain affects how we think,
feel, and live. Meditation and other mental training offer opportunities for changing our emotional style and brain function. This class will explore the relationships between the brain, emotional life, the mind, and how to change them for greater peace and well-being.

OSHER 624-001 | Thursdays 11:30 AM-1:00 PM
Session A

**Changing Your Brain for Spiritual and Personal Development**
*Instructor: Harry Keshet*

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

OSHER 614-001 | Tuesdays 11:30 AM-1:00 PM | Session A

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**Charlemagne and the Matter of France**
*Instructor: Gordon S. Jones*

While the course will cover the historical Charlemagne, the emphasis will be on Charlemagne in literature, myth, and legend. It is the second part of a three-part survey of the Three Great Matters of European literature and culture: Britain, France, and Rome.

OSHER 675-001 | Thursdays 1:30-3:00 PM | Session B

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**Current Issues in American Public Affairs and Politics**
*Instructor: Tim Chambless*

Examine current political and governmental issues breaking that day and week — locally, nationally, internationally! The class is highly interactive. Controversial questions are scrutinized. Answers in group discussion are encouraged. Readings from the *New York Times* and NPR and local newspapers plus other Internet sources 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 & 002 | Tuesdays 1:30-3:00 PM
Sessions A & B

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**Democracy in Peril: Election Edition**
*Instructor: Bruce Landesman*

This will be the last in a series of courses entitled “Democracy in Peril.” The previous courses have looked at the ways that democratic regimes have recently been replaced by authoritarian ones in other countries and have discussed the question of whether such a change could happen here. This course brings the discussion to the moments before and right after of our 2020 election when there will be many new events to worry about such as claims about foreign interference and rigged elections. Both those who have and have not taken the previous courses are welcome. No background is required, and the large bulk of what we cover will be new.

OSHER 116-002 | Wednesdays 9:30 AM
Oct 21 & 28, Nov 4 & 11 | Session B

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**Digital Treasures at The Salt Lake County Library**
*Instructor: Tina Bartholoma*

Discover digital treasures available at The County Library that will make a positive difference in your everyday life. From eMagazines with adjustable font size, to full access to all *Consumer Reports* reviews, to Streaming British TV delivered to your device...libraries are more than just books (even though our eBook collection is incredible). Going digital is not always easy, but we have got expert
Empower Yourself with Internet Security  
**Instructor: Debbie White**

Personal information is in high demand and is why we face threats from companies like Cambridge Analytica, Facebook, and even simple browsing, along with phone and email scams. All of these methods are not only stealing people’s personal information, but are also a real threat to their life savings. This three-session class will take a challenging topic and break it down to some key concepts of what experts say are the best practices to be both an offensive and defensive user of the Internet, empowering you with knowledge and tactics.

OSHER 51-001 & 51-002 | Thursdays 3:30-5:00 PM  
Sessions A & B

Direct to Consumer Genetic Testing  
**Instructor: Vickie Venne**

Before you break the seal on the gift your family member gave you for Ancestry, 23andMe, or some other genetic testing kit, this class will answer questions you did not know you had! In addition to the consent process and privacy, experts will discuss the ancestry, health, and drug matching components that might be in your report. Finally, individuals who have experienced unexpected surprises will share their stories.

OSHER 306-001 | Tuesdays 1:30-3:00 PM | Session A

Embrace Aging in an Uncertain Time  
**Instructor: Anne Asman**

We are certainly living in a most uncertain time. Most of us weathered good times and bad times throughout our lives, but this time seems particularly challenging, especially for the older adult population. This class will provide tools and information to help keep us mentally and physically healthy as the status of the world changes every day. Students will learn how to maintain the best quality of life and why flexibility and adaptation are key elements to staying social, staying strong, and staying sane.

OSHER 303-001 | Tuesdays 1:30-3:00 PM | Session B

Equality: A Self-Evident Truth?  
**Instructor: Elizabeth Whitsett**

This class will explore the U.S. Constitution and civil rights, focusing on issues relating to race, gender, and sexual orientation. We will begin with a review of the adoption of the Bill of Rights in 1789, as well as the three amendments to the Constitution adopted in the wake of the Civil War (13, 14, 15). The bulk of our discussion
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will center on a number of Supreme Court cases in their historical context, addressing equal protection of the law and due process.

OSHER 293-001 | Wednesdays 1:30-3:00 PM | Session B

Everyday Mindfulness
Instructor: Julie Howell

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

OSHER 62-001 | Wednesdays 3:30-5:00 PM
Session A & B

Exploring the Jordan River
Instructor: Anne Terry

Get to know the Jordan River! This course will alternate between meeting online via Zoom and meeting at Tracy Aviary’s Jordan River Nature Center. All classes at the Nature Center will be outside and class size is restricted to allow for social distancing. Participants will be introduced to the ecology and history of the River, as well as the efforts Tracy Aviary is making to study and protect this unique habitat. The first class is an introduction to the course that will meet online via Zoom, the second class will meet in person at the Jordan River Nature Center, and classes will continue to alternate in this pattern.

OSHER 289-001 | Thursdays 9:30-11:00 AM | Session A

Exploring Lakota Sioux History
Instructor: Ephriam Dickson

Best known today as the tribe of Crazy Horse and Sitting Bull, the Lakota nation grew into the most powerful political and military force on the northern Great Plains during the 18th and 19th centuries. New native sources are yielding unparalleled detail, affording us an opportunity to better understand their history from a unique internal perspective not possible before. Join us for a fascinating discussion about diplomacy and conflict on the northern Great Plains.

OSHER 316-001 | Wednesdays 9:30-11:00 AM | Session A

Fall Prevention and Balance Improvement
Instructor: David L. Keyes

Balance is a motor skill that we begin to lose as early as in our 20s! Falling is a major problem for seniors in our country. This class will use a variety of balance exercises, Qigong, and Tai Chi to improve your balance and reduce your chances of falling. Wear comfortable clothing for moving. Class taught via Zoom.

OSHER 140-001 | Thursdays 1:30-2:30 PM | Session A
OSHER 140-002 | Wednesdays 3:30-4:30 PM | Session B

Geography of Buddha
Instructor: Jonathan Duncan

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

OSHER 965-001 | Mondays 1:30-3:00 PM | Session B
George Washington
Instructor: Kevin M. Peterson

For most, George Washington is the forbidding and aloof elderly man who stares at us from the dollar bill, as cold and hard as the Washington monument itself. The question is, who was he really? Was George Washington really a great man, and if so why? More importantly, does the life of this 18th Century southern planter, this man from a vanished world, have anything to say to those living in the 21st Century? The premise of the class will be that studying the life, personality, and above all the character of George Washington has a great deal to say to us, perhaps especially so in the often confusing and disheartening times in which we live.

OSHER 318-001 | Thursdays 9:30-11:00 AM | Session A
Class will meet in person at the Monson Center, Third Floor Ballroom. 411 E. S. Temple, Salt Lake City. Students must wear masks throughout the course. Distancing will be observed.

Google Maps: Become a Custom Map Maker
Instructor: Pat Lambrose

Discover tips and tricks for using Google Maps. Create and save custom maps in your own My Places Google Maps account. Learn to map your favorite restaurants, fishing holes, bike routes, golf courses, trail heads, etc. The workshop will explore the variety of features available in Google Maps through demos, hands-on exercises, and discussion. The class will be held in a computer lab. Masks are required.

OSHER 469-001 | Thursdays 3:30-6:30 PM | Session B

Google Tools: Exploring Drive and Sites
Instructor: Pat Lambrose

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

OSHER 120-001 | Wednesdays 4:00-7:00 PM | Session B

History and the Literature:
The Invention of Wings
Instructors: Diane and Stan Henderson

Historical novels tell interesting stories about a time, a place, and the people who live there, requiring the authors to do extensive research so their writing accurately reflects the history of the period. Using The Invention of Wings by Sue Monk Kidd as the launching point, this class will offer a one-hour look at a period/place/time (Charleston, South Carolina, mid-19th century) in order to provide the historical context of the novel. We will then spend an hour discussing the novel as a piece of contemporary literature. Readers and history buffs welcome! Note: Participants should read The Invention of Wings before class.

OSHER 374-001 | Monday Oct 5 9:30-11:30 AM | Session A

History in Action: Engage in your Community through History
Instructor: Chris Merritt

History has an unfortunate reputation as boring, disconnected, or irrelevant to our everyday lives. Reality is far from this assumption, however, especially when you look at the diversity of public
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history. Public history comes in many forms that share one mission: connecting today’s living communities to the people, places, and events that formed the foundation of our lives. To forge these connections, public history allows everyone to touch and interact with history in ways that are meaningful for themselves and respectful of our shared past. The Utah Division of State History is the state’s public history flagship, with professionals who work to protect, preserve, and share Utah’s 13,000-year history. This course will share lessons from their work and offer a variety of ways for the public to engage in this shared past.

OSHER 297-001 | Mondays 9:30-11:00 AM | Session B

History of Photography
Instructor: 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 | Wednesdays 3:30-5:00 PM | Session A

History of the Roaring Twenties and the Great Depression
Instructor: Walter Jones

This course will cover important and interesting events about the 1920s and 1930s. For the 1920s, the “Roaring Twenties” or “Jazz Age,” the course will feature politics, commerce, mobility (automobiles and aircraft), entertainment, and crime. For the 1930s, the course will cover the social and economic conditions of the Great Depression and President Franklin D. Roosevelt’s life and New Deal activities.

OSHER 889-001 | Mondays 9:30-11:00 AM | Session A

Introduction to Hinduism and its most Sacred Spiritual Text - The Bhagavad Gita
Instructor: Santosh Gandhi

The popular view of Hinduism 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—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), karma theory (destiny/free will), karma yoga (path to spiritual/emotional maturity) and reincarnation.

OSHER 880-001 | Wednesdays 1:30-3:00 PM | Session B

Iran: Its History, People, Politics, and Religion
Instructor: Chris Schaefer

The achievements of the great Persian Empires live on in the minds of Iranians today—but in reality they are a people faced with an uncertain future. They exist in the midst of a hostile world, burdened by economic sanctions and torn by internal political strife. Iran, a country rich with natural resources and steeped in a proud heritage, underwent a traumatic transition from a major regional power governed by a Western-backed Shah to an isolated Islamic semi-theocracy determined to champion the oppressed Shi’a masses in a Sunni Muslim world. Iran’s religious and political leaders cast themselves as heroes on one hand, but they have managed to earn the

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animosity of almost every state in the region. Join us for an in-depth look at what makes Iran tick, its colorful and fascinating history, its gregarious people, the foreign influences on the country, and why it presents a vexing problem to its neighbors and to today’s world leaders.

OSHER 5-001 | Tuesdays 11:30 AM-1:00 PM | Session B

Jewelry in Art: A Walk through the Utah Museum of Fine Arts’ Collection
Instructor: Mary Lambert

This three-session course will expand upon a previous Special Event Mary Lambert gave at the Utah Museum of Fine Arts about jewelry in art. Using art at the UMFA and select outside sources, Mary will discuss jewels as objects themselves and as depicted in paintings, giving a fuller picture of these extraordinary works. The class will examine jewelry of ancient times, the Middle Ages through 1800, and the Victorian Era to Modernity. Participants will be encouraged to think about the jewelry they wear and how historical perspectives on adornment are also helpful in understanding ourselves.

OSHER 134-001 | Mondays 11:30 AM-1:00 PM
October 12, 19 & 26 | Session B

Life Lessons from Climbing the Seven Summits
Instructor: Carol Masheter

Dr. Masheter will describe why and how she became involved in high altitude mountaineering, what preparing for and climbing each of the Seven Summits (the highest peak in each continent) was like and what she learned from each climb that can help students in their own lives. She will use concepts from crisis theory, vicious cycles and benign cycles, management of self-doubt/anxiety, and team dynamics.

OSHER 285-001 | Mondays 3:30-5:00 PM | Session A

Literature of Aging and the Family
Instructor: Sally N. Smith

Our selective sight often sees family patterns we celebrate— the comforting, connective traits and habits of nature. So matter-of-fact are these connections that they are often unacknowledged or unexpressed. At other times we shield ourselves from the fact of our aging parents because of the recognition of what we may become. Yet, there may be more here than the self-absorbed fear of aging bodies. As we watch the changes of aging family members, we recognize our inability to freeze time, to make them stay where they were in our earliest memories. As depicted in literature, relationships between generations remain knotty, often difficult, sometimes ambivalent, and always mysterious. Reading list includes Literature and Aging: An Anthology, Kent State University Press, 1992.

OSHER 623-001 | Thursdays 11:30 AM-1:00 PM
Session B

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
Lugosi & Karloff: The Kings of Horror  
Instructor: Chris Stockslager

Lugosi & Karloff are the most famous screen Dracula and Frankenstein’s Monster, respectively. Decades after their deaths and more than a century after both stars’ debuts, their legacies live on. But did you know they made eight films together? In this course, we will watch and enjoy five of their best collaborations and Karloff’s very last American film. These men built Horror as a genre in Hollywood (and Hollywood itself) as we know it today. So many fascinating stories, gossip, and excitement lurk beneath the cobwebs of time and delicate nitrate film. Join me... if you dare.

OSHER 294-001 | Wednesdays 7:00-9:00 PM | Session B

Marcie’s Movie Club  
Instructor: Marcie Collett

Each week, Marcie’s movie club will watch and then discuss a film offered by the Salt Lake Film Society through slfsathome.org or by another platform. Class fee includes streaming charge for viewing each film, but if a class must be missed, students will be offered a code to watch the film on their own. Should Broadway Centre Cinemas be able to reopen during this session, our class may meet in person at the theater. During the current isolation and fear felt during COVID-19 and earthquakes, class members will connect with one another over quality cinema and also connect with their fellow global citizens through films from around the world. As Roger Ebert noted, movies are an empathy machine!

OSHER 304-001 | Tuesdays 9:30-11:00 AM | Session A

Music Appreciation  
Instructor: Geraldine Johnson

Beginning with the origins of musical notation and continuing to the modern symphony hall, we will explore the history and sound of Western classical music. Who were Bach, Mozart, Beethoven, and Brahms? Why do they continue to be household names, and why does their music sound the way it does? This course will enable students to recognize different musical styles and intelligently discuss their opinions and observations on music, based on historical facts and correct vocabulary. Come explore this complex art in a friendly, interactive, and informative environment!

OSHER 325-001 & 002 | Mondays 12:00 - 2:00 PM Sessions A & B

Masterpieces at the Metropolitan Museum of Art: The American Wing  
Instructors: Jill E. Meyer & Margaret Landesman

Opened in 1924, the Metropolitan Museum of Art’s American Wing is like a museum within a museum, comprising over 20,000 works of art, ranging from the colonial to early-modern period. We will look at painting, sculpture, works on paper, decorative arts, historical interiors, and architectural pieces. We will also investigate The Henry R. Luce Center for the Study of American Art, the Met’s fascinating open-storage area containing furniture, textiles, ceramics, glass, silver, metalwork, jewelry, basketry, and embroidery. Come enjoy a virtual tour with two trained guides who know this museum well.

OSHER 304-001 | Tuesdays 9:30-11:00 AM | Session A

Organized and Clutter Free at Last!  
Instructor: Marla Dee

How would it feel to have your home free of clutter? In today’s world we are bombarded with information and stuff. So, there is clutter everywhere – on our phones and computers, desktops and countertops, bedrooms and basements, closets and cupboards… We crave being free of the clutter and fantasize about being organized but it
feels impossible. Marla Dee is here to change that. As a professional organizer for 20 years, Marla has seen the pain! With contagious enthusiasm and stories from real clients, Marla shares her belief that living organized is a skill anyone can learn. Her Clear & Simple Systems teach where to start, what to do and how to keep it up. If you are ready for a change, come get everything you need to make it happen.

OSHER 380-001 | Tuesdays 1:30-3:00 PM | Session B

**Our Genes, Our Future, The Revolution**  
*Instructor: Raymond Gesteland*

This course will provide a background in basic genetics from DNA to RNA to proteins. The goal is to give Osher members the tools to understand genes, genetic predispositions, and gene editing. Dramatic advances in gene editing technology will ultimately allow editing of any gene in any organism (including humans), unleashing the power to alter the course of evolution. This course will give students the background necessary to enter into the deep social and ethical issues that must be discussed and understood by the global society.

OSHER 519-001 | Wednesdays 9:30-11:00 AM | Session B

**Paper Pain to Power - Clutter Clear & Organize Your Paper!**  
*Instructor: Marla Dee*

Paper piles and overloaded files are taking over American homes, everything from the kitchen counter to the stuffed boxes in the basement. Come get the expert SYSTEMS that make getting through the paper, old and new, possible. You can overcome the paper pain and create simple systems to stay on top of all that keeps coming in. Marla Dee has been a professional organizer for 20 years specializing in paper organization.

OSHER 295-001 | Thursdays 11:30 AM-1:00 PM
Session B

**Policing in America**  
*Instructor: Paul Cunningham*

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

OSHER 687-001 | Wednesdays 9:30-11:00 AM | Session B

**Recreational Drone and Model Aviation Ground School 101**  
*Instructor: Lee Shuster*

With the increasing popularity of recreational drones, this entry-level course will explore how to choose an appropriate consumer recreational drone or remote-control model aircraft. We will look at popular quad-copters, helicopters, and traditional fixed-wing model aircraft. Popular recreational uses including aerial photography and cinematography are covered. You will explore how, when, and where to legally fly safely. A simple technological overview is covered including weather, batteries, controllers, cameras, and software applications. UAV size and weight categories with relevant FAA regulations are explained.

OSHER 249-001 | Thursdays 9:30-11:00 AM | Session B

**Removing the Clutter in Your Life by Creating & Maintaining a Balanced Life**  
*Instructor: Debbie White*

There are ways to clear the clutter in our closets. Similarly, there are ways to cut through clutter in our lives that is keeping us from maintaining any sense of balance. While research tells us we need to stay connected to others, be physically active, and continue to exercise our minds in...
order to maintain some sense of balance in our lives, what does that really mean? This class will explore a variety of avenues focused on regaining and maintaining balance in our lives through a balanced mixture of activities, discussions, and self-assessments, along with a multitude of resources all focused on supporting you in finding your own balance.

OSHER 313-001 & 002 | Thursdays 1:30-3:00 PM | Session A & B

**Rhythm Ukulele**
*Instructor: Bill Stoye*

This class will focus on learning new styles and rhythms for playing ukulele, including strums, plucking and picking patterns, and breaking down rhythms and counting. Learn how dynamics and combining rhythms will breathe new life into songs. You should be at a comfortable beginner or advanced beginner level, ready to add some new songs and rhythmic styles to your repertoire. Use your own ukulele and we'll play in standard (GCEA) tuning, low G preferred but not mandatory. Instructor will supply materials. Class taught via Zoom.

OSHER 698-001 | Tuesdays 3:30-5:00 PM | Session B

**Shakespeare: The Sonnets**
*Instructor: Charles Boynton*

Shakespeare's compositional power was in his ability to confer greater mental scope on any aspect of the human imagination. In 1609, 154 of his poems were published as Shakespeare's Sonnets. They dealt with three main subjects: the "fair youth;" the "dark lady" and "the other poet." We will examine one quarter to one third of the sonnets, reading them aloud in class while discussing their structure and both apparent and hidden meanings.

OSHER 34-001 | Tuesdays 11:30 AM-1:00 PM | Session B

**Shakespeare: The Wars of the Roses**
*Instructor: Charles Boynton*

Join us as we reveal the unique characters and language in Shakespeare's major English History plays. Thrill to the language in *Richard II*, *Henry IV* Parts One and Two, *Henry V*, *Henry VI* Part Three, and *Richard III*. The Wars of the Roses underlie the action. Featured in two of the plays, we will examine the mercurial Falstaff, Shakespeare's protean man and perhaps his most fascinating invention. This class will emphasize speaking selected soliloquies aloud as a fundamental technique for appreciating the genius of these plays.

OSHER 313-001 | Tuesdays 11:30 AM-1:00 PM | Session B

**Rhythm Ukulele**
*Instructor: Bill Stoye*

This class will focus on learning new styles and rhythms for playing ukulele, including strums, plucking and picking patterns, and breaking down rhythms and counting. Learn how dynamics and combining rhythms will breathe new life into songs. You should be at a comfortable beginner or advanced beginner level, ready to add some new songs and rhythmic styles to your repertoire. Use your own ukulele and we'll play in standard (GCEA) tuning, low G preferred but not mandatory. Instructor will supply materials. Class taught via Zoom.

OSHER 698-001 | Tuesdays 3:30-5:00 PM | Session B

**Shakespeare: The Wars of the Roses**
*Instructor: Charles Boynton*

Join us as we reveal the unique characters and language in Shakespeare's major English History plays. Thrill to the language in *Richard II*, *Henry IV* Parts One and Two, *Henry V*, *Henry VI* Part Three, and *Richard III*. The Wars of the Roses underlie the action. Featured in two of the plays, we will examine the mercurial Falstaff, Shakespeare's protean man and perhaps his most fascinating invention. This class will emphasize speaking selected soliloquies aloud as a fundamental technique for appreciating the genius of these plays.

OSHER 313-001 | Tuesdays 11:30 AM-1:00 PM | Session B

**Singing for Fun and Well Being!**
*Instructor: Stacey Cole*

This delightful course combines a weekly Virtual Sing-Along (lyrics provided) of popular songs from the first half of the 20th Century up through the 1960's, led by singer/musician Stacey Cole. It includes fun vocal warm-ups and practical information on how to take care of our voices. Healing and uplifting! Shy singers welcome and encouraged.

OSHER 698-001 | Tuesdays 3:30-5:00 PM | Session B
OSHER 288-001 & 002 | Thursdays 11:30 AM-12:30 PM
Session A & B FOR 5 WEEKS ONLY
Sept 3 to Oct 1 & Oct 15-Nov 12

Unpacking German History
Instructor: Christoph Dressler

German history is interwoven with Europe’s fate and history. This class will explore a number of hidden connections between the two. Utilizing multimedia, maps, pictures and artwork, and focusing on important historical figures, this course will take you from Julius Caesar’s accounts of the Germans to the challenges of the European Union today. Students should expect revelatory information regarding larger events, such as the marriage of the Catholic Church and the Holy Roman Empire, the Reformation, the French Revolution, and the Industrial Revolution.

OSHER 934-001 | Mondays 11:30 AM-1:00 PM | Session A

Why Nations Succeed or Fall Apart
Instructor: Jane Yager

This course explores why some nations such as the United States, Great Britain, Australia, Germany, Canada, and others have generally succeeded, but other nations such as North Korea, Iran, Venezuela, Lebanon, and the Democratic Republic of the Congo, have failed to thrive and grow. The history and conditions that underlie the success or ultimate failure of nations throughout history are presented. Economic and social concepts also will be introduced to provide insights as to why some nations are poor and failing despite being rich in natural resources. Predictions for the future of the United States will be debated using the concepts presented in this course.

One guest speaker, Dr. Loren Yager, with federal government experience in analyzing and comparing nations’ performance will be featured. Dr. Loren Yager, formerly Managing Director of International Affairs and Trade with the U.S. Government Accountability Office (GAO), the investigative agency of the U.S. Congress, serves currently as an advisor to several nations on their performance.

OSHER 159-001 & 002 | Wednesdays 9:30-11:00 AM
Sessions A & B

Women, Diversity and the U.S. Supreme Court
Instructor: Lauren Andersen

Follow the stories of four extraordinary women who pursued legal careers, justice, and equality and became Supreme Court Justices. This course will examine the lives and careers of Justice Sandra Day O’Connor, Justice Ruth Bader Ginsburg, Justice Sonia Sotomayor, and Justice Elena Kagan. Understand how their lives influenced their careers and why they sought a position on the highest court in the nation.

OSHER 286-001 | Mondays 11:30 AM-1:00 PM
Session A

World War II in Eastern Europe
Instructor: 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 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.

OSHER 862-001 | Tuesdays 9:30-11:30 AM | Session B

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
**Your Life is Only as Comfortable as your Movement**

*Instructor: Carol Lessinger*

This class is an introduction to the Feldenkrais Method of Awareness Through Movement (See www.feldenkrais.com for information about the method). You will do easy, fun, intriguing movements that bring you to better balance, more flexibility, and increased stability. But most of all, most people experience a greater sense of ease and comfort in their body when they do this work!

OSHER 299-001 | Wednesdays 1:30-3:00 PM | Session A

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**Writing as a Tool to Cope with Anxiety**

*Instructor: Debbie Leaman*

Distracting thoughts and rumination can lead to excessive worry, irritability, self-doubt, and other negative emotions. No matter the cause of anxiety -- the pandemic, current events, temperament, illness, life transition -- writing helps re-center us and calm our minds. Putting pen to paper, we can unload persistent thoughts onto the page, providing distance and a new perspective.

OSHER 625-001 | Thursdays 9:30-11:30 AM | Session B

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**Writing Your Life**

*Instructor: Phyllis Barber*

Here is your chance to get started on the life story you have been meaning to write. Each student will write an eight- to twelve-page essay about a moment or time in his or her life, which will then be discussed and critiqued by class members and the instructor to expand the idea and its possibilities.

OSHER 689-001 | Tuesdays 11:30 AM-1:00 PM | Session A
Workshop with Artist Sarinda Jones
Alcohol inks are paints that can be used on a variety of surfaces including glossy paper, plastic, metal, and glass. No experience in painting is necessary. We will focus on materials, tools, techniques, color, and finding your artistic voice. Kits of materials will be provided before class.
OSHER 173-004 | August 18 | 1:00 PM
Online via “Zoom” | $70

Walking Tour of the Salt Lake Cemetery
The Salt Lake City Cemetery is the largest public cemetery in the country and the final resting place to over 100,000 people. Within its boundaries there are three Jewish cemeteries, numerous veterans’ areas, special monuments, various forms of art, mysteries and urban legends. The cemetery is an historical treasure of the famous and infamous that made their mark on Utah.
OSHER 173-005 | August 22 | 9:00 AM
OSHER 173-006 | August 31 | 6:30 PM
OSHER 173-007 | September 5 | 9:00 AM
OSHER 173-008 | September 19 | 9:00 AM
200 N St E, Salt Lake City, UT 84103 | $10

It is REQUIRED that all participants wear a face mask.
In order to maintain a group size that can practice safe distancing, participants must register in advance.

Rino's Italian Fresh Farm Tour and Tasting
Do you remember Rino's Italian Restaurant on Parley's? Rino's was known for growing his own produce needed for the restaurant. After retiring from the restaurant business, Rino continued to grow organic vegetables, fruit, and herbs at his farm in Centerville. We will tour this farm to see the magic of Rino's Italian Fresh, to be followed by a tasting of some of his produce, sauces, and some surprises. If we have time, we may also visit Rino's larger farm/garden a few miles away. Please note, there will be a lot of walking and standing.
It is REQUIRED that all participants wear a face mask.
In order to maintain a group size that can practice safe distancing, participants must register in advance.

Tea Time at Home with Tea Zaanti
As with wine, coming to understand and appreciate the vast number of tea blends that are available can be quite overwhelming! With Tea Zaanti the second most consumed beverage in the world (after water!) can be demystified and thoroughly enjoyed.

Tea Zaanti will have your tea package ready for pick up either Saturday 9/19 or Sunday 9/20 between 11:00 and 4:00 pm at 1944 South 1100 East SLC, 84106 (Contactless pick up available). The

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
fee includes 4-5 loose tea samples, a thermometer, and a treat). Cancellations require 5-day notice.

OSHER 173-001 | September 21 | 2:30 PM
Online via “Zoom” | $15

Zoom Training: How to Get Started
This event is for any Osher member who would like to know how to use the Zoom platform for online classes or events. Step by step instructions will be provided via email on how to get started. We will then join each other online in Zoom for a Q&A and to test our newly learned skills.

August 11 | 11:00 AM
August 26 | 1:00 PM
October 9 | 11:30 AM
Online via “Zoom” | Registration required

Beyond the Looking Glass: Reflections on Using Art as a Tool in Crime Scenes and Other Unusual Places
How does art impact the lives and careers of doctors, nurses, police officers, and educators? How does art make people more empathetic? What role does art play in helping people reflect on shared experiences of isolation and trauma? These topics were explored by two Utah Museum of Fine Arts docents at the 2019 National Docent Symposium held in Washington D. C. this past October. Join us for their presentation redesigned especially for Osher learners.

August 28 | 2:00 PM
Online via “Zoom” | Registration required

Origami: The Art of Paper Folding
Join Irene Ota in this virtual hands-on event where we will learn how to fold three pieces of origami. During this event Irene will guide us through folding the crane, the lotus, and an origami box. Representing peace, health, and happiness, the crane is a very traditional and familiar origami. The lotus can represent purity, enlightenment, self-regeneration and rebirth. An origami box can have many uses including holding jewelry, cash, or other small items.

You will need at least 12 pieces of square paper. You may purchase your own origami paper but it isn’t required. You are welcome to use any paper you have around the house. The paper shouldn’t be too thin or too thick and should be able to fold without tearing. It is recommended that your paper be 6”x6”, 8”x8”, or 12”x12”, depending on the size of the origami desired.

September 3 | 1:00 PM
Online via “Zoom” | Registration required

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

It is REQUIRED that all participants wear a face mask. In order to maintain a group size that can practice safe distancing, participants must register in advance.
Wild Utah: America's Red Rock Wilderness

View a short film by SUWA then hear a presentation by SUWA’s Utah Grassroots Organizer, Dave Pacheco, focusing on the global environmental need for protecting wild places, particularly at home here in Utah.

September 22 | 1:00 PM
Online via “Zoom” | Registration required

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

History nerd Chris Merritt (Utah State Historic Preservation Office) and Great Salt Lake nerd Jaimi Butler (biologist and Coordinator of Great Salt Lake Institute) will talk about modern research collaboration attempts to bridge the entire gap of Great Salt Lake’s multi-thousand year human-environment interactions, and spur a new century of engagement for a new generation of lake lovers. In other words, we will talk about “Old Crap, Bird Crap and Learned Crap”.

We think this talk would pair nicely with Great Salt Lake themed drinks or food. For example, you could roast a duck and call your dish “migration”. You could mix up a salty margarita, because salt! Perhaps you want to throw some shrimp on the barby in celebration of our lake’s brine shrimp. The point is to have fun and relax while Chris and Jaimi take you on a tour of the lake. Prizes will be given to those with the best dishes.

October 22 | 6:00 PM
Online via “Zoom” | Registration required

Radon 101: What You Need to Know

Presented by Eleanor Divver, Radon Coordinator for the State of Utah. During our Radon 101 event, we will be discussing what radon is, the health effect of radon, how to test your home for radon, what you can do if you have elevated levels of radon. We will also discuss geographical hot spots and why they exist for radon.

September 29 | 1:00 PM
Online via “Zoom” | Registration required
Light Pollution and the Dark Skies Effort  
September 16, 2020 | Alan Eastman, Retired Research Chemist and Osher Instructor

Most Americans cannot see the Milky Way from their homes. Even worse, nocturnal animals are affected by the light pollution we put into the sky. Over the last 10 years, the world’s bird population has gone down by nearly a third. One major cause is that artificial light in the night sky disrupts their migration, feeding, and mating behavior. Artificial light at night even affects human beings, having responsibility for increased incidence of sleeping disruptions (surprise!) and a number of other health problems. Yet, of all the pollution problems we face, this one alone can be completely solved, if we are willing. This presentation will discuss the problem, sketch out the solutions, and introduce the International Dark Skies Association, its efforts to designate International Dark Sky places, and how it can help individuals, neighborhoods, and cities to help end light pollution.

Utah’s Architectural Landscape – Modernism  
September 23, 2020 | Bim Oliver, Writer and Researcher, Osher Instructor

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

Salt Lake County Sheriff  
September 30, 2020 | Rosie Rivera, Salt Lake County Sheriff

Salt Lake County Sheriff Rosie Rivera became the first female County Sheriff when she was sworn in on August 15th, 2017. Sheriff Rivera brings over twenty-five years of law enforcement experience, having served as United Police Department’s Deputy Chief, Chief of Police Services for Riverton City, Campus Security at Weber State College, and Taylorsville Police Department. The Sheriff has directed her efforts into community policing and diversity within law enforcement. Sheriff Rivera believes in transparency and engaging with the community. “Know the issues we are dealing with and they become a part of our solutions. It’s all about problem solving to keep everyone safe.”

LUNCH & LEARN

Quality talks from local, national, and international experts from our campus and throughout the community.

Free and open to the public. Held over “Zoom”. Talks begin promptly at noon, lasting about 40-50 minutes followed by a short Q&A. Visit continue.utah.edu/osopher/lectures to sign up to receive the Zoom link.
Overview of the Attorney General’s Office  
October 14, 2020 | Leo Lucey, Chief of Investigations for the Attorney General’s Office

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

Utah’s Archeology and Problems of Vandalism  
October 21, 2020 | Elizabeth Hora, Public Archeologist, Utah State Historic Preservation Office and Head of State Department to Combat Vandalism to Archaeological sites

People have lived in Utah for over twelve thousand years, and pieces of their histories can be found all around us. From corn granaries perched in high sandstone alcoves, to a small stone etched with lines, to the arrowheads, pottery sherds, and rock imagery we are all familiar with - the past lives among us, eager to tell its story. Sadly, we have seen too many instances of archaeological vandalism: damage done to these archaeological sites that destroy our connections to the past and disrespect the people who came before us. You can help Stop Archaeological Vandalism through a variety of different means and in this presentation you will learn how. The Utah Public Archaeology Network is connecting people and organizations across the state to Stop Archaeological Vandalism through education and training, and soon through the Utah Cultural Site Stewardship Program. If you want to get active and involved with people dedicated to preserving Utah’s past then bring a pen and paper to this talk and get ready to be inspired!

Utah’s Inland Port  
October 28, 2020 | Deeda Seed, Senior Utah Field Campaigner for the Center for Biological Diversity

Learn about the controversial proposed Utah Inland Port and the problems associated with the Port’s development. The Port is slated to be built covering property within Salt Lake City for 25% along with a slice of Magna and West Valley City. What is being proposed? What are the concerns and solutions? How concerned should we be as residents?
Share Osher
Invite a friend to class

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

Note: Some people may like to sample the Osher experience before joining. Guests are welcome to sample Special Events and Courses on a space available basis with prior approval of the Osher office. E-mail the Osher office at osher@utah.edu to learn more.