THE FUTURE LOOKS BRIGHT

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

Winter 2020 | January-March | Join Today! 801-581-7155 osher.utah.edu
This winter resist the urge to stay inside. Come and learn with Osher! As the stillness of white winter snow covers Utah, and you contemplate staying home to read, remember that Osher has more opportunities to learn than ever before. This winter we are offering more courses, more special events, the return of our popular Afterhours with Experts series on Tuesday nights, and the continuation of Special Interest Groups. We have so many opportunities to keep you active in 2020.

In January, you’ll see the return of some favorite instructors and courses, as well as some new courses that we think you’ll grow to love. Join us for tap dancing, an examination of atheism in the Soviet Union through the novel *The Master and Margarita*, the latest research in biomedical engineering and helpful information on how to care for an aging family member.

Our special events this winter will offer even more opportunities – learn to cook Thai food with members at Harmons or try axe throwing at Utah’s premiere axe throwing arena. We are not making this up. You really can throw axes – for fun – indoors in Salt Lake City.

As one of the largest Osher Lifelong Learning Institutes in the country, we are dedicated to offering courses, events and lectures that lure you to the University of Utah this winter. Come and learn (and play) with us!

- Lauren Andersen, Director
Become a Member

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

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

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

Special Activities
The brown bag Lunch and Learn lecture series and the Special Events are included in the basic membership (just $40 per year). The weekly Lunch and Learn lectures at the Commander’s House in Fort Douglas can be a nice intermezzo between classes. The Special Events provide a way to learn about the surrounding community and to stay connected when classes are not in session.

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

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

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

* U of U Student ID card is available to Osher members taking classes. There is a fee for the card. Obtain the card at the U Card office in the Olpin Union (801-581-2273). The card is active in semesters in which you are registered for at least one class.
A walkabout is an Australian Aboriginal rite of passage, a solo journey of self-discovery as a youth transfers into adulthood. Think of Osher as a rite of passage into your golden age. Except this is no solitary journey. With Osher, you get to enjoy the camaraderie of a dynamic group of like-minded thinkers as you explore an exciting new phase of personal development.
Juan Ponce de León’s obsession with finding the Fountain of Youth led him across a vast sea to Florida. Once on land, he sent his men through impossibly thick jungles filled with bugs, bears, alligators, snakes, and sinkholes. Nothing could stop Ponce. Except an arrow. He died at age 47 without finding the Fountain. But instead of wasting his time searching for a magic elixir, Ponce should have focused his efforts on learning. Because it turns out the Fountain of Youth can be found in our brains. Yes, education has been widely documented as the single variable tied most directly to improved health and longevity. So your membership in Osher is like taking a sip from that legendary Fountain. And the best part is that by continuing to boost your brainpower and develop new skills, you won’t just have a better shot at living longer, it will make your golden age shine that much brighter.

So drink in the dynamic offerings this semester. You’ll find plenty of new classes to quench your thirst, like A Battle for Women’s Rights, Democracy in Peril, Understanding Propaganda, Literature on Aging and Love, Bioengineering Lecture Series, Nutrition for an Aging Population, Utah’s Polluted Air, Birds, Biology, and Binoculars, Creative Friday Afternoon Activity with Grandchildren, Sacred Mountains of the World, Memoir Writing, Introduction to Swing Guitar, Korean Ink Painting, and much more!

Discover all that Osher has to offer and register or renew your membership today!
Military Intelligence History: Part II
Instructor: Frank Furr

Military Intelligence History – Part 2 (The Cold War through Current Operations): From the early Egyptians to current times, intelligence operations have played major roles in defining world history, serving as a critical element of military and political decision making. In this course, Frank (“Fuzzy”) Furr, Colonel, U.S. Air Force (ret.) presents an overview of intelligence operations during the Cold War, the Cuban Missile Crisis, the Vietnam War, and the Gulf Wars. Current capabilities and operations will be discussed with emphasis on Airborne Reconnaissance operations. Enlightening, first-hand stories enhance the presentations. Fuzzy will also present reviews of various U.S. Presidents’ use of intelligence assets and operations.

OSHER 953-001 • Wednesdays, 3:15 - 4:45 PM
January 15 - February 19
LOCATION: Continuing Education Building
TUITION: $99

Northern Great Plains Indian Wars
Instructor: Walter Jones

This class will be a lecture course on the conflicts between the American military and the Lakota, Cheyenne and Arapaho Indians of the Northern Great Plains Indian Wars.
The Battle for Women's Rights: An Overview of Suffrage and Reproductive Rights in the U.S.
Instructor: Sharon Spaulding

Drawing on the personal letters and journals of Mary Ware Dennett, one of America’s leading suffragist and birth control activist, this course will trace the history of the battle for women’s suffrage and the reform movements it unleashed, including the early fight for access to birth control information and reproductive rights. Resources for the course will include excerpts from a novel of historical fiction, short videos, and original source materials.

OSHER 665-001 • Thursdays, 11:30 AM - 1:00 PM
January 16 - February 20
LOCATION: Continuing Education Building
TUITION: $99

Stories from Salt Lake City Cemetery
Instructor: Linda Hilton

Learn about early Salt Lake City history, art, and the cemetery’s monuments, as well as about the contributions of gentiles, Jews, and pioneers who made their marks on Utah. Discover the stories of famous women, artists, educators, plural wives and business owners buried in the Salt Lake City Cemetery in the Avenues. Within its boundaries are three Jewish cemeteries, numerous veterans’ areas, special monuments, and mysteries. Why were some people exhumed and moved out? Why was a sexton banished to a deserted island in the Great Salt Lake? What are the origins of the urban legends connected to the cemetery? Join us, and unravel the mysteries.

OSHER 798-001 • Thursdays, 3:15 - 4:45 PM
January 16 - February 20
LOCATION: Commander’s House
TUITION: $99

Rural Voices and Immigrant Tales
Instructor: Eileen Stone

Stories large and small bring to life seldom-heard facets of Utah history that challenge and broaden our view of those who, drawn West by choice or by change, contributed to the development, industry, and entrepreneurial growth of this vast and marvelously complicated state. Using archival material, interviews, and conversations we will study ethnic and cultural diversity amid Utah’s mainstream population, and themes from frontier law, suffrage, unions, and equity, to mining, transportation, and the state’s love affair with outlaws, fences, chocolate, and other downright, down-to-earth, downright different stories.

OSHER 127-001 • Tuesdays, 9:30 - 11:00 AM
January 14 - February 18
LOCATION: Commander’s House
TUITION: $99
COURSES

COURSES

Civic and business leaders are demanding results from public schools while Utah takes on competing political, economic and societal pressures. This course will focus on some of the proposed and controversial solutions to these challenges including, but not limited to: specialized STEM programs, charter schools, national curriculum alignment, and technology, as well as preparation programs for school leaders and teachers.

OSHER 138-001 • Wednesdays, 9:30 - 11:00 AM
January 15 - February 19
LOCATION: Continuing Education Building
TUITION: $99

Time, Gods, Blood, and Kings: Ancient Maya Religion
Instructor: Rick Paine
Maya religion, especially ancient Maya religion holds an enduring fascination for us. We will explore Maya religion across time, focusing on the Classic period (from about 200-900 C.E.). We will study Maya views of time and the cosmos, the creations and recreations of the world and humans, sacrifice and autosacrifice among the Maya, the religious roles of Maya rulers, and ways the Maya have reconciled traditional religion with Christianity in the years since the Spanish Conquest.

OSHER 172-001 • Wednesdays, 3:15 - 4:45 PM
January 15 - February 19
LOCATION: Commander’s House
TUITION: $99

WWII in Western Europe
Instructor: Stephen 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
January 14 - February 18
LOCATION: Commander’s House
TUITION: $119

Law, Government, and Politics

Current Challenges and Trends Impacting Utah Schools
Instructor: Al Church
Utah educators and students face a complex landscape of high stakes tests, parental choice, crowded classrooms, scarce resources, school closures, and teacher turnover, with an ever increasingly diverse student population.

Civic and business leaders are demanding results from public schools while Utah takes on competing political, economic and societal pressures. This course will focus on some of the proposed and controversial solutions to these challenges including, but not limited to: specialized STEM programs, charter schools, national curriculum alignment, and technology, as well as preparation programs for school leaders and teachers.

OSHER 138-001 • Wednesdays, 9:30 - 11:00 AM
January 15 - February 19
LOCATION: Continuing Education Building
TUITION: $99

Current Issues
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. Group discussion is encouraged. Readings from The New York Times and NPR and local newspapers and the Internet provided in hard copy. The 2019 Special Counsel Report on Russian Interference to Congress and the Public (the 448 page “Mueller Report”) will be examined during each class meeting to provide additional insights into the 2020 presidential campaign.
Policing in America
Instructor: Paul Cunningham
This course will explore the role of police in America, including a historical overview and explanations of jurisdiction. We will examine how police officers are selected, trained, and managed. After considering crime data, we will look at issues such as police use of force, race, vehicle pursuits, body cams, citizen review boards, etc. One class will focus on the corrections system. Each class will include 30 minutes dedicated to discussion of police related news of the past week.
OSHER 687-001 • Thursdays, 9:30 - 11:00 AM
January 16 - February 20
LOCATION: Commander’s House
TUITION: $99

Justice Ruth Bader Ginsburg: Cultural and Legal Icon
Instructor: Lauren Andersen
This course will look at Justice Ruth Bader Ginsburg’s life and career. We will examine her early life, her education, her teaching, her work with the ACLU’s Women’s Rights Project, as well as her work at the D.C. Court of Appeals and the Supreme Court. Clips from the documentary RBG and the film On the Basis of Sex will be shown and discussed.
OSHER 588-001 • Mondays, 11:30 AM - 1:00 PM
January 27 - February 10
LOCATION: Summit Vista
TUITION: $59

Democracy in Peril? Political Theory and Current Events
Instructor: Bruce Landesman
Democracy is a form of government now in peril in many places perhaps including the United States. We will talk about how democracy is supposed to work and how it can fail. We will discuss countries that have been democracies but have moved away from democracy. We will consider the events that make many fear for democracy in America and consider how realistic those fears are.
OSHER 630-001 • Wednesdays, 2:00 - 3:30 PM
January 15 - February 19
LOCATION: Summit Vista
TUITION: $99 + $10 special fee

OSHER 630-002 • Tuesdays, 1:30 - 3:00 PM
January 14 - February 18
LOCATION: Commander’s House
TUITION: $99 + $10 special fee

OSHER 630-003 • Wednesdays, 9:30 - 11:00 AM
January 15 - February 19
LOCATION: Continuing Education Building
TUITION: $99 + $10 special fee

Political Corruption: Should We Be Worried?
Instructor: Rod Julander
This course will examine the nature and causes of corruption in a democracy as well as the major theories of public morality. It will also look at the current political climate, evaluating the causes and effects of corruption on American democracy.
OSHER 144-001 • Thursdays, 1:30 - 3:00 PM
January 16 - February 20
LOCATION: Commander’s House
TUITION: $99
COURSES

The Pulse of Utah Politics: What's Happening on the Hill  
Instructor: Sheryl Allen and Trisha Beck

Be involved in Utah's legislative process and stay up on what is happening in “The People’s House” during the 2019 legislative session. In addition to spirited classroom discussions, we will witness the political process first hand during weekly classes at the Capitol, helping you better navigate Utah’s political arena. Track the status of bills and observe lobbyists, advocates, elected officials, and staff in action. Guest speakers will be invited to share their perspectives on issues and bills of interest. Classes will include a refresher on how an idea becomes a law, how constituents can advocate, an orientation to the Capitol, and information about transportation/parking during the legislative session.

OSHER 725-001 • Tuesdays, 9:30 - 11:00 AM  
January 21 - February 25  
LOCATION: Utah State Capitol, Senate Building  
TUITION: $99

Understanding Propaganda  
Instructor: Sonja Farnsworth

Our expanding technology has caused greater exposure to propaganda than ever before. The repeal of the Fairness Doctrine, coupled with the advent of talk radio, 24-hour cable news, and social media outlets such as Facebook and Twitter has led to the asymmetric division of the media into two sections promoting different narratives. A grim side effect of this has been the delivery of growing amounts of misinformation, disinformation, partisan messaging, and conspiracy theories. Because democracy relies on a well-informed citizenry, the ideological sorting of the public into two audiences with different visions of how to pursue truth and facts has brought us to a point of division that threatens our democratic process. One remedy to the situation is media literacy, and a greater understanding of how propaganda functions to influence human actions.

OSHER 159-001 • Tuesdays, 1:30 - 3:00 PM  
January 14 - February 18  
LOCATION: Continuing Education Building  
TUITION: $99

Why Nations Succeed or Fall Apart  
Instructor: Jane Yager

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

OSHER 149-001 • Tuesdays, 3:15 - 4:45 PM  
January 14 - February 18  
LOCATION: Commander’s House  
TUITION: $99

Why Nations Succeed or Fall Apart

Instructor: Jane Yager

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OSHER 159-001 • Tuesdays, 1:30 - 3:00 PM  
January 14 - February 18  
LOCATION: Continuing Education Building  
TUITION: $99

Literature

Three Tragedies by Euripides: Medea, The Trojan Women, Bacchae  
Instructor: Chris Horner

The Athenian playwright, Euripides (480-406 BCE), pioneered theatrical innovations that have influenced drama down to our own time. His plays often focus on the inner lives and motives of women and men and he is especially known for his powerful tragic heroines and sympathetic portrayals of ordinary people. This
course focuses on three of Euripides’ greatest tragedies, composed during different periods across his long career.

OSHER 168-001 • Tuesdays, 11:30 AM - 1:00 PM
January 14 - February 18
LOCATION: Commander’s House
TUITION: $99

Literature of Aging and Love
Instructor: Sally Smith

Can couple love be an integral part of an older person’s life? We will read and discuss masterpieces of contemporary American literature which explore an array of expressions of love in later life. We will continue to read from the excellent anthology Literature and Aging (Ed. Kohn, Donley and Wear, Kent State University Press). This book is available at Frost’s Books at a 10% discount. Enjoyment of this class is not dependent on having taken the first in this series. In the spring term we will tackle “Aging and Family”, and in the fall “Aging and Community”.

OSHER 178-001 • Thursdays, 11:30 AM - 1:00 PM
January 16 - February 20
LOCATION: Continuing Education Building
TUITION: $99

The Master and Margarita or The Devil Only Knows
Instructor: Gene Fitzgerald

In Bulgakov’s masterpiece, The Master and Margarita, the devil (Woland) and his retinue including a huge black cat called Behemoth, visit Stalin’s Russia of the 1930s during Holy Week. Through his visit to Moscow, this strange group reveals the Soviet world as poshlost’ (vulgarity, among other things). Juxtaposed to this is a truth as revealed through a recasting of the Pontius Pilate and Christ story as well the Master and Margarita’s love. And this, my friends, is just the beginning of the story.

OSHER 183-001 • Thursdays, 11:30 AM - 1:00 PM
January 16 - February 20
LOCATION: Commander’s House
TUITION: $99

Who Wrote Shakespeare?
Instructor: Charles Boynton

William Shakespeare is acknowledged as one of mankind’s premier dramatists and poets. For 350+ years debate has occurred as to who was the human being behind the pseudonym William Shakespeare; who was the dramatist, poet? This course will investigate the matter. It begins with thorough investigation into the credentials of the generally academically accepted author, William Shakespere of Stratford, England, and then moves to investigate competing personalities for the accolade.

OSHER 268-001 Wednesdays, 1:30 - 3:00 PM
January 15 - February 19
LOCATION: Commander’s House
TUITION: $99

The Shakespearean Forest: As You Like It and A Midsummer Night’s Dream
Instructor: Chris Horner

In two of Shakespeare’s best-known comedies, As You Like It and A Midsummer Night’s Dream characters spend much of their time in a forest — lost, disguised, exiled, in love, terrified, or enchanted. A forest landscape can be a place of fear and chaos, mirroring inner mental landscapes — or places of liberating transgression, where anything can happen. This course will explore both the magical and the menacing aspects of Shakespeare’s explorations of the pastoral in these two plays.

OSHER 179-001 • Wednesdays, 3:15 - 4:45 PM
January 15 - February 19
LOCATION: Commander’s House
TUITION: $99

The Literature of Aging and Love:
Instructor: Sally Smith

Can couple love be an integral part of an older person’s life? We will read and discuss masterpieces of contemporary American literature which explore an array of expressions of love in later life. We will continue to read from the excellent anthology Literature and Aging (Ed. Kohn, Donley and Wear, Kent State University Press). This book is available at Frost’s Books at a 10% discount. Enjoyment of this class is not dependent on having taken the first in this series. In the spring term we will tackle “Aging and Family”, and in the fall “Aging and Community”.

OSHER 178-001 • Thursdays, 11:30 AM - 1:00 PM
January 16 - February 20
LOCATION: Continuing Education Building
TUITION: $99
COURSES

Medicine, Health, and Fitness

Age Performance
Instructor: Paul Holbrook

This is a cross between our two previous Osher classes: "Transform Your Quality of Life" and "Age Faster". It will cover all the latest in exercise programming for adults 50 or better. This course will include mastering the five fundamental movements and learning the five essential "resets" that will have you moving with better quality. And, Paul's personal favorite, you will learn how to Age Faster! It is not what you think. We do not really want you to "age" faster, but we do want you to go through your later years with the ability to move your body faster. Moving quickly allows you to do the things you enjoy in life, travel, playing with grandchildren, recreational activities, and to recover quickly from a stumble to avoid a fall.

OSHER 217-001 • Wednesdays, 1:30 - 2:30 PM
January 15 - February 19
LOCATION: 1291 South, 1100 East SLC
TUITION: $69

Beginning Line Dancing
Instructor: Ruth Palmer

This course introduces members to beginning line dance instruction using a variety of musical genre including show tunes, classic rock and roll, Latin influenced and country. Fun exercise for both the body and the brain.

OSHER 695-001 • Thursdays, 1:30 - 3:00 PM
January 16 - February 20
LOCATION: 10th East Senior Center SLC
TUITION: $99

Bioengineering Lecture Series
Instructors: "Chuck" Alan Dorval, Claire Acevedo, David Grainger, Rob MacLeod, Richard Normann, and Hamid Ghandehari

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

OSHER 938-001 • Thursdays, 11:30 AM - 1:00 PM
January 16 - February 20
LOCATION: Commander’s House
TUITION: $99

Dance Fitness
Instructor: Denise Gibson

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

OSHER 855-001 • Wednesdays, 1:45 - 3:00 PM
January 15 - February 19
LOCATION: 10th East Senior Center SLC
TUITION: $89
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 • Tuesdays, 3:15 - 4:45 PM  
January 14 - February 18  
LOCATION: Continuing Education Building  
TUITION: $99

History of Medicine  
Instructor: Abdulnaser Kaadan

The evolution and practice of medicine from origins to contemporary ideas. The goal of this course is to encourage the student to think about medicine from a historical perspective and to appreciate how an understanding of the role of medical practice can inform the study of history.

OSHER 41-001 • Thursdays, 1:30 - 3:00 PM  
January 16 - February 20  
LOCATION: Commander’s House  
TUITION: $99

Invisible Illness  
Instructor: Kathy DiSalvo

This course provides Osher members with the opportunity to discuss struggles with “invisible illnesses” such as ADHD, diabetes, hearing loss, visual impairment, balance issues and others. These diagnoses aren’t fully understood and many people make erroneous assumptions that have negative consequences. Knowledge is power. Love is compassion. This course enables both!

OSHER 186-001 • Wednesdays, 3:15 - 4:45 PM  
January 15 - February 19  
LOCATION: Commander’s House  
TUITION: $99

Medical Ethics  
Instructor: Jay Jacobson

Using recent and contemporary media reports of controversial clinical cases and medical practices, we will identify and explore current and emerging ethical problems. Participants will propose and evaluate solutions based on personal experience, cultural or professional perspectives, and content knowledge. Issues likely to emerge are the evolving doctor-patient relationship, the way doctors deal with medical errors, how informed consent is changing, what constitutes conflict for physicians, what is a just healthcare system, and what decisions are possible at the end of life and how patients and families make them. Students who have taken this class in the past are welcome to return, as we will discuss new cases.

OSHER 521-001 • Wednesdays, 9:30 - 11:00 AM  
January 16 - February 20  
LOCATION: Continuing Education Building  
TUITION: $99

Falling for You: Banish the Fear of Falling Forever  
Instructor: Ryan Carver

Falling is a major concern among those 60+. This course will help students learn how to prevent a fall, how to fall and not get hurt, and how to recover from a fall.

OSHER 184-001 • Wednesdays, 1:30 - 2:30 PM  
January 15 - February 19  
LOCATION: Leverage Fitness, 7831 Highland Dr. SLC  
TUITION: $69

Nutrition for an Aging Population  
Instructor: Denise Gascoigne

This course will survey the latest information related to human nutrition for the aging. Topics covered will include: nutritional requirements in older adults, the role of nutrition in the prevention of age-associated

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COURSES

diseases, nutrition and immunity, drug-nutrient interactions, nutrition and behavior, and nutrition and gastrointestinal function. In addition, we will survey the various social services available to assist our aging population’s nutritional needs. Topics will be presented in a simple and easy-to-understand format.

OSHER 231-001 • Thursdays, 3:15 - 4:45 PM January 16 - February 20
LOCATION: Continuing Education Building
TUITION: $99

The Most Common Health Problems in the Elderly: Part 2
Instructor: Abdulnaser Kaadan

The average lifespan of humans has dramatically increased in the last decade due to advances in medicine. According to the United Nations, the world population of individuals aged 60 years or above will triple by 2050. In the United Kingdom alone, approximately 22% of the population will be 65 years or older by 2031, exceeding the number of those aged less than 25 years. The fast-growing aging population also increases the likelihood of some diseases. Geriatrics, or geriatric medicine, is a branch of science that focuses on health care of elderly people. It aims to promote health by preventing and treating diseases and disabilities in older adults. The goal of this course is to help Osher members understand the challenges faced by all people as they age, and to recognize that there are preventive measures by which you place yourself (or a loved one) on a path to healthy aging.

OSHER 205-001 • Thursdays, 3:15 - 4:45 PM January 16 - February 20
LOCATION: Commander’s House
TUITION: $99

Pilates: Life in Balance
Instructor: Lindsey Mattison

What creates a balanced body? We know that when bones act our muscles react. Our approach to this understanding begins with our basic, bony structure as we build from the ground up. We will add skills for stability and mobility in each class session to emerge feeling stronger in our core, stable on our feet, and supported by our posture and breath. We will hone these fundamental skills to feel supple throughout our bony structures and bright in our minds.

OSHER 635-001 • Thursdays, 9:30 - 11:00 AM January 16 - February 20
LOCATION: YOLO Pilates, 1615 Foothill Drive, SLC
TUITION: $99

Salt Lake County Caregiver Academy
Instructor: Kathy Nelson

Osher and the Salt Lake County Office of Aging and Adult Services are partnering to bring Osher a six-week series on caregiver care. This series will assist caregivers in developing the skills needed to manage an in-home care environment. Sessions will discuss resources, building resilience, setting good care boundaries, involving families, and coping with difficult behaviors.

OSHER 241-001 • Thursdays, 9:30 - 11:00 AM January 16 - February 20
LOCATION: Continuing Education Building
TUITION: FREE

Tai Chi for Fall Prevention
Instructor: David Keyes

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

OSHER 192-001 • Tuesdays, 1:30 - 3:00 PM January 14 - February 18
LOCATION: 10th East Senior Center SLC
TUITION: $99

OSHER 241-001 • Thursdays, 9:30 - 11:00 AM January 16 - February 20
LOCATION: Continuing Education Building
TUITION: $99

OSHER 231-001 • Thursdays, 3:15 - 4:45 PM January 16 - February 20
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OSHER 205-001 • Thursdays, 3:15 - 4:45 PM January 16 - February 20
LOCATION: Commander’s House
TUITION: $99
Utah’s Polluted Air
Instructor: Alan Eastman

We all know there is a problem with air pollution in the Salt Lake Valley (and other valleys in the state), but do you know what pollutants there are, where they come from, and what can be done? This class will give some answers, ask some hard questions, and give you the background you need. By the end of the course, you should be able to knowledgeably discuss the problem, and to make informed decisions on what can and should be done.

OSHER 968-001 • Tuesdays, 1:30 - 3:00 PM
January 14 - February 18
LOCATION: Commander’s House
TUITION: $99

Yoga For All Bodies
Instructor: Roz Newmark

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

OSHER 881-001 • Tuesdays, 9:30 - 11:00 AM
January 14 - February 18
LOCATION: Mindful Yoga Collective
TUITION: $99

Creative Friday Afternoon Activity with Grandchildren
Instructor: Jill Smith

This class offers adults a golden opportunity to spend quality time with children about whom they care. In a one-day class, we will learn how to use recyclable items to build a kaleidoscope, a roller coaster, and a “come-back” toy. Participation is limited to no more than two children per adult, and to children ages 4-10.

OSHER 253-001 • Friday, 3:15 - 4:45 PM
January 24
LOCATION: Continuing Education Building
TUITION: $0 + $5 special fee

Nature, Outdoors, and Lifestyle

Birds, Biology, and Binoculars: Connecting to the Outdoors through Birding
Instructor: Kate Kohut and Tracy Aviary

Participants of this course will gain a deeper appreciation and understanding of bird species that spend the winter here in Utah. Each class will involve meeting at the Jordan River Nature Center to go birding along the paved Jordan River Trail, with a specific species being highlighted during each week’s lesson. Short articles or easily digestible scientific papers about individual species will be e-mailed to participants prior to class, so that they arrive to each outing primed to discuss the days’ highlight species. We will spend time discussing that individual species, the adaptations which allow it to thrive, and keep our eyes and ears open for any other birds or wildlife we might encounter.

OSHER 251-001 • Thursdays, 9:30 - 11:30 AM
January 16 - February 20
LOCATION: Tracy Aviary, 589 East 1300 South, SLC
TUITION: $99
NO TRICK TO IT

Osher provides you with amazing opportunities to step outside your comfort zone. This is vital, especially as you age. New challenges rewire your brain and make it more adaptable, stronger, and healthier. So while diving into a new experience might be scary, it will ramp up your focus, boost your self-confidence, and provide definitive proof that old dogs can learn new tricks.
The northeast section of Spain, along the Mediterranean Sea, is the wine region of Cataluña. This is a wine region of extraordinary geographical diversity which is reflected in the many grape varieties and wine styles produced there. You will not only taste many styles of wine in this class, but in addition, enjoy the opportunity of comparing the same grape variety from four different soil types.

OSHER 300-001 • Wednesday, 6:00 - 9:00 PM
January 29
LOCATION: Marriott Hotel, 480 Wakara Way, SLC
TUITION: $49 + $79 special fee

This workshop will offer an introduction into the effective use of different conflict styles, the neuroscience of conflict and collaboration, and the basics of conflict management/negotiation skills. Sessions will be interactive with a combination of lecture, exercises and small group discussion.

OSHER 312-001 • Fridays, 9:30 AM - 12:00 PM
January 17 - January 24
LOCATION: Continuing Education Building
TUITION: $59

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

OSHER 207-001 • Thursdays, 9:30 - 11:00 AM
January 16 - February 27
LOCATION: Continuing Education Building
TUITION: $99

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

OSHER 927-001 • Tuesdays, 9:30 - 11:00 AM
January 14 - February 18
LOCATION: Commander’s House
TUITION: $99

There are ways to clear the clutter in our closets. Similarly, there are ways to cut through the 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 a 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.
Other Humanities

Bon Voyage 1! French for Travelers
Instructor: Linda Bayes

Gain confidence and “savoir faire” when traveling to France by learning to communicate in French. You will learn essential conversational skills, navigational phrases, emergency expressions and other clues from an experienced traveler. Topics for discussion will include transportation, customs, money, directions, accommodations, dining, shopping, medical issues, sight-seeing, and entertainment. Practicing conversations with classmates will gently implant expressions into your memory. Extra tips to assist you with social manners and customs will be shared. Resources including books and technological assistance such as iPhone apps and translation programs will be discussed.

OSHER 23-001 • Thursdays, 11:30 AM - 1:00 PM
January 16 - February 20
LOCATION: Continuing Education Building
TUITION: $99

Bon Voyage 2! French for Travelers
Instructor: Linda Bayes

This second-level course builds upon basic vocabulary. You will learn essential conversational skills, navigational phrases, and other clues from an experienced traveler. Important topics include emergency expressions, medical issues, tourism, transportation, leisure activities, dining, shopping, and entertainment. Discover useful verbs and idioms to enliven your speech. Practice conversations and stories with classmates to gently implant expressions into your memory. Extra tips to assist you with social manners and customs will be shared. Some technology sites may be suggested.

OSHER 56-001 • Thursdays, 1:30 - 3:00 PM
January 16 - February 20
LOCATION: Continuing Education Building
TUITION: $99

Sacred Mountains of the World
Instructor: 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 Navaho 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
January 15 - February 19
LOCATION: Commander’s House
TUITION: $99

Cultural Geography
Instructor: Chris Dyson

The world has become a global society in which various cultures and belief systems must coexist with each other. Understanding other cultures makes us more accepting and enriches our own life experience. This course will help us comprehend how humans shape their lives and their environments because of their geography. Cultural
Performing Arts

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.

OSHER 321-001 • Thursdays, 3:15 - 4:45 PM
January 16 - February 27. No class on February 20.
LOCATION: Monson Center
TUITION: $99

Writing Through Grief
Instructor: Debbie Leaman

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

OSHER 606-001 • Wednesdays, 1:30 - 3:30 PM
January 15 - February 19
LOCATION: Continuing Education Building
TUITION: $119

Memoir Writing: No Ordinary Lives
Instructor: Terrell Dougan

This class is for everyone who believes that sometime they must get around to writing their life story, or their family’s story. This six-week course is devoted to beginning just that. The process itself, putting pen to paper and remembering, is quite full of little surprises. The therapeutic benefits of this writing process show up for you right away. We will have time in class for you to read aloud some of what you’ve written. If you don’t want to, that’s fine, too. You’ll need a spiral bound notebook (the kind we used in school). Or, if you are the organized type, a three-hole loose-leaf binder filled with paper. And, knowing you, tabs for sections. And a pencil and a pen. Laptops not needed, unless you cannot write by hand. It’s odd, but writing by hand frees you, at least the first class around.

OSHER 24-001 • Wednesdays, 1:30 - 3:00 PM
January 15 - February 19
LOCATION: Continuing Education Building
TUITION: $99

Flamenco Appreciation
Instructor: Katie Sheen-Abbott

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

**OSHER 391-001 • Tuesdays, 1:30 - 3:00 PM**
January 14 - February 18
**LOCATION:** 10th East Senior Center SLC  
**TUITION:** $99

### Introduction to Swing Guitar
**Instructor:** Bim Oliver

Introduction to Swing Guitar is for anyone who has wanted to learn to play swing chords or tunes but hasn’t found the right opportunity. We’ll play simplified versions of familiar songs like “Blue Moon,” “Over the Rainbow,” “Route 66,” and others. We’ll keep it uncomplicated, relaxed, and fun as we build a vocabulary of new chords and a repertoire of new songs. Along the way, we’ll discuss the basic music theory behind the music we’re playing. You don’t have to have experience playing advanced chords, but it’s helpful if you’re comfortable with basic chord changes.

**OSHER 396-001 • Mondays, 3:15 - 4:45 PM**
January 13 - February 24
No class on January 20 or February 17.

### Performing Balkan Music
**Instructor:** Jan Root

Learn the basics of Balkan music and song with a Saturday night performance at the end of the course. Balkan music uses challenging and unique harmonies and rhythms. Each session will include singing Balkan music, playing Balkan music, and listening to Balkan music. Osher members will learn the basics of how to play and sing Balkan music. At the conclusion of the course, we will perform at an International Folk Dance Association party.

**OSHER 680-001 • Thursdays, 1:30 - 3:00 PM**
January 16 - February 20
**LOCATION:** Continuing Education Building  
**TUITION:** $99

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

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

**OSHER 698-001 • Wednesdays, 1:30 - 3:00 PM**
January 15 - February 19
**LOCATION:** 10th East Senior Center SLC  
**TUITION:** $99

### Introductory Hand Drumming and Rhythm
**Instructor:** Bill Stoye

This new Osher course allows members who have always wanted a reason to drum to learn comfortably and at an easy pace. We will learn the basics of rhythm and understand how rhythm emphasizes and supports the music. Osher members are invited to listen to music and play along on their own drum. The Special Fee will cover the purchase of a smaller djembe style drum.

**OSHER 628-001 • Thursdays, 3:15 - 4:45 PM**
January 16 - February 20
**LOCATION:** 10th East Senior Center SLC  
**TUITION:** $99 + $40 special fee
The Simple Joys of Singing
Instructor: Wayne Egan
Decades before Pandora, Alexa, karaoke, and YouTube drowned the public in millions of recorded songs, families and friends often gathered around a piano in the parlor and sang select songs of the day and the enduring tunes of yesteryear. The Simple Joys of Singing is an invitation to revisit that bygone era and group-sing a wide variety of songs accompanied by Osher instructor K. Wayne Egan on the piano. The playlist will cross-diverse idioms of well-liked music, including songs made popular by a range of performers from Sinatra to the Beatles to Hank Williams and more to boot. Egan will lead participants in open and casual sing-along. Course participants will learn key points about the historical background of the songs, but the bulk of the time will be spent performing the songs as a group of singers and listeners. Students may choose to sing along or just to enjoy listening to the rest of the group.

OSHER 102-001 • Thursdays, 1:30 - 3:00 PM
January 16 - February 20
LOCATION: Monson Center
TUITION: $99

Tanner Dance for Osher Members:
Modern Dance and Tap Dancing
Instructor: Claudia Cannon
These courses are designed for dancers and non-dancers age fifty or better who are interested in movement and dance as a restorative activity. We will explore the possibilities of dance in protection against Alzheimer’s disease and dementia. Extensive studies have proven that dance above all other tested behaviors protects against the ravages of brain disease. This class will be an approach to movement that maximizes cognitive involvement. Not only that, it will be fun and creative. Explore movement in terms of technique, style, energy, time, and space. Wear comfortable clothes that allow free movement and shoes such as athletic shoes or dance sneakers that provide support and allow for flexibility.

Modern Dance
OSHER 708-001 • Tuesdays, 12:45 - 1:30 PM
January 14 - February 18
LOCATION: Sorenson Arts & Education Complex
TUITION: $59

Tap Dancing
OSHER 214-001 • Tuesdays, 12:00 - 12:30 PM
January 14 - February 18
LOCATION: Sorenson Arts & Education Complex
TUITION: $49

Utah Opera Preview: Silent Night
Instructor: Paula Fowler
In this preview presentation about Utah Opera’s January 2020 production of Puts & Campbell’s Silent Night, you will learn historical background of the opera, and get acquainted with the music of this opera composed in 2011. After the hour-long introduction, class members are invited to observe some of the rehearsal in process at the Utah Opera Production Studios. The opera Silent Night is a musical depiction of the legendary Christmas truce of 1914.

OSHER 343-001 • Tuesday, 1:30 - 2:30 PM
January 7
LOCATION: Utah Opera Production Studios: Learning Center
TUITION: $19
**COURSES**

**STEM**

**Digitizing Your Memories**
*Instructor: 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 about how to preserve, archive, and even restore your non-digital media. Find out 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 tips and tricks, along with answers to frequently-asked questions regarding how to do-it-yourself. Don’t want to do it yourself? The class will also cover what to look for in a vendor so you get the most for your money while protecting your irreplaceable memories.

OSHER 25-001 • Friday, 9:30 AM - 12:30 PM
January 31
LOCATION: Continuing Education Building
TUITION: $59

**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 classes are held in a computer lab.

OSHER 709-001 • Wednesdays, 11:30 AM - 1:00 PM
January 15 - February 19
LOCATION: Commander’s House
TUITION: $99

**Visual Arts**

**Breaking The Rules: Building Toward War and After in Early 20th Century Art**
*Instructor: Colleen Wood*

This course covers artists and movements from the first half of the 20th Century including Fauves, Matisse, Derain, German Expressionism-Die Brücke (Kirschner, Nolde), Der Blaue Riter (Marc, Kandinski) and Cubism (Picasso, Braque). Explore The Armory Show, 1913 New York City “Modern art comes to America” and Futurism by Severini, Balla, Boccioni. We will look at World War I and reactions to war by DADA, DuChamp, Arp, Hanna Hoch, Schwitters as well as Revolution and War in Russia, the movements Suprematism (Malevich), Constructivism (Tatlin), and De Stijl (Piet Mondrian, Rietveld). From there, explore Surrealism (de Chirico, Dali, Magritte, Ernst, Oppenheim, Miro). Learn about Seeking the Universal – sculpture as Social Commentary (Dorthea Lang, Hopper, Jacob Lawrence, Grant Wood, Benton, Orozco, Rivera), Social Realism and the rise of dictators, plus milestones in architecture (Gropious, Mies van der Rohe, Le Corbusier, F.L. Wright).

OSHER 469-001 • Tuesday and Thursday, 2:00 - 4:30 PM
January 16 - January 23
LOCATION: Continuing Education Building
TUITION: $59

**iPad & iPhone Essentials**
*Instructor: Debbie White*

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

OSHER 112-001 • Thursdays, 9:30 - 11:00 AM
January 16 - February 20
LOCATION: Commander’s House
TUITION: $99
For the Love of Art and Jewelrymaking
Instructor: Mary Lambert
Learn the fundamentals of silversmithing and become familiar with the tools used in the craft. Osler members will learn to use hand tools, a flex shaft, and a soldering torch. Working with silver and copper, members will explore jewelry design and fabrication as well as stone-setting techniques. Members will make pendants or rings with a bezel set cabochon. All levels of expertise are welcome. Special fee includes all materials and use of equipment. Materials include sterling silver and copper sheet metal, sterling silver wire of various shapes and sizes, silver solder, and a semi-precious cabochon.
OSHER 640-001 • Tuesdays, 9:30 AM - 12:30 PM
January 28 - February 11
LOCATION: SmART Space, 3450 S. Main Street, SLC
TUITION: $79 + $90 special fee

Intermediate Photography
Instructor: Rodger Newbold
As taking pictures becomes more prevalent, it is important for the community concerned with significant photography to set a standard. High-quality images must be distinguished from the rest by their technical mastery and clarity of vision. We will learn to correct photographic exposures, control focus, tell stories using photographs, and explore the use of wide-angle and telephoto lenses.
OSHER 640-001 • Tuesdays, 9:30 AM - 12:30 PM
January 14 - February 18
LOCATION: Contin continuing education building
TUITION: $79 + $90 special fee

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OSHER 640-001 • Tuesdays, 9:30 AM - 12:30 PM
January 14 - February 18
LOCATION: SmART Space, 3450 S. Main Street, SLC
TUITION: $79 + $90 special fee

British Painting from the Royal Academy to Modernism
Instructor: Catherine (Kathleen) Leitao
British art developed along with Britain’s rise as a colonial and industrial power. The chronological portion of the course will highlight the founding of the Royal Academy (incl. Reynolds and Gainsborough), Romanticism (incl. Turner, Constable), the Victorian era (incl. the Pre-Raphaelite Brotherhood), the Edwardian and inter-war eras, Modernism, and beyond. There also will be a session on “Figures of Empire.” This interactive course is taught by an independent museum educator who served as Head Docent for the Yale Center for British Art, the premier British Art collection outside the United Kingdom.
OSHER 115-001 • Tuesdays, 11:30 AM - 1:00 PM
January 14 - February 18
LOCATION: Commander’s House
TUITION: $99

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OSHER 115-001 • Tuesdays, 11:30 AM - 1:00 PM
January 14 - February 18
LOCATION: Commander’s House
TUITION: $99

Calligraphy: The Italic Alphabet
Instructor: Chris Dyson
Calligraphy is a writing style that has flourished over thousands of years. Before the invention of the printing press, books and manuscripts were beautifully hand-lettered and illuminated with decorated letters. Using dip pens, students will learn to write the Italic alphabet of the Renaissance period and practice some elements of layout and design.
OSHER 250-001 • Wednesdays, 3:15 - 4:45 PM
January 15 - February 19
LOCATION: Continuing Education Building
TUITION: $99

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OSHER 250-001 • Wednesdays, 3:15 - 4:45 PM
January 15 - February 19
LOCATION: Continuing Education Building
TUITION: $99

Examining Architecture: Why Buildings Look the Way They Do
Instructor: Bim Oliver
Picture in your mind a building, any building. Examine its size, shape, color, and the materials from which it was constructed. Now ask yourself: Why does it look the way it does? The answer is quite complex, and can significantly enhance your appreciation of the structure. In this course, we will delve into that complexity. We will explore the "why" of architecture, the various factors that determine why a given building looks the way it does. We will address a broad range of topics from the evolution of materials to the role of cultural values to the influences on how we perceive buildings.
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January 28 - February 11
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January 28 - February 11
LOCATION: SmART Space, 3450 S. Main Street, SLC
TUITION: $79 + $90 special fee
COURSES

OSHER 67-001 • Tuesdays, 5:15 - 6:45 PM
January 14 - February 18
LOCATION: Continuing Education Building
TUITION: $99

Psycho-biddy: Women in Horror Films
Instructor: Chris Stockslager

“Psycho-biddy” is a term used in discussion of the horror film genre to speak of those films in which women are the frightening protagonists. Women have always been in horror films. But when and why did they begin to wield true power and often become the villains? In this class, including portions of the films reviewed as well as other related movies or documentaries.

OSHER 30-001 • Thursdays, 9:30 - 11:00 AM
January 16 - February 20
LOCATION: Commander’s House
TUITION: $99

Judy Garland: After the Yellow Brick Road
Instructor: Chris Stockslager

The actress. The dancer. The comedienne. The singer. We’ve all seen The Wizard of Oz, and that film is enough to cement Judy Garland’s status a Hollywood legend. But what happened after? Through 35 films, Garland showed the world that she was one of if not the movie star of her generation. In this class, we will watch some of Garland’s best work from 1944 to her last film in 1963 and revel in her unique artistry despite seemingly endless adversity.

OSHER 187-001 • Wednesdays, 7:00 - 8:30 PM
January 15 - February 19
LOCATION: Continuing Education Building
TUITION: $99

Korean Ink Painting: Brush to Rice Paper
Instructor: Joon Bae

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

OSHER 7-001 • Wednesdays, 9:30 - 11:00 AM
January 15 - February 19
LOCATION: Continuing Education Building
TUITION: $99

Journalism, Law, and Ethics in the Movies
Instructor: Scott Williams

Journalism and the rules and ethics that govern print and broadcast news are changing dramatically. In this class we will discuss films that have explored the ethics and rules of law we grew up with and will consider whether those rules still apply. This course will analyze some legal and ethical issues facing journalists and see how those issues have been dramatized in movies. As time permits we will view and discuss movies such as Ace in the Hole (1951), Deadline USA (1952), All the President’s Men (1976), Network (1976), Absence of Malice (1981), Broadcast News (1987), The Insider (1999), Shattered Glass (2003), State of Play (2009), The Company You Keep (2012), Spotlight (2012), and The Post (2017).

Members will be responsible for viewing the weekly movies at home prior to class and coming prepared for a lively discussion. Class members will be provided with a free streaming option for all the required and bonus movies. Film clips will be widely used during class, including portions of the films reviewed as well as other related movies or documentaries.

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January 16 - February 20
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TUITION: $99

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Instructor: Chris Stockslager

“Psycho-biddy” is a term used in discussion of the horror film genre to speak of those films in which women are the frightening protagonists. Women have always been in horror films. But when and why did they begin to wield true power and often become the villains? In this class,
we’ll discuss and watch some of the cornerstones of this wonderful sub-genre and have a wonderful campy time in the process! Guest starring: Gloria Swanson, Bette Davis, Joan Crawford, Faye Dunaway, and more.

**OSHER 204-001 • Thursdays, 7:00 - 8:30 PM**
January 16 - February 20
LOCATION: Continuing Education Building
TUITION: $99

**The Magdalene Laundries and Beyond**  
*Instructor: Rebecca Lea McCarthy*

This six-week course looks at the rise of the Magdalene Laundries from the Middle Ages to modernity. Examining the Magdalene Laundries allows us to further identify rhetoric and other devices used to marginalize groups of people in society. We will look at the Magdalenes and how they came to be, while comparing those occurrences to current events in the United States. The ultimate goal is to become aware of how rhetoric, hegemony, domination, and economics converge to bring certain groups to power, or maintain the status quo, while marginalizing others. Dr. McCarthy is a leading expert in the history of the Magdalene Laundries, and a professor of communication studies and ethics.

**OSHER 206-001 • Tuesdays, 11:30 AM - 1:00 PM**
January 14 - February 18
LOCATION: Continuing Education Building
TUITION: $99

**The Weavers’ Stories**  
*Instructor: Linda Myers*

This course will give attendees the ability to differentiate between traditional Navajo rug designs as well as help them to be able to explain the cultural significance of rug patterns. Students will be exposed to traditional and contemporary Navajo Rugs and learn about the current conditions and struggles facing Navajo people.

**OSHER 208-001 • Wednesdays, 9:30 - 11:00 AM**
January 15 - February 19
LOCATION: Commander’s House
TUITION: $99

**Writing and Illustrating Correspondence**  
*Instructor: Janet Faught*

Enjoy a venture into historical forms of written letters. Use this opportunity to create some of your own! Experiment with some writing instruments and papers. Explore creativity in the postal world.

**OSHER 211-001 • Thursdays, 9:30 - 11:00 AM**
January 16 - February 20
LOCATION: Continuing Education Building
TUITION: $99
AFTERHOURS WITH EXPERTS

A new Osher series featuring one-hour lectures on interesting topics. These lectures begin at 5:30 PM and feature Osher members are regional experts. Come and learn something new!

Climate Change in Two Parts
Presented by: Larry Campbell, Ph.D.

This two-part lecture will discuss climate change in two parts. First the facts, including the causes, the evidence, how governments are approaching the issue and the cost of climate change. In the second part, Larry will discuss possible solutions at the individual, local, state, and national levels.

OSHER 212-001 • Tuesdays • 5:30 – 6:30 PM
January 21 - 28 • LOCATION: Commander’s House
FEE: $18

The Grand Rescue Documentary and Lecture
Presented by: Ted Wilson

Join Ted Wilson as he discusses leadership and the documentary that Jenny Wilson made about a rescue executed in 1967 on the North Face of the Grand Teton. The rescue took three harrowing days, pushed the team to the edge of their abilities, and cemented a lifelong bond. Remarkably, once safe, the injured climber publicly criticized the very men who risked their lives to save his. Ted Wilson will share his experience and what it taught him about leadership and preparedness.

OSHER 10-001 • Tuesday • 5:30 – 6:30 PM
February 4 • LOCATION: Commander’s House • FEE: $9

History of the Internet
Presented by: Dr. Dan Reed, Senior Vice President for Academic Affairs, University of Utah

Daniel A. Reed is an American computational scientist, known for his contributions to high-performance computing and science policy. He has worked for Bill Gates, testified before the U.S. House of Representatives Committee on Science, Space and Technology and and has done extensive research on the past, present and future of the internet. Come join Dr. Dan Reed for a fun and fascinating Afterhours with Experts.

OSHER 126-001 • Tuesday • 5:30 – 6:30 PM
February 11 • LOCATION: Commander’s House
FEE: $9

Current Economic Issues
Presented by: William Carlisle, Emeritus faculty in the Department of Economics

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

OSHER 430-001 • Tuesday • 5:30 – 6:30 PM
February 18 • LOCATION: Commander’s House
FEE: $9
Help Osher install hearing loops and microphones in our classrooms

Join us for the 2nd U Giving Day, February 25 - 26, 2020! Alumni, parents, friends, students, faculty, and staff will unite for 1,850 minutes in honor of the U’s founding year to celebrate, engage, and make an investment in the future of the university.

Your gift on U Giving Day strengthens opportunities for Osher’s lifelong learners and assures the program will serve the community for years to come. Donations can be made online, mailed, or delivered in person.

Funds donated will go towards installation of hearing loops and microphones in our classrooms.

About hearing loops

Approximately 15% of American adults report some trouble hearing. With hearing loss common, we are striving to make our classrooms accessible with hearing loop systems. Hearing loop systems transmit sound directly from a microphone into the telecoil (t-coil) in a hearing aid, bridging the distance between the speaker and the listener. They are increasingly common in lecture halls and other public spaces.

To learn more and donate visit givingday.utah.edu
Osher Special Events are meticulously curated, packed with useful information, and loaded with fun. Come join us to broaden your knowledge of history, increase your appreciation of art, expand the bounds of your creativity, and delight your palate. With so many great choices, you are guaranteed to find something to make you smile.
SPECIAL EVENTS

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

Pioneer Theatre Guild Luncheon: Mary Stuart
The mission of the Pioneer Theatre Guild (PTG) is to foster and promote community interest in and financial support of the Pioneer Theater Company (PTC). Join the current President of PTG, Glen Clayburn, for one of the Guild’s monthly luncheons at The Alta Club with actors from current and upcoming productions. Meet at 11:00 AM to visit with Glen and learn more about the Guild and its activities. A principal actor from the PTC’s production of Mary Stuart will join your luncheon table for in-person discussion. The cost of $40 covers your delicious lunch as well as a portion of the actor’s lunch. Visit with your guest actor and hear other cast members talk about the production and their experiences.

OSHER 262-001 • Monday, January 13 • 11:00 AM
LOCATION: The Alta Club, 100 E South Temple, Salt Lake City 84111
SPECIAL FEE: $40

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

OSHER 216-001 • Friday, January 17 • 10:00 AM
LOCATION: The Leonardo Museum, 209 E 500 S, Salt Lake City 84111
SPECIAL FEE: $20

Harmons Knife Skills
Come to a class where you will learn classic knife cuts. Class includes dinner and a new 8-inch chef knife to take home, as well as all the food you cut with your newly acquired skills.

OSHER 263-001 • Friday, January 17 • 12:00 PM
LOCATION: 4675 So. Holladay Blv., Holladay, 84117
SPECIAL FEE: $65

Golden Axe Throwing
The future is here! One of a kind digital target and scoring. You have to see it to believe it. Bring your friends, family, bad dates, or digital buddies and enjoy axes, food, drinks, and more. Golden axe throwing is the new best spot in town. The cost for this tour is per hour, plus cost of consumables. Includes 15 minutes of safety instructions and 60 minutes of throwing.

OSHER 265-001 • Thursday, February 6 • 11:30 AM
LOCATION: 145 West Pierpont Ave., Salt Lake City 84101
SPECIAL FEE: $25
Harmons Thai Cooking Class
Come join us for a two-hour cooking class of Thai cuisine. The menu will include miso ginger salad, fresh spring rolls, chicken satay, and shrimp curry, finishing up with mango sticky rice.

OSHER 266-001 • Friday, February 7 • 12:00 PM
LOCATION: 4675 So. Holladay Blvd., Holladay, 84117
SPECIAL FEE: $55

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

OSHER 216-002 • Monday, March 16 • 1:30 PM
LOCATION: The Leonardo Museum, 209 E 500 S, Salt Lake City 84111
SPECIAL FEE: $20

Live Demonstration, Chef’s Table Lunch, for the Love of Food
Salt Lake Culinary Education is one of the limited cooking schools for the home cook in the Salt Lake area. In their three kitchens they offer a wide variety of hands-on culinary experiences for people of all skill levels. They believe that eating well and breaking bread with others are two of life’s greatest pleasures and are at the heart of everyday cooking. At this event you will enjoy a three-course gourmet lunch while you watch the chef’s preparations. You may participate by asking questions and join at the counter, all while you learn some techniques from the chefs. There will also be a TV that allows everyone to see how the meal comes together. The theme will be Valentine’s Day.

OSHER 267-001 • Monday, February 10 • 11:00 AM – 1:00 PM
LOCATION: 2233 South 300 East, Salt Lake City, Utah 84115
SPECIAL FEE: $30

Utah Governor’s Mansion Holiday Tour
Built in 1902 by U.S. Senator Thomas Kearns and officially donated to the state of Utah in 1937 by his widow, Jennie, the elegant and historic Governor’s Mansion is an enduring icon of turn-of-the-century architecture. During his tenure, Kearns commissioned the finest available craftsmen and materials, with plans to use the mansion for both politics and entertainment. In fact, Teddy Roosevelt dined there in 1903. A new phase in the mansion’s history began as it became the official home for Utah’s governors. A fire almost destroyed the building in 1993, but over 10,000 hours of work went into restoring the mansion to its original state and to salvaging as much of the historical interior as possible, improving the architectural soundness and capturing the splendor of the period in which it was built. This 45-minute tour will cover the main floor and will feature the 2019 Holiday decorations. The decorative theme of each year’s decorations is traditionally selected by the current Governor’s wife.

Thursday, December 12 • 1:30 PM
Thursday, December 19 • 2:30 PM
LOCATION: 603 E. South Temple, Salt Lake City 84102
Price Museum of Speed
Join Osher members for a much sought-after tour of the Price Museum of Speed. The museum features a rare display of the greatest representations of early racing history. Many of these rare vintage race cars either won or placed well in numerous renowned events such as the Grand Prix, Le Mans, Daytona Beach, and many others. The capstone of the collection is the famous Ab Jenkins 1938 Mormon Meteor III, one of the most important racing machines in the world. Learn about the automobiles on display and the history of racing, especially at our own Bonneville Salt Flats.

Monday, January 6 • 10 AM
LOCATION: 580 South 200 East, Salt Lake City 84111

Marcie’s Sundance 2020 Overview & Free Ticket to SLFS Film
Celebrate our thriving film community, review Sundance titles, AND see a free movie of your choice at the Salt Lake Film Society at the Broadway Theater. Bring or purchase movie snacks (healthy and non-healthy options available) and listen to Marcie Collett, Associate Director for Development, SLFS, as she reviews Sundance 2020 titles and also discusses how to use the app to waitlist, track tickets, and access other locals’ benefits. Also connect with other local film people and events.

Monday, January 13 • 5:30 PM
LOCATION: Salt Lake Film Society at Broadway Centre Cinemas, 111 E 300 South, Salt Lake City 84111

Cathedral of the Madeline
Tour guide, Colleen Goudreau, will provide an intricate look at this beautiful and historic landmark, from the Romanesque exterior into the Spanish Gothic interior inspired by the Middle Ages. Built from 1899-1910 under the guidance of Salt Lake City’s first Roman Catholic bishop, the Cathedral of the Madeline has served the community in many capacities. The community responded with a $10 million renovation that was completed in 1991. This beautiful structure is on the Utah and National Historic registers. Ever wonder who all the individuals are on the large mural? Come and find out!

Wednesday, January 15 • 1:00 PM
LOCATION: 331 East South Temple, Salt Lake City 84103

Utah State Library & Program for the Blind & Disabled
Did you know that the Utah State Library for the Blind and Disabled has the most extensive collection of books for those it serves? This Utah State Library is part of the Library of Congress and its collection includes books and magazines available in braille, large print, and in audio digital formats. This program is offered free of charge to eligible readers in Utah. On this approximately one-hour tour, Program Manager Lisa Nelson will show us the collection and also explain other services that are offered to the blind and disabled.

Wednesday, January 15 • 2:00 PM
LOCATION: 250 North 1950 West, Suite A (near Redwood Road & North Temple), Salt Lake City 84116

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

Wednesday, January 22 • 10:00 AM
Wednesday, February 19 • 10:00 AM
LOCATION: 411 E South Temple, Salt Lake City 84111
SPECIAL EVENTS

Utah Museum of Contemporary Art
The Utah Museum of Contemporary Art (UMOCA,) formerly known as the Salt Lake Art Center, is Utah’s only contemporary art museum. Located in downtown Salt Lake City, the museum presents rotating exhibitions by local, national, and international contemporary artists throughout its two floors and six gallery spaces. Enjoy a tour led by Erin Hartley, Director of Public Engagement, who will inspire us to look, think, and talk in new ways about art.

Suggested donation of $5/person for museum admission.
Friday, January 24 • 1:00 PM
LOCATION: 20 S West Temple, Salt Lake City 84101

Brews & Brews
We will start our tour at Bjorn’s Brew, a local, family-owned coffee shop that was founded with the purpose of serving quality coffee and donating proceeds to animal charities. We will meet owner Leslie Corbett and her team, learn about coffee and Bjorn’s various charities, and enjoy some coffee, chai, or hot chocolate. After Bjorn’s, we will head a couple blocks west to SaltFire Brewing Co., which was started by and for those who appreciate true craftsmanship. Find out from owner Ryan Miller how, in their pursuit of this, SaltFire brewers create beer with “gritty experience and insurrectionary intelligence.” A brewery tour, a discussion of their beer making and bottling filling processes, and tastings complete this event. There is a $14 charge, payable to an Osher staff member, for consumables for the afternoon.
Monday, January 27 • 2:00 PM
LOCATION: Bjorn’s Brew, 2165 South State Street, South Salt Lake 84115

Federal Reserve Bank
Learn about our nation’s central bank. The tour will include an overview of the Federal Reserve System and cash operations. Note: No cameras are allowed to be brought into the facility; photo identification of driver’s license or passport is required. You will be screened at a security check point similar to an airport. RSVP at least two weeks in advance as a list of participant names must be sent to the FRB in advance of the tour.
Monday, January 27 • 10:00 AM
Monday, February 3 • 10:00 AM
LOCATION: 120 South State Street, Salt Lake City 84111

Phillips Gallery Tour
Established in 1965, Phillips gallery is the oldest commercial gallery in the intermountain west. They represent artists primarily from Utah and the surrounding region, as well as a few national and international artists with Utah ties. On three floors of exhibition space, you will find a full range of subject matter from traditional to contemporary, in a variety of media including painting, drawing, mixed media, sculpture, photography, ceramics, print making and jewelry.
Friday, January 31 • 2:00 PM
LOCATION: 444 East 200 South, Salt Lake City 84111

RubySnap Fresh Cookies Tour
Cookies, cookies, cookies - who doesn’t love them? At RubySnap, we will tour the facility where founder/owner Tami Steggel makes her creatively distinctive flavor combination cookies, each baked with fresh ingredients. The company was started in 2008 and has grown each year. Tami’s mantra is “If it isn’t wonderful, it doesn’t belong in your mouth.”
Saturday, January 25 • 9:00 AM
LOCATION: 770 South 300 West, Salt Lake City 84101

LOCATION: 120 South State Street, Salt Lake City 84111

LOCATION: 120 South State Street, Salt Lake City 84111

LOCATION: 120 South State Street, Salt Lake City 84111
Cathedral of the Madeleine Choir School

The Madeleine Choir School, a Roman Catholic school in the cathedral tradition, inspires young people to become engaged scholars, dedicated liturgical musicians, and responsible world citizens. More than an exceptional music school, MCS offers a holistic, age-appropriate curriculum to children in Pre-K through Eighth Grade. Founded in 1996, MCS was the first co-educational Catholic choir school in the country. National and international performance tours, in addition to a local concert series each school year, are integral to the student experience at the Choir School.

As we tour their campus, the Choir will have just returned from performances in Dallas, Texas in January 2020. Past international tours include visits to London, Paris, Madrid, Rome, Vienna, Prague, and Berlin, including Westminster Cathedral, Notre Dame de Paris, and St. Peter’s Basilica. The choristers often partner with the Utah Symphony | Utah Opera; perform with Ballet West, the Mormon Tabernacle Choir, Helena Symphony, and the San Francisco Opera; and have recorded several CDs.

We will meet MCS Principal Randazzo who will provide a brief history of the school and its mission. We will also tour the school campus and watch the choir at rehearsal in their recently renovated historic building.

Monday, February 3 • 10:30 AM
LOCATION: 205 First Avenue, Salt Lake City 84103

We Olive Experience: Lunch and Olive Oil Tasting

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

Monday, February 3 • 1:00 PM
LOCATION: Trolley Square, 602 East 500 South, Salt Lake City 84102

Secrets of the Ballet West Costume Department

Join us for a "behind the scenes" tour of Ballet West’s costume shop. We will be regaled by Costume Production Director extraordinaire, and Osher member, David Heuvel. We will experience and share in the process from Design to Stage in the wonder of Ballet West’s beautiful costumes.

Wednesday, February 5 • 5:30 PM
LOCATION: Capitol Theater, 52 West 200 South, Salt Lake City 84101

Exploring Art through Jewels at the Utah Museum of Fine Arts

Jewelry abounds in art. In addition to historical pieces of jewelry the Utah Museum of Fine Arts has on exhibition, there is so much to learn about jewelry depicted in paintings and sculptures. Join UMFA docent, jewelry artist, and metalsmithing instructor Mary Lambert on a tour delving in to several of these works, exploring how history and jewelry shape each other, and how we continue to adorn, and thereby, express ourselves. We will discuss the functions of jewelry throughout different time periods, and gain insight into how trends from the past influence the jewelry we wear today. Prepare to look closely at and participate in discussion about art from around the world, and to leave with an increased appreciation for your own jewelry collection.

Friday, February 7 • 2:00 PM
LOCATION: 410 Campus Center Drive, Salt Lake City 84112

Wondrous Wild Birds

Nobody likes an empty bird feeder! Come learn about winter birds and what they need to eat at Wild Birds Unlimited Nature Shop with owner Kelli Frame.

Monday, February 10 • 11:00 AM
LOCATION: 1967 E Murray Holladay Rd, Holladay 84117
Nano Technology at the University of Utah

Enjoy a tour of the Nanofabrication facility at the James LeVoy Sorenson Molecular Biotechnology Building on the University of Utah campus. Learn from Dr. Hamid Ghandehari about the multitude of techniques that are available at the U to characterize tiny nano-scale objects that are smaller than cells and larger than some drug molecules. Nano scale is roughly a thousandth of the thickness of human hair.

Friday, February 14 • 11:00 AM
LOCATION: 36 South Wasatch Drive, Salt Lake City 84112

Utah Museum of Contemporary Art: The Guerrilla Girls

The Utah Museum of Contemporary Art (UMOCA,) formerly known as the Salt Lake Art Center, is Utah’s only contemporary art museum. Located in downtown Salt Lake City, the museum presents rotating exhibitions by local, national, and international contemporary artists throughout its two floors and six gallery spaces. Enjoy a tour led by Erin Hartley, Director of Public Engagement, who will inspire us to look, think, and talk in new ways about art through the special exhibition, Guerrilla Girls.

Formed in New York City in 1985 with the mission of bringing gender and racial inequality into focus within the greater arts community, Guerrilla Girls is an anonymous group of feminist activist artists who wear guerrilla masks in public and use facts, humor and outrageous visuals to expose gender and ethnic bias as well as corruption in politics, art, film, and pop culture.

Suggested donation of $5/ person for museum admission.
Friday, February 14 • 2:00 PM
LOCATION: 20 S. West Temple, Salt Lake City 84101

B Golden Jewelry School

Metal is magical when crafted by a skilled artisan. Brittany Golden is that artisan. She is the owner of B Golden Jewelry in Sugarhouse. Her studio is full of artisans working on projects, making jewelry, learning and perfecting. Come enjoy a guided tour, observe the artisans at work and see a demonstration of metal working. You may even be inspired to sign up for a class.

Monday, February 17 • 10:00 AM
LOCATION: 1115 East 2100 South, Salt Lake City 84106

Green Fiber Company

Green Fiber wants your trash paper products. Green Fiber is the largest manufacturer of cellulose fiber insulation, fire and sound products, all made with a minimum of 85% recycled paper. Come join us to learn how it is done.

Wednesday, February 19 • 1:00 PM
LOCATION: 3061 South 3600 West, West Valley City 84119

Not Just Warm and Fuzzy: The Health Benefits of Animals for Humans

At Intermountain Therapy Animals, we will delve into the most current scientific research that explains why we love animals so much. Executive Director Kathy Klotz will teach us the many ways therapy animals can benefit patient/clients of all ages, conditions and diagnoses, contributing to their healing and overall well-being.

Wednesday, February 19 • 1:00 PM
LOCATION: 4050 South 2700 East, Holladay, 84117

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


Friday, February 21 • 2:00 PM
LOCATION: 410 Campus Center Drive, Salt Lake City 84112
all have struggles: Loss of a job, paying tuition, medical emergencies. The basic demands of life sometimes make us have to choose between food or bills. We don’t want any member of our Campus Community to have to choose between having some food on the table and keeping up with the emergencies that come up. Since opening in October 2014, the volunteer-powered Feed U Food Pantry has impacted over 1,000 University of Utah community members and their families. Come to the basement level of the A. Ray Olpin Union building to see how the Pantry operates, meet the student leaders and volunteers who run this remarkable program, and learn how we can help.

Monday, March 2 • 11:00 AM
LOCATION: 200 S Central Campus Drive, Lower Level, Room 26, 84112

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

What is Jane’s Home? If you haven’t heard of this amazing local resource, or even if you have, please join us for a personalized tour of this beautifully restored historic home on South Temple and its art. The primary purpose of Jane’s Home is to provide a congenial environment for people to gather and share ideas, impressions and opinions, and to use the Golden Rule as the guiding principle for that sharing. Learn the history of the home...
SPECIAL EVENTS

from its building in 1907, to the restoration in 1989, and its use now as a community gathering place. Also learn about the home’s role in The Golden Rule Project, founded by Bonnie Phillips in 2003, and how the GRP is working to instill a sense of unity in the community.

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

Wednesday, March 4 • 10:00 AM
LOCATION: 1229 East South Temple, Salt Lake City 84102

Utah Valley University: Roots of Knowledge

Roots of Knowledge is a massive art installation chronicling the history of knowledge and human civilization. It consists of 80 individual stained-glass panels covering a space 10 feet high and 200 feet long. This panorama of the evolution of knowledge is told through 60,000 pieces of glass along with rock, fossils, coins, meteorite, petrified wood and coral. The intricate details incorporated into every window represent years of painstaking research on the events and people that shaped humankind from the days of cavemen to the iPhone. This stunning piece of art took 12 years to complete from conception to completion. Come enjoy a guided tour with a specialist docent to look and learn.

Monday, March 9 • 10:00 AM
LOCATION: Bingham Gallery, First Floor, Fulton Library at Utah Valley University, 800 W University Parkway, Orem, UT 84058

Art Tours for Book Lovers at the Utah Museum of Fine Arts

Enjoy a docent-guided tour of the UMFA’s collection through the lens of the novel The Last Painting of Sara de Vos by Dominic Smith. Explore themes of the book—which you may read ahead or simply learn about on the tour.

Friday, March 20 • 2:00 PM
LOCATION: 410 Campus Center Drive, Salt Lake City 84112
Osher Social Special Interest Group

Would you like to meet Osher members in a social, informal, relaxed format? Join the Osher Social Special Interest Group (SIG). It will meet every Wednesday at 5:00 PM in the lounge at the University Park Marriott. Avoid the going home traffic with some great conversations among fellow Osher members.

If you are interested in participating, please contact Luci Malin at luciamalin1951@gmail.com so we can get a head count.

Nonfiction Special Interest Group

Osher is starting a nonfiction group that connects members who love to read about real world happenings, lives, and challenges and meet together to discuss and share their thoughts, impressions, and questions. Choosing nonfiction reads provides a change of pace and will inspire thought-provoking conversations. Plan to meet once a month on the first Monday of the month, from September 2019 through April 2020. We will not meet in December.

If interested in joining, please contact Dot Blakely at dot.blakely.db@gmail.com.
In addition to the full time employment with the State of Utah, he is Adjunct Faculty in Anthropology at both Weber State University and Salt Lake Community College where he teaches one course per semester at each institution.

Red Butte Gardens
January 29, 2020 • Gregory Lee, Executive Director of Red Butte Gardens

From an unlikely beginning on an Army dumpsite to its current status as one of the most popular and highly rated attractions in Salt Lake City, Red Butte Gardens has charted an unlikely path. Gregory Lee, the Garden’s Executive Director, will discuss the Garden’s origins and early year struggles, the organization, operations, and status today as an operating auxiliary of the University of Utah, and its hopeful future. Dr. Lee will provide insight into everything from how Red Butte concerts are chosen to how new project and budgetary decisions are made and plans for the future.

U.S. Foreign Policy in 2020: The Trump Effect
January 15th, 2020 • J. Kael Weston, author and professor

J. Kael Weston represented the United States for more than a decade as a State Department official. Washington acknowledged his multi-year work in Fallujah with Marines by awarding him one of its highest honors, the Secretary of State’s Medal for Heroism. He is the author of The Mirror Test: America at War in Iraq and Afghanistan, appears frequently on NPR to discuss U.S. foreign policy and a professor at Westminster College. He will share his experience with the State Department and his perspective on war, diplomacy and conflict.

The Chinese Contribution to the Transcontinental Railroad
January 22, 2020 • Dr. Chris Merritt, Director of Archaeology for the State of Utah

Dr. Chris Merritt will present on the Chinese Railroad Worker experience in Utah through history and archaeology. In 1869, thousands of Chinese workers came to Utah during the waning days of construction for the Central Pacific Railroad. Many stayed on in Utah until the early 1890s, leaving behind a historical and archaeological legacy across Northern Utah. Over the past few years State History and the BLM have worked to discover more of this history and to build towards the 150th Anniversary of the Transcontinental Railroad in 2019. Merritt received his Ph.D. from the University of Montana in Anthropology in 2010, focusing on the archaeological and historical investigations of the Overseas Chinese. Before that, he received a Master’s of Science in Industrial Archaeology from Michigan Technological University where he studied the trade and consumption of Mormon-produced pottery in Utah. Since 2004, Merritt has worked in a variety of professional archaeological settings including the United States Forest Service in Utah and Nevada, private archaeological contracting in Salt Lake City and finally as the Deputy State Historic Preservation Officer for the Utah Division of State History for Antiquities. At the Utah Division of State History.

In addition to the full time employment with the State of Utah, he is Adjunct Faculty in Anthropology at both Weber State University and Salt Lake Community College where he teaches one course per semester at each institution.

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LUNCH & LEARN

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

Free and open to the public. Held Wednesdays at the Commander’s House during Winter, Spring, and Fall terms.

Talks begin promptly at noon, lasting about 40-50 minutes followed by a short Q&A.

Limited seating, no RSVP required. Bring a lunch, bring a friend, and learn!
In Southeast Alaska most of his exploring is done by boat, from 12ft kayak to 500ft ship. The ocean provides an almost endless wilderness to explore. Simon enjoys spending time educating about these wild places, in the hope that understanding fosters appreciation of the natural world.

Simon Hook discovered the natural world early on in his childhood, adventuring in the redwood forests of California. The adventure of Alaska brought Simon to Sitka 14 years ago and has captured his curiosity and continues to inspire. From the tiniest plankton to the tectonic plates that make mountains, Simon’s drive for understanding has sought out scientists and leading-edge researchers at symposiums and lectures to further understanding of the natural world. Humpback whales are often a subject of wonder and Simon has been watching the whales of Alaska for years with the question “What are they doing down there?” Simon’s interest in the landscape and wildlife of Alaska presents a wonder for exploration.

Curiosity has driven Simon to capture behavior and portraits of animals in the wild with his camera. Simon’s passion for wildlife and earth science has given him inspiration for his photography, winning several awards for photos of Alaska’s wildlife and landscapes. Capturing animal portraits peaked Simon’s interest, leading him to a passion to understand what makes them tick. Digging deep into the subject of animal behavior studying the likes of Robert Sapolsky and Bernd Heinrich provided great insight.

Simon enjoys escaping to wild places and spending time watching, listening, and soaking in the wilderness.

Citizen Participation in Utah’s Government
February 19, 2020 • Dixie Huefner, Utah Citizens Council

Teachers walked out of the public comment period at the Salt Lake City School District meeting about salary negotiations on June 4, 2019. More teachers are leaving Utah classrooms, and one of the biggest reasons they cite is low pay. The state now has a shortage of 1,600 educators with the imbalance expected to get worse.

Some commentators argue that no tax increase is necessary because Utah’s students are achieving at or above national averages and graduation rates. What these reported achievement levels do not explain is that when Utah student scores are broken out by ethnic group, every group, including whites, scores below that group’s national average in most areas, including graduation rates. Dixie along with others, are trying to bring this important issue to the citizens of Utah before the state legislature makes further cuts in our children’s education.

Dixie Huefner’s interests in public policy and public education led to a B.A. in political science from Wellesley College, an M.S. in special education and a J.D. from the U. She joined the special education faculty at the U. in a clinical role in 1977.
Abdulnaser Kaadan
History of Medicine
The Most Common Health Problems in Elderly: Part 2

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

Al Church
Current Challenges and Trends Impacting Utah Schools

Dr. Church has been active in Utah education for four decades, starting his career as a VISTA volunteer and project director in the 1960s focusing on adult education. He has taught and been an administrator in both middle and high school programs, most recently as the founding principal of Utah’s first early college high school, AMES (Academy for Math, Engineering, and Science), identified since its founding in 2003 as a high-performing Title I charter high school. AMES is partnered with the University of Utah. Prior to his work with AMES, Dr. Church had been involved in several state and national organizations focusing on community-based learning, global literacy, and middle school reform. After his retirement from full-time work in 2010, he taught as an adjunct instructor in the College of Education’s ELP (Educational Leadership and Policy) program and consulted with rural Title One high schools for the Utah State Office of Education. He has been recognized by traditional educational organizations, including Phi Delta Kappa and the Association for Supervision and Curriculum Development (ASCD) as well as the Utah Charter School Association for his dedication and service. A native of Detroit, he earned his B.A. in history from Georgetown University and completed his M.Ed. in Cultural Foundations and Ed.D. in Educational Leadership and Policy from the University of Utah’s Graduate School of Education.

Alan Eastman
Utah’s Polluted Air

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

Alan Springer
Relationships: Improved Production from Interactions with Family and Friends

Dr. Springer earned a B.S. in Sociology and Health Education at Brigham Young University, a M.Ed. in Family Studies from Central Washington University, a Certificate in Counseling Psychology from Eastern Washington University, and a Ph.D. in Marriage and Family Therapy and Gerontology from Brigham Young University. He began his professional career as a schoolteacher and school counselor. He then transitioned into serving as a therapist, therapist supervisor, and then director of services at an adolescent treatment center. Most recently, he was owner, director, and therapist at the Marriage Clinic of Utah. He is also an adjunct instructor teaching Marriage and Family Therapy at Brigham Young University.
Bill Stoye
*Introductory Hand Drumming and Rhythm*
*Rhythm Ukulele*

Bill Stoye has taken music theory and ear training at the University of Utah, played drum set and percussion for 40 years and ukulele for seven years, and he has taught ukulele now for nearly two, including private lessons. He recently finished teaching a four-week course of Rhythm Ukulele through Salt Lake Community Education, as well as the fourth four-week course in Ear Training and Beginning Music Theory.

Bim Oliver
*Examining Architecture: Why Buildings Look The Way They Do Introduction to Swing Guitar*

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

Bim has also taught guitar to a diversity of students for a number of years. His credits as an instructor include classes in swing guitar for Salt Lake Community Education and personal instruction in introductory guitar for interns with the Music Therapy program at Primary Children’s Medical Center. Bim’s teaching style is structured but relaxed with an emphasis on playing songs as a way to learn basic techniques and the theory behind the music.

Bruce Landesman
*Democracy in Peril? Political Theory and Current Events*

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

Catherine (Kathleen) Leitao
*British Painting from the Royal Academy to Modernism*

Kathleen Leitao has worked as a museum educator in fine art museums and developed fine art-related classroom programs for 15 years. She served as the Head Docent at the Yale Center for British Art during her 13 years volunteering at the museum. She developed and led countless gallery tours and special exhibition tours including: Figures of Empire; Edwardian Opulence, British Art at the Dawn of the 20th Century; Thomas Lawrence: Regency, Power and Brilliance; and The Royal Holloway Collection. At Yale, she co-developed an autism program and worked on the medical school observation program. She has also led Visual Observation sessions at the Pennsylvania Academy of Fine Arts for a Wharton Executive Program focused on emotional intelligence.

As an independent museum educator, she developed and led the museum education programming for the Fairfield University Art Museum from its opening in 2010 through 2016. Her programs included an enrichment program for students in the Bridgeport (CT) Upward Bound program. She also worked with undergraduate classes using the museum’s collection and exhibitions. Kathleen was co-author of research led by the Graduate School of Nursing on the “Art of Observation” program, which was published in 2014 in the journal, *Creative Nursing*. She has an M.Phil. in Education from the University of Cambridge.

Charles Boynton
*Who Wrote Shakespeare?*

Charles Boynton has spent decades studying Shakespearean plays and sonnets, as well as examining the problem, "Who wrote Shakespeare?". His expertise...
and enthusiasm are reflected in his involvement as past Chair of the Marin Shakespeare Company and membership in the respected Shakespeare Oxford Society. Charles’ post-graduate education is in Business.

**Chip Guarente**
* A Soldier’s View

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

**Chris Dyson**
* Calligraphy: The Italic Alphabet
* Cultural Geography

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

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

**Chris Horner**
* 3 Tragedies by Euripides: Medea, The Trojan Women, Bacchae
* The Shakespearean Forest: As You Like It and A Midsummer Night’s Dream

Chris Horner has an M.A. from City College, New York, and a Ph.D. from the University of Utah. He has taught literature at the University of Utah, Weber State, Westminster College, and Salt Lake Community College. He has taught Osher courses since 2015.

**Chip Stockslager**
* Judy Garland: After the Yellow Brick Road
* Psycho-biddy: Women in Horror Films

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

**Christina Wilson**
* Mind Over Matter

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

"Chuck" Alan Dorval, Claire Acevedo, David Grainger, Rob MacLeod, Richard Normann, Hamid Ghandehari
Bioengineering Lecture Series

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

Claudia Cannon
Tanner Dance for Osher Members: Modern Dance and Tap Dancing

Claudia Cannon grew up and was educated in Salt Lake City. She credits that upbringing with her interest in the arts. After training in California, Texas, and New York with prominent choreographers and teachers, she came to realize how superior her Utah training was. She graduated from the University of Utah with a B.F.A. in Modern Dance. She has danced professionally in numerous musicals. While living in Virginia she had her own dance program for over 20 years. She was dance director for the McLean Children’s Theatre Workshop for six summers and has choreographed and directed musicals in Virginia, Maryland, and the District of Columbia. Intrigued with information citing dance as the only art that has proven to have lasting effects in preventing Alzheimer’s disease, Claudia has developed a curriculum that maximizes cognitive activity in dance.

Colleen Wood
Breaking The Rules: Building Toward War and After in Early 20th Century Art

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

David Keyes
Tai Chi for Fall Prevention

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

Debbie Leaman
Writing Through Grief

Debbie Leaman’s writing, including personal essays, has appeared in numerous local, national and international magazines and on a variety of websites. As a writing coach, Debbie listens deeply, helping others translate their thoughts, experiences, and feelings into words on the page. She teaches various writing workshops including “Re-Imagining Your Life: Creative Aging” and “Write Your Creative Aging Story: The Art of the Personal Essay.” Websites: debbieleaman.com and debbieleaman.com/creative-aging-blog.
Debbie White
*Digitizing Your Memories*
*Removing the Clutter in Your Life by Creating & Maintaining a Balanced Life*

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

Denise Gascoigne
*Nutrition for an Aging Population*

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

Frank Furr
*Military Intelligaence History: Parts I and II*

Frank “Fuzzy” Furr is a retired USAF Colonel and pilot of the famous U-2 Dragon Lady spy plane. Having retired from the Air Force and a leading defense contractor, Frank has been providing enrichment lectures on military intelligence history to audiences around the world and as an Osher instructor for over four years. He has over 47 years of experience in intelligence-related activities and served in the high levels of our nation’s intelligence community. He holds a B.S. from North Carolina State University and a M.S. from the University of Northern Colorado.

Denise Gibson
*Dance Fitness*

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

Eileen Stone
*Rural Voices and Immigrant Tales*

Former *Salt Lake Tribune* “Living History” columnist, published author, and oral historian, Eileen Hallet Stone has given numerous talks and workshops on interviewing including those for Osher, Lifelong Learning, Utah Humanities, and University of Utah classes on diversity. Her commentaries are featured in documentary films for KUED and the National Center for Jewish Film. The most recent of her five books is *Auerbach’s, The Store That Performs What It Promises* (2018).

Gene Fitzgerald
*The Master and Margarita or The Devil Only Knows*

Gene Fitzgerald has been a professor of Russian Language and Literature at the University of Utah since 1969. He has also taught courses in the Honors, Liberal Arts, and American Studies programs. He continues to provide enrichment lectures on Russian literature and culture to audiences around the world.
Education, and Comparative Literature programs. He has principally concentrated on the fiction of Dostoevsky, Gogol, Tolstoy, Chekhov, and the poetry of Aleksander Pushkin. His teaching awards over the years include the U’s Distinguished Teaching award, the Hatch prize for Excellence in Teaching, and the Presidential Teaching Scholar award.

Gordon Jones
The Matter of Rome

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

Jan Root
Performing Balkan Music

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

Jane Yager
Why Nations Succeed or Fall Apart

Formerly Senior Economist, White House Council on Environmental Quality, Dr. Jane Yager has held several senior environmental conservation positions in the public and private sectors, as well as adjunct faculty positions in mid-career graduate programs with Johns Hopkins University and the University of Maryland University College. Currently, Dr. Yager is volunteering with the STEM LAB/Schools Program at the Natural History Museum of Utah. Dr. Yager has a Ph.D. and a M.S. in Marine-Estuarine-Environmental Sciences from the University of Maryland and a B.S. in Ecology and Evolutionary Biology from the University of Arizona.

Janet Faught
Writing and Illustrating Correspondence

Janet has a B.S. in Biology, a K-8th grade teaching credential, and a B.F.A. She is currently on the board of the Utah Calligraphic Artists Calligraphy Guild. She enjoys teaching students of all ages. Her interests include calligraphy, painting and drawing, reading, bookbinding, knitting, wheel-thrown ceramics, classical guitar, studying creativity, learning to speak French, and lifelong learning in general. Janet was born and raised in the San Francisco Bay area and moved to Utah in 1984.

Jay Jacobson
Medical Ethics

Dr. Jacobson trained at the University of Florida in Internal Medicine, at the Centers for Disease Control in Public Health, and at the University of Utah in Infectious Disease. On our Medical School faculty he conducted research, trained students, residents, and fellows, and cared for patients here and in the developing world. After additional training at the University of Chicago, he returned, founded, and led our Division of Medical Ethics and Humanities in collaboration with Professors of Philosophy and Law. He chaired our Medical School’s Institutional Review Board and served on the American Medical Association’s Council on Ethical and Judicial Affairs. He led the Robert Wood Johnson Foundation sponsored Partnership to Improve End of Life Care in Utah. He co-authored The Patient as Victim and Vector: Ethics and Infectious Disease. Now an Emeritus Professor, he enjoys sharing what he’s learned about medical ethics with Osher students and learning from those whose personal experience shapes their views of new developments in medical technology, public policy, and medical ethics.
INSTRUCTOR BIOS

Jill Smith
Creative Friday Afternoon Activity with Grandchildren
Jill has a degree in elementary education a broad background in children’s education. She has taught kindergarten enrichment classes in Salt Lake District for 12 years and science classes for the Utah Museum of Natural History for 18 years. She is a member of the National Science Teachers Association and has also taught on the Utah Navajo Reservation and for the Jordan School district.

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

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

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

Kate Kohut
Birds, Biology, and Binoculars: Connecting to the Outdoors through Birding
Kate Kohut is an ecologist and avid birder currently working as a Naturalist at Tracy Aviary. She got her B.S. in wildlife conservation biology from the University of Rhode Island, and worked for Audubon New York after college as an environmental educator and outreach science communicator. Kate moved to Utah a year ago from New York, and is excited to be working with Tracy Aviary to help get the upcoming Jordan River Nature Center off the ground. Kate loves sharing her passion for avian ecology with others and spends much of her time birding with her fiancé and friends.

Kathy DiSalvo
Invisible Illness
Kathy DiSalvo is a NYS experienced certified teacher with experience teaching at both the collegiate level (West Virginia University/Educational Psychology
and FingerLakes Community College/College Study Strategies and Foundational Reading), and with younger grade levels. She has assumed many educational teaching assignments. She finds that as she has aged, and as her family has progressed, it still remains a challenge to keep the many balls in the air that come with running a busy household. She tries to use her craft in a way that accommodates the needs of her family while dually providing great fulfillment. She is attracted to the Osher program because she has multiple perspectives and experiences that contribute to the topic: Invisible Illness Meet Family: Part I.

Kathy Nelson
Salt Lake County Caregiver Academy

Kathy Nelson is an award winning Caregiver Support education developer from Salt Lake County Aging & Adult Services. She has a unique range of experience in the U.S. Peace Corps, refugee camps, business, as well as human and social services. She designs learning programs and support tools that enable individuals to improve their quality of life and well-being.

Katie Sheen-Abbott
Flamenco Appreciation

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

Lauren Andersen
Justice Ruth Bader Ginsburg: Cultural and Legal Icon

Lauren Andersen is the Director of the Osher Lifelong Learning Institute at the University of Utah and a recovering attorney. For two and a half years Lauren practiced appellate law in the state of California and presented arguments to the California Supreme Court and the U.S. Supreme Court. In these two and a half years Lauren closely studied the Roberts Court, and lectured on the Supreme Court as well as the death penalty. Her opinions were quoted by The New York Times reporters as well as the ABA Journal.

Linda Bayes
Bon Voyage 1 and 2! French for Travelers

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

Linda Hilton
Stories from Salt Lake City Cemetery

Linda is retired from a career in community outreach and advocacy for low-income and homeless Utahns. For years she has been interested in Utah history, especially the stories of famous Utah women, and has researched gravesites and monuments in the Salt Lake Cemetery, located in Salt Lake City’s Avenues district. Her research
resulted in the publication of an annotated map of the cemetery. She continues to share stories of the famous and infamous buried there.

Linda Myers
The Weavers’ Stories
The Adopt-A-Native-Elder Program started through the efforts of Linda Myers of Park City, Utah and Grace Smith Yellowhammer, a traditional Navajo woman. Touched by the stories of the Navajo people as told by Grace and Rose Hulligan, Linda was soon involved in gathering donated food, clothing, and simple medicines and delivering them to the reservation in Northern Arizona to support Elders living traditionally on the Land. Today, the Program supports more than 600 traditional Elders who live in the Northern portion of Arizona and Southern Utah. For her lifelong dedication to serving the Navajo people, Linda has been honored with many awards and accolades including being recognised as a 2017 CNN Hero, being named one of 10 women making a difference at the millennium by Forbes magazine, and being honored with an award from the Governor of Utah as a woman who makes a difference.

Mary Lambert
For the Love of Art and Jewelrymaking
Mary Lambert began learning metalsmithing in a community education class. She teaches for the Osher Lifelong Learning Institute, and Osher’s sister program, Lifelong Learning. Metalsmithing is a passion of Mary’s that she is happy to share with students in Continuing Education. She looks forward to learning from her students as they grow as artists and metalsmiths.

Michele Straube
Don’t Get Mad, Be Even
Michele Straube retired in 2017 after 40 years’ experience as an attorney, mediator, and collaborative process facilitator. She worked with a wide variety of government, corporate, and non-profit clients, conducting trainings and helping clients solve disputes. She also designed and taught conflict management and dispute resolution courses in the University of Utah law school and MPA programs. She was the Founding Director of the Environmental Dispute Resolution Program at the S.J. Quinney College of Law.

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

Marci Villa
Beginning Ukulele
Marci Villa is a self-taught ukulele player with a passion for the cheery little instrument whose Hawaiian name translates as “jumping flea,” and enthusiastically shares her love of the instrument and for music. Twenty years’ experience as a corporate trainer have honed her understanding of how people learn and given her an exceptional ability to teach new skills.
She was Education Director for Utah Opera for five years before the merger. She helps oversee Utah Opera’s Resident Artist program, manages outreach to schools and communities around the state, runs the company’s classroom operas program, and enjoys creating music events for special populations.

Rebecca Lea McCarthy
The Magdalene Laundries and Beyond

Rebecca Lea McCarthy has her Ph.D. in comparative studies (communication/rhetoric, philosophy and sociology) from Florida Atlantic University’s Public Intellectual Program. McCarthy also holds a Master’s degree in liberal studies and literature from Rollins College, and a B.F.A. in Acting from Cornish Institute of the Arts. McCarthy has taught communication, philosophy, ethics, and theatre for several colleges and universities including Florida Atlantic University, South Seattle College, and Purdue Global University. She is one of the world’s leading experts on the Magdalene Laundries, authoring *The Origins of the Magdalene Laundries, an Analytical History*. Her other book publication is *Writing The Diaphragm Blues and Other Sexual Cacophonies*. Besides her academic interests, McCarthy is a professional actress (stage and film), voiceover artist, playwright, as well as a roller skating and ukulele enthusiast.

Paul Holbrook
Age Performance

Paul Holbrook has a Master’s degree in Gerontology from the Fischer Institute for Wellness at Ball State University and experience at the Human Nutrition Research Center on Aging at Tufts University. A Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, he has worked as a personal trainer for over 20 years. In 2005, Paul founded the Age Well Center, a human performance training center for older adults.

Paula Fowler
Utah Opera Preview: “Silent Night”

Paula Fowler is the Director of Education and Community Outreach for Utah Symphony | Utah Opera, a position she has held since the two companies merged in 2002. She was Education Director for Utah Opera for five years before the merger. She helps oversee Utah Opera’s Resident Artist program, manages outreach to schools and communities around the state, runs the company’s classroom operas program, and enjoys creating music events for special populations.
belief that, through merging breath with asana while listening to the body’s deeper wisdom, one can prevent injuries and find greater ease in movement and stasis.

Ruth Palmer  
Beginning Line Dancing

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

Ryan Carver  
Falling for You: Banish the Fear of Falling Forever

Ryan Carver, B.S., CSCS, has been a strength coach and personal trainer for 15 years and owns Leverage Fitness Solutions in Cottonwood Heights. Leverage Solutions specializes in helping retirees defy the status quo around aging and drink from the fountain of youth. Ryan is also a Functional Aging Specialist and an international finalist for Personal Trainer of the Year.
Sharon Spaulding
The Battle for Women’s Rights: An Overview of Suffrage and Reproductive Rights in the U.S.

Sharon began her career writing freelance stories for newspapers and magazines before launching a career in marketing and communications with a public relations agency in Chicago in the 1980s. Throughout her career, she has written all manner of copy for a wide range of digital and print media including ghost-writing for CEOs, academics, and politicians. A few years back, she closed up her own firm to return to writing full-time. A film buff, she assistant-produced the internationally acclaimed documentary, 3,000 Cups of Tea: The Rise and Ruin of Greg Mortenson, and curated film programming for the Parliament of the World’s Religions in 2015. A one-time photographer, she loves to travel, especially to remote corners of the world. She has worked with numerous non-profits dealing with issues such as women’s rights, education, and the arts. She also chairs a non-profit organization renovating an historic, water-powered mill in New Hampshire that dates back to 1767. It will open in 2020 as a center for experiential learning, a museum, and a community gathering space.

Shannon Warenski
History of Funeral Services

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

Sally Smith
Literature of Aging and Love

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

Scott Williams
Journalism, Law, and Ethics in the Movies

Scott Williams, a retired civil litigator and trial lawyer, was a partner and member of the board of directors of a prominent Salt Lake Law Firm. He represented Utah Civil trial lawyers in the national Defense Resarch Institute for several years. He has presented numerous lectures on various aspects of civil litigation. He currently is affiliated with Utah Alternatie Dispute Resolution and volunteers as legal counsel for a nonprofit organization. He enjoys taking film and literature classes at the University of Utah. He has taught several classes at the Osher Institute including "Law in Film: Parts 1 & 2," "Journalism Law and Ethics in the Movies," and "The Cold War in Film."
INSTRUCTOR BIOS

Sheral Schowe  
Discover the Wines of Cataluña Spain

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

Sheryl Allen and Trisha Beck  
The Pulse of Utah Politics: What’s Happening on the Hill

Professionally, Sheryl Allen served as Director of the Davis Education Foundation. Prior to that, she served as president of the Davis County Board of Education and represented the 19th District in the Utah House of Representatives from 1994 to 2011. In 2010, she ran for Lt. Governor of Utah as a member of the first major bipartisan ticket in Utah history. Although she lost that election, Sheryl has remained committed to improving the lives of Utah residents, working as an advocate for Real Women Run at the YWCA, Alliance for a Better Utah, the Aileen Clyde Women of the 20th Century Collection at the University of Utah’s J. Willard Marriott Library, and KUED.

Trisha Beck has over 30 years in the political arena serving first as a volunteer lobbyist advocating for individuals with disabilities, quality public education, and affordable health care. She later served in the Utah State House of Representatives from 1997-2002 and again in 2009-2010 representing parts of Sandy and Draper. Trisha has served on dozens of state and national boards and committees. As a mother of six, in 2002, Trisha received a degree in Political Science from the University of Utah. Currently, Trisha works as a consultant and motivational speaker teaching courses to interested individuals who aspire to learn more about how to influence public policy.

Sonja Farnsworth  
Understanding Propaganda

Sonja Farnsworth received her B.A. in English Literature from BYU in 1972 and M.A. in Communication Studies from San Jose State University in 1999. After receiving her M.A., she interned at Los Gatos Community College, then taught classes in communication theory (which includes propaganda theory) and academic writing as adjunct faculty until 2018, when she retired.

Stephen Hall  
WWII in Western Europe

Stephen C. Hall, (Colonel, U.S. Air Force, Retired) is a Professor of the Practice in Literature, Media, and Communication at the Georgia Institute of Technology. He is a former Senior Fellow at L-3 Communications Systems-West (CS-W), Salt Lake City, Utah, and currently is a lecturer on World War I and World War II history at the Osher Institute for Lifelong Learning at the University of Utah. He is a 1967 Industrial Management graduate of the Georgia Institute of Technology, received his Master’s degree in Management from Troy State University in 1976, and served 26 years in the Air Force. At CS-W, Colonel Hall created and executed the CADRE training program for exceptional performers and acted as professional liaison between CS-W and Georgia Tech. Colonel Hall has lectured for many years to audiences in the Salt Lake Valley, Georgia Tech, Morehouse College, and the University of Utah. He is a 2017 recipient of the Brooke Hopkins Award for Excellence in Adult Education at the University of Utah. Colonel Hall and his wife underwrite six scholarship programs at Georgia Tech and Spelman College and were the recipients of the 2017 Ivan Allen College Dean’s Appreciation Award.
Terrell Dougan
*Memoir Writing: No Ordinary Lives*

Terrell Harris Dougan’s memoir, *THAT Went Well*, was published in 2009 by Hyperion. Her earlier work includes ten editions of *This is the Place: A Guidebook to Salt Lake City* (with Jo Rose) and *We Have Been There: A Guidebook for Families of People with Mental Retardation* (with Lyn Isbell and Pat Vyas). Her weekly humor column, *Of All Things*, ran every Monday in the Deseret News from 1967 to 1980 when the Governor of Utah asked her to be his Community Relations assistant. Her earlier employment included stints with *Good Housekeeping* and *Mademoiselle* magazines. Before that, she reported all the juicy news from Ensign School’s third grade, in the Salt Lake Tribune’s School News and Views column. Her education has been at Stanford and the University of Utah, where her last class was in tap dancing.

Tim Chambless
*Current Issues*

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

Walter Jones
*Northern Great Plains Indian Wars*

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

Wayne Egan
*The Simple Joys of Singing*

Kenneth Egan has a Ph.D. in German from the University of Texas at Austin. He taught at the University of Texas, Westminster College, and the University of Phoenix. His avocation is traditional jazz piano. He is an adept improvisor, well versed in basic jazz harmony and the songbook that will be the subject of the course. He has lectured on the great American songbook for private groups for several years and has recorded and produced three CDs on the Nuance label.
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>9:30 AM</td>
<td>- Jewelry Making 1/28 - 2/11 (SL)</td>
<td>- British Painting (CH)</td>
<td>- Current Issues: Section 3 (CE)</td>
<td>- Birds, Biology and Binoculars-Connecting to the outdoors</td>
<td>- Utah Symphony (SL)</td>
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<td>- Northern Great Plains (CH)</td>
<td>- Magdelene Laundries (CE)</td>
<td>- Democracy in Peril (CH)</td>
<td>- Connecting to the outdoors through birding (SL)</td>
<td>- Digitizing Memories (CE) on 1/31</td>
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<td>- The Pulse of Utah Politics: What's Happening on the Hill (SL)</td>
<td>- Three Tragedies (CH)</td>
<td>- Korean Ink (CE)</td>
<td>- Breaking The Rules (CE)</td>
<td>- Don’t Get Mad, Be Even (CE)</td>
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<td>- WWII in Western Europe (CH)</td>
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<td>- Medical Ethics (CE)</td>
<td>- Journalism, Law and Ethics (CH)</td>
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<td>- Yoga for All Bodies (SL)</td>
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<td>- Mind Over Matter (CE)</td>
<td>- Pilates: Life In Balance (SL)</td>
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<td>- Removing Clutter (CH)</td>
<td>- Policing in America (CH)</td>
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<td>- Trends in Schools (CE)</td>
<td>- SL County Caregiver Academy (CE)</td>
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<td>- Weavers Stories (CH)</td>
<td>- Writing &amp; Illustrating</td>
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<td>Correspondence (CE)</td>
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<td>- Justice Ruth Bader Ginsburg (SV)</td>
<td>- iPad and iPhone (CH)</td>
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<td>- Advances in Bioengineering (CH)</td>
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<td>- Bon Voyage 1 (CE)</td>
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<td>- Literature, Aging &amp; Love (CE)</td>
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<td>- Midsummer Nights Dream (CH)</td>
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<td>- Rural Voices (CE)</td>
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<td>12:00 PM</td>
<td>- Tanner Dance for Osher Members: Tap Dancing (SL)</td>
<td>- LUNCH &amp; LEARN (CH)</td>
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<td>12:45 PM</td>
<td>- Tanner Dance for Osher Members: Tap Dancing (SL)</td>
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<td>1:30 PM</td>
<td>- Battle for Women’s Rights (CH)</td>
<td>- Age Performance (SL)</td>
<td>- Beginning Line Dancing (10)</td>
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<td>- Calligraphy (CE)</td>
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<td>- Bon Voyage 2 (CE)</td>
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<td>- Falling For You: Banish the Fear of Falling Forever (SL)</td>
<td>- History of Medicine (CH)</td>
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<td>- Flamenco Appreciation (10)</td>
<td>- Military Intelligence Part I (CE)</td>
<td>- Matter of Rome (CH)</td>
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<td>- Tai Chi for Fall Prevention (10)</td>
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<td>- Political Corruption (CH)</td>
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<td>- The Simple Joy of Singing (MC)</td>
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<td>1:30 PM</td>
<td>- Utah Opera Preview (SL)</td>
<td>- Utah’s Polluted Air (CH)</td>
<td>- Rhythm Ukulele (10)</td>
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<td>- Why Nations Succeed (CE)</td>
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<td>- Sacred Mountains (CH)</td>
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<td>- Who Wrote Shakespeare? (CH)</td>
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<td>- Writing Through Grief (CE)</td>
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<td>1:45 PM</td>
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<td>- Dance Fitness (10)</td>
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<td>- Introduction to Swing Guitar (10)</td>
<td>- A Soldier’s View (CH)</td>
<td>- Beginning Ukulele (10)</td>
<td>- Common Health Problems in the Elderly 2 (CH)</td>
<td>- Creative Friday Afternoon Activity with Grandchildren (CE)</td>
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<td>- Everyday Mindfulness (CE)</td>
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<td>- Invisible Illness (CH)</td>
<td>- Introductory Hand Drumming and Rhythm (10)</td>
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<td>- Understanding Propaganda (CH)</td>
<td>- Understanding Propaganda (CH)</td>
<td>- Master and Margarita (CH)</td>
<td>- Memoir: No Ordinary Lives (MC)</td>
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<td>- Military Intelligence Part II (CE)</td>
<td>- Nutrition for Aging (CE)</td>
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<td>- Time, Gods and Kings (CH)</td>
<td>- Stories From The SLC Cemetery (CH)</td>
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<td>- Afterhours with Experts (CH)</td>
<td>- Afterhours with Experts (CH)</td>
<td>- Discover the Wines of Cataluña Spain - 1/29 Marriott Hotel</td>
<td>- Psycho-biddy: Women in Horror Films (CE)</td>
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<td>- History of Funeral Service (CE)</td>
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<td>- Judy Garland (CE)</td>
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<td>Evening</td>
<td>- Intermediate Photography (CE)</td>
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<td>- Memoir: No Ordinary Lives (MC)</td>
<td>- Nutrition for Aging (CE)</td>
<td>- Stories From The SLC Cemetery (CH)</td>
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LOCATION KEY

(10) 10th East Senior Center
(CE) Continuing Education Building - 540 Arapeen Dr.
(CH) Commanders House - 1965 De Trobriand Street
(MC) Monson Center - 411 E South Temple
(SL) Salt Lake City - see class listing for location
(SV) Summit Vista - 3990 W Signal Peak Dr.
Commander’s House, Fort Douglas

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

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

Administrative and Registration Offices

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

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

Tenth East Senior Center

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

Thomas S. Monson Center

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

Summit Vista

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

Check the class listing in this catalog for your class location.
Lifelong Learning
Lifelong Learning at the University of Utah designs its courses for inquisitive adults ages 18 and up. Sign up for a course and learn more, do more, become more.
lifelong.utah.edu

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

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

PERSONAL ENRICHMENT

The Osher Lifelong Learning Institute is one of the three personal enrichment programs offered by the University of Utah.
Class Registration and Special Event
RSVP Request Processing
Register online at osher.utah.edu or by calling 801-581-7155. Registration and RSVP requests are processed as they arrive in the office or online. If a class or event you request is full your name will be placed on the wait list. Registration status (confirmed or wait-listed) will be noted on your confirmation.

Special Fees
In many cases special fees may be waived if you do not wish to receive the materials. Please call the Osher office at 801-585-5442 for assistance.

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

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

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

Cancellation of Classes
In the event of university closure, Osher classes and activities will be canceled. Listen to your local radio station for university closure announcements or call the Osher office. Occasionally a class will be cancelled at the request of the instructor. Every effort will be made to schedule a make up class at a time that is convenient for the most students.

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

Special Events
RSVPs are required for all events. To ensure all members have an opportunity to attend some events, there is a four event per member limit. Additional events may be requested one week in advance of the event and will be honored on a space available basis. Call the office to check availability.

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

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

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

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

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

MASTER SPONSOR
Continuing Education & Community Engagement (CECE)
CECE provides the operational infrastructure for our Osher Institute.

MASTER DONOR
Bernard Osher Foundation
The Bernard Osher Foundation was founded in 1977 by Bernard Osher, a respected businessman and community leader. Among other priorities, the Foundation funds Osher Lifelong Learning Institutes for people 50 and better on 123 campuses of higher education across the country.

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

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

CAMPUS AND COMMUNITY PARTNERS
Marriott Library
Natural History Museum of Utah
Red Butte Garden and Arboretum
Tenth East Senior Center
The University Guest House and Conference Center
Utah Museum of Fine Arts
University of Utah Alumni Association
University of Utah Emeriti Club

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

CURRICULUM COMMITTEE
John Boles - Vice Chair
Kathie Cooper-Smith - Past Chair
Sandy Clark - Lunch & Learn
Dot Blakeley
Linda Johnson
Marilyn Copeland

Judy Donnell
David Hibdon
Steve Hudson - Lunch & Learn
Mary Jo Westen
Mary Kirkpatrick
Helle LeRette
Luci Malin - Chair
Barbara Reid - Past Chair
Tamara Springer

SPECIAL EVENTS COMMITTEE
Angie Matinkhah - Co-Chair
Jill E. Meyer
Nancy Morrison - Co-Chair
Connie Reed
Jill Smith
Rose Webber
Frank Wilson
Pam Wilson

15TH ANNIVERSARY COMMITTEE
Jill Meyer - Chair
Anne Asman
Gerri Blair
Laurie Brussow
Dennis Clark
Joyce Federer

Betty Forsyth
Karen Hyde
Angie Matinkhah
Robin Pendergast
Connie Reed
Janet Sahakian
Pam Sanders
Jill Smith
Lauraine Stephen
Frank Wilson
Pam Wilson

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

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

THANK YOU
Share Osher
Invite a friend to class

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

Note: Some people may like to sample the Osher experience before joining. Guests are welcome to sample Special Events and Courses on a space available basis with prior approval of the Osher office. See page 57 for the guest policy.