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WINTER 2021 | JANUARY-MARCH

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LETTER FROM THE DIRECTOR

I have often shared how much I love working for you. You bring creativity, curiosity, experience, knowledge, kindness and heart to the Osher program at the University of Utah. That love of working for you has only deepened this past year. You have come together as a community to provide support, information, distraction (when needed), and joy (always important) in 2020. I can’t think of a better job to have had this year. I have learned with you and from you.

So, it is with sadness that I let you know that the time has come for me to move on to my next adventure. I leave you in the capable hands of Jill E. Meyer, who has worked on every committee since she joined Continuing Education at the University of Utah in 2017. Jill has taught, organized our 15th Anniversary, served on the Special Events Committee, and programmed our curriculum through a pandemic. She will be the one to lead you into 2021, a year of new opportunities, and the new strength that we found in 2020.

-Lauren Andersen, Past Director

Please join me in warmly thanking Lauren Andersen for her wonderful vision, kindness, and generosity as the energetic, indefatigable leader of our Osher Institute over the past four years. When I first joined Osher as a new member in October 2016, a whole new world opened up for me, at a time when I needed it most. I am so grateful for all that Osher has brought into my life. Working for Osher and for Lauren since 2017 has been an absolute dream. We will miss her tremendously. But I have a hunch we will be able to entice her back to teach a few more classes as one of our top instructors, so hopefully this is not goodbye.

Last spring, Lauren fearlessly led us through the pandemic into a whole new world of online learning. Osher members and instructors bravely responded, learning and embracing the new technology of Zoom. In winter 2021, we will continue to safely Zoom together in our choice of 50 courses, 22 of them new and 28 from returning instructors, and many exciting new special events. For this, we thank our outstanding instructors, our generous volunteers, and our wonderful members for sticking with us and making lemonade together on Zoom. I am so glad that we can keep learning, laughing, making friends, and growing together, in the way that Osher provides so well. We wish Lauren all the best as she learns and grows in her own new directions! But we know part of her heart will remain with Osher and part of ours with her. Thank you for everything, Lauren!

Jill E. Meyer, Director

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

If laughter is the best medicine, then membership in Osher gives you just the booster shot you need. When our dynamic community of like-minded individuals gets together, creative sparks fly, discussions crackle with energy, and smiles and laughter abound. Every interaction not only expands your mind, it makes you feel better about yourself and the world we live in.
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 Zoom course will bring lecture and historical artifacts together. You’ll be glad you signed up!

OSHER 821-001 | Thursdays 1:30-3:00 PM
Jan 14-28, 2021

Armchair Traveler Visits Saint Petersburg, the Cultural Capital of Russia
Asya M. Pereltsvaig

Saint Petersburg is Russia’s second-largest city, its cultural heart, and the instructor’s hometown. For almost two-thirds of its 300-year-long history, Saint Petersburg served as Russia’s capital. From the reforms of Peter the Great to the Decembrist revolt of 1825, and again from the Bolshevik Revolution to the 900-day-long siege during World War II, the most important dramas of Russia’s history played out on the city’s stage. Saint Petersburg has also served as a gateway to and from Europe: Italian architects, Dutch shipbuilders, French restaurateurs, German artisans all contributed to the image of the city, depicted by Russian literary greats such as Pushkin and Dostoyevsky. Splendid architectural gems like the Winter Palace, the Peter-and-Paul Fortress, and the Church of the Savior-on-Blood make Saint Petersburg a veritable open-air museum. Indoor museums such as the Hermitage and the Russian Museum boast some of the world’s best collections of Western and Russian art, respectively. The city’s numerous rivers and canals with their gorgeous bridges earned it the nickname of “Venice of the North”—but Venice lacks Saint Petersburg’s “white nights” when the sun barely sets, turning bridges, statues, and wrought-iron latticework into magical silhouettes. Yet the city’s physical geography presents a challenge too: built on a marshy, flood-prone delta of the Neva River, Saint Petersburg is a marvel of urban engineering. Its location at 60°N makes it the world’s largest northern city: its population is greater than that of Helsinki, Stockholm, Oslo, Copenhagen, Reykjavik, and Anchorage combined—by a margin of nearly two million people! Join me for an exploration of this magnificent city and its historical significance.

OSHER 323-001 | Thursdays 1:30-3:00 PM
Jan 14-Feb 18, 2021

American Presidents and the Intelligence Community
Frank “Fuzzy” Furr

Throughout history, American presidents have had different attitudes and various uses of the American Intelligence Community (IC). In this course we will look at different challenges faced by our presidents and how they utilized, engaged, managed, and transformed the IC.

OSHER 283-001 | Tuesdays 9:30-11:00 AM
Jan 12-Feb 16, 2021

Beginning Ukulele
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 held via Zoom.

OSHER 595-001 | Thursdays 11:30 AM-1:00 PM
Jan 14-Feb 18, 2021

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 | Wednesdays 9:30-11:00 AM
Jan 13-Feb 24, 2021
(no class held on Inauguration Day, Jan 20)

Current Issues in American Public Affairs and Politics
Tim Chambless

Examine current political and governmental issues breaking that day and week—locally, nationally, internationally! This class is highly interactive. Controversial questions are scrutinized. Answers in 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 | Tuesdays 1:30-3:00 PM
Jan 12-Feb 16, 2021

Digital Treasures at the Salt Lake County Library
Tina Bartholoma

Discover digital treasures available at the Salt Lake County Library that will make a positive difference in your everyday life. From eMagazines with adjustable font sizes to online classes available at any time on your device, libraries are more than just books, although our eBook collection is incredible. Going digital is not always easy, but librarians will show you exactly where to click to access the reading, listening, and viewing premium resources that are just right for you. All resources are free to Salt Lake County residents. Out-of-county cards are available for a moderate monthly fee.

OSHER 392-001 | Thursdays 9:30-11:00 AM
Jan 14-Feb 18, 2021
Digitizing Your Memories  
Debbie White

Do you want to know what can be done with all your print photos, negatives, slides, and videos? This class will teach you all you need to know about how to preserve, archive, and even restore your non-digital media. We will go over how easy it is to share your memories with family and friends, including putting images on Facebook and your digital devices (computer, phone and tablet). Learn about available alternatives and the answers to frequently asked questions regarding how to “do-it-yourself” or what to look for in a vendor so you get the most for your money while protecting your irreplaceable memories.

OSHER 25-001 | Thursday 1:30-4:30 PM | Feb 4, 2021

Everyday Mindfulness  
Julie Howell

Osher members will experience 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  
Jan 13-Feb 17, 2021

Fall Prevention and Balance Improvement  
David Keyes

Balance is a motor skill that we begin to lose as early as in our 20s! Falling is a major problem for seniors. 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  
Jan 14-Feb 18, 2021

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 are we 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 | Wednesdays 1:30-3:00 PM  
Jan 13-Feb 17, 2021

Freedom and Tragedy: Dostoevsky’s The Brothers Karamazov  
Gene Fitzgerald

We will examine the novel’s illustration of free will vs. inquisitorial control, and suffering, and evil vs. happiness. Can the human being “judge not” others, including God, and overcome the desire for revenge to achieve forgiveness and grace? We will briefly examine Dostoevsky’s own comments on the nature of man vs. the nature of God.

OSHER 357-001 | Tuesdays 11:30 AM-1:00 PM  
Jan 12-Feb 16, 2021

Freedom: Its Scope and Limits  
Bruce Landesman

In a democratic society like ours, we believe that people should be free, that they have “an unalienable right” to liberty. We also recognize that there are many actions that can reasonably be prohibited by the laws and subject to
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punishment if performed. This means that with regard to liberty we have to figure out not only what we should be free to do but also what we should not be free to do. This leads to disputes. For example, some people believe that being made to wear a mask in public during this time of pandemic is a violation of their freedom; others find such a mandate unobjectionable, no different than the requirement that one drive a car only if one has passed a test and has a license. Both actions—the mask and the license—diminish the risk of harming others. Thus, a large part of the question of liberty is about when we can and when cannot put others at the risk of harm. The subject of this course then is finding reasonable grounds for determining both the scope of liberty and its limits. In doing so we will be debating fundamental questions that continually face a democratic society.

OSHER 349-001 | Wednesdays 9:30-11:00 AM
Jan 13-Feb 24, 2021
(no class on Inauguration Day, Jan 20)

Google Maps: Become a Custom Map Maker
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, trailheads, 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. Participants must wear masks. Social distancing will be observed.

OSHER 469-001 | Wednesdays 4:30-7:00 PM
Feb 17 and 24, 2021
Location: 540 Arapahoe Drive, Room 249

Great Artists Who Capture an Age
Colleen Wood

This will be the first class in a series intended to examine six great artists whose life’s works capture their times in European history and whose art has had a powerful influence on Western art over time. These artists will include: Michelangelo of the Italian High Renaissance, Gianlorenzo Bernini and Caravaggio of the Italian Baroque, Rembrandt of the Dutch Baroque, Jacques Louis David of French Neoclassicism and Romanticism, and finally Francisco Goya of Spanish Romanticism. A second class will be offered in the spring that will cover artists of 19th century Romanticism, Impressionism, and Post-Impressionism.

OSHER 345-001 | Thursdays 9:30-11:00 AM
Jan 14-Feb 18, 2021

History and Literature: The Night Watchman
Diane and Stan Henderson

Using Louise Erdrich’s The Night Watchman as the launching point, this class will offer a one-hour look at the history of mid-20th century efforts by the federal government—with or without consent—to “terminate” historic tribes and assimilate Native Americans into mainstream American life. “In Washington’s infinite wisdom, it was decided that tribes should no longer be tribes, never mind that they had been tribes for thousands of years.” After looking at history, the class will continue with an hour of literature, discussing the novel as a piece of contemporary fiction. Readers and history buffs welcome! Participants should read The Night Watchman before class begins.

OSHER 358-001 | Monday 11:30 AM-1:30 PM
Jan 25, 2021

History of Funeral Service
Shannon Warencki

This course is a brief introduction to the modern-day funeral service covering historical developments, contemporary practices, and the values of funeral service. Professional qualifications and ethics and their application to current practices will be discussed. Students will learn about religious rites, ceremonies, and
memorial practices of different faiths. These include Protestant, Roman Catholic, Jewish, and Buddhist religions. We will also learn about the customs of military, veteran, and fraternal organizations. Instruction includes guest speakers. Modern-day funeral service operation, law, and regulations will also be discussed.

OSHER 420-001 | Tuesdays 5:00-6:30 PM
Jan 12-Feb 16, 2021

**How to Change the World**

*Dr. Warner P. Woodworth*

The objective of this course is to strengthen one’s capacity to change the world by learning and then applying Social Entrepreneurship skills to empower the poor. We will first gain an understanding of the current context of suffering, conflicts, and other human struggles. A brief analysis of several paradigms including the socio-economics of global change will be taught. Other emerging conceptual constructs that lead to societal change will be utilized such as the following: third sector, positive deviance, the archaeology of social change, stewardship, new social inventions, bottom of the pyramid tools, the tipping point for making an impact, social capital, Gross National Happiness, appreciative inquiry, social enterprise creation, capacity-building, sustainability, and building civil society. Innovative methods and tools will be studied for expanding economic self-reliance in Africa, Latin America, Asia, and more.

OSHER 290-001 | Wednesdays 3:30-5:00 PM
Jan 13-Feb 17, 2021

**Independence Corrupted: How America’s Judges Really Make Their Decisions**

*Charles Benjamin Schudson*

Judge Schudson knows how judges really make their decisions. He takes us behind the bench to probe judicial minds analyzing actual trials and sentencings of abortion protesters, murderers, sex predators, white supremacists, and others. He takes us into chambers to hear judges forging appellate decisions about life and death, corporate crime, multimillion-dollar damages, and priceless civil rights. Most significantly, he exposes the financial, political, personal, and professional pressures threatening judicial integrity like never before.

OSHER 263-001 | Tuesdays 11:30 AM-1:00 PM
Jan 19 and 26, 2021

**Internet Security**

*Debbie White*

Personal information is in high demand. That’s why we face threats, from Cambridge Analytica to Facebook to email phishing scams. These scams are stealing people’s personal information and threatening their life savings. This course will take a challenging topic and simplify the types of threats and what experts say are the best offensive and defensive practices when using the Internet, empowering you with knowledge and tactics.

OSHER 51-001 | Thursdays 1:30-3:00 PM
Jan 14-28, 2021

**Islamic Golden Age**

*Dr. Abdulnaser Kaadan*

This course will cover the evolution and practice of the Islamic sciences during the Islamic renaissance or Islamic Golden Age, from origins until the fall of the Islamic civilization. The goal of the course is to encourage the attendees to think about Islamic sciences from a historical perspective, and to appreciate how Islamic sciences can inform the study of history. This period is traditionally understood to have begun during the reign of the Abbasid caliph Harun al-Rashid (786 to 809) with the inauguration of the House of Wisdom in Baghdad, the world’s largest city by then, where Islamic scholars and polymaths from various parts of the world with different cultural backgrounds were mandated to gather and translate all of the world’s classical knowledge into Arabic and Persian. Several historic inventions and...
significant contributions in numerous fields were made throughout the Islamic middle ages that revolutionized human history.

OSHER 275-001 | Thursdays 3:30-5:00 PM
Jan 14-Feb 18, 2021

Korean Ink Painting: Brush to Rice Paper
Joon Bae

When you put brush to rice paper, each brushstroke transforms your image and leaves a mark like a peaceful dream. You feel a new breath emerging from body and heart. Outside stories fade away. You begin speaking the language of appreciating life. To practice painting brings calm. The painting is a meditation in creating your own world. Osher members will learn the basic elements of Four Gracious Symbols, Four Gentlemen: Bamboo, Orchid, Mum, Plum Tree. Students will cultivate creativity, new mysterious ink painting ideas, and radical constraint but the brushwork remains in the heart as a metaphor and symbol of things. With the diversity of so many creative brushstrokes, Asian ink paintings enable students to know and appreciate beautiful East Asian art. The methods help develop a better cultural exchange, understanding of culture, and respect for the diversity of lifestyle. Class will be held via Zoom.

OSHER 7-001 | Mondays 9:30-11:00 AM
Jan 11-March 1, 2021 (no class Jan 18 or Feb 15)

Korean War History
Walter Jones

What events in Korea’s history led to the Korean War? We will explore the concept of the Hermit Kingdom, two wars fought on Korean soil (the Sino-Japanese and Russo-Japanese wars), Japan’s annexation of Korea, the division of Korea at the end of the Second World War, and Korea’s role in the Cold War immediately following World War II. The course will then focus in-depth on the Korean War from 1950 to 1953 and will concentrate on battles, truce negotiations, and personalities and politics involved in the hot war. The course will conclude with an appraisal of the ongoing tensions on the Korean peninsula.

OSHER 365-001 | Thursdays 9:30-11:00 AM
Jan 14-Feb 18, 2021

Law in Film Part 1
R. Scott Williams

Do movies influence what the public believes about the judicial system? Examine how lawyers and the legal system are portrayed in film. After viewing and discussing Paper Chase, Anatomy of a Murder, Twelve Angry Men, To Kill a Mockingbird, The Verdict, and Civil Action, Osher members will better understand the work of lawyers and how the criminal and civil legal system tackle the complex cultural issues of society. Class analysis will help students understand the styles and techniques used by filmmakers to enhance the use of reason, passion, and emotional appeal in the legal dramas studied. They will also recognize the parallel between a filmmaker and a trial lawyer as each work to prepare and present a compelling and emotion-packed story. To enhance class discussion students are responsible for watching films at home before class. Some films will be available to stream from the Marriott Library or the usual online methods for viewing films.

OSHER 310-001 | Tuesdays 11:30 AM-1:00 PM
Jan 12-Feb 16, 2021

Leonardo da Vinci:
The Shaping of an Artistic Genius
Caroline Cocciardi

“A beautiful body perishes, but a work of art dies not.” —Leonardo da Vinci.

Come be invigorated by learning new and little-known aspects of artist Leonardo da Vinci’s life, his work, and his passion for interlocking knots. Enter Luca Pacioli, the famous Renaissance mathematician, who becomes Leonardo’s apprentice and who plays a major role in his masterpieces, from The Last Supper to the Mona Lisa. Then there is Isabella d’Este, patron of the arts and hostess to Leonardo and Luca when, in 1499 fleeing the perils of war the men took refuge in her castle. The sojourn yields
a sketch by Leonardo of Isabella with a promise to be followed by a “color portrait” of the Marchesa. Discover the intrigue of the relationships of the apprentice, the master, and the Renaissance woman and her unfinished, unpainted portrait that will intertwine their lives forever.

OSHER 332-001 | Tuesdays 3:30-5:00 PM
Jan 12-Feb 16, 2021

**Life Lessons from Climbing the Seven Summits**
*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 | Tuesdays 3:30-5:00 PM
Jan 12-Feb 16, 2021

**Literature of Aging and the Community**
*Sally Norton Smith*

Many of us experience changes in our involvement with our communities as we age. In fact, we may let some of them go in favor of new ones. Friends may have moved away or died. Family members often scatter and we may have lost a spouse. We are probably retired. Possibly, we are unable to participate in sports we once enjoyed. Perhaps some of our religious views have shifted. What has your experience been? Do you ever feel invisible when you enter a restaurant or a store? What new alliances have you established? What role has Osher played? We have so much to talk about. We will draw on personal experience when a class member is inclined to share. In this discussion-based class, we will read several masterpieces of twentieth-century American literature and gain exposure to many authors. These selections all deal with aging as it affects the dynamics of a community.

**Prerequisite of OSHER 623-001 or special permission from the instructor required**

OSHER 328-001 | Thursdays 11:30 AM-1:00 PM
Jan 14-Feb 18, 2021

**Living Consciously in an Ageist Culture**
*Dr. David Derezotes*

People over 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 students with a supportive learning community in which we can study ageism together and discuss practical, individual, and collective responses to our aging process. To accomplish this, we will use dialogue and learn how it differs from debate, violence, and other communication styles. We will examine our own experiences of aging and explore various alternative perspectives about aging from the world’s wisdom traditions. We will create a project in which we map out our past and future life stages. In effect, we will look at ways to empower ourselves to write our own stories about the final chapters of our lives.

OSHER 355-001 | Wednesdays 1:30-3:00 PM
Jan 13-Feb 17, 2021
Plastics: Boon or Bane?
Alan Eastman

Since the early 1920s “plastic” materials have become ubiquitous in societies all over the world. Yet few people know what plastics really are, where they come from, or even why they are used so much. Plastic waste has become a severe worldwide pollution problem. This course will introduce you to the main varieties of synthetic polymeric materials (that’s “plastics” in science-talk). We will learn why and how they are used (including some surprises) and discuss why plastics pollution is such a problem and what might be done about it. You don’t need to be a scientist to enjoy this course — in fact, the science part is really pretty simple — but here is a chance to learn something about materials you encounter every day but about which you almost certainly know very little.

OSHER 319-001 | Thursdays 11:30 AM-1:00 PM
Jan 14-Feb 18, 2021

Old Masters: Artists and Masterpieces
Martha A. (Marty) Seiner

Old Masters are pre-eminent Western European artists who exhibited virtuoso skills in the fine arts: painting, sculpture, and/or architecture. Explore with us how Michelangelo and Leonardo led the way with their spectacular talent distinguishing themselves from artists of earlier ages. Bernini and Rembrandt carried the concept forward, paving the way for Rubens and Van Dyck. Discover the context and meaning of the life and times of these artists and their individual masterpieces.

OSHER 317-001 | Wednesdays 9:30-11:00 AM
Jan 13-Feb 24, 2021
(no class on Inauguration Day, Jan 20)

Music Appreciation
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 | Mondays 12:00-2:30 PM
Jan 11-Mar 1, 2021 (no class Jan 18 or Feb 15)

Marcie’s Movie Club
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 a 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 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 196-001 | Tuesdays 1:30-3:00 PM
Jan 12-Feb 16, 2021

Poetry Reborn
Bob Bader

Poetry expresses feelings: As everyone feels, everyone is a poet. Come and explore. Hear what poets of days gone by, such as Robert Frost, Ralph Waldo Emerson, Emily Dickinson, Carl Sandburg. We will sample some more
recent poets like Woody Guthrie, Pete Seeger, Bob Dylan, Mary Oliver and Billy Collins. Finally, we will tackle the work of some amateur poets you may never have heard of. Each class will delve into some of this poetry and also allow time for you to share what you write yourself. It doesn’t matter what you write, just write. Or, if you don’t want to write, just listen to others and enjoy.

OSHER 188-001 | Tuesdays 3:30-5:00 PM
Jan 12-Feb 16, 2021

**Policing in America**

*Paul Cunningham*

This course will explore the role of police in America, particularly in the context of the focus of current events. We will examine how police officers are selected, trained, managed, and disciplined. We will look at issues including police use of force, racism and profiling, and “militarization.” We will also discuss improving police transparency and accountability. Each class will include a discussion of current police-related news.

OSHER 687-001 | Wednesdays 1:30-3:00 PM
Jan 13-Feb 17, 2021

**Psychedelics and Healing**

*Stephen Urquhart*

This course will explore the long history of psychedelic use and the psychedelic renaissance occurring today in America and Utah. Sophisticated medical research from institutions like John Hopkins University, Yale University, and the Multidisciplinary Association for Psychedelic Studies (MAPS) is demonstrating that once-banned substances can be used as treatments for depression, PTSD, anxiety, and addiction. These same substances have inspired artists and technologists like Sting, Carrie Fisher, Deepak Chopra, and Steve Jobs to change the world around us as they change the world inside themselves. We will examine religious and spiritual uses intended to better people who are already well. Along with international and national trends, the course also will explore the prevalence of psychedelics in Utah, bringing in various guides and therapists who work in this field. Students will be empowered to analyze the good and the bad of the psychedelic movement as it unfolds around them.

OSHER 336-001 | Tuesdays 3:30-5:00 PM
Jan 12-Feb 16, 2021

**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 a comfortable beginner or advanced beginner level, ready to add some new songs and rhythmic styles to your repertoire. Bring your own ukulele and we will play in standard (GCEA) tuning, low G preferred but not mandatory. Instructor will supply materials. Class taught via Zoom.

OSHER 698-001 | Wednesdays 3:30-5:00 PM
Jan 13-Feb 17, 2021

**Rural Voices & Immigrant Tales of Utah: Part II**

*Eileen Hallet Stone*

The main purpose of this course is to encourage student interest in public history and the richness of Utah’s ethnic and cultural diversity by bringing to the classroom seldom-heard stories that challenge and broaden our view of those drawn West by choice or by chance. A number of stories explore the journeys of those who contributed to the development of the state’s businesses, manufacturing,
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transportation, agriculture, and mining. Some include the experiences of Utah Chinese “paper sons and daughters,” homesteaders who “proved up,” black families who lived in chicken coops, mountains that move, mines that fail, and women who were bruised on the front lines of suffrage battles. Several dips into down-right-different stories: the lore of cowboys, freedmen, mountaineers, outlaws, Pony Express riders, midwifery, women rustlers, and Utah’s love affair with speed and sweets. Others trace matters of inequity, the course of prohibition, and the time when the Utah union man “Big Bill” Haywood was vilified by *The New York Times* as the “most feared figure in America.”

OSHER 329-001 | Thursdays 9:30-11:00 AM
Jan 14-Feb 18, 2021

**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 | Wednesdays 1:30-3:00 PM
Jan 13-Feb 17, 2021

**Shakespeare: The Tragedies**
Charles Boynton

All of Shakespeare’s characters and language are unique. Join us as we examine the characters and language of the major tragic plays. Thrill to the language in *King Lear*, *Macbeth*, *Hamlet*, and *Othello*. This class will emphasize speaking selected soliloquies as a fundamental technique for appreciating the genius of these plays and two additional powerful plays, *Coriolanus* and *Julius Caesar*—two great tragedies set in Italy.

OSHER 984-001 | Tuesdays 9:30-11:00 AM
Jan 12-Feb 16, 2021

**Stay Connected with Zoom**
Debbie White

This two-day class will cover the use of a conference calling program called Zoom. This online program provides a great way to stay connected with others. The class will show you how to create your own account, how to set up meetings and how to use the settings and your personal preferences, along with the fun features of Zoom to maximize your online experiences.

OSHER 334-001 | Wednesdays 3:30-5:00 PM
Jan 13-Feb 17, 2021

**Short Story and American Identity**
Robert Weibezahl

The short story, often relegated as a backseat to the novel, is a vibrant and essential form of storytelling in its own right. Many of our country’s greatest writers have used short fiction to explore myriad themes, particularly fundamental questions about what it means to be an American—or whether we can even lay claim to a single national identity. In each class we will discuss two or three stories, thematically rather than chronologically, discovering how American writers over the last two hundred years have grappled with issues of identity, womanhood, race, war, the immigrant experience, and other cultural concerns that continue to shape us.

OSHER 341-001 | Thursdays 1:30-3:00 PM
February 11 and 18, 2021
Tales of Six Cities
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
Jan 11-Mar 1, 2021 (no class Jan 18 or Feb 15)

The Brain, Emotional Style and Well-being
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 and the mind, and how to change their relationships for greater peace and well-being.

OSHER 624-001 | Thursdays 11:30 AM-1:00 PM
Jan 14-Feb 18, 2021

Twenty-five Centuries of Creativity:
An Introduction to Italian Art
Alessandro Galvani Vecchietti

Well before the Roman Empire, Italy had been the place where very different peoples decided to settle. Phoenicians, Greeks, Arabs, French, Spaniards, and Normans all ruled that land, intertwining with Etruscans, Celts, Romans, and Sicilians, creating a culture that has influenced Western culture for twenty centuries in economics, art, music, and science. We will see how and why Venice, Florence, Milan, Naples, Bologna, and Rome developed what we now call Italian civilization.

OSHER 333-001 | Fridays 11:30 AM-1:00 PM
Jan 15-Feb 19, 2021

Winston Churchill: The Soldier of Freedom
Kevin M. Peterson

In the summer of 1940, Europe lay prostrate under the brutal conquest of Nazi Germany. Belgium, Holland, Scandinavia, and France— as well as most of Eastern Europe— had surrendered to Hitler’s legions. Only Great Britain remained. If Britain were to survive, it would need a leader who would stand alone, a leader who would embody the old-fashioned virtues of courage and patriotism, and the belief in freedom. At the same time, that leader would need to be as ruthless and fight as fiercely as the tyrants— but for a better cause. That man, if he existed, would be Britain’s last chance. Fortunately, in London, there was such a man. His name was Winston Churchill.

OSHER 353-001 | Fridays 11:30 AM-1:00 PM
Jan 15-Feb 19, 2021

World War II in Western Europe
Steve Hall

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

OSHER 599-001 | Tuesdays 9:30-11:30 AM
Jan 12-Feb 16, 2021

Write Your Creative Aging Story:
The Art of the Personal Essay
Debbie Leaman

Do you have a story to tell? Write your personal essay on aging, be it quirky or serious, funny or poignant. By

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
telling our stories we connect with others, recognize our common humanity, and realize we are not alone on this journey. This course is designed to help you craft a compelling story, and to that end, we will discuss the elements of a successful essay, including what to write about, where to start, voice, the importance of details, and the revision process. Writing exercises will generate ideas; readings, discussions, and gentle group feedback will help improve your story. The goal is to have a completed essay. Publishing options will also be discussed.

OSHER 180-001 | Tuesdays 1:00-3:00 PM
Jan 12-Feb 16, 2021

Your Life is Only as Comfortable as Your Movement
Carol Lessinger

This class is an introduction to the Feldenkrais Method of Awareness Through Movement. (See 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 bodies when they do this work!

OSHER 299-001 | Thursdays 3:30-5:00 PM
Jan 14-Feb 18, 2021
Design & Create Your Own Charcuterie Board

Have you looked at charcuterie boards and wondered how those beautiful displays are created? Have Chef Zach Howa instruct us on how to design and build a beautiful charcuterie board in this online event. He will discuss meats and cheeses and how they complement each other.

This event will include all supplies for a 2-person board including a small disposable tray, 2 meats and cheeses, and accoutrements for the board. Supplies will be available for pick-up the day of the event.

OSHER 173-002 | Monday Jan 25, 2021 | 4:00 PM
Online via Zoom | $35

Tea Cocktails with Tea Zaanti

Join us in this online event where we will explore cocktails with tea as the foundation. You’ll learn the background of, make, and sip variations of tea cocktails. Recipes and cocktail bases will be provided along with a list of additional items you will need.

OSHER 173-004 | Monday Feb 1, 2021 | 5:00 PM
Online via Zoom | $15

Discover the Historic Wendover Airfield

Right here in Utah is a unique hidden gem when it comes to World War II. In the West Desert along the Utah/Nevada border lies the most complete, original Army Air Force training base left in the country. Join us in Zoom as we share what remains of this base and discuss the history of the location from its formation, through the main workload of heavy bomber training, to the top-secret training of the atomic mission group, and more. Learn about the ongoing efforts to preserve the Historic Wendover Airfield to teach current and future generations about the contributions of the American people in World War II.

OSHER 173-001 | Wednesday Feb 3, 2021 | 10:00 AM
Online via Zoom | $10

Persian Cooking Class

If you like aromatic rice, fresh herbs, saffron, yoghurt, delicious meats (chicken, beef, lamb), you will love Persian (Iranian) cuisine. Persian food is not spicy, nor does it have a lot of strong flavors; but rather it incorporates subtle hints of sweet, sour, and fruity flavors. Learn the basics of Persian cooking with Mojdeh Sakaki and prepare one dish together in this online event.

You will receive an ingredient list a week before class; you can cook along with Mojdeh from the comfort of your own kitchen or simply watch.

OSHER 173-003 | Monday Feb 22, 2021 | 3:30 PM
Online via Zoom | $8

The following special events include a surcharge and will be listed online as courses. Search for the special event online via its course number or title “Osher Special Events with Fees.” For more information or for help registering, please e-mail osher@utah.edu.
Marcie's Movie Guide: Award Season Review

Because the Oscars have been postponed until April 25, 2021, the award season for movies will be long and full of complexities and challenges. Join us online as Salt Lake Film Society’s Marcie Collett reviews the titles expected to compete for the major awards, as well as how to access them. She also will review the other independent, international and documentary films which are not getting as much attention.

Monday Jan 4, 2021 | 3:00 PM
Monday Mar 1, 2021 | 3:00 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 2 pieces of origami. During this event Irene will guide us through folding a crane box as well as a heart envelope for your special valentine. Representing peace, health, and happiness, the crane is a very traditional and familiar origami. When combined with an origami box it can have many uses including holding jewelry, cash, or other small items.

You will need at least 2 pieces of square paper. Double sided is best. 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.

Friday Jan 22, 2021 | 11:30 AM
Online via Zoom | Registration required
Chapter of 100 Women Who Care in this online event and find out how this diverse group of women has made an impact in our community.

Monday Feb 8, 2021 | 3:00 PM
Online via Zoom | Registration required

Marcie’s Movie Guide: Sundance Review
As the first major international film festival of the new calendar, Sundance always sets the world stage for the next year in movies. In this online event Salt Lake Film Society’s Marcie Collett will review the 2021 award winning titles and also will give an overview of how the film festival industry is evolving in uncertain times.

Tuesday Feb 23, 2021 | 3:30 PM
Online via Zoom | Registration required

Indie Cinema Online
This event will be a discussion of Sarah E. S. Sinwell’s new book, Indie Cinema Online with Marcie Collett from the Salt Lake Film Society. Investigating the changing nature of contemporary American independent cinema in an era of media convergence, this presentation will focus on the ways in which modes of production, distribution, and exhibition are shifting with the advent of online streaming, simultaneous release strategies, and web series. Analyzing sites such as SundanceTV, YouTube, Netflix, Hulu, and other online spaces as a means of redefining independent cinema in a digital era, author Sarah E.S. Sinwell looks at sites of media convergence as a means of examining the changing meanings of independent cinema within digital culture.

This online event will be 1 hour with a 40 minute discussion and a 20 minute Q&A with the audience.

Thursday Feb 25 | 2:00 PM
Online via Zoom | Registration required

The Long, Strange Trip of Steve Urquhart: From GOP Senator to Magic Mushroom Minister
Former Utah GOP Senator Steve Urquhart will tell the tale of the psychedelic renaissance that is sweeping Utah and the United States, by describing strange and revealing stops along his healing journey from miserable, closeted alcoholic to happy and healthy human, husband, father, and friend. Psychedelics helped Steve see that he was brave and kind and funny, and that his lifelong view of himself as stupid and worthless was a far bigger distortion of reality than the genies that gave him the vision. After helping him learn to love himself, psychedelics helped Steve understand that he only loved others partially, never wholly, but, also, that he could change and learn to love others fiercely. Steve says, “So many of the visions and experiences are completely crazy. I get that. But, the real-life benefits are extraordinarily positive and good.”

Thursday Mar 4, 2021 | 3:00 PM
Online via Zoom | Registration required

These events are only a small sampling of events being offered this term. New events are continually scheduled. For a complete and up-to-date listing, please refer to osher.utah.edu.

Please note, at the time of printing, all events are planned to be conducted via Zoom. Should in-person events be allowed, locations may change.
Osher's volunteers are the lifeblood of our program. Our volunteers bring their creativity and their hearts to our program to bring you quality courses, interesting events, and a learning community unlike any other in the Salt Lake Valley. Thank you to the volunteers that keep Osher on the cutting edge of knowledge, fun and technology!
It's 3 A.M. Is anyone sleeping?  
January 13, 2021 | Dr. Howard Leaman, Retired Preventive Medicine and Sleep Medicine Specialist

Current events have resulted in widespread distress and sleeplessness so that we begin to wonder, is ANYONE able to sleep these days? Dr. Howard Leaman invites you to join him for a tour of pandemic sleep difficulties and proven behavioral sleep improvement interventions. This one-hour lecture is for education and is not intended to take the place of your medical or psychological care or treatment.

The Two "Rs:" Redistricting and Ranked Choice Voting  
January 20, 2021 | Katharine Biele, Reporter at City Weekly and Communications Director for the Utah League of Women Voters

What are the implications for voters in the State of Utah as the Legislature grapples with a new anti-gerrymandering law and the majoritarian promise of RCV, ranked choice (instant runoff) voting? An independent redistricting commission for the state’s decennial population count is soon to be appointed. The 2021 Legislature also is likely to consider whether to implement RCV after several pilot programs showed promise. We may also try out a mock RCV voting session. Come learn more from a freelance journalist with 50 years of experience in daily and alternative newspapers.

Utah County Vision for 2050  
January 27, 2021 | Ryan Beck, Vice President of Planning, Envision Utah

Utah County residents enjoy a high quality of life and a strong economy. As the county adds more than a million people over the next fifty years, however, growth pressures could lead to increased traffic congestion and air pollution, loss of farmland and open space, and the need to grow a strong economic base so that future generations can find good jobs in Utah County. A process that brings the people of Utah County together to form a vision can address questions like: How can travel in and through Utah County remain convenient? How can we grow jobs that pay competitive wages and that ensure people can live and work in the same area? How can we prepare our kids and recruit talent to fuel economic and job growth? How can housing be kept affordable so that future generations can live near where they grew up?

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
Balancing Preservation & Public Access:  
A Historical Perspective from Yosemite National Park
February 3, 2021 | Ephriam Dickson, Chief Curator of Yosemite National Park, Former Director of Education at the Natural History Museum of Utah, Former Curator of the Fort Douglas Museum

Since its establishment in 1864, the leadership of Yosemite National Park has struggled to maintain a balance between ensuring that everyone can safely enjoy the natural wonders of this iconic park while simultaneously preserving the natural areas in the Sierra Nevada Mountains. Ephriam will provide historical perspective from the first wilderness travelers to the over four million visitors each year, exploring how the development of business operations, infrastructure, tours, and trails have created management challenges for NPS leaders striving to also protect and better understand its natural ecosystems.

Impact of Social Isolation on Mental Health and Well-being of Older Adults
February 10, 2021 | Dr. Joseph Kim, Neuropsychologist, Clinician-researcher, and Instructor, Department of Psychiatry, University of Utah School of Medicine

We are living an unprecedented reality that is the global pandemic of the COVID19. Due to its long incubation period, and asymptomatic features, health officials recommend individuals to follow “social-distancing” measures. Such social isolation will disproportionately impact older adults whose social contacts are often outside the home (e.g., community centers and places of worship). You will learn about preliminary findings from the current study which utilizes remote data collection tools such as Zoom, and smartphone-based surveys that measure the mental health consequences of social isolation in older adults. You will also learn about how prolonged social isolation may have a detrimental effect on your mental health and well-being, and also what protective factors may help protect your mental health and well-being.

Water Rights in Utah and the West:  
Great Basin Water Network
February 17, 2021 | Steve Erickson, Board Member, Great Basin Water Network; Denys Koyle, Volunteer, Great Basin Water Network

Steve Erickson and Denys Koyle will discuss their quest to fight with southern Nevada to keep water in White Pine, Millard county rather than allow the water to go to Nevada. Steve is currently working on negotiations with the water pipe line between Lake Powell and St. George. Our speakers will outline the efforts of Washington county to drill wells in Pine Valley and Wah Wah Valley in Beaver county. Other western water rights will also be addressed and questions from the audience will follow.
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<td>- Korean Ink Painting</td>
<td>- American Presidents</td>
<td>- Critical Junctures: The U.S. &amp; Other Democracies</td>
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<td>- Shakespeare: The Tragedies</td>
<td>- Freedom: Its Scope &amp; Limits</td>
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<td>- Rural Voices II</td>
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<td>- Tales of Six Cities</td>
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<td>- History and Literature: The Night Watchman</td>
<td>- Freedom &amp; Tragedy: The Brothers Karamazov</td>
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<td>- Write Your Creative Aging Story</td>
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<td>- Current Issues in American Public Affairs</td>
<td>- Finding Yourself through Literature</td>
<td>- Living Consciously in an Ageist Culture</td>
<td>- Armchair Traveler/St Petersburg</td>
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All Winter 2021 classes will be conducted via Zoom. Your Zoom link will be e-mailed to you before class and will be the same for every session. Please save your e-mail so that you may access your class link.
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.