Your Place in the Sun

SPRING 2022

We offer classes in
Visual Arts ∙ Politics ∙ History ∙ STEM ∙ Fitness ∙ Literature ∙ Music

Registration Opens March 4
osher.utah.edu
Letter from the Director

Springtime Renewal

The Spring 2022 catalog in your hands marks the second year of online learning at Osher. What a crazy ride it’s been. As Osher members, volunteers, instructors, and staff, we all inspired each other to keep learning, growing, and trying new things during very challenging times. Being part of this outstanding learning community has made the difference in the lives of so many. Thank you for your support and participation!

What will our future bring?

The world seems at a crossroads with the new hybrid reality birthed by COVID. Osher is no exception. We continue to offer you both online and in-person classes this spring, remaining hopeful and optimistic that our beloved Osher program will return to its all-time high number of 2020 enrollments, memberships, and courses and events offered, pre-COVID.

To support this hybrid endeavor, we are pleased to welcome a new Osher staff member: Sandy Richards joined our team in January as a third program coordinator. Sandy comes to us from the Registration and Information team, bringing her excellent customer service skills and love of the Osher program. We are lucky and thrilled to have her!

Our future direction in this new reality will require even more support from you. Please show us if this program has meant something to you, especially over the past two years. Share your ideas for classes, instructors, lunch and learn lectures, and growth. Pass the word to help recruit new members who can benefit from the gift of Osher that just keeps giving…to its members, instructors, volunteers, and staff.

Special events remain challenging for our team of volunteer committee members to plan and schedule in this environment. Please check our website often for updates on when we will be able to visit our favorite sites throughout the Salt Lake Valley and beyond.

Consider volunteering to help coordinate our events and courses if you have time to give to this worthy and fun cause. Please email the Osher staff at osher@utah.edu for more information and to submit your new ideas!

Speaking of fun, 71 thought-provoking courses await to help you find your place in the sun this spring.

Stimulate your intellect with our new Genomic Medicine Lecture Series. Connect with your classmates during an armchair visit to New York City with Masterpieces at the Metropolitan Museum of Art. Broaden your perspective with Race in America taught by Beth Whitsett. Learn a new skill in Yoga for Movement with Kelley Ingols or Mindful Movement with Nando Raynolds. Dive deep into your COVID-19 experience in Writing Through Grief with Debbie Leaman. Or turn COVID mask rules on their head with creative expression through Mask Making with Shelby Rickart. Enjoy the pondering the possibilities and we’ll see you in class!

—Jill E. Meyer, Director
Passion Ripples Outward

Osher members love to share their passion for learning, which creates a domino effect that inspires others to discover new interests. It’s amazing what can happen when passion is connected with purpose. New perceptions are gained, deeper connections are made, along with the exciting realization that reaching one’s potential can be a thrilling lifelong pursuit.

Judy and John Boles
Osher Members
American Pragmatists: Peirce and James  
*L. Rex Sears*

Of the various schools of philosophical thought, pragmatism is the one native to America. It was birthed in the late nineteenth and early twentieth centuries by a circle that included Oliver Wendell Holmes, the Supreme Court justice, and William James, generally credited as the father of American psychology. Some of the earliest and most durable pragmatist writings appeared not in scholarly journals but in The Popular Science Monthly, originally published to disseminate scientific knowledge to the educated layman. This course will cover some of C.S. Peirce’s and James’ most accessible—and practical—papers, and through them logic, epistemology (theory of knowledge), religious faith, and free will. This course will be like the pragmatists themselves: accessible and engaging to all philosophically inclined learners, whether or not they have prior formal philosophical training or education.

OSH 130-001 | Tuesday 9:30-11:00 AM  
Mar 22-May 3, 2022 (no class Apr 4)  
Room 246  
540 Arapeen Drive, Salt Lake City 84108

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

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

OSH 228-001 | Tuesday 11:30 AM-1:00 PM  
Mar 29-May 3, 2022  
Room 232  
540 Arapeen Drive, Salt Lake City 84108

Becoming a Bird Watcher  
*Jeanne Le Ber*

The key to becoming a bird-watcher is understanding the general impression, size, and shape (GISS) of the bird. The GISS, plus the bird’s color pattern, habitat, and song/call are characteristics that lead bird-watchers to accurately identify the bird. This course will be a mix of alternating Monday in-person class lessons and Thursday or Friday in-person field trips. Field trip size is limited to six class members. Beginning bird-watchers will develop skills that help them to classify and identify birds based on plumage, song, behavior, habitat, and season. In-class lessons focus on identifying birds, selecting appropriate gear, how to get involved in local birding groups, participating in community science, and online and print resources. This course will feature three field trips to various habitats, one group of six going on Thursdays and one group of six going on Fridays.

OSH 868-001 | Monday and Thursday 9:30-11:00 AM  
Mar 28-Apr 14, 2022  
Room 232  
540 Arapeen Drive, Salt Lake City 84108 and Thursday field trips at various locations
Beginning Ukulele
Marci Villa

Learning to play the ukulele is fun and easy. This versatile instrument can be played in any style from rock and roll to gospel, old classics to new songs. This course is for soprano, alto, and tenor C-tuned ukuleles. We will learn the various parts of the ukulele and their functions, how to play 12 ukulele chords, and how to strum simple songs. Music is provided.

OSHER 595-002 | Tuesday 1:30-3:00 PM
Mar 29-May 3, 2022
Room 152
540 Arapeen Drive, Salt Lake City 84108

Books That Changed Our World
Bill Hardesty

The written word is a powerful tool in changing the world. This course will explore six classic books that did just that: Uncle Tom’s Cabin by Harriet Beecher Stowe; The Communist Manifesto by Karl Marx; The Rights of Man by Thomas Paine; The Jungle by Upton Sinclair; Bury My Heart at Wounded Knee by Dee Brown; and Oliver Twist by Charles Dickens. We will also look at how concepts raised in each book affect our current world. For example, Bury My Heart at Wounded Knee challenged how we look at history, and aren’t we doing this today?

OSHER 421-001 | Tuesday 1:30-3:00 PM
Mar 29-May 3, 2022
Room 154
540 Arapeen Drive, Salt Lake City 84108

Calligraphy: Introduction to the Italic Hand
Chris Dyson

One of the most popular styles used in contemporary Western calligraphy, the elegant Italic script was developed from antique Latin texts and inscriptions during the Italian Renaissance. Class members will learn variations on the alphabet and ideas for layout and design to create beautiful lettered art. Supplies list: Speedball

OSHER 457-001 | Thursday 9:30-11:00 AM
Mar 31-May 5, 2022
Room 246
540 Arapeen Drive, Salt Lake City 84108
C-2 nib (students can purchase the set of nibs, which includes the C-2), calligraphy ink (Speedball or Eternal), nib handle, and plain paper (copy paper is fine). Supplies can be purchased at Blick in Sugarhouse or on Amazon.

OSHER 615-002 | Monday 1:30-3:00 PM
Mar 28-May 2, 2022
Room 152
540 Arapeen Drive, Salt Lake City 84108

Cultural and Artistic Roots of the Italian Renaissance

Alessandro Achille Galvani

What happened in the 1200s and 1300s, before and after the Black Death, that shaped Western art forever? Near the end of the Middle Ages, different parts of the Italian peninsula were in contact with the leading hubs of cultural, economic, and artistic progress. It was a time of discovery but also of intense creativity and exchange with other cultures throughout the Mediterranean and beyond. Writers, artists, and artisans felt it was a new era; therefore, their communities needed an appropriate, modern style. As a result, they decided to bring back the styles, patterns, and contents of antique art as they perceived it. By examining the historical landscape of Siena, Verona, Florence, Pisa, Amalfi, and Venice, we will see how medieval artists thought and how they contributed to the creation of our modern artistic world.

OSHER 458-001 | Friday 9:30-11:00 AM
Apr 1-May 6, 2022
ZOOM

Cultural Geography

Chris Dyson

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

OSHER 24-002 | Thursday 1:30-3:00 PM
Mar 31-May 5, 2022
Room 154
540 Arapeen Drive, Salt Lake City 84108

Current Issues in American Public Affairs and Politics

Tim Chambless

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

OSHER 630-003 | Tuesday 1:30-3:00 PM
Mar 22-Apr 26, 2022
Room 232
540 Arapeen Drive, Salt Lake City 84108

OSHER 630-004 | Thursday 1:30-3:00 PM
Mar 24-Apr 28, 2022
ZOOM
Discovering Your Third Act: How to Fire Up Your Passion for an Encore Career after Age 55+
Steve Wrigley

This course is designed to not only inspire you to explore your goals and passions for your Third Act but also to give you an actionable plan on how to navigate a new and evolving phase of life. It is designed to support you in moving from your current career to a Third Act career after your initial retirement, re-energizing your current employment as you use it as a Bridge career, or helping you discover a new Third Act career that brings you more meaning and more reward during your Encore years. This course will help you integrate your Encore career into your overall desired lifestyle. Retirement is not a one-time event or a destination; it is a transition on a journey. As you enter your Third Act years, it is more important to think about what you are retiring TO, rather than what you are retiring FROM. Your Third Act is an opportunity for new goals, dreams, adventures, contributions, and personal reinvention with new interests, opportunities, explorations, relationships, and a new way of life. This class will help you move from a retired life to an inspired life. In the class, you will design a third act of life that is right for you by setting meaningful, attainable goals, and you will learn how to take simple steps to reach them. The instructor, a board-certified life coach and certified retirement-transition, career, and relationship coach, will help class members navigate change and inspire them with new possibilities.

OSHER 436-002 | Thursday 3:30-5:00 PM
Mar 31-May 5, 2022
Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070

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

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

OSHER 626-001 | Tuesday & Thursday 12:30-2:00 PM
Mar 29-May 5, 2022
10th East Senior Center, 237 S 1000 E, Salt Lake City, 84102

Drawing: Colored Pencil
Bill Laursen

Learn the fundamental techniques and principles needed to master this incredible modern medium. We will begin with an explanation of different types of pencils, paper, and strokes. Next, we will cover basic colored pencil techniques such as tonal layering. You will choose your own subjects, work at your own pace, and discover the versatile and vibrant medium of colored pencil. This class will give you a solid foundation to continue with drawing or to move into other media such as watercolor, oil, or acrylic painting. Students are responsible for purchasing their own supplies. Materials needed will be discussed in the first class and a shopping list will be provided.

OSHER 650-002 | Wednesday 5:15-6:45 PM
Mar 30-May 4, 2022
The Thomas S. Monson Center, 411 E. South Temple, Salt Lake City 84111

Eagle, Jaguar, and Serpent: Recurring Motifs in Mexican Art
Bernadette Brown

This course will trace the history of Mexican art forms from their ancient beginnings in the Valley of Mexico to the early twentieth century. We will focus on three motifs
found in Mexican art and culture, ranging from early farming cultures to those in post-conquest Mexico and the modern era.

OSHER 459-001 | Tuesday 9:30-11:00 AM
Mar 29-May 3, 2022
Room 232
540 Arapeen Drive, Salt Lake City 84108

Environmental Policymaking in the United States
Jane Yager

Environmental policymaking incorporates many approaches to address the effects of human activities on the natural world upon which all life depends. Every day, environmental policy is made, knowingly or ignorantly, by a variety of stakeholders: individuals, groups, communities, nongovernmental organizations, tribes, governments, and businesses. The purpose of this course is to introduce the history, concepts, and analytical methods of environmental policymaking in the United States. This information will be presented using real-world examples of environmental policymaking, from global warming to species extinction. This course will also explore how environmental policymaking can be a deliberative process, a fluke, a sin of omission or commission, an unintended consequence, a tragedy, a success, or c'est pire q'un crime, c'est un faute (it’s worse than a crime, it’s a mistake). A policymaking framework will be provided to assist participants in applying the skills and concepts learned in this course to identify, discuss, analyze, and address a variety of environmental concerns.

OSHER 452-002 | Wednesday 9:30-11:00 AM
Mar 30-May 4, 2022
ZOOM

Establishing Moon Base
Dennis Clark

We will learn about Moon habitats, what is involved in loading rockets with various necessary supplies, and new vehicles being created for the transport of astronauts to the dark side of the Moon. We'll discuss the implementation of NASA’s Artemis Plan, which includes the most powerful rocket NASA has ever built (the Space Launch System), the lunar-orbiting space station called Gateway, and the Artemis Base Camp planned for the Moon’s surface. We'll learn about experiments designed for growing food for consumption by the astronauts, ways to observe our solar system, and implementing plans for the next big step: the trip to Mars and beyond.

OSHER 460-001 | Monday 1:30-3:00 PM
Mar 28-May 2, 2022
ZOOM

Everyday Mindfulness
Julie Howell

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

OSHER 62-002 | Wednesday 3:30-5:00PM
Mar 30-May 4, 2022
Room 248
540 Arapeen Drive, Salt Lake City 84108

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
Examining the Criminal Mind
Georgette Leventis and Jennifer Johnson

Popular American culture feeds our seemingly insatiable appetite for stories of crime and pathological behavior. There are dozens of podcasts about true crime that keep us hooked. At the end of the day, the underlying question is always WHY do people commit crime. This course will explore the psychology of criminal thinking and behavior, the interaction of mental illness and crime (including legal concepts of insanity and incompetence), the role of drugs and addiction, and the growing problem of cybercrime. Additionally, we will examine the question of nature vs nurture in the psychopathology of the criminal mind. We will review high profile cases as a means to understanding the etiology of criminal behavior. The course will also provide an overview of how the federal and state criminal court processes address criminal behavior.

OSHER 778-002 | Wednesday 3:30-5:00PM
Mar 30-May 4, 2022
Room 246
540 Arapeen Drive, Salt Lake City 84108

Feldenkrais® Fundamentals: Self-Healing Through Movement
Carol Lessinger

This will be an inspirational two-day class to motivate yourself to practice gentle movement for self-healing. You will learn easy, intriguing movement sequences that lead to more pleasure in moving through your life. The key is using embodied self-awareness as a way to learn from the inside rather than from an outside source. Carol brings heart and wisdom to teach you to become aware of movement in ways you might not expect. Everyone is welcome. When there are floor sequences, you may do the movements from your bed if you cannot get onto the floor. See feldenkrais.com for information about the method.

OSHER 461-001 | Wednesday 1:30-3:30 PM
Apr 27-May 4, 2022
ZOOM

Five Lyricists: Mercer, Porter, Hart, Fields, and Bergman
Wayne Egan

Frank Sinatra once said, “A Johnny Mercer lyric is all the wit you wish you had and all the love you ever lost.” Perhaps song is the most beloved of the arts. People speak of “my song” or “our song” with an affection seldom felt for a painting or a novel. That sentiment owes as much to the lyrics as it does to the melody. This course will focus on telling the stories behind a treasure chest of songs from the vantage point of five standout lyricists—Alan and Marilyn Bergman, Dorothy Fields, Lawrence Hart, Cole Porter, and Johnny Mercer, all prominent lyricists who teamed with well-known composers or, in the case of Porter, as composer-lyricist. The class will include anecdotes about the period, the lyricists and composers; analysis of the lyrics and melodies; performance of songs (with a bassist) on the Monson Center Steinway piano; demonstrations from popular recordings from Internet archives; sporadic singing of select songs by an invited singer; and some group singing of well-known songs.

OSHER 462-001 | Wednesday 1:30-3:00 PM
Mar 30-May 4, 2022
The Thomas S. Monson Center, 411 E. South Temple, Salt Lake City 84111

Genomic Medicine Lecture Series
Center for Genomic Medicine at University of Utah Health

Six lectures will investigate the history and growth of the field of genomic medicine by exploring the various diseases, conditions, and syndromes studied at the Center for Genomic Medicine, as well as potential insights, treatments, and therapies garnered by such work.
“Genomics” refers to the study of the entire genome of an organism – the sum of all its genes and the resulting interactions between them. Genomic medicine includes multiple areas of interest, from inheritance of deleterious genes in large and small populations to the study of new mutations that cause illness. Vast databases and artificial intelligence-driven analytics can be used to diagnose patients, often newborns, within five days, or can potentially end the odysseys of those with chronic, undiagnosed illness. These programs cross multiple disciplines and interact with many types of medical care partners, bringing discoveries to the hospital bedside and preventative health care.

OSHER 464-001 | Thursday 11:30 AM-1:00 PM
Mar 31-May 5, 2022
ZOOM

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

OSHER 362-001 | Tuesday 3:30-5:00 PM
Mar 29-May 3, 2022
Room 246
540 Arapeen Drive, Salt Lake City 84108

History of the Most Important Six Countries in the Middle East
Abdulnaser Kaadan
We will survey major historical events, cultural patterns, nationalism, “modernization”, revolutions, and wars in the most important six countries in the Middle East. Emphasis will be given to the nineteenth and twentieth centuries but we will also examine the roots of Islamic civilization dating back to the time of its founder, Muhammad (early 7th century). Major developments include the growth and evolution of Middle Eastern societies, the expansion of European powers in the region, challenges the West presented to traditional
Something to Smile About

Why do our members seem to have extra pep in their steps and smiles on their faces? The answer’s simple. When perusing Osher’s carefully curated selection of thought-provoking courses that stimulate the intellect, broaden perspectives, and teach valuable and life-affirming skills, the corners of one’s lips automatically curve upward.

Tamara Springer
Osher Member & Volunteer

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culture, government, and society, and the struggle for independence and political pluralism by Middle East peoples and their rulers.

OSHER 653-001 | Thursday 5:00-6:00 PM
Mar 31-May 5, 2022
ZOOM

How Recycling Works – or Doesn’t
Alan Eastman

We all keep hearing that we should recycle, but exactly what should we recycle, and why? And what happens to all that stuff we put in the bins? What things can actually be recycled, and what things can’t? Is it really worth the time and effort to try? This class will give you the answers to all those questions, and more. You’ll see how recycling really works – or doesn’t!

OSHER 467-001 | Tuesday 11:30 AM-1:00 PM
Mar 29-May 3, 2022
ZOOM

Internet Security
Debbie White

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

OSHER 51-001  | Thursday 9:30-11:00 AM
Mar 31-Apr 14, 2022
ZOOM

OSHER 51-002  | Thursday 9:30-11:00 AM
Apr 21-May 5, 2022
Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070

**Introduction to Improvisation: Part Two**
Rebecca McCarthy

This class begins where the class Fundamentals of Improvisation left off, but that course is not a prerequisite. We will focus more intensely on long-form improvisation, utilizing journaling work, character development, effective communication, listening skills, and storytelling techniques. We will engage in popular improv games to create characters and virtual scenes, based on class members’ suggestions. We will explore how these tools help create personal narratives for insight, conflict resolution, and performance. Rebecca McCarthy is a professional actress and improv artist. She trained extensively with Roberta Maguire, one of the original members of Second City, and Klauniada, a European improv clowning duo who helped train Cirque du Soleil performers. Rebecca McCarthy’s research in improv has been used internationally for conflict management.

OSHER 468-001 | Monday 11:30 AM-1:00 PM
Mar 28-May 2, 2022
Room 232
540 Arapene Drive, Salt Lake City 84108

**Jordan River Critters**
Kylie Jones-Greenwood

Experience the wealth of plants and wildlife along the Jordan River in this exciting, active course! Each week, students will enjoy a nature walk along the Jordan River Parkway while discussing key plant or animal species that are representative of a trophic level of the Jordan River ecosystem. By the end of the course, students will be familiar with the entire ecosystem, from decomposers to apex predators. Instructors will provide a short weekly reading to allow students to familiarize themselves with class content in advance.

OSHER 470-001 | Tuesday 9:30-11:00 AM
Mar 29-May 3, 2022
Tracy Aviary’s Jordan River Nature Center, 1125 W 3300 S, South Salt Lake 84119

**Korean Ink Art: Brush to Rice Paper**
Joon Bae

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

Visit [osher.utah.edu](http://osher.utah.edu) for additional information, including pricing, special instructions, and to register.
Learn to Play Mah Jongg
Marilyn Morris

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

OSHER 742-001 | Monday 1:30-3:00 PM
Mar 28-May 2, 2022
Room 154
540 Arapeen Drive, Salt Lake City 84108

Let’s Write!
Debbie Leaman

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

OSHER 287-001 | Wednesday 1:30-3:00 PM
Mar 30-May 4, 2022
ZOOM

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

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

OSHER 355-001 | Wednesday 1:30-3:00 PM
Mar 30-May 4, 2022
ZOOM

Ludwig von Beethoven, A Musical Biography
Geraldine Johnson

Beethoven’s status as a giant in music history is well-earned: Nearly every expectation and stereotype we hold in the West about what music should be stems from his influence. He ushered in the Romantic era of music, which characterized the nineteenth century and turned custom on its head. His music was so definitive that the following generation of composers fought over the title of “Beethoven’s Successor” – and for the majority of his career, Beethoven was deaf! How did he do it? Find out!

OSHER 472-001 | Monday 1:30-3:00 PM
Mar 28-May 2, 2022
Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070
Marcie’s Movie Club
Marcie Collett

Each week, Marcie’s movie club will meet in person at the Broadway Centre Cinemas to watch a film offered by Salt Lake Film Society and then discuss it together. Class fee includes ticket charge for film. If in-person viewing is not feasible given COVID conditions during winter session, classes may revert to watching film on slfsathome.org platform with discussions by Zoom.

Note: Validated parking offered in the parking garage east of theater, in between Copper Onion and Copper Common. BRING PARKING TICKET INTO CLASS FOR VALIDATION STAMP.

OSHER 325-002 | Monday 3:30-6:00 PM
Mar 28-May 2, 2022
Broadway Centre Cinemas, 111 E 300 S,
Salt Lake City 84111

Mask Making
Shelby Rickart

Who lies behind the mask? You! Come make masks from scratch using papier-mâché, paint, and other materials. We will be making three masks: one tribal, one elemental (seasons), and one of your choice. The masks can be wearable and/or decorative. Making masks is a great way to tap into your creativity. Join the fun!

OSHER 678-001 | Monday 1:30-3:00 PM
Mar 28-May 2, 2022 (no class on Apr 4)
Room 230
540 Arapeen Drive, Salt Lake City 84108

Masterpieces at the Metropolitan Museum of Art
Margaret Landesman and Jill E. Meyer

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

OSHER 474-001 | Thursday 9:30-11:00 AM
Mar 31-May 5, 2022
Room 152
540 Arapeen Drive, Salt Lake City 84108

Medical Ethics and Law in Film
Jay Jacobson and Scott Williams

This course encourages participants to view at least one assigned, full-length, dramatic film or documentary at home prior to each class session and to be prepared to discuss the film and whatever ethical issues are raised therein. Class discussion will help participants see how long-standing principles of medical ethics and certain legal precedents function and compete with one another in medical care and research. Class members will also come to understand the styles and techniques used by filmmakers to enhance the use of reason, passion, and emotional appeal in the medical dramas studied. Films that will likely be viewed and discussed include The Doctor (1991), Awakenings (1990), Gattaca (1997), Lorenzo’s Oil (1992), The Farewell (2019), Wit (2001), and Three Identical Strangers (2018). Other bonus movies will also be recommended.

OSHER 477-001 | Thursday 9:30-11:00 AM
Mar 31-May 5, 2022
Room 232
540 Arapeen Drive, Salt Lake City 84108

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
Mindful Movement: Stretching and Qigong
Nando Raynolds

This class is an introduction to qigong and simple stretching patterns. Movements will be taught both as physical and energetic exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. No special clothing or experience is required, come as you are, and be ready to move about comfortably in your home space. We will be meeting over Zoom, and the class will include social time with other class members. A signed liability waiver will be required prior to the first class. The instructor will offer supporting resources of a suggested DVD available for purchase, free videos to view on YouTube, and ongoing virtual classes between Osher terms. This course is offered in conjunction with several other Osher Institutes across the country.

OSHER 432-002 | Tuesday 10:00-11:30 AM
Apr 5-26, 2022
ZOOM

Most Common Health Problems in the Elderly (Part 2)
Abdunaser Kaadan

The average lifespan of humans has dramatically increased in the last decade due to the advance in medicine. According to the United Nations, the world population of individuals aged 60 years or above will triple by 2050. In the UK alone, approximately 22% of the population will be 65 years or older by 2031, exceeding the number of those aged less than 25 years. However, 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.

OSHER 499-001 | Monday 5:00-6:00 PM
Mar 28-May 2, 2022
ZOOM

Paper Pain to Power – Clear Clutter & Organize Your Paper!
Marla Dee

Paper piles and overloaded files are taking over American homes; everything from the kitchen counter to the stuffed boxes in the basement. Come get the expert SYSTEMS that make getting through the paper, old and new, possible. You can overcome the paper pain and create simple systems to stay on top of all that keeps coming in. Marla Dee has been a professional organizer and trainer for 22 years. Paper organization is her specialty and passion.

OSHER 295-001 | Tuesday 1:30-3:00 PM
Mar 29-May 3, 2022
ZOOM

Photoshop Two
Lynne Bennett

Join us for an advanced photographic adventure in Photoshop Two! In this course, we will learn color-correcting techniques and how to retouch and enhance photos, work with layer masks, blend and combine images, colorize photos, and more. This class is an intermediate-level Photoshop course taught in a computer lab. All photos are provided for each lesson.

Prerequisite: Students must have a working knowledge of the basic tools of Photoshop and some experience using it.

OSHER 478-001 | Monday 11:30 AM-1:00 PM
Mar 28-May 2, 2022
Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070

Race in America and the Constitution
Elizabeth Whitsett

This course will look at race in America from 1619 to 2021 and will delve into provisions of the U.S. Constitution and decisions of the Supreme Court that address this issue. The class will be organized chronologically, looking at relevant legislative and societal events that drove Constitutional development during the last
230 years. We will focus on leading legal cases and some of the men and women who were pivotal in addressing slavery, racism, and equal protection.

OSHER 481-001 | Thursday 11:30 AM-1:00 PM
Mar 31-May 5, 2022
ZOOM

Raised on Radio
Jeffrey Walker

Return to those days of yesteryear when comedy (Jack Benny), suspense (The Shadow), mystery (Sherlock Holmes), soap operas (Dr. Kildare), Westerns (The Lone Ranger), and adventure (Sergeant Preston) filled the radio waves, and when great announcers, sound-effects artists, and sponsors made radio America’s dominant form of entertainment. Stay tuned—next week, same time, same station.

OSHER 482-001 | Thursday 1:30-3:00 PM
Mar 31-May 5, 2022
Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070

Reading Virginia Woolf: A Room of One’s Own, Mrs. Dalloway, and To the Lighthouse
Ellie Brady

Virginia Woolf (1882–1941) has had a profound and continuing impact on both literature and feminism. Today, more than eighty years after her death, she is widely read, studied, and admired as a feminist icon. Her stream-of-consciousness storytelling technique was an innovation for the novel, and her explorations of war, sexuality, mental illness, and women’s roles in society remain relevant today. In this course, we will read and discuss two of Woolf’s greatest novels, Mrs. Dalloway (1925) and To the Lighthouse (1927), and a book-length essay, A Room of One’s Own (1929), considered to be her most explicit defense of feminism.


OSHER 483-001 | Thursday 1:30-3:00 PM
Mar 31-May 5, 2022
Room 246
540 Arapeen Drive, Salt Lake City 84108

Sacred Mountains of the World
Jonathan Duncan

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

OSHER 320-001 | Thursday 3:30-5:00 PM
Mar 31-May 5, 2022
Room 246
540 Arapeen Drive, Salt Lake City 84108
Courses

Shakespeare: Statist or Republican?
Charles Boynton

Shakespeare considered the politics of his day in his writings. A sense of history pervades all of his work, which evinces a constant attraction to “republican” thinking. His era was filled with such thinking, and Shakespeare’s participation in it is often overlooked. In this course, we will examine Shakespeare’s fascination with “republicanism” in four of his works: the narrative poems Venus Adonis and The Rape of Lucrece, and the plays Titus Andronicus and Julius Caesar. Class members will participate by reading aloud sections of Shakespeare’s writings which demonstrate the points under discussion. The emphasis is always on Shakespeare’s language, not the history occasioning it.

OSHER 484-001 | Wednesday 9:30-11:00 AM
Mar 30-May 4, 2022
Room 246
540 Arapeen Drive, Salt Lake City 84108

Survey of Sacred Music
Lewis Phelps

Various genres will be featured: chant, mass, motet, choral, cantata, requiem, oratorio, passion, anthem, carol, hymn, and adhan, with focus on specific works of Bach, Handel, Mozart, Brahms, Mahler, Verdi, Poulenc, Britten, Bernstein, and others. We may try performing a few easy excerpts! Come and participate in a review of our sacred musical heritage.

OSHER 485-001 | Wednesday 11:30 AM-1:00 PM
Mar 30-May 4, 2022 (No class on Apr 6)
The Thomas S. Monson Center, 411 E. South Temple, Salt Lake City 84111

That’s Swell! The Archaeology and History of Emery County, Utah
Candice Cravins

Emery County, Utah, is home to a wide array of geological, archaeological, and historical wonders. “The Swell,” a massive, beautifully rugged maze of winding canyons, pinnacles, buttes, and mesas, is located in an area bounded by Castle Dale, Green River, Hanksville, and the northern end of Capitol Reef National Park. This course will survey a variety of archaeological and historical sites and figures throughout the region. Learn about the prehistoric Fremont culture, the Rochester, Sego, and Buckhorn Wash rock art sites, John Wesley Powell’s early explorations of the region, the history of river running on the Green and Colorado rivers, early pioneer homesteading and industry development, and more.

OSHER 486-001 | Monday 3:30-5:00 PM
Mar 21-May 2, 2022 (No class Apr 4)
ZOOM

The Culture of Utah Politics
Brian King

We may view those with whom we disagree about deeply felt political issues as not just wrong but also morally inferior. Gaining more information about how and why this is true, coming to a greater understanding of how these political issues divide us, and developing methods to bridge the gap between people on opposites sides of those strongly held beliefs are more important today than ever. In this course, we will explore these issues by discussing the history of, and crosscurrents in, Utah politics, how the Utah legislative process works, how Utah’s political climate is affected by cultural and religious values and influences, and how Utah is influenced by national issues and trends. Guest presenters may include current or former elected officials.

OSHER 487-001 | Wednesday 9:30-11:00 AM
Mar 30-May 4, 2022
The Thomas S. Monson Center, 411 E. South Temple, Salt Lake City 84111
The Films of Alfred Hitchcock: Part One 1938 to 1951
Sharon Swenson

Known as “the master of suspense,” Hitchcock is notable for having created over 50 films that engaged audiences and for having built a body of work with remarkable similarities – and differences – in style, theme, and structure. This class will examine his early films, including The 39 Steps, The Lady Vanishes, Rebecca, Shadow of a Doubt, Notorious, and Strangers on a Train. Motifs examined will be cinematic chiaroscuro (the play of light and dark), skillful creation of anticipation, icy blondes and dominating mother figures, the omnipresence of guilt, and the ability to shoot and edit film in a way such that spectators become voyeurs, peering into the private lives of characters and experiencing anticipation and dread. Hitchcock’s unique trademarks include his own cameo appearances in each film and a soupçon of humor to increase the suspense.

OSHER 490-001 | Tuesday 11:30 AM-1:00 PM
Mar 29-May 3, 2022
Room 248
540 Arapeen Drive, Salt Lake City 84108

The Plainsong Trilogy, by Kent Haruf
Sally Smith

Plainsong, Eventide, and Benediction comprise a trilogy of understated novels of small-town life in the fictional town of Holt, Colorado. These stories sensitively portray characters of all ages, with a special focus on aging. “What I’ve seen is the sweet kindness of one person to another. Just time passing on a summer’s night. The ordinary life.” (Benediction, p. 163.) Haruf is also the author of the late-life romance Our Souls at Night, which was made into a motion picture starring Robert Redford and Jane Fonda.

OSHER 491-001 | Thursday 11:30 AM-1:00 PM
Mar 31-May 12, 2022 (No class on Apr 21)
Room 248
540 Arapeen Drive, Salt Lake City 84108

The Wasness of the Is
William Christiansen

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

OSHER 107-002 | Wednesday 11:30 AM-1:00 PM
Mar 30-May 4, 2022
Room 154
540 Arapeen Drive, Salt Lake City 84108

Time, Gods, Blood, and Rulership: Ancient Maya Religion
Richard Paine

The Maya religion, especially the ancient Maya religion, holds an enduring fascination. 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 self-sacrifice, the religious roles of rulers, and ways

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

the Maya have reconciled traditional religion with Christianity in the time since the Spanish conquest.

OSHER 492-001 | Wednesday 3:30-5:00 PM
Mar 30-May 4, 2022
The Thomas S. Monson Center, 411 E. South Temple, Salt Lake City 84111

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

OSHER 389-002 | Thursday 3:30-5:00 AM
Mar 29-May 3, 2022
ZOOM

Uniquely Utah: Beyond the Fab Five
Nicole Anderson
We will explore some of Utah’s off-the-beaten-path, hidden gems using videos, presentations, photographs, art, and storytelling. In each class, we will get to know a specific region of Utah as we take an in-depth look at the Parowan Gap, the Great Salt Lake, the Mars Desert Research Station, Pando, and Nine Mile Canyon, one of Utah’s best archeological sites. There will be a bonus non-Utah gem: The Tank Center for Sonic Arts in Rangeley, Colorado. Students will receive a couple of short readings prior to each class session to prepare for that week’s topic.

OSHER 494-001 | Tuesday 3:30-5:00 PM
Mar 22-Apr 26, 2022
ZOOM

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

OSHER 337-002 | Thursday 3:30-5:00 PM
Mar 31-May 5, 2022
Room 248
540 Arapeen Drive, Salt Lake City 84108
World War II in The Pacific
Stephen C. Hall

As with its two predecessors, World War II in Eastern Europe and World War II in Western Europe, World War II in the Pacific focuses on the specific events of the Pacific campaign, but even more on the decisions that led to victory. We will carefully examine the pros and cons of the major decisions, the factors in play, and why the final decision was what it turned out to be. We begin at Pearl Harbor, visit China/India/Burma, we discuss the Pacific land and maritime campaigns (MacArthur and Nimitz, respectively), and end with two lectures on the Manhattan Project. We devote one entire lecture to exploring the questions: Why did we use the atomic bomb at all? Why did we use it in the manner we did? Why did we use it when we did? We finish with a detailed lecture on the Hiroshima and Nagasaki missions.

OSHER 754-001 | Tuesday 9:30-11:30 AM
Mar 22-Apr 26, 2022
ZOOM

Writing the Natural World
Nicole Anderson

Each class session will contain readings, examples, explanations, discussions, and an assignment to write about the natural world. Exercises will be in flash format of 500 words or less, with a longer essay option of up to 3,000 words. We will explore eco-memoir, natural history, environmental activism journalism, personal reflections, and place-based writing. We will read short works by Nan Shepherd, Henry David Thoreau, and Carla Koons Trentelman, to name a few. We will share our own work with each other to inspire classmates and ourselves.

OSHER 497-001 | Thursday 3:30-5:00 PM
Mar 24-Apr 28, 2022
ZOOM

Writing Through Grief
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, the pandemic, divorce, aging, illness, job loss – 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. One optional goal of the class is to write a personal essay. All writing levels are welcome and no writing experience is necessary. Please keep in mind this is not group therapy.

OSHER 606-001 | Wednesday 9:30-11:30 AM
Mar 30-May 4, 2022
ZOOM

Yoga for Movement
Kelley Ingols

Yoga brings us into moving our bodies in new ways while we connect with our breathing. These six yoga sessions will help to integrate movement with breathing techniques. With more practice, you will feel stronger, more flexible, and more centered.

OSHER 498-001 | Wednesday 5:00-6:00 PM
Mar 30-May 4, 2022
ZOOM
Lectures

Instructors present individual lectures on a single topic for one session only

**Digitizing Your Memories**
*Debbie White*

Do you want to know what can be done with all your print photos, negatives, slides, and videos? This single three-hour Zoom class will teach you 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. 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 25-002 | Friday 9:30 AM-12:30 PM
Apr 1, 2022 | ZOOM

**Google Maps Refresher**
*Pat Lambrose*

Discover new tips and tricks in Google Maps. Review navigation, create more lists, and customize your maps to share with friends and family. Expand your knowledge and confidence in using Google Maps through demos and hands-on activities. Bring your laptop or tablet to class.

Prerequisite is completion of the Osher course “Google Maps: Become a Custom Mapmaker.”

OSHER 465-001 | Tuesday 3:00-6:00 PM
Apr 26, 2022 | Room 249
540 Arapeen Drive, Salt Lake City 84108

**Google Tools Refresher**
*Pat Lambrose*

Learn new tips and tricks for using Google tools. You’ll learn how to organize, create, store, and share your files for travel, business, family, social activities, and much more. Expand your skills using Google Docs, Sheets, Forms, and Sites. Let’s have fun while continuing to get organized! Bring your phone, tablet, or laptop to class.

Prerequisite: Completion of the “Google Tools: Exploring Drive and Sites” course.

OSHER 466-001 | Friday 9:30-11:30 AM
Apr 22, 2022 | ZOOM

**History and Literature: All the Light We Cannot See**
*Diane and Stan Henderson*

Historical novels tell interesting stories about a time and its people, requiring authors to do extensive research so their writing accurately reflects that history. Using *All the Light We Cannot See*, by Anthony Doerr, as the launching point, this class will offer a one-hour look at the history of France in World War II, including Free French Resistance and Nazi collaboration. We will continue with a discussion of the novel as contemporary literature.

Readers and history buffs welcome! Participants should read *All the Light We Cannot See* before class.

OSHER 209-001 | Thursday 3:00-6:00 PM
Apr 28, 2022 | Room 249
540 Arapeen Drive, Salt Lake City 84108

**Utah Opera Preview: The Pirates of Penzance**
*Paula Fowler and Carol Anderson*

You will receive an overview of Gilbert & Sullivan’s *The Pirates of Penzance* and Utah Opera’s May production of the work. The class is held in the Utah Opera Production.
Studios so that interested Osher students can sit in for a while in the afternoon’s staging rehearsal. The class is intended as an excellent way to prepare for attending one of the evening performances of the opera.

Opera plot: Frederic, an apprentice indentured to the world’s most trusting band of pirates, is celebrating his 21st birthday and searching for love when he encounters the Major General’s group of daughters. Hilarity ensues as the Major General plots to keep his daughters from the pirates, and the Pirate King makes plans to keep Frederic in his band.

OSHER 495-001 | Tuesday 1:30-2:30 PM
May 3, 2022
Utah Opera Production Studios 3rd floor Learning Center
336 North 400 West, Salt Lake City 84103

Utah Symphony Finishing Touches Preview: Beethoven Violin Concerto, Messaien, and Ravel
Sally Humphreys

Flautist Sally Humphreys will present a half-hour preview of the music in the May 27 “Finishing Touches Rehearsal” of the Utah Symphony. The class takes place in the First Tier Room of Abravanel Hall from 9:00 a.m. to 9:30 a.m. on Friday, May 27. Separate tickets are required to attend the actual rehearsal and can be purchased from the Utah Symphony Ticket Office, 801-533-6683; they can also be purchased immediately after the class, in the half hour before the rehearsal begins.

OSHER 496-001 | Friday 9:00-9:30 AM
May 27, 2022
Abravanel Hall, First Tier Room
123 W South Temple, Salt Lake City 84101

CANVAS

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

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

OSHER 12-001 | Thursday 3:30-5:00 PM
TAUGHT AS INDEPENDENT LEARNING ON CANVAS WITH THREE ZOOM SESSIONS on Mar 31, Apr 14, and May 5, 2022

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

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

OSHER 286-001
TAUGHT AS INDEPENDENT LEARNING VIA CANVAS

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

To understand today’s visual world and the perpetual barrage of images on screens, it pays dividends to increase your visual literacy by studying art. Art history takes you on a journey through the emotions, power, and aesthetics behind art of the past, while firing up your critical thinking and communication skills, which allows you to interact in bold new ways with the world today.

Jill E. Meyer  
**Osher Director**

Margaret Landesman  
**Osher Member & Instructor**
Lunch & Learn

Spring 2022, via Zoom

Little Cottonwood Canyon Environmental Impact Statement
March 30, 2022
Josh Van Jura, PE, Project Manager, Little Cottonwood Canyon Environmental Impact Statement Project, Utah Department of Transportation

Learn more about the problems Little Cottonwood Canyon currently faces regarding traffic management: mobility, travel time reliability, and safety. We will examine how these problems are projected to increase. We will outline the five transportation alternatives that the Utah Department of Transportation is proposing to solve these challenges.

What’s Changing in Climate Change - An Update
April 6, 2022
Alan Eastman, PhD, Retired Research Chemist, Osher Instructor

The world’s climate seems to be changing faster than ever before, and information about climate change is also flowing faster than ever. In the last year, we have seen a major new report on the changes, plus a high-profile international meeting on what to do about it all. This presentation will be a quick update and summary of what is happening now and some likely implications of the latest scientific information.

Cancer Care—Recent Developments and Future Treatment Strategies
April 13, 2022
Jonathan Whisenant, MD, Oncologist at Utah Cancer Specialists

Cancer management has changed rapidly over the past two decades. Dr Whisenant will present a broad overview of evolving cancer treatments, including a general movement away from traditional chemotherapy and toward new and often highly effective treatments. These treatments include: “targeted therapies” based on specific gene alterations found in cancers, strategies designed to harness the immune system in cancer treatment, smart “antibody-drug conjugates,” and other emerging novel treatments.

Aerial Mapping and Earthquakes in Utah
April 20, 2022
Steve Bowman, Geologic Hazards Program Manager, Utah Geologic Survey

The Utah Geological Survey recently released the Utah Aerial Imagery Database (https://imagery.geology.utah.gov) that contains over 277,000 images covering portions of Utah, 4370 index sheets, and 1820 documents related to these images. The images range in age from 1935 to the present and consist of a variety of types (black and white, color, color infrared, etc.). These images are useful for a variety of activities, including land-use management, tracking environmental and ground surface change, assisting with property boundary disputes, in geologic and geologic hazard mapping, for land development, and for recreational and personal interest by a variety of professionals and the public.

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
Women’s Suffrage
April 27, 2022
Eileen Hallet Stone, Writer and Former Salt Lake Tribune Columnist

Nearly a year after the Utah Territory first enfranchised women – the issue of polygamy aside—one can easily imagine the July 2, 1871 dedication of the new Liberal Institute in Salt Lake City when suffragist Susan B. Anthony addressed a full audience and made the floorboards shake in an electrifying speech. “There can be no salvation for womanhood but in the possession of power over her own subsistence.” The right for Utah women to vote was granted in 1870, revoked by Congress in 1877, and restored in 1895. While closed doors and revoked voting rights may have stymied a more timid population, how did Utah’s leading and diverse suffragists show their might, and in 1896 when Utah achieved statehood, see their policies rewritten into law? Let’s talk.

The Great Salt Lake!
May 4, 2022
Jaimi Butler, Coordinator of the Great Salt Lake Institute, Westminster College

The Great Salt Lake is d(r)ying. The largest saltwater lake in the Western Hemisphere and eighth-largest terminal lake in the world is at a crossroads due to water diversion, drought and climate changes. Self-proclaimed “lake nerd” Jaimi Butler will present the current status of our important local inland sea and strategies to help keep it great. This talk will include a recap of the 2021 legislative session and how we can work together to advocate for the lake in the future.
SPECIAL EVENTS

Special Events are a fantastic way to dip your toes into the eclectically exciting world of Osher. All of the events are created on a volunteer basis by dedicated Osher members willing to share their passions, talents, and community connections with their fellow members to facilitate unique opportunities and unforgettable experiences.

To learn more about upcoming special events and to register visit us at osher.utah.edu or email osher@utah.edu.
Tuning Out Distractions

With all the distractions in modern society, time spent fully engaged in a project is precious. Learning to play the guitar allows you to completely focus on the task at hand, which not only sharpens your concentration, it reduces stress and provides you with a unique sense of accomplishment. At the end of a guitar-playing session, you feel energized and ready to go out and make beautiful music in all areas of your life.

Bim Oliver
Osher Member & Instructor
Instructor Bios

Abdulnaser Kaadan
Most Common Health Problems in Elderly (Part 2)
History of the Most Important Six Countries in the Middle East

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

Alan Eastman
How Recycling Works - or Doesn’t

Alan Eastman has a PhD 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 about energy issues, and his dedication to continued research and staying informed has made him a subject matter expert on a variety of timely topics.

Alessandro Achille Galvani
Cultural and Artistic Roots of the Italian Renaissance

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

Anne Asman
Understanding Aging

Anne Asman completed an MS in interdisciplinary gerontology from the University of Utah. She has received a Dementia Dialogues Certification as a trainer and a Utah Certificate of Palliative Care Education. She has worked with the State Office of Aging and Adult Services and is a co-chair of the Coordinating Council for the Utah State Plan for Alzheimer’s Disease and Related Dementias. Anne has facilitated several presentations on advance...
Instructor Bios

directives and end-of-life planning. She is also an integral part of the committee with the Department of Psychiatry that is applying for a designated Geriatric Psychiatry Division. Anne has consulted with Community Nursing Services for the past five years.

Bernadette Brown
Eagle, Jaguar, and Serpent: Recurring Motifs in Mexican Art

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

Bill Hardesty
Books That Changed Our World

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

Bill Laursen
Drawing: Colored Pencil

Bill Laursen, a well-known Salt Lake-area artist and educator, has been painting and teaching for his entire career. His art credits include Best of Show from the Brigham City Museum Gallery, the Oneta J. Thorne Memorial Art Award for Outstanding Watercolor, and an Award of Merit from the Park City Arts Festival. Bill is a member of the Salt Lake County Art Selection Committee.

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

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

Brian King
The Culture of Utah Politics

Brian S. King serves in the Utah state House of Representatives. He was raised in Salt Lake City, graduated from the University of Utah College of Law in 1985 and has practiced law in Salt Lake City since then. Most of that time he has represented individuals suing health, life, and disability insurers and self-funded employee benefit plans. In 2008 Brian was elected to the Utah State House of Representatives as the Democratic representative for District 28 in Salt Lake City and part of Summit County. He is a member of the House Judiciary and Business and Labor Standing committees. He is the Leader of the House Minority. He is a member of the LDS Democrats caucus in the Utah Democratic Party. He served for years on the Board of Directors for the
Rape Recovery Center and currently serves on the Board of Directors for the ACLU of Utah. He has worked for a number of years on legislation that more specifically effectively balancing addresses victim rights, criminal justice, and civil liberties.

Bruce Landesman and Patricia Hanna

Being Serious about Political Liberty: What It Is and What It Isn’t

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

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

Candice Cravins

That’s Swell! The Archaeology and History of Emery County, Utah

Candice L. Cravins is an archaeologist and a museum professional currently serving as the executive director of the John Wesley Powell River History Museum in Green River, Utah. She has been designing and implementing in-person and online educational programs for K-12 students and teachers, undergraduate university students, and adults in university museums located in Utah, Texas, and Alabama since 2012. She taught introductory courses in biological anthropology, museums, and museum methods in archaeology for undergraduates in the departments of sociology, anthropology, and social work, as well as a course called Southeastern Archaeology and Museums for the Odyssey USA Lifelong Learning Program at the University of South Alabama. Candice holds a BA in anthropology from California State University, Bakersfield, and an MS in archaeology and cultural resource management from Utah State University.

Carol Lessinger

Feldenkrais® Fundamentals: Self-Healing Through Movement

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

Charles Boynton

Shakespeare: Statist or Republican?

Charles Boynton has spent decades studying Shakespearean plays and sonnets, as well as examining the problem “Who wrote Shakespeare?” His expertise and
Instructor Bios

enthusiasm are reflected in his involvement as past chair of the Marin Shakespeare Company and membership in the respected Shakespeare Oxford Society. Charles’s postgraduate education is in business.

Chris Horner

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

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

Christine Dyson

Calligraphy: Introduction to the Italic Hand

Chris became fascinated with calligraphy over 40 years ago and has studied with international master calligraphers from across the U.S., Canada, and England. Her experience includes studying at St. John’s University in Minnesota under Donald Jackson, who is the official scribe and calligrapher to Queen Elizabeth II. Chris focuses on ancient alphabets and illuminated letters. She has taught calligraphy classes in the public schools and also through community education. Her pieces have received Best of Show and Honorable Mention awards in juried exhibitions.

Cultural Geography

Chris Dyson received a BA in English and a master’s degree in education from the University of Utah. Before retiring in 2016, she worked for the Granite School District for 16 years as a classroom geography teacher and as a teacher specialist at the district office for 11 years. While working at the district office, she coordinated a Character Education/Service Learning Program for 90 schools and also served as a national trainer for the Community of Caring Program. She began teaching Cultural Geography for Osher in 2017.

David Derezotes

Living Consciously in an Ageist Culture: Dialogues about Our Futures

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

Debbie Leaman

Writing Through Grief
Let’s Write!

Debbie Leaman teaches various writing workshops, including Write Your Creative Aging Story: The Art of the Personal Essay, Writing Through Grief, and Re-Imagining Your Life: A Creative Aging Writing Workshop. Her writing, including personal essays, has appeared in numerous local, national, and international magazines.
and on a variety of websites. As a writing coach, Debbie listens deeply, helping others translate their thoughts, experiences, and feelings into words on the page.

Debbie White

Internet Security
Digitizing Your Memories

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

Dennis Clark

Establishing Moon Base

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

Diane and Stan Henderson

History and Literature: All the Light We Cannot See

Diane and Stan Henderson are avid readers–Stan reads history; Diane reads fiction. In other lives, Stan would have been a history professor and Diane an English professor. They have teamed up to share their passion for history and literature with the Osher community. In their previous worlds, Stan was the vice chancellor for Enrollment Management and Student Life at the University of Michigan-Dearborn, and Diane was an educational program planner and consultant. Both earned baccalaureate and degrees at Michigan State University. Stan earned an MA in Government at Cornell. Diane earned an MA in Communication at MSU.

Elizabeth Whitsett

Race in America and the Constitution

Beth Whitsett has practiced law in Utah and California since 1978. She is a graduate of the University of Southern California Gould School of Law, Yale University (MA in teaching), and Stanford University. She has broad transactional legal experience with a focus in recent years on compliance and governance, including code and policy development and employee training for U.S. and multinational clients. She is a former adjunct professor of law at the University of Utah S.J. Quinney College of Law.

Ellie Brady

Reading Virginia Woolf: A Room of One’s Own, Mrs. Dalloway, and To the Lighthouse

Ellie Brady received a BA in English Literature and a Master of Education (M.Ed.) in Teaching and Learning from the University of Utah. She taught literature, creative writing, English language development (ELD), and reading in the Salt Lake City public schools (secondary) for twenty years.

Georgette Leventis and Jennifer Johnson

Examining the Criminal Mind

Georgette Leventis has worked in the state and federal criminal justice systems for the past 28 years. She has been employed as a courtroom deputy clerk, Third District Juvenile Court intake officer, U.S. Probation and Pretrial Services officer, an investigator and mental health/mitigation specialist for the Federal Public Defender’s
Instructor Bios

Jennifer Johnson, LCSW, is a clinician in private practice in Salt Lake City, where she works with both individuals and couples. In December 2020, she retired after 23 years of service from the U.S. Probation and Pretrial Services Office as a supervisory probation officer. She worked in the federal criminal justice system on cases involving white-collar crimes, firearms violations, robbery, immigration, Internet sex crimes, sex trafficking, Reservations offenses, and drug trafficking. Her roles included completing presentence investigations for the court utilizing the Federal Sentencing Guidelines, preparing sentencing recommendations, supervising offenders who were reentering the community after incarceration, and completing sentencing mitigation assessments. In addition to her work with federal courts, she has taught at Westminster College in justice studies and psychology, focusing on the impact of drugs on society. She teaches at the Osher Lifelong Learning Institute and has previously taught at Salt Lake Community College. She completed her undergraduate work at the University of Utah and her MSW from Smith College.

Geraldine Johnson
Ludwig von Beethoven, Musical Biography

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

Jane Yager
Environmental Policy Making in the U.S.

Formerly senior economist for the White House Council on Environmental Quality, Dr. Jane Yager has held several senior environmental conservation positions in the public and private sectors, as well as adjunct faculty positions in mid-career graduate programs with Johns Hopkins University and the University of Maryland University College. Currently, Jane is volunteering with the STEM Lab/Schools Program at the Natural History Museum of Utah. She has a PhD and an MS in marine-estuarine-environmental sciences from the University of Maryland and a BS in ecology and evolutionary biology from the University of Arizona.

Jay Jacobson and Scott Williams
Medical Ethics and Law in Film

Dr. Jay Jacobson, Professor Emeritus in Internal Medicine, has studied, trained, or taught at the Universities of Michigan, Florida, Chicago, and Utah, and at the Centers for Disease Control. His specialties are Infectious Disease and Medical Ethics. He does clinical consultation at both Intermountain Healthcare hospitals. He established the multidisciplinary Division of Medical Ethics and Humanities at the University of Utah Medical School in 1989. His academic interests include medical errors and apologies, professional conflicts of interest, and ethical issues at the end of life.

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

Jeanne Le Ber

Becoming a Bird Watcher

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

Jeffrey Walker

Raised on Radio

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

Jim Mayfield

Eliminating Extreme Poverty: What Works and What Doesn’t!

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

Jonathan Duncan

Sacred Mountains of the World

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

**Joon Bae**

*Korean Ink Painting: Brush to Rice Paper*

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

**Julie Howell**

*Everyday Mindfulness*

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

**Kelley Ingols**

*Yoga for Movement*

Kelley Ingols has been teaching yoga since 2004. She brings elements of joy through heart-themed classes, while paying close attention to how we align our bodies and minds through yoga practice. Kelley enjoys incorporating nature and the natural world into her classes, and teaching outdoors is one of her favorite practices. Her first years of teaching yoga took place on the South Rim of the Grand Canyon, which led to developing a variety of workshops, including guiding students to Phantom Ranch. She taught yoga and elementary school students in her hometown of Flagstaff, Arizona, and she has been teaching in Utah for the past several years. A lifelong outdoors enthusiast, Kelley is deeply guided by the rhythms and flow of nature and the seasons, along with a deep reverence for Earth Wisdom.

**Kylie Jones-Greenwood**

*Jordan River Critters*

Kylie Jones-Greenwood, CIG (they/them) is Tracy Aviary’s Jordan River Nature Center Manager. They have an educational and professional background in theater, elementary education, and wildlife biology. They are a Certified Interpretive Guide through the National Association of Interpretation (which basically means they’re REALLY good at guiding educational experiences like this Osher class!) In 2019, they were honored as Utah’s Informal Environmental Educator of the Year for work in improving accessibility in Tracy Aviary’s educational programming. They are passionate about creating safe, inclusive spaces where all folx can learn, laugh, and grow, especially along the Jordan River Parkway! In their free time, Kylie loves knitting, baking, and birding.
L. Rex Sears
American Pragmatists: Peirce and James

After studying philosophy at the University of Utah (BS, MS) and Harvard (AM, PhD), and law at the University of Chicago (JD), Rex Sears finally found an intellectual, moral, and political hero, reading the walls of the Lincoln Memorial on the National Mall in March 2005. He’s been obsessed ever since. He still reads philosophy whenever he can—and when that happens, it’s usually one of the pragmatists.

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

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

Lewis Phelps
Survey of Sacred Music

Lew Phelps earned BM, MMeD, and AMusD degrees at the University of Arizona, studying voice, music history, and composition. He served as choral director at Point Loma High School, San Diego, and as professor of music at Mount Union College, Alliance, Ohio. He received the Great Teacher Award in 1999. A career highlight was spending a year lecturing at the BYU Jerusalem Center and Hebrew University.

Lynne Bennett
Photoshop Two

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

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.” She enthusiastically shares with others her affection for this small guitar and her passion for music. Twenty years of experience as a corporate trainer have honed her understanding of how people learn and have given her an exceptional ability to teach new skills to anyone who wants to learn.

Marcie Collett
Marcie’s Movie Club

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

Masterpieces at the Metropolitan Museum of Art

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

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

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

Marilyn Morris

Learn to Play Mah Jongg

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

Marla Dee

Paper Pain to Power – Clear Clutter & Organize Your Paper!

Marla Dee is an international speaker who has trained students from nine countries. With contagious enthusiasm and stories from real clients, Marla shares her belief that living organized is a skill anyone can learn. Marla has appeared on numerous TV, radio, and podcast programs. She is the author of Get Organized, the Clear & Simple Way; The ART of Letting Go; and many other publications.

Nando Raynolds

Mindful Movement: Qigong and Stretching

Nando Raynolds, MA, has studied and taught tai chi, karate, Kenpo, escrima, qigong, massage, and contact improvisation dance over the last 30 years. He is a bestselling author in the martial arts field. He works in private practice as a psychotherapist with couples and adults. His classes through various Osher Lifelong Learning Institutes across the United States have an enthusiastic following.

Nicole Anderson

Uniquely Utah: Beyond the Fab Five

Writing the Natural World

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

Google Maps Refresher
Google Tools Refresher

Pat Lambrose has a BA in recreation and youth leadership, a BA in education, and a Master of Education in technology and computers, all from the University of Utah. She taught in middle and high schools and was an instructional technology facilitator with the Salt Lake City School District. Pat coordinates statewide geospatial technology opportunities.

Paula Fowler and Carol Anderson

Utah Opera Preview: The Pirates of Penzance

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

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

Sally Humphreys

Utah Symphony Finishing Touches Preview: Beethoven Violin Concerto, Messiaen, and Ravel

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

Rebecca McCarthy

Introduction to Improvisation - Part Two

Rebecca Lea McCarthy has a PhD in comparative studies (communication/rhetoric, philosophy and sociology) from the Florida Atlantic University Intellectual Foundation Program. McCarthy also holds a master’s degree in liberal studies and literature from Rollins College, and a BFA in acting from Cornish College 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 University Global. She is one of the world’s leading experts on the Magdalene Laundries, having authored 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, and playwright, as well as a roller skating and ukulele enthusiast.

Richard Paine

Time, Gods, Blood and Rulership: Ancient Maya Religion

Rick Paine has been introducing University of Utah students to the wonders of Mesoamerican archaeology since 1995. Rick is an experienced Maya scholar and has conducted fieldwork at several Maya sites, as well as excavations in Turkey and the United States. Rick is currently a member of the Mirador Basin archaeological project. El Mirador is a colossal pre-Classic Maya site, located deep in the Petén rainforest of northern Guatemala. El Mirador is a key to understanding the rise of Maya civilization.
Sally Smith
*The Plainsong Trilogy, by Kent Haruf*

Sally Smith owned and operated A Woman’s Place Bookstore for 10 years. She taught English literature for 22 years at Judge Memorial Catholic High School and West High School. She graduated from the University of Utah with a major in English and minors in history and French. Sally received the Brooke Hopkins Award for Excellence in Adult Teaching at the Osher Lifelong Learning Institute in 2018.

Sharon Swenson
*The Film of Alfred Hitchcock: Part One 1938 to 1951*

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

Shelby Rickart
*Mask Making*

Shelby Rickart is the director of Puppets in the City, a nonprofit puppet company based in Salt Lake City. She spent twenty-seven years teaching English and creative writing, including ten years as a consulting educator assisting other teachers. Shelby fell in love with puppets at an early age, making her first puppet at the age of six. Over the last several years, she has studied puppetry in depth, as an art, as a way of communicating stories and ideas, and as a way to present theatre for all ages. Her happy place is anywhere she can share the magic of puppetry with others.

Stephen C. Hall
*World War II in The Pacific*

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

Steve Wrigley
*Discovering Your Third Act: How to Fire Up Your Passion for an Encore Career after Age 55+
Don’t Just Retire.... Refire! An In-Depth Discovery of Your Third Act of Life*

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

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

Tim Chambless, PhD, has taught seven different courses for the University of Utah’s Department of Political Science since 1987. He has also taught courses for the U’s departments of Communication and History,
as well as the English Language Institute. Tim has worked for a mayor, a governor, a senator, and a congressional representative. He served for over 20 years on Salt Lake City’s Planning Commission and Board of Adjustment, and he has participated in more than 30 political campaigns. Tim emphasizes current events and contemporary world problems in the study of American government as both an experiment in democracy and as a tool for solving societal problems. He has taught for Osher since 2007.

Utah Council for Citizen Diplomacy with Deaun Saxby

Great Decisions

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

Wayne Egan

Five Lyricists—Mercer, Porter, Hart, Fields, and Bergman

Kenneth Wayne Egan has a PhD in German from the University of Texas at Austin. He taught at the University of Texas, Westminster College, and the University of Phoenix. His avocation is traditional jazz piano. He is an adept improviser and is well-versed in basic jazz harmony and the songbook that will be the subject of his course. He has lectured on the great American songbook for private groups for several years and has recorded and produced three CDs on the Nuance label.

William Christiansen

The Wasness of the Is

William J. Christiansen holds a BA in anthropology and an MS in geology. He spent 30 years teaching physics, astronomy, and geology, primarily at East High School and Salt Lake Community College. Winner of several teaching awards, Bill has led students on field trips to Yellowstone, Zion National Park, the Grand Canyon, Bryce Canyon, Moab, Catalina Island, and San Diego.
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<th>Time</th>
<th>Monday</th>
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<tr>
<td>9:00 am</td>
<td>- Becoming a Birdwatcher</td>
<td>- WWII in Pacific</td>
<td>- Becoming a Birdwatcher</td>
<td>- Being Serious about Political Liberty</td>
<td>- Utah Symphony 5/27</td>
<td>- Eliminating Poverty</td>
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<td>9:30 am</td>
<td>- Understanding Aging</td>
<td>- Environmental Policy</td>
<td>- Understanding Aging</td>
<td>- Cultural &amp; Artistic Roots</td>
<td>- Hist &amp; Lit-All the Light</td>
<td>- Women &amp; Supreme Court</td>
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<td>10:00 am</td>
<td>- Jordan River Critters</td>
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<td>- The Eagle, Jaguar, Serpent</td>
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<td>12:00 pm</td>
<td>- American Pragmatists</td>
<td>- Great Decisions</td>
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<td>- Medical Ethics/Law in Film</td>
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<td>12:30 pm</td>
<td>- Mindful Movement 4/5-26</td>
<td>- The Culture of UT Politics @ Monson Ctr</td>
<td>- Mindful Movement 4/5-26</td>
<td>- Race in America</td>
<td></td>
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<tr>
<td>1:00 pm</td>
<td>- Photoshop Two @ Sandy Ctr</td>
<td>- Aristophanes</td>
<td>- Photoshop Two @ Sandy Ctr</td>
<td>- Race in America</td>
<td></td>
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<tr>
<td>2:00 pm</td>
<td>- Intro to Improv II</td>
<td>- Wasness of the Is</td>
<td>- Intro to Improv II</td>
<td>- Survey of Sacred Music @ Monson Ctr</td>
<td></td>
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<tr>
<td>3:00 pm</td>
<td>- How Recycling Works</td>
<td>- Films of Alfred Hitchcock</td>
<td>- How Recycling Works</td>
<td>- Genomic Medicine</td>
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<tr>
<td>4:00 pm</td>
<td>- Lunch &amp; Learn Lectures 12-1 pm</td>
<td>- The Plain Song Trilogy</td>
<td>- Lunch &amp; Learn Lectures 12-1 pm</td>
<td>- The Plain Song Trilogy</td>
<td></td>
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<tr>
<td>5:00 pm</td>
<td>- Colored Pencils @ 10th East Sr Ctr</td>
<td>- Colored Pencils @ 10th East Sr Ctr</td>
<td>- Colored Pencils @ 10th East Sr Ctr</td>
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**SPRING 2022 CALENDAR**
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30</td>
<td>Masterpieces at the Met</td>
<td>Current Issues</td>
<td>Let’s Write!</td>
<td>Current Issues</td>
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<tr>
<td></td>
<td>Establishing Moon Base</td>
<td>Books That Changed World</td>
<td>Living Consciously / Ageist Culture</td>
<td>Cultural Geography</td>
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<td></td>
<td>Lud von Beethoven @ Sandy Ctr</td>
<td>Beginning Ukulele</td>
<td>Five Lyricists @ Monson Ctr</td>
<td>Raised on Radio @ Sandy Ctr</td>
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<tr>
<td></td>
<td>Calligraphy</td>
<td>Utah Opera-Pirates of Penzance 5/3</td>
<td>Feldenkrais Fundamentals 4/27-5/4</td>
<td>Reading Virginia Wolf</td>
</tr>
<tr>
<td>3:00</td>
<td>Learn to Play Mah Jongg</td>
<td>Paper Pain to Power</td>
<td>Google Tools 4/26</td>
<td>Google Maps - 4/28</td>
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<tr>
<td>3:30</td>
<td>Marcie’s Movie Club @ SLFS</td>
<td>Uniquely Utah</td>
<td>Time / Ancient Maya @ Monson Ctr</td>
<td>Writing Natural World</td>
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<tr>
<td></td>
<td>That’s Swell</td>
<td>Hist. of Photography</td>
<td>Everyday Mindfulness</td>
<td>Sacred Mountains</td>
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<td>Examining Criminal Mind</td>
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<td>Discover 3rd Act @ Sandy Ctr</td>
</tr>
<tr>
<td>5:00</td>
<td>Most Common Health Problems</td>
<td>Yoga for Movement</td>
<td>History of Six Countries</td>
<td>Don’t Just Retire @ Monson Ctr</td>
</tr>
</tbody>
</table>

**Key**
- In-person
- Zoom
- Offsite Location
- Canvas

Visit [osher.utah.edu](https://osher.utah.edu) for additional information, including pricing, special instructions, and to register.
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Invite a friend to class

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

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