











OSHER LIFELONG LEARNING INSTITUTE

SPRING 2023 COURSES FOR AGES 50 & BETTER REGISTRATION OPENS 03/09/23 OSHER.UTAH.EDU
COURSES IN: VISUAL ARTS POLITICS HISTORY STEM FITNESS LITERATURE MUSIC

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Osher Staff Members, from left to right: Jill E. Meyer, Sheila Jacobsen, Sandy Richards, Emily Q. Miller

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LETTER from the DIRECTOR

Spring forth!

Springtime, with its longer days, warm sunshine, and tender green sprouts, offers countless inspiring new beginnings. The Osher Lifelong Learning Institute at the University of Utah offers our community of members "age 50 and better" a fresh start on new learning, new friendships, and new directions. If you are new to Osher membership, welcome! We trust that you will find many like-minded friends as you meet our inspiring instructors and discover new interests in our classes, lectures, and special events.

With 67 classes and lectures—some in person and some online via Zoom—reading these pages makes it difficult to decide what NOT to take this term. We have 28 brand new classes and four

instructors new to teaching in our wonderful program. Such springtime abundance is a happy problem to have.

Stimulate your intellect in one of our many literature classes and discover

Books that Changed the World. Shakespeare, Faulkner, the *Decameron*, Three Irish Tales, and *Hotel on the corner of Bitter and Sweet* await. Learn about the art and history of bookmaking with Marriott Library Rare Books Curator Lyuba Basin. Connect with the Utah museum community with new Osher instructor Becky Menlove as she presents Get to Know Your Museums or visit the Utah Museum of Fine Arts and enjoy a docent-led tour in one of our upcoming special events.

Explore your artistic side. Broaden your perspective with art historian Jennifer Brown as she returns to Osher to present Rethinking Renaissance Art. Bond with fellow classmates while creating art in Korean Ink Painting or Calligraphy II, or playing music in Classical Guitar or Beginning Ukulele.

Simply enjoy listening to music with enhanced understanding thanks to our longstanding Utah Symphony | Utah Opera partnership.

Expand your scientific understanding and stay up to date on the latest research findings with Four Lectures in Physics from University of Utah scientists. Learn about astronomy with Robert Bigelow, blast off to Mars with Dennis Clark, or visit Ancient Mayan Cities with archaeologist Rick Paine. Learn a new skill on Google with Pat Lambrose.

Take up a new hobby with Jeanne Le Ber in The Art of Bird Feeding or join her ever popular class with field trips, Becoming a Bird Watcher. Stay fit with line dancing, yoga, hiking, pickleball, or Feldenkrais movement. Watch and discuss movies at the Salt Lake Film Society with Marcie's Movie Club. Enjoy contemplating these and many other possibilities in the following pages. Good luck with your decisions and we will see you in class!

—Jill E. Meyer, Director

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Spring 2023 Courses

American Civil War, Part Two: 1863-1877

Walter Jones

The American Civil War was a complex set of events, people, and places that began with the importation of African slaves in the early 1600s and ended with the termination of Congress's Reconstruction program in 1877. Because the war's causes, actions, and consequences covered a very large span of time, this course is divided into two six-week sections, Part One and Part Two. This course will cover the last three years of the war and the period in which the nation's Northern leaders attempted to force a radical reconstruction program onto the South's defiant society.

OSHER 765-001 | Wednesday 9:30-11:00 AM March 29-May 3, 2023 ZOOM | **\$99**

Ancient Cities of Mesoamerica

Richard Paine

Prepare to embark on a tour of some of the great cities of ancient Mexico and Central America. Using a series

of famous archaeological sites to explore important institutions of Mesoamerican civilization, we will discuss San Lorenzo Tenochtitlan, the New World's first complex society; conquest and early urbanism at Monte Alban; Teotihuacan, Mesoamerica's first true city; Mayan writing and political history at Tikal, Copan, and Calakmul; and the mysterious relationship between Tula and Chichen Itza.

OSHER 86-001 | Wednesday 3:30-5:00 PM March 29-May 3, 2023 The Thomas S. Monson Center, 411 E So Temple, SLC 84111 | \$99

Ancient Egypt

Bernadette Brown

Discover new facets of ancient Egypt by analyzing and connecting to the past in a new and deeper way. This course will explore the culture of ancient Egypt from its beginning to the Greek and Roman periods through art, architecture, and language. We will include a visit to UMFA after the last day of class.

OSHER 772-001 | Tuesday 9:30-11:00 AM March 28-May 2, 2023 Room 232, 540 Arapeen Drive, SLC 84108 | \$99

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 color pattern, habitat, and song/call are characteristics that lead bird watchers to accurately identify the bird. Beginning bird watchers develop skills that allow them to classify and identify birds based on plumage, song, behavior, habitat, and season. In-class lessons will focus on identifying birds, selecting good gear, getting involved in local birding groups, participating in community science activities, and selecting online and print resources. This class will be a mix of alternating in-class lessons and field trips every other week to various habitats.

OSHER 868-001 | Thursday 9:30-11:00 AM March 30- May 4, 2023 Room 248, 540 Arapeen Drive, SLC 84108 | **\$99**

Beginning Line Dancing

Linda Wood and Ruth Palmer

Line dancing is a fun way for seniors to exercise in a relaxed social setting. Not only is line dancing good for your body, but it may also benefit balance, coordination, and memory. Each class will begin with basic beginner moves and gradually progress to improver-level dances for those who want to be challenged a little bit more. We will dance to a variety of musical genres including show tunes, classic Rock 'N' Roll, Latin-influenced, and Country. Wear comfortable clothes and shoes that support your feet but do not grip the floor. All skill levels are welcome.

OSHER 695-001 | Tuesday 1:30-3:00 PM March 28-May 2, 2023 Room 138, 540 Arapeen Drive, SLC 84108 | **\$99**

Beginning Pickleball 2

Kate Taylor

Continue to practice and refine skills learned in the beginning session. Learn strategies such as drop shots, lobs, and groundstrokes. Practice dinking strategies. Practice strategies for volleying. Learn good pickleball sportsmanship.

OSHER 597-003 | Wednesday 12:00-2:00 PM April 12-19, 2023 Club Pickleball USA, 203 W 9000 S, Sandy 84058 | **\$89**

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 | Thursday 3:30-5:00 PM March 30-May 4, 2023 Room 238, 540 Arapeen Drive, SLC 84108 \$99 + \$5 special fee

Book Review: The Rise and Fall of Third Reich Part Two

Stephen C. Hall

The purpose of this two-term course is to provide serious students of World War II in Europe the opportunity to examine at the post-graduate level what is arguably the greatest single book written on the causes, the decisions, the personalities, the campaigns, and the conclusion of that war. The William L. Shirer tome is unsurpassed for readability and content. We spread this book review over two terms to allow sufficient time to give this book the attention it so richly deserves. *RAFTR* is 1,200 pages, too many to cover in one course. Therefore, we will execute our book review in two parts over Winter (Part One) and Spring (Part Two) 2023, a 12-week period.

Simple math tells us we will discuss 100 pages each week with the normal break between the two courses. The book nicely divides itself into two major sections: pre-war and at-war. We purposefully limit the class size to twelve class members. Each student will be expected to carefully read each 100-page section of *RAFTR* (no abridged copies, please) and then participate in the penetrating discussions that will mark this unique course. We will NOT compare events and personalities of pre-World War II with current events. Completion of Part One is a required condition to participate in Part Two.

OSHER 794-001 | Tuesday 9:30-11:30 AM March 21-May 2, 2023 (no class on March 28) Room 154, 540 Arapeen Drive, SLC 84108 | **\$129**

Books that Changed the 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. Bury My Heart at Wounded Knee challenged how we look at history. Aren't we doing this today?

OSHER 421-001 | Tuesday 1:30-3:00 PM March 28-May 2, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070 | \$99

Calligraphy II—Beyond Italic

Chris Dyson

This class is designed for students who are familiar with the Italic hand and the basic elements of using a dip pen. Discover new ways to create pieces of art with words. Two beautiful fonts will be taught, Uncial and Carolingian, along with ideas for completed projects. We will also learn simple decorated letters that can be used as capitals for any alphabet. Class members will **Elimate Change: What Do We Do Now?** need to obtain a set of nibs and a holder, water-soluble ink, practice paper, a pencil, an eraser, and a ruler prior to the first meeting.

OSHER 673-002 | Thursday 11:30 AM-1:00 PM March 30-May 4, 2023 Room 152, 540 Arapeen Drive, SLC 84108 | \$99

Classical Guitar

Gabino Flores

Learn classical guitar techniques, beginner and intermediate repertoire, and how to read musical notation. Even if you know music theory, you will learn how to apply it with the guitar. We will also explore classical guitar history and composers.

OSHER 504-003 | Tuesday 11:30 AM-1:00 PM March 28-May 2, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070 | \$99

OSHER 504-002 | Thursday 9:30-11:00 AM March 30-May 4, 2023 Room 152, 540 Arapeen Drive, SLC 84108 | \$99

Alan Eastman

Most people finally agree with the overwhelming majority of climate scientists that our climate is changing, and that people are to blame. But there is little consensus on what is to be done now. There is a huge political divide: liberals want rapid and decisive action, which some people consider too disruptive, while conservatives want a "market-based solution", but have trouble defining what that really means or how much it would change things. This class will concentrate on what the established science of climate change suggests we can and cannot do, while minimizing the politics. Regardless of what happens, our grandchildren will inherit a world different from ours. What we do (or do not do) now will determine what that world looks like. And that is what this class will address.

OSHER 766-001 | Wednesday 1:30-3:00 PM March 29-May 3, 2023 ZOOM | \$99

Creative Visualization

Shelby Rickart

Creative visualization is the technique of using your imagination to create what you want in your life. It is your natural power of imagination, the basic creative energy of the Universe, which you use constantly, whether or not you are aware of it. This class will teach you how to access this amazing power within yourself through short meditations called journeys. You will find yourself more relaxed and empowered. Anyone, any age can use this technique. Please join us!

OSHER 529-001 | Tuesday 9:30-11:00 AM March 28-May 2, 2023 Room 160, 540 Arapeen Drive, SLC 84108 | \$99

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 March 28-May 2, 2023 Room 232, 540 Arapeen Drive, SLC 84108 | \$99

OSHER 630-004 | Thursday 1:30-3:00 PM March 30-May 4, 2023 ZOOM | **\$99**

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 retirementtransition, career, and relationship coach, will help class members navigate change and inspire them with new possibilities.

OSHER 650-002 | Thursday 3:30-5:00 PM March 30-May 4, 2023 ZOOM | \$99

Dungeons and Dragons 101 for Grownups!

Andrea Uehling

Have you seen Dungeons and Dragons in the media and are interested but confused or unsure of how to play or even how to start? Dungeons and Dragons is a tabletop dice-based game that can take as much time as needed to tell the tale of players in a setting created by the Game Master. Within the theater of the player's mind, participants battle evil, meet characters, and solve puzzles in an improvisational and creative solution-based storytelling format. Learn about the player's character and the world-building involved in telling a collaborative story using the game format of Dungeons and Dragons. Create, explore, and collaborate to tell a fantastical story with your friends, and family!

OSHER 644-002 | Tuesday 4:00-5:30 PM March 28-May 2, 2023 Room 154, 540 Arapeen Drive, SLC 84108 | **\$99**



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, and 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 62-001 | Wednesday 1:30-3:00 PM March 29-May 3, 2023 Room 248, 540 Arapeen Drive, SLC 84108 | **\$99**

Exploring the History and Landscapes of the Great Salt Lake

Nicole Anderson

The Great Salt Lake is the largest saltwater lake in the western hemisphere and is also the largest body of water between the Great Lakes and the Pacific Ocean. It is large enough to create its own weather patterns and can be seen from space! Its ecosystem is one of

the harshest environments in the world, and the lake is one of the few places on Earth where you will find oolitic sand. The Great Salt Lake and its surrounding wetlands are critical to more than 250 different species of birds. Historical places of interest to explore include the Saltair Resort and the Fielding Garr Ranch on Antelope Island, and there are unique earthworks like Robert Smithson's *Spiral Jetty*. In this course, you will learn what differentiates the four main regions of the Great Salt Lake and where to visit, as well as a variety of activities you can experience when going to this distinctive place.

OSHER 158-001 | Thursday 1:30-3:00 PM March 30-May 4, 2023 ZOOM | \$99

Faulkner and the American South

Jeffrey Walker

This course will explore tradition and innovation in two Faulkner stories of Yoknapatawpha County, *As I Lay Dying* and *Light in August*. We will study and understand Faulkner's unique narrative technique. Class discussion will emphasize comic and gothic conventions, the exploitation of distinctive regional

traditions of the American South, and Faulkner's concern with the burden of the past and alienation from the present.

OSHER 768-001 | Thursday 1:30-3:00 PM March 30-May 4, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070 | \$99

Feldenkrais Fundamentals: Self-Healing Through Movement

Carol Lessinger

Principals of the Feldenkrais Method® will be presented along with simple introductory movement sequences. The movement is about sensory awareness that leads to a change in your brain's capacity to refine itself. Two unique qualities of the Feldenkrais Method® are that everything in your physical body is connected to everything else and that learning happens through ease and comfort. For instance, if you have pain in your knees, the source could be coming from some unconscious, inadequate use of your back or vice versa. If you're looking for an innovative way to feel better, think clearer, and move with greater ease, the Feldenkrais Method® is a wonderful choice!

OSHER 461-001 | Wednesday 1:30-3:30 PM March 29-April 12, 2023 ZOOM | **\$69**

Films and Dreams: Imagination & Perception Sharon Swenson

Films create a dreamlike state for the spectator, one that can be shared. Cinema creates communal dreams. expressing an individual as well as a collective unconscious. Perceiving in a dream as well as in a film can alter reality. Using some concepts of gestalt psychology and wish fulfillment, plus the ideas of Freud and Christian Metz, we will explore some general ideas of film/dreaming/unconscious and analyze specific films that enact dreams and stimulate our imagination. The lines between screen and life, conscious and unconscious, perception and reality, are increasingly blurred and mutually influential. Studying films like Alfred Hitchcock's Spellbound, Christopher Nolan's Inception, Benh Zeitlin's Beasts of the Southern Wild, Terence Malick's Tree of Life, Danny Boyle's Millions, Damien Chazelle's La La Land, Phil Alden Robinson's Field of Dreams, and Ang Lee's Life of Pi can deepen our understanding of how imagination and perception work in film viewing and in life.

OSHER 781-001 | Tuesday 11:30 AM-1:00 PM March 28-May 2, 2023 Room 232, 540 Arapeen Drive, SLC 84108 | **\$99**

Food, Glorious Food: Food and Its Role in the Visual Arts

Gladys Muren Webb

Depicting food in art has a long history from antiquity to the present day. In the visual arts, food is a "feast for the eyes" that gives insight into culture, symbolism, trade, status, customs, and consumerism. The course will address food art in ancient times, in 17th-century Dutch and Flemish paintings, as well as in Modern and Contemporary art. In addition to paintings, the class will view and discuss food portrayed in sculpture, architecture, and installations.

OSHER 775-001 | Tuesday 1:30-3:00 PM March 28-May 2, 2023 Room 248, 540 Arapeen Drive, SLC 84108 | **\$99**

Four Lectures in Physics

University of Utah Physics Department

Join four University of Utah physics scholars to hear the latest updates on their ongoing research. Each week's topic will be a different lecture. David Kieda will speak on Ultra-High-Resolution Observations of Visible Stars Using the VERITAS Observatory; Richard J Ingebretsen on The Two Most Important Numbers for Our Health, Daniel Wik on Flying X-ray Space Observatories with NASA: How Missions are Selected, Built, and Operated, and the Science of Current and Upcoming X-ray Observatories; and Natalia Tapia on The Universe of Particles: Introduction to Particle Physics.

OSHER 825-001 | Thursday 11:30 AM-1:00 PM March 30-April 20, 2023 Amphitheater Room, Marriott University Park, 480 Wakara Way, SLC 84108 | \$99

Gershwin Plus Eight, American Songbook Revisited

Wayne Egan

This course will combine lectures, demonstrations, and performances of songs from the 1920s to the 1950s,

emphasizing why select songs have the persistent charm and staying power of a hit, even decades after they were popular. From a vast field of composers, the instructor will limit discussion and performance to nine of the idiom's top talent: Gershwin, Kern, Berlin, Porter, Rodgers, Warren, Mercer, Van Heusen, and H. Carmichael (and their respective lyricists). We will discuss the songs and highlights from the composers' lives. Some solo and group singing is apt to break out, as participants find themselves in the enlivened Steinway room of the Monson Center, made even more compelling by adding an acoustic bass violin. History makes music, and music makes history.

Get to Know Your Museum(s)

Becky Menlove

Most of us have visited museums across the span of our lives—as children during field trips or family outings; as a way to discover more about the towns and countries we visit on vacation; and for recreation, learning, and socializing right here in our own city. Put simply, museums are places that collect, research, conserve, interpret, and exhibit the physical evidence of the past, but they are so much more. In Utah, there are more than 260 museums focusing on



art, history, culture, nature, science, and more! Local museums can provide a sense of place, pride in our community, a contemplative pause, opportunities for intergenerational learning, and fun. In this course, we will examine the history of museums and the dramatically changing roles museums have played over time, from random collections of curiosities to systematized collections of Earth's history; from spectacles of empire-building to community gathering places and spaces of shared experience; from monuments for the elite to trusted educational centers where hands-on learning takes place. Museums today can demonstrate culture, history, artistry, and invention in tangible ways. They can inspire and educate, support academic research, and create social impacts within their communities. With the help of guest speakers and a guided tour through the Natural History Museum of Utah, we will discuss how museum practice continues to evolve in the 21st century, the remarkable range of professions museums employ, and why we need museums now more than ever.

OSHER 787-001 | Tuesday 1:30-3:00 PM March 28-May 2, 2023 Room 154, 540 Arapeen Drive, SLC 84108 | \$99

Great Decisions

Utah Council for Citizen Diplomacy with Nilufer Leuthold

Great Decisions, the United States' most extensive world affairs discussion group, examines the most critical global issues facing America today. Each week, class participants will hear from local subject matter experts who explore these global topics and lead an in-depth conversation about how these topics affect Utah, the United States, and the world. This course explores twelve current world affairs topics a year; six new topics are taught each spring and fall. Topics for 2023 include energy geopolitics, war crimes, China and the U.S., economic warfare, the refugee crisis, and civil wars and the changing nature of armed conflict.

OSHER 14-001 | Thursday 9:30-11:00 AM March 30-May 4, 2023 Room 232, 540 Arapeen Drive, SLC 84108 | \$99

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 19th and 20th 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 culture, government, and society; and the struggle for independence and political pluralism by Middle Eastern peoples and their rulers.

OSHER 653-001 | Thursday 5:00-6:30 PM March 30-May 4, 2023 ZOOM | **\$99**

How Media Changes Public Opinion

Bill Hardesty

People have tried to change public opinion using a variety of media. This course will look at recent (from the past 200 years or so) examples in art, music, newspapers, speeches, movies, television, and social media. For example, what was the effect of the Communist Party Social Realism art form, and why was "This Land is Your Land" written by Woody Guthrie?

Is Dr. King's "I Have a Dream" speech more powerful today than when it was delivered in 1963? We will consider these questions and more.

OSHER 511-001 | Wednesday 1:30-3:00 PM March 29-May 3, 2023 Room 154, 540 Arapeen Drive, SLC 84108 | \$99

Internet Security

Debbie White

Personal information is in high demand. It is why we face threats from companies like Cambridge Analytica, Facebook, and even simple browsing, not to mention phone and email scams. All of these methods steal people's personal information and are a real threat to your life savings. This three-session course will take this challenging topic and break it down into some key concepts of what experts say are the best practices to be both an offensive and defensive user of the Internet, empowering you with knowledge and real-life easy solutions.

OSHER 51-001 | Thursday 11:30 AM-1:00 PM March 30-April 13, 2023 ZOOM | **\$59** OSHER 51-002 | Thursday 11:30 AM-1:00 PM April 20-May 4, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy 84070 | \$59

Introduction to Astronomy

Robert Bigelow

The goal of this course is to provide basic astronomy knowledge and a sense of our place in the universe. Class members will model the motions of Earth to better understand the apparent motions of the Sun, Moon, other planets, and stars. We will take a virtual tour of our solar system and explore its planets, asteroids, and comets. We will learn about tools astronomers use to discover the properties of astronomical objects, such as stars, nebulae, and galaxies. Please join us to find out what they have discovered.

OSHER 792-001 | Thursday 1:30-3:00 PM March 30-May 4, 2023 Room 154, 540 Arapeen Drive, SLC 84108 | **\$99**

Introduction to Pickleball

Kate Taylor

Looking for a great way to combine exercise and fun? Pickleball is the answer! Come and find out what all the hype is about, and learn the basics you need to get started with your new favorite pastime. Class members will learn the basic rules of play, strategies, and scoring. We will do practice drills on various types of shots and when to use them. There will be time to play actual games at the end of both sessions. At the end of the class, you will have enough information and skills to play games at any of the many available venues. Pickleball paddles and balls will be provided as needed.

OSHER 596-003 | Wednesday 12:00-2:00 PM March 29-April 5, 2023 Club Pickleball USA, 203 W 9000 S, Sandy 84058 | **\$89**

Introduction to World Religions

Chris Dyson

Religion Matters! Religion matters personally but also politically and economically. It moves elections in India and the US. It shapes economies in the Muslim world. It moves troops around the globe and spurs humanitarian efforts. This course will cover the world's major religions and some lesser-known ones, too. The goal is to promote tolerance and understanding of how people's faiths and traditions shape their lives.

OSHER 701-002 | Tuesday 11:30 AM-1:00 PM March 28-May 2, 2023 Room 152, 540 Arapeen Drive, SLC 84108 | **\$99**

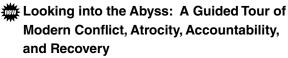
Korean Ink Art: Brush to Rice Paper

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.

OSHER 7-001 | Monday 9:30-11:00 AM March 27-May 1, 2023 Room 152, 540 Arapeen Drive, SLC 84108 \$99 + \$5 special fee



David Schwendiman

This course will expose class members to examples of modern conflict and the immense suffering and destruction that affects lives and influences events, not only in the places where they occurred but elsewhere in the world as well. We will introduce the history of what has been done to hold individuals accountable for their part in atrocity, including responsibility for the crime of aggression, genocide, war crimes, and crimes against humanity. We will examine the impact of atrocity on how individuals, affected populations,

and states recover and rebuild, during and in the wake of conflict. The will course address Russian aggression in the case of Ukraine and the Russian strategy of using war crimes, crimes against humanity, and genocide to prosecute the war. We will explore the theory and practice behind efforts underway to hold people accountable for their part in the war in Ukraine. The course will end with a look at the future of norms, rules, laws, and institutions that address accountability for aggression and atrocity.

OSHER 791-001 | Tuesday 3:30-5:00 PM March 28-May 2, 2023 Room 232, 540 Arapeen Drive, SLC 84108 | **\$99**

Marcie's Movie Club

Marcie Collett

Each week, Marcie's Movie Club will watch and then discuss a film at Salt Lake Film Society's Broadway Centre Cinemas-SLC's home for independent film. Films will be a variety of recently released big-name, independent, documentary, and international titles. The class fee includes a movie ticket each week and free parking validation. If a class must be missed, class members will be offered complimentary tickets

to watch the film on their own at another time.

Osher members will connect with one another over independent, first-run cinema, as well as with their fellow global citizens through documentary and international films. As Roger Ebert noted, movies are an empathy machine!

OSHER 325-002 | Monday 3:00-5:30 PM March 27-May 1, 2023 Broadway Centre Cinemas, 111 E 300 S, SLC 84111 | **\$109**

Mind Over Matter

Christina Wilson

Some research claims that up to 87% of illnesses are a direct result of toxic thinking. Historically, experts concluded that our brains were static, and our neurochemistry was fixed. Recent research tells us otherwise. This course helps participants understand neuroplasticity and the negative effects of toxic thinking in our lives and our relationships. We will explore concepts such as choice, perception, neural resonance, and cognitive dissonance. Other topics include the connection between thoughts, hormones, and emotions, warning signs of unhealthy thought patterns, and how to change toxic thinking patterns and enhance health and well-being. The course is

interactive and experiential and teaches participants the difference between positive and negative thoughts through meta-cognition.

OSHER 207-001 | Tuesday 11:30 AM-1:00 PM March 28-May 2, 2023 Room 248, 540 Arapeen Drive, SLC 84108 | \$99

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 April 11-May 2, 2023 ZOOM | **\$69**

Out of the Ashes: The Rise of Christianity from the First Temple to Paul

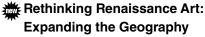
David Meir-Levi

With the destruction of the Temple in 586 BCE, the Jews of Judea faced an existential and ideological crisis. Different groups resolved that crisis in different ways. One was the development of new and expanded concepts of Messiah and redemption. When Judea faced a new foe 550 years later, those concepts were thrust up against an intractable enemy, the everexpanding Roman Empire. But this time a more successful resolution was affected by a small group of Messianic Iews who believed that the Messiah had indeed come, had been executed by the enemies of God, and would come back soon to lead believers to an apocalyptic victory that would initiate the kingdom of God on earth. We will survey the sources for the emergence of earliest Christianity (the "Primitive Church") from the fall of the First Temple (586 BCE) to the pilgrimages of Paul (first century CE), and the conversion of Constantine. We will draw upon Archaeology as well as Ancient Near Eastern, Greek,



Roman, Hebrew, and Aramaic literary sources to supplement the information in the latest of the Jewish Scriptures, the Dead Sea Scrolls, the Nag Hamadi papyri, Intertestamental literature, and the earliest of the Christian Scriptures to reconstruct how the Jews of ancient Judea coped with the religious crisis inherent in the fall of Judea and the destruction of the Jerusalem Temple; and how the process of Jewish revival from the ashes of the Temple laid the foundation for the emergence of Christianity and its evolution from a Jewish messianic sect into the Early Church.

OSHER 767-001 | Tuesday 3:30-5:30 March 28-May 2, 2023 ZOOM | **\$109**



Jennifer Brown

This course focuses on recent attention to the global dimensions of Renaissance art. The course begins with art production in Europe and then examines exchanges between Europe, the Ottoman Empire, the Mughal Empire, and the Ming Dynasty of China. This was a particularly fecund moment of the highest achievement

in artistic production at each of these centers. Through examining art in this large context, we can ask new questions about our understanding of authenticity and value in art today.

OSHER 783-001 | Thursday 1:30-3:00 PM March 30-May 4, 2023 Room 232, 540 Arapeen Drive, SLC 84108 | \$99

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 March 30-May 4, 2023 Room 232, 540 Arapeen Drive, SLC 84108 | **\$99**

Seven Principles for Making Marriage Work for Mature Couples

Christine Jones

Based on the internationally acclaimed research and bestselling book of Dr. John Gottman, this course is designed to help mature, committed couples improve their relationship and conflict management skills. Are you stuck, arguing in circles about the same issues? Do you have difficulty communicating and understanding each other? Or are you in a good relationship and would like to improve it? Participants will learn evidence-based tools that help enhance communication and connection and create a sense of shared meaning and purpose. Additionally, this material will help couples to gain skills to address perpetual and solvable problems or to make a good relationship even better.

OSHER 782-001 | Monday 11:30 AM-1:00 PM March 27-May 1, 2023 Room 248, 540 Arapeen Drive, SLC 84108 | \$99

Shakespeare's First Folio of Plays Charles Boynton

Shakespeare's First Folio of plays (the first thencomplete accumulation in one large book) was completed in 1623. Exactly 400 years later, it still stands as one of history's preeminent publications. This course will study the creation of the book and the underlying historical conditions leading to its publication. Shakespeare died in the early 1600s, so this publishing of his complete works was done long after his death and was a political event as much as a literary event. In studying the publication, we will examine a few of Shakespeare's plays which shed light on his life and writing, and the person this incredible writer was.

OSHER 785-001 | Tuesday 9:30-11:00 AM March 28-May 2, 2023 Room 248, 540 Arapeen Drive, SLC 84108 | \$99

Spring Hiking in the Wasatch

David R. Smith

Spring hiking in the Wasatch is frequently limited by snow conditions and mud. Accordingly, this course will focus on foothill and possibly valley hikes. The pace will be slow, to enable hikers to enjoy the environment of the area and view any wildlife that may be encountered, as well as to socialize with other participants. The hikes will involve moderate elevation gains (300-1000 feet) and will be between 2.5 and 5 miles in length. We will be on trails that may have uneven footing. Sturdy walking or hiking shoes are recommended, and trekking poles may be helpful. Bring lunch (or a snack), warm jacket or sweater, and rain gear. The scheduled hikes are subject to cancellation or rescheduling, based on weather conditions. Hike durations will vary based on the particular hike, but plan on approximately four hours (including transportation).

OSHER 776-001 | Tuesday 9:30-11:00 AM March 28-May 2, 2023 Exact locations to be announced to registered class members | \$99

Stories from the Thai Twentieth Century Iohn Grima

This course will be six presentations on topics that communicate a sense of what it might have been like to be alive in Thailand during the first seventy-five years of the 20th century. Several of the topics come out of the life experience of Woramai Kabilsingh, an uncommon woman who strove for accomplishment and meaning as an individual, as a woman, and as a nationalist. Her life leads us through a description and the history of the settlement of Bangkok's ethnic neighborhoods, rising nationalism in the 1920s and 1930s, and the Thai experience of World War II. We will look at her attempts to breach Thailand's ban on women in monkhood. We will observe the solutions and compromises she discovered and how this led her to 1970s anti-Communism. The course will be substantially different from the one presented in Winter 2021; it assumes no prior knowledge of Thailand. There is a large opportunity for colorful and respectful storytelling in the materials that inform this time in Thai life, and we will do our best to explore it.

OSHER 780-001 | Wednesday 9:30-11:00 AM March 29-May 3, 2023 Room 248, 540 Arapeen Drive, SLC 84108 | \$99



Lyuba Basin

Have you ever wondered what a book is or why it came to be? Have you ever wondered why it looks the way it does, or what will happen to the book once we've all plugged into the digital world? Although we are comfortable with the idea and image of the book, defining "the book" is no easy task. In order to do so, we must trace the origins of its physical form,

its readership and its content. Once we see where the book has been, we will be able to get a better idea of where the book is going.

OSHER 506-001 | Wednesday 9:30-11:00 AM March 29-May 3, 2023

J. Willard Marriott Library, Rare Books Classroom, Level 4, 295 1500 E, SLC 84112 | \$99

The Art of Bird Feeding

Jeanne Le Ber

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

OSHER 359-001 | Tuesday 9:30-11:00 AM Three classroom sessions March 28-April 11, 2023 Room 152, 540 Arapeen Drive, SLC 84108 With three field trips TBA April 18-May 2, 2023 | \$99

The Culture of Utah Politics

Brian King

We sometimes 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 opposite 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 March 29-May 3, 2023 The Thomas S. Monson Center, 411 E So Temple, SLC 84111 | \$99

The Good, the Wise, and the Lusty: Women in Boccaccio's Decameron

Irena Stanic Rasin

Praised for feminism and condemned for misogyny, Giovanni Boccaccio's view of women has been interpreted in various shades of gray. Shape your own opinion based on several emblematic novelle from his capital work, *Decameron* (c. 1353). The book contains 100 tales told by a group of young women and men sheltering in a secluded villa just outside Florence to escape the plague. Written in the vernacular of the Florentine language, it is considered a masterpiece of classical early Italian prose. After exploring its historical perspective, we will discuss the plot and characters, focusing on the ambiguity of the adjectives *good*, *wise*, *and lusty*. The required texts will be emailed to registered participants before each class.

OSHER 777-001 | Monday 9:30-11:00 AM March 27-April 24, 2023 ZOOM | **\$89**

The Just Society: The Connections between Justice, Equality, Liberty, and Democracy

Bruce Landesman

What makes a society a just society? A very short answer is a society in which everyone is treated as equals, every person is perceived as having basic human rights which must be and are respected, and society is governed by The Truth about Dietary Supplements leaders chosen by the people through free, fair, and frequent elections. This is a good rhetorical answer but every part of it calls for greater analysis. What is meant by equality in this context and when are people in fact treated as equals? What rights do we have as human beings and how are the scope and extent of such rights to be determined? What makes a country genuinely a democracy? Questions about Social Justice are very important in the moment in which we now live; threats to democracy and to the broader idea of social justice have become characteristic of our society. Various forms of racism that have emerged are not compatible with equality. Disputes about rights have become endemic. Democracy itself is under threat by the emergence of a populist movement led by our past president, false claims about the 2020 election, and more restrictive voting procedures being put in place. As we examine how to understand a socially just

society, we will take the time to consider how our own society is measuring up to this requirement.

OSHER 824-001 | Wednesday 9:30-11:00 AM March 29-May 3, 2023 Room 232, 540 Arapeen Drive, SLC 84108 | \$99

David Mastrojanni

The world of dietary supplements can often be a confusing challenge for consumers to determine which work and which are a waste of money—or potentially dangerous. Just step inside a GNC or Whole Foods and see the rows of pills, powders, bars, and drinks. Add to that the endless variety of supplements touted on the internet and it seems you need a PhD to sort them all out. David Mastroianni worked in the natural products industry for over 35 years. He will share his knowledge and experience to provide information for informed decisions on what supplements to take-if any-to complement your health and wellness efforts and how to recognize a quality supplement brand. Please note: This is not a medical course and should not take the place of any treatments prescribed by your doctor, but it is a good way to understand how to read product labels

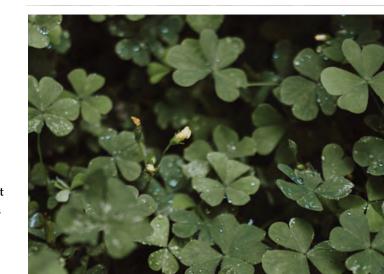
and understand your options when it comes to dietary supplements that can be purchased over the counter.

OSHER 796-001 | Monday 9:30-11:00 AM March 27-May 1, 2023 Room 154, 540 Arapeen Drive, SLC 84108 | \$99

Three Irish Tales

Sally Smith

We are all Irish on St. Patrick's Day. So let's invoke the spirit with three classic stories from the Emerald Isle of young people navigating somewhat less-than-ideal circumstances. Each resonates with hope, strength, and,



above all, love. We will read and discuss *The Story of Lucy Gault* by William Trevor, *The All of It* by Jeanette Haien, and *Foster* by Claire Keega. Each is exquisitely written and critically acclaimed. By appreciating the intricacies of the writing craft inherent in dealing with dialect and other cultural matters, we will gain a better understanding of the Irish worldview. "Worse than the ordinary miserable childhood is the miserable Irish childhood," and worse yet is the miserable Irish Catholic childhood." - Frank McCourt

OSHER 773-001 | Thursday 11:30 AM-1:00 PM March 30-May 4, 2023 Room 232, 540 Arapeen Drive, SLC 84108 | \$99

Transitional Ukulele Methods *Marci Villa and Bill Stoye*

This class will expand and improve upon known foundational skills to bridge between beginning and intermediate skill levels. The goal of this class is to deepen your groove/connection with the music. Infusing new and simple ideas between right and left hands will breathe new life into your songs. All

class members at this level should already confidently possess the ability to transition to and from the chords of C, Am, F, G7, C7, D7, A7, E7, G, D, A, and Dm without hesitation and the ability to strum quarter notes and eighth notes on beat.

OSHER 545-002 | Tuesday 3:30-5:00 PM March 28-May 2, 2023 Room 238, 540 Arapeen Drive, SLC 84108 \$99 + \$5 special fee

Utah and the Mountain Man: History of the Fur

Ian Wright

Utah was once at the heart of the American fur trade. Some of the most famous mountain men ever to go west spent time exploring, trapping, and trading in Utah. Their legacy is still present in the names and places that any resident of Utah would recognize, places like Ogden, Provo, and Cache Valley. This course explores both the life and times of the people whom history remembers as the mountain men. You will learn about their experiences here in Utah, have the opportunity to try your hand at learning traditional skills, and gain a firsthand understanding of some

of the tools that were essential to the profession. By gaining a greater appreciation of the lives and times of the people who lived here before us, our own experiences in these same places will be made that much richer.

Field trip date & location: April 10 at The State Historic Preservation Office, First floor, 3760 S Highland Dr, Millcreek, UT 84106

OSHER 764-001 | Monday 9:30-11:00 AM March 27-May 1, 2023 Room 248, 540 Arapeen Drive, SLC 84108 | **\$99**

WUtah Local Governments:

Facts, Funding, and Functions
Paul Cunningham

Utah has several hundred local government entities: counties, cities and towns, school districts, and special service districts. Although we all live in, and pay taxes and fees to local governments, do we understand all the services they provide? This course will explore the many forms of Utah local governments, the services they provide, and how they are managed. Participants will explore budgeting processes and funding mechanisms,

including sales tax distribution and the "mysteries" of property taxes. Join us in exploring the level of government considered "most responsive to its citizens.

OSHER 771-001 | Wednesday 1:30-3:00 PM March 29-May 3, 2023 Room 152, 540 Arapeen Drive, SLC 84108 | \$99

Vanished Kingdoms of Eastern Europe Asya Pereltsvaig

Do you ever wonder about the European landscape before major, modern nation-states such as France, Spain, Germany, and Russia dominated the map? Join us as we learn more about several states which have since vanished into the mists of history. The five nations we discover will provide the necessary background for studying Eastern European history. In this virtual tour through space and time, we will explore the tumultuous history of states that have vanished from the historical map.

OSHER 795-001 | Monday 1:30-3:00 PM April 17-May 1, 2023 ZOOM | **\$59**

Wisual Representations of the Holocaust Benedicte Dansie

In a rapidly modernizing world, where antisemitism is on the rise, and the generation of Holocaust survivors is passing away, it is more important than ever to record and remember the Holocaust. This course will focus on teaching about visual representations of the Holocaust, their meanings, and their importance. Due to the widely varied nature of Holocaust representation and memorialization, the course will teach and interpret across genres and mediums. Class members will learn to utilize a wide variety of materials, including art, photography, film, poetry, literature, museums, and memorials.

OSHER 779-001 | Monday 11:30 AM-1:00 PM March 27-May 1, 2023 Room 232, 540 Arapeen Drive, SLC 84108 | \$99

West Side Stories: Utah History through Salt Lake City's Oldest International Neighborhood: Part Three

Brad Westwood

This course is one of a three-part series (each a standalone course) to be held in the fall, winter, and

spring terms. Taking a chronological approach, the course will follow the 2020-2021 serial history blog entitled "Salt Lake City West Side Stories." Through presentations, guest lecturers, readings, and site visits, class members will delve into Utah's history by way of Salt Lake City's oldest international, transportation, and industrial district. The city's original "west side" is known today as the Pioneer Park neighborhood. The boundaries are: North Temple Street, West Temple Street, 600 South, and to the west, the UTA and Union Pacific tracks and Interstate 15. 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, 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. By choice or from external pressure, 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. This course will tell the story, with your help, of one of Salt Lake Valley's unique neighborhoods, a microcosm of Utah's not-so-often-told history, from

OSHER 337-002 | Monday 3:30-5:00 PM March 27-May 1, 2023 Room 248, 540 Arapeen Drive, SLC 84108 | **\$99**

its beginnings to the present.

₩Why Mars?

Dennis Clark

For the past few years, Mars has been at the forefront of consideration as a potential source of UFOs,

Martians, etc. We will look at where on Mars these things could have come from, and whether there could be an exo planet. Join us for new types of information. Do you believe there is other life forms in the Universe? Have you been visited by any of them? Have you seen UAP (Unidentified Aerial Phenomenon) or UFOs (Unidentified Flying Objects)? If so where and when did you see them? What did they look like? Did you converse with them? Let's try to answer these and other questions. One never knows what we will find!

OSHER 761-001 | Wednesday 1:30-3:00 PM March 29-May 3, 2023 Room 138, 540 Arapeen Drive, SLC 84108 | \$99

Yoga for Movement and Flexibility *Kelley Ingols*

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

OSHER 498-002 | Wednesday 5:00-6:00 PM March 22-May 3, 2023 (no class on April 5) ZOOM | **\$69**

Lectures and Shorter Sessions



History and Literature: Hotel on the Corner of **Bitter and Sweet**

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 the history. Using Hotel on the Corner of Bitter and Sweet by Jamie Ford as the launching point, this class will offer a one-hour look at the history of the internment of Japanese-Americans in World War II, as misinformation, conspiracy theory, and racism--fanned by political actors and the media--drove the creation of concentration camps on US soil. We will also discuss the contributions of Japanese-Americans to the war effort--in spite of their internment!--and how America came to terms with this ugly chapter. We will follow the history lecture with an examination of the novel as contemporary literature, including class discussion and participation. Readers and history buffs are welcome! Class members should read Hotel on the Corner of Bitter and Sweet beforehand.

OSHER 790-001 | Friday 11:30 AM-1:00 PM April 28, 2023 ZOOM | \$29

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 209-001 | Thursday 2:30-5:30 PM April 13, 2023 Room 249, 540 Arapeen Drive, SLC 84108 | \$39

Google Tools Refresher

Pat Lambrose

Learn new tips and tricks when 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 465-001 | Tuesday 2:30-5:30 PM April 11, 2023 Room 249, 540 Arapeen Drive, SLC 84108 | **\$39**

Utah Opera Preview: The [R]Evolution of Steve Jobs

Carol Anderson

The [R]Evolution of Steve Jobs is a Grammy-winning take on the entrepreneur who changed our modern world forever. Steve Jobs dedicated himself to creating the perfect device while wrestling with his own imperfections. Faced with his mortality, Jobs revisits moments that shaped his life and circles back with newfound understanding. Utah Opera's preview class will provide insights into the story and the music, as well as the production history of this opera. We will also present fascinating information about Utah Opera's production and its cast. Interested class members can linger after the hour-long class session to observe a rehearsal on site.

OSHER 788-001 | Tuesday 1:30-2:30 PM April 25, 2023 Utah Opera Production Studios, Third-floor Learning Center, 336 N 400 W, SLC 84103 | \$19

Utah Symphony Finishing Touches: Florence Price's Piano Concerto

Sally Humphreys

The Utah Symphony's final rehearsal for the weekend's concerts includes Gabriela Frank's *Elegia Andina*, Florence Price's *Piano Concerto*, and Shostakovich's *Symphony No. 10.* Flautist Sally Humphreys will guide us through the music of the concert, sharing the history of composers and compositions, as well as interesting information about the artists and the symphony world. She will draw our attention to special elements to listen for during the concert.

OSHER 789-001 | Friday 9:00-9:30 AM April 28, 2023 Abravanel Hall, First Tier Room, 123 W So Temple, SLC 84101 | **\$10**

Lunch and Learn

Spring 2023, All Six Lectures via Zoom Webinar

Free and Open to the Public, Registration Required ~ Recorded and Archived on our Website

What Does It Mean to Be a US Diplomat?

March 29, 2023

Susan Niblock, Retired Senior U.S. Diplomat with the Department of State, Rank of Minister-Counselor; Retired Senior Foreign Service Officer, U.S. Department of State; and Osher Member

Ever wonder what exactly diplomats do? Are the depictions you see in movies and TV shows accurate? I am a retired Foreign Service Officer with over three decades of service with the Department of State. My talk will focus on how diplomacy works at our Embassies and Consulates abroad and what it means to represent the United States in foreign countries. Drawing on my own personal experience, I will touch on the lengthy and rigorous entrance process, the different career tracks one can take, how assignments are done, the difference between political appointees and career Ambassadors, and the impact on families of moving to a different country every few years.

The Architecture of the University of Utah: A Virtual Tour

April 5, 2023

Bim Oliver, Architectural Historian, Author, & Osher Instructor

From the oldest buildings to the newest, the architecture of the University of Utah displays a remarkable diversity of styles. Join us for a virtual tour of university architecture. We will explore these various styles and examine how they reflect the changing identity of the school as it has grown and matured.

Vertigo: Common Causes and Treatments

April 12, 2023

D. James Ballard, Assistant Professor, University of Utah, Department of Physical Therapy and Athletic Training, Board-Certified Clinical Specialist in Geriatric Physical Therapy

Dizziness is one of the most common complaints of older people. Although there are many causes

of dizziness, benign paroxysmal positional vertigo (BPPV) is the most common cause among older Americans. Falls are a serious concern for older adults. Individuals experiencing dizziness are at increased risk of falling. BPPV occurs when microscopic crystals, which are an important part of our balance system, move from where they belong and get trapped in the semicircular canals. The good news is BPPV responds to treatment. This presentation will focus on the causes, examination, and treatment of BPPV.

What's Normal?

April 19, 2023

Don Strassberg, Emeritus Professor, University of Utah

We are constantly hearing about people who are labeled "crazy" or "abnormal," whether depicted or described, in TV shows, in movies, in the news, or even in gatherings of friends or family. But what do we really mean by "abnormal?" While defining

abnormality might seem pretty easy or straightforward, it turns out that it can really be quite complicated and not intuitively obvious. In fact, there are many ways by which all of us, even mental health professionals, can define what thoughts, feelings, or behaviors would qualify someone as being labeled as "abnormal." Interestingly, these many ways of defining psychopathology (psychology's fancy name for abnormal) don't always agree with each other. In this talk, we will examine and evaluate these many ways and learn the strengths and weaknesses of each and what the definition(s) we choose tells us about how we see ourselves and each other.

Selling Sex in Utah: A History of Vice

April 26, 2023

Eileen Hallet Stone, Writer and Former Salt Lake Tribune "Living History" Columnist

In the late 1840s, when the new frontier west of the Missouri River opened its floodgates to opportunity and adventure in the vast Territory of Utah, scores of prospectors, miners, railway workers, and young men followed the promise emanating from the wild and uncharted outland. In this 'foreign' environment, men were many, women were scarce, and prostitutes rushed in to ply their trade in wagons, under trees and blankets, and in crudely-built shanties and bars.

Within decades, prostitution established a foothold in Utah towns and cities. Eileen Hallet Stone culled newspapers, archives, museums, and old court cases to uncover sin, scandal, and the sensual underbelly of prostitution in 19th and 20th-century Utah. Telling their rural and urban tales, she will explore the reasons women "chose" to be involved.

Dyspnea 101: Pulmonary and Cardiology

May 3, 2023

Dr. Jennalyn Mayeux, DNP, and Christy Ma, PA-C, The University of Utah Pulmonary Hypertension (PH) and Dyspnea Program

Representing the intersection of the cardiology and pulmonary worlds, Christy and Jennalyn will walk through basic anatomy and physiology to introduce the audience to the causes of shortness of breath, diagnostic approaches, and potential therapies. A short question and answer session will follow. Participants will learn how heart and lung problems seem to go together and how we can best deal with them.



Osher Online with Northwestern University

OSHER 760

A Pilot Program for Online Learning with the National Resource Center for Osher Institutes at Northwestern University

We are excited to be selected to participate in Osher Online, a limited pilot project run by the National Resource Center (NRC) at Northwestern University for Osher Lifelong Learning Institutes. This pilot project will involve eight of the 125 Osher Institutes during two terms in the winter and spring of 2023 to test a model for shared online courses. These courses are not meant to replace our locally offered in-person or online courses but rather to supplement our own local offerings. The very high-quality courses will feature popular instructors with online teaching experience from Osher Institutes all across the country.

Osher Online will provide varied Osher members from different states and institutions the chance to learn with and connect to each other while maintaining membership at their own local Osher Institutes. We are grateful to the Bernard Osher Foundation and the Osher NRC for their support and hard work in making this happen. We look forward to this new learning journey with Osher Online and hope you will enjoy being a part of it!

OSHER 760

Enrollment is limited so please register early. Registration deadline is March 17, 2023. A mandatory orientation will be held on Thursday March 23 AND March 30, 2023 at 12:00 PM (MDT) for all enrolled attendees. Please note: Due to the special arrangement of this partnership, Osher Online courses are paid by a special fee (rather than regular tuition) which is non-refundable.

Aliens in Outer Space: The Science and the Fiction

Andrew Fraknoi

Few areas of astronomy provoke our imaginations as much as the search for "alien life" among the stars. It is a staple of science fiction stories and films, but recently it has also become a legitimate branch of scientific inquiry. In this non-technical class (designed for people without much science background), we first take a look at our modern view of the universe. We then discuss why astronomers are more optimistic than ever that there must be life beyond the Earth, what experiments we are undertaking to find or communicate with such life, and what we propose to do if we find "them." We'll also look at some of the most imaginative science-fiction ideas about what aliens will be like, and what the positive and negative results of getting in touch with aliens might be.

OSHER 760-010 | Tuesday 3:00-4:30 PM April 4-May 9, 2023 ZOOM | Special Fee \$99



Beginning Genealogy: Climbing your Family Tree

Gail Reynolds

Are you a genealogy "newbie" or looking for help in developing and organizing your family history research? This introductory course is designed to get you started in searching for your roots and to help you develop an organized process for tracing your family history. This course will discuss the role of various types of records in researching your family history, including but not limited to census records, vital records, military records, and basic websites.

OSHER 760-011 | Wednesday 2:00-3:30 PM April 19-May 24, 2023 ZOOM | Special Fee \$99

Both Sides Now: Reflections on Women in Mid-Life

Colette Tracy

This class will be about reflecting on our lives and culture to understand how and why we are who we are. However, it is just as important to look at where we are now in life, and what we want for the rest of our lives. How do we stay vibrant and alive throughout the joy and pain that is life? Starting in midlife, the world

around us starts to change from everything that we have known and built in the first half of our lives. Even if we have been cognizant throughout each season of our lives, there comes a day when we wake up, perhaps at age 40, 50, 60, 70, or 80, and say, "How can I make the most of this precious time that I have left?"

OSHER 760-012 | Saturday 11:00 AM-12:30 PM April 8-May 13, 2023 ZOOM | **Special Fee \$99**

Charles Darwin's Theory of Evolution: Its Impact on Our Society

Douglas Burks

In this course you will explore the history of Charles Darwin and his theory of evolution by natural selection. You will do this from a biological and moral perspective. The basic evidence supporting the theory will be presented. The theory of evolution is the central unifying theory of biology and is the cornerstone of all biological and medical disciplines in the 21st century. We will explore how the fossil record, comparative anatomy, biogeography, and molecular biology all provide support for evolution. Many called Darwin's theory a most dangerous idea. It was considered one wedge between religion and secular society. Both the positive and negative impacts of modern evolutionary

science will be explored. The course is for both novices and those experienced in science. Those with no background in science whatsoever will find the course both interesting and approachable.

OSHER 760-013 | Thursday 10:00-11:15 AM April 6-May 11, 2023 ZOOM | Special Fee \$99

Dickens in Serial

Jeffrey Walker

Dickens pioneered the method of publishing novels in serial. By writing and publishing a novel in 19 monthly or 36 weekly installments, Dickens could change his story, shared and shaped by the audience who read it, at any time, depending on what his readers liked or disliked. And he did. By reading *Great Expectations* (1861), his greatest weekly novel, part by part, readers can weave Dickens's fictional world into their own real worlds. As the story and characters develop and change over 36 weeks, so, too, does the reader's own life. Readers see the changes in their lives through the lenses of the fictional characters' lives and realize how literature can mirror life.

OSHER 760-014 | Monday 11:00 AM-12:30 PM April 3-May 8, 2023 ZOOM | Special Fee \$99

Elections of 1796 and 1800

Heather Dudley

The campaign of 1796 established the template for "the politics of personal destruction." The campaign of 1800 sank even deeper into the abyss with each side making frightening predictions about what would happen if the other candidate was elected. Underpinning the personal attacks was the message about what type of person should be president. These campaigns also solidified our two-party system with its opposing ideologies about what type of government was needed to protect this fragile, young republic that would offer more freedom to more people than had ever experienced it in human history. These two elections were the early tests of the efficacy of the electoral college system. We will look at the question of why the framers designed such an odd system, what they thought it would accomplish, and why it failed. A fascinating subtext to these two elections was the friendship between Thomas Jefferson and John Adams. They were close friends as they worked for American independence, yet once independence was won, they became bitter political enemies. The crisis of their friendship occurred between 1796 and 1800 and was a metaphor for the political divisions in the nation.

OSHER 760-015 | Friday 11:00 AM-12:15 PM April 7-May 12, 2023 ZOOM | Special Fee \$99

Ethics: The Good Life

Peter Bolland

Ethics is the branch of philosophy that focuses on values, morality, and concepts of justice. In this sixweek course, we will study the major ethical theories of the world's philosophical traditions, immersing ourselves in an inquiry into the nature of justice, virtue, and the good life. We will examine egoism, relativism, utilitarianism, deontology, and a number of other prominent ethical perspectives by applying them to real-life situations in our own lives as well as in the ethical dilemmas in the world around us.

OSHER 760-016 | Wednesday 11:00 AM-12:15 PM April 12-May 24, 2023 ZOOM | Special Fee \$99

Female Stars of Hollywood's Golden Age

Michael Troyan

This course will be a celebration of the greatest female stars of Hollywood's Golden Age and feature an in-

depth look at the individual studios in which these stars, while under contract, rose to prominence. We will feature stars like Bette Davis, Lauren Bacall, and Doris Day at Warner Bros.; Greta Garbo, Joan Crawford, and Judy Garland at MGM; Gloria Swanson, Claudette Colbert, Audrey Hepburn at Paramount; Jean Arthur, Rita Hayworth, and Kim Novak at Columbia; Katharine Hepburn, Irene Dunne, Ginger Rogers at RKO; Vivien Leigh, Ingrid Bergman, and Jennifer Jones at Selznick International; Betty Grable, Gene Tierney, and Marilyn Monroe at 20th Century Fox; and Teresa Wright, Merle Oberon, Virginia Mayo at Goldwyn studios. Michael Troyan will bring his unique expertise working for all of these studios and their archives over the years to reveal new, behind-the-scenes anecdotes and insights.

OSHER 760-017 | Monday 5:00-6:30 PM April 3-May 8, 2023 ZOOM | Special Fee \$99

Film Noir

Brittney Brown Rakowski

Film noir, a crime genre with a distinctive black-and-white style, appeared mostly in America for only about 20 years in the mid-20th century. It has had a lasting impact on American film and television ever since. From *Double Indemnity* (1944) to *Strangers*

on a Train (1951), it engaged with some of the most important questions of modernity right after the Great Depression and into the postwar years. We will study film style, literary adaptations, influences on modern films and more to explore why film noir still resonates with audiences today.

OSHER 760-018 | Thursday 1:00-2:15 PM April 6-May 11, 2023 ZOOM | Special Fee \$99

History of Dissent in the U.S. Supreme Court Lauren Andersen

Trace the history of dissent in the U.S. Supreme Court from its inception through the current day. Learn why dissents were discouraged by Chief Justice John Marshall and why that upset some of our founding fathers. Understand how early Supreme Court dissents laid the foundation for rights later established by Supreme Court majority opinions, and why many of these dissents have been used in arguments before the current U.S. Supreme Court. This course will discuss cases that have made national headlines in recent years and cases that addressed things like privacy, the Second Amendment, equal protection, and voting rights.

OSHER 760-019 | Tuesday 12:00-1:30 PM April 4-May 9, 2023 ZOOM | Special Fee \$99

History of Photography

Craig McMonigal

This course will cover the history of photography from its inception to contemporary work. Examples of major genres and movements in photography will be discussed with PowerPoint presentations, augmented by examples from the instructor's personal collection of historical and contemporary images. Most aspects of photography and its applications and techniques will be presented, with an emphasis on art photography.

OSHER 760-020 | Monday 2:00-3:30 PM April 3-May 8, 2023 ZOOM | Special Fee \$99

Shakespeare for Beginners and Experts, Part One

Steve Sohmer

William Shakespeare is widely regarded as the greatest author of plays and poems in the English language. What is not widely recognized is that he wrote for two audiences: playgoers eager for diversion and entertainment, and the thoughtful "wiser sort" concerned with political, cultural, religious, and social questions of the day. This course sifts through five of his plays for provocative ideas—seditious, ungodly, and rebellious—that fired the imagination of the "wiser sort" in Shakespeare's time and now. The five plays to be read

and discussed are: As You Like It, Julius Caesar, Twelfth Night, Antony and Cleopatra, and Hamlet.

OSHER 760-021 | Thursday 4:00-5:30 PM April 6-May 11, 2023 ZOOM | Special Fee \$99



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, please visit us at osher.utah.edu or email osher@utah.edu. Please also subscribe to our weekly email to learn about all upcoming classes, lectures, and events!

Instructor Bios

Abdulnaser Kaadan

History of the Most Important Six Countries in the Middle East

Prof. Abdulnaser Kaadan is from Syria. He was an orthopedic surgeon, and received his PhD in History of Medicine in 1993. He was the chairman in the History of Medicine Department at Aleppo University, and a professor of history of medicine and medical ethics. He now teaches as a visiting international professor at Weber State University's Department of History. His work and writing led him to be nominated for the Nobel Prize in 2012.

Alan Eastman

Climate Change: What Do We Do Now?

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

Andrea Uehling

Dungeons and Dragons 101 for Grownups!

Andrea has played in and guided games for the past 8 years, playing with multiple groups nationwide and writing her own stories for her friends and others to follow. Currently, she writes and edits tabletop content, as well as plays multiple games- both in person and online formats. While earning her Bachelor of Science in Anthropology, she also conducted research with ethnographic records from Yale, for publication with Dr. Shane Macfarlan concerning warrior rewards as well as reputation studies. In her other education, she's traveled internationally and participated in classes from marine biology to forensic anthropology, as well as time in the United States Army.

Asya Pereltsvaig

Vanished Kingdoms of Eastern Europe

Asya Pereltsvaig received a PhD in Linguistics from McGill University and taught at Yale and Stanford, and has been teaching in lifelong education programs since 2010. Her expertise is in language and history, and the relationship between them. Her most recent book, *Languages of the World: An Introduction*, 3rd edition (2020) was published by Cambridge University Press. Asya is a popular instructor for several Osher Lifelong Learning Institute programs around the country. She was the faculty host for a trip to the Baltic countries and St. Petersburg in July 2017.

Becky Menlove

Get to Know Your Museum(s)

Becky Menlove, Deputy Director Emeritus of the Natural History Museum of Utah, has been deeply engaged in the museum industry for the past 38 years. She first came to NHMU in 1984, as a textile lab supervisor in the anthropology collections. In 1992, Menlove moved to Wyoming to complete her education, where she continued to work in curatorial, exhibits, and education positions at museums in Wyoming, including the University of Wyoming Art Museum, Whitney Gallery of Western Art, and the Plains Indian Museum. In 2000, she returned to NHMU as an exhibits developer and later led the exhibits, school programs, and public programs teams as Associate Director for the Visitor Experience. Becky oversaw the development, design, and installation of the ten permanent exhibits for the Museum's new home in the Rio Tinto Center, which opened in 2011. As a member of the senior leadership team, she participated in long-range visioning, institutional goal setting, and strategic and operational planning. Now retired, she continues to lend her expertise to organizations and museums nationwide. She received her MA and BA in American Studies from the University of Wyoming with academic honors, has served on numerous boards, loves cooking and outdoor activities, and is a skilled weaver.

Benedicte Dansie

Visual Representations of the Holocaust

Benedicte Dansie is a historian and curator specializing in Holocaust museums, outreach, and education. She

holds a MScR degree in Collections and Curating Practices from the University of Edinburgh (2022) and BAs in English Literature and History from the University of Utah (2020). Benedicte sat on the University Collections Acquisition Committee for the University of Edinburgh in (2021-2022), co-curated the exhibition, Voices of Textiles, and worked as an intern at the Auschwitz-Birkenau State Museum and Memorial. She is an avid reader and spends most of her spare time searching out new stories or writing her own.

Bernadette Brown

Ancient Egypt

Bernadette Brown worked as the curator of African, Oceanic, and New World Art at the Utah Museum of Fine Arts. She also taught at the Museum of Native American Art in Spokane, WA, and at The Brooklyn Museum, as well as at New York City Community College. 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 the World How Media Changes Public Opinion

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 Stoye

Transitional Ukulele Methods (with Marci Villa)

Bill Stoye has taken music theory and ear training at the University of Utah, played drum set and percussion for over 40 years, and studied ukulele for eight years. He recently finished teaching a four-week course in Rhythm Ukulele through Salt Lake Community Education and has also taught four-week courses in Ear Training and Beginning Music Theory. He teaches for Osher and gives private lessons.

Brad Westwood

West Side Stories: Utah History through Salt Lake City's Oldest International Neighborhood: Part Three

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. He also served as Manager of Acquisitions for the LDS Church History Department (archives, library, and museum) and Chair of the L. Tom Perry Special Collections at BYU.

Brian S. 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 selffunded 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 served as the Leader of the House Minority from 2015 until 2023. 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

The Just Society: The Connections between Justice, Equality, Liberty, and Democracy

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

Carol Anderson

Utah Opera Preview: The [R]Evolution of Steve Jobs

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. She spends her summers on the music staff of the Santa Fe Opera.

Carol Lessinger

Feldenkrais Fundamentals: Self-Healing Through Movement

Carol Lessinger has been teaching Feldenkrais
Awareness Through Movement® and doing handson healing work in Salt Lake City since 1980. She
studied directly with Dr. Moshe Feldenkrais, has
taught at Esalen Institute in Big Sur CA, and has given
workshops in many states in the United States and
Europe. In her lifetime, the concept of Embodiment
has evolved from a very obscure idea to becoming
more prominent in the public consciousness. She's
been at the forefront, each step of the way...studying
many different Somatic modalities...the list is long.
From these, Carol has created her own unique style
of helping people to live a healthier, freer, and more
joyful life.

Charles Boynton

Shakespeare's First Folio of Plays

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

Christine Dyson

Introduction to World Religions

Chris received a BA in English and an MEd from the University of Utah. Before retiring in 2016, she worked for Granite School District as a geography teacher for 16 years and as a District Teacher Specialist 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. During her last six years of teaching, she focused on AP Geography. She loves teaching about the elements of culture around the world.

Calligraphy II—Beyond Italic

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 public schools and also through community education. Her pieces have received Best of Show and Honorable Mention awards in juried exhibitions.

Christina Wilson

Mind Over Matter

Christina Wilson has been studying and teaching conflict resolution, communication, and emotional intelligence skills since 2006. She served seventeen years at Juvenile Court as a probation officer, court administrator, and mediator. She holds a PhD in conflict analysis and resolution from Nova Southeastern University. Currently, she teaches undergraduate sociology courses and provides training and coaching services along the Wasatch Front.

Christine Jones

Seven Principles for Making Marriage Work for Mature Couples

Christine Jones has been an educator and training and development specialist for more than 15 years. She led professional training classes at universities and for healthcare providers, government employees, and community organizations across the United States. She is all about sharing knowledge and ideas to help solve problems, motivate growth, and inspire change. Christine founded Living with Lawyers, LLC, where as a speaker and workshop leader, she helps to enhance the relationships between lawyers and

those who live or work with them. Before becoming an entrepreneur, she worked as a Communication Skills Trainer for employees at the University of Utah. Christine is certified as a Workshop Leader for The Gottman Seven Principles for Making Marriage Work and has a Professional Leadership and Management Certificate from the University of Utah. She was certified as a Diversity and Communication Trainer and Peer Counseling Certificate by Bellevue College. She holds a Teaching Certificate for Secondary Education with a Career and Technical Education Endorsement in Health Education and Family and Consumer Science. She is a Utah native and a graduate of Utah State University. She attended graduate school at Lesley University in Massachusetts and lived for 20 years in Seattle, Washington while working and raising a family. She is passionate about volunteering with her dog Luke on a Therapy Animal Team.

Daniel Ryan Wik

Four Lectures in Physics

Assistant Professor, Physics and Astronomy, Daniel Ryan Wik is an X-ray astronomer, primarily working on the NuSTAR mission along with data from other X-ray observatories such as Chandra, XMM-Newton, and Hitomi, studying galaxies and galaxy clusters.

Previously a research scientist at the NASA Goddard Space Flight Center outside of DC, Daniel has just begun a new position as an assistant professor at the University of Utah.

David B. Keida

Four Lectures in Physics

Graduate School Dean, Co-Director of the Consortium for Dark Sky Studies in City and Metropolitan Planning, and Distinguished Professor in Physics and Astronomy, David B. Keida's research focuses on the use of high-energy astrophysical phenomena to explore fundamental forces and particles. He works in the field of experimental high energy gamma-ray



astronomy, currently using the VERITAS, HAWC, CTA, and FERMI Observatories. These projects provide excellent opportunities for cross-disciplinary international research projects for graduate students. He also uses these projects to increase exposure of undergraduate majors to summer and academic term research opportunities.

David Mastroianni

The Truth about Dietary Supplements

David has more than 35 years of experience in the natural products industry which includes the vitamin, herbal, sports nutrition, and weight management product categories. He has led the research, development, and marketing of many of the bestselling, innovative products, product lines, and brands available today. He is responsible for some of the most successful vitamins, targeted supplements, sports nutrition, botanicals, and diet products on the market. He pioneered the introduction of a number of industry firsts such as phytonutrients and mixed carotenoid supplements. David has experience in all classes of trade where supplements are sold: mass market, direct selling, health food, General Nutrition Centers, health professional market, and international and e-commerce. With a B.S. in Nutritional Science from the University of Arizona, his R&D expertise has

led the product development of nutritional powders, beverages, bars, and solid dosage forms. David has lectured on supplements and health across the globe and has often been interviewed in the media as an expert in his field.

David Meir-Levi

Out of the Ashes: The Rise of Christianity from the First Temple to Paul

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

David R. Smith

Spring Hiking in the Wasatch

David R. Smith has been hiking and skiing in the Wasatch Mountains for over 50 years. He is a Life Member of the Wasatch Mountain Club and has organized many activities for them. He spent his professional life working in the mountain sports industry and enjoys having more time to hike and ski since he retired. He has a BSBA from Regis College in Denver, Colorado and an MBA from Westminster College in Salt Lake City.

David Schwendiman

Looking into the Abyss: A Guided Tour of Modern Conflict, Atrocity, Accountability, and Recovery

Before retiring in 2014, David Schwendiman served for over twenty-five years as an Assistant U.S. Attorney in the District of Utah, joining the office in 1987. He graduated from the University of Utah College of Law in 1976. He was an Assistant Utah Attorney General in 1976 and 1977 and again from 1983 through 1987. He served as the Interim U.S. Attorney for the District of Utah in 1998. While on leave from the U.S. Department of Justice from 2006 through 2009, he was an international prosecutor in the Special Department for War Crimes of the State Prosecutor's Office in

Bosnia and Herzagovina, investigating and prosecuting atrocities committed during the war in the former Yugoslavia. From 2007 through 2009 he served as the Deputy Chief Prosecutor and Head of the Special Department for War Crimes. He was the Department of Justice Attaché in the U.S. Embassy in Kabul, Afghanistan from 2010 through 2013. He spent 2014 in Kabul as the Assistant Special Inspector General for Afghanistan Reconstruction (SIGAR) and Director of Forward Operations for SIGAR. He left Kabul in 2015 to become the Lead Prosecutor of the European Union's Special Investigative Task Force (SITF) in Brussels overseeing the investigation of war crimes and crimes against humanity committed in Kosovo in 1998, 1999 and 2000. In 2016 he was appointed the first Chief Prosecutor of the Kosovo Specialist Prosecutor's Office in The Hague. He served as the Chief Prosecutor until April 2018. He is an Adjunct Professor of Law at the University of Utah's S.J. Quinney College of Law.

Debbie White

Internet Security

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

Why Mars?

Dennis Clark has a PhD in management economics from Trinity University, a Master of Education in adult educational psychology from Westminster College, and a BS in business administration and economics from Westminster College. He has taught at Weber State University, the Air Force Institute of Technology, George Washington University, and Utah State University.

Diane and Stan Henderson

History and Literature: Hotel on the Corner of Bitter and Sweet

Stan and Diane Henderson are avid readers – Stan reads history, Diane fiction. In other lives, they would have been history and English professors. Now they team up to share their passions with us. Pre-retirement, 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 are currently failing retirement.

Gabino Flores

Classical Guitar

Gabino Flores has been teaching classical guitar for over 20 years, bilingually, as he is in fluent Spanish and English. He studied at the National Conservatory of Music in Mexico City. He has performed in Mexico, Europe, and throughout Utah. He currently teaches for the Harmony Hub program, part of the Mundi Project at the Sorenson Unity Center, and the Madeleine Choir School in Salt Lake City.

Gladys Muren Webb

Food, Glorious Food: Food and Its Role in the Visual Arts

Gladys Webb received her BA and MA in Art History from the University of Utah. She lived abroad in Central and South America, Australia, England, and France for 20 years and has been a docent at the Utah Museum of Fine Arts for 20 years. She has served on various committees, trained new docents on the museum's European Collection, and represented the UMFA at five National Docent Symposiums. In Guatemala, Gladys collected woven textiles. She has presented her collection to many groups and organizations.



Ian Wright

Utah and the Mountain Man: History of the Fur Trade in Utah

Ian Wright works for the State Historic Preservation Office as the Utah Cultural Site Stewardship Program Coordinator. In his role as coordinator, Ian works side by side with federal and state land managing agencies, non-profit/for-profit organizations, and public citizens of Utah as they organize efforts to safeguard Utah's archaeological and cultural resources. Ian was born and raised in Utah and holds a BA in history from Southern Utah University where he completed archaeological field school. Ian also has an MA in Cultural Heritage Management from Johns Hopkins University.

Irena Stanic Rasin

The Good, the Wise, and the Lusty: Women in Boccaccio's Decameron

Irena Stanic Rasin is an award-winning author, translator, and language and literature instructor. She holds Master's degrees in English and Italian language and literature and is currently pursuing her PhD in the Humanities. She has authored or co-authored seven

books and numerous sonnets and other poems for children and adults. Irena has been teaching Italian and Croatian as well as literature and linguistic topics through lifelong learning programs. She is a recipient of several outstanding recognitions, including the Order of the Croatian Interlace, the 2022 Harvard Club of Boston Prize Book Friends of Education Award, and the George P. Faulkner Annual Citizens Award for Outstanding Service to Youth presented by the Arlington Boys and Girls Club.

Jeanne Le Ber

Becoming a Bird Watcher
The Art of Bird Feeding

Jeanne Le Ber has a BA in English Literature and a master's degree in library and 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, John Middleton, 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. Jeanne was presented with the 2022 Birder of the Year award at the Great Salt Lake Bird Festival.

Jeffrey Walker

Faulkner and the American South

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.

Jennifer Brown

Rethinking Renaissance Art: Expanding the Geography

Jennifer Brown received her PhD in art history from Johns Hopkins University. For 10 years she resided in Europe where she conducted research, taught study abroad programs, and trained in museums, including the Uffizi and the Louvre. In addition to her publications and teaching in art history, Dr. Brown has received awards for her work promoting the humanities, fine arts, and educational equity.

John Grima

Stories from the Thai Twentieth Century

John Grima came to Utah in 1986 as a hospital planner with Intermountain Healthcare. He spent the bulk of his career at McKay-Dee Hospital in Ogden working on services enhancement, facilities development, and business strategy. He is a board member at Midtown Community Health Center and has worked as a consultant and volunteer with other Utah health centers and the Utah Primary Care Association. Prior to healthcare, John earned a PhD in Thai linguistics at the University of Michigan and worked as an academic in linguistics, teaching in Thailand and managing an applied research program in New York. He was a Peace

Corps volunteer in Thailand in 1968 and has had a long relationship with the country and its culture. Since retiring, he has been researching the woman around whose life this course is built, aided by the internet, the Marriott Library at the University of Utah, and frequent trips to Thailand.

Jonathan Duncan

Sacred Mountains of the World

Jonathan Duncan is the creative director for the digital storytelling company Alpine Vision Media. He has served as the Global Studies Fellow and adjunct professor of Adventure Media at Westminster College, and currently teaches courses on Himalayan Geography, the Sacred Mountains of the World, the Idea of Wilderness, and Adventure Photography through the Osher Lifelong Learning Institute and the Lifelong Learning program at the University of Utah. He has also served on the faculty of The Art Institute of Portland and Western Washington University. His work has taken him through many of the sacred landscapes of Asia.

Joon Bae

Korean Ink Art: 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 previously worked at the Huntsman Cancer Institute facilitating 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.

Kate Taylor

Beginning Pickleball 2 Introduction to Pickleball

Kathleen Taylor moved to Utah in 1972. After she retired from a teaching career, she spent time doing yard work and reading detective novels but felt something was missing. Then...along came pickleball! Pickleball provided her with a fun and challenging way to stay active and meet friends. She loves teaching new players and sharing her passion for the game.

Kelley Ingols

Yoga for Movement and Flexibility

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's Wisdom.

Linda Wood and Ruth Palmer

Beginning Line Dancing

Linda Wood has been participating in and teaching line dancing in the Salt Lake Valley for over nine years. She was a long-time member of Young at Heart, a popular performance group that entertained audiences at local fairs, sporting events, and senior centers.

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

Ruth and Linda are committed to sharing their skills and experience so that others can learn to love and enjoy line dancing as much as they do.

Lyuba Basin

The Art and History of Books

Lyuba Basin started working with the rare books collection at the J. Willard Marriott Library eight years ago. She began as a part-time student employee before transitioning to her current role as the Rare Books Curator in 2019. After graduating with a double BA in English and Applied Linguistics, Lyuba received a Fulbright scholarship and found herself teaching English in Argentina at a small university in La Pampa. She was able to incorporate her knowledge of rare books, artists' books, and library collections into her teaching curriculum while developing a successful writing workshop that continues to be implemented today. The workshop and its pedagogy, which uses artists' books as a way to teach English, was featured as a chapter in the Universidad Nacional de La Pampa (UNLPam) textbook, Express Yourself: Exploring Creativity in English Language Teacher Education. Upon her return from Argentina, Lyuba completed an MA in World Languages and Cultures at the University of Utah. Her Master's thesis analyzed some of the Marriott Library's rare books collections and explored the "materiality of text," arguing it is the most important aspect of reading.

Marci Villa

Beginning Ukulele Transitional Ukulele Methods (with Bill Stoye)

Marci Villa is a self-taught ukulele player with a passion for the cheery little instrument whose Hawaiian name translates as "jumping flea," and enthusiastically shares her love of the instrument and for music. Twenty years' experience as a corporate trainer has honed her understanding of how people learn and given her an exceptional ability to teach new skills.

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.

Nando Raynolds

Mindful Movement: Stretching and Qigong

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.

Natalia Tapia

Four Lectures in Physics

Natalia Tapia Arellano was born in Santiago, Chile. She graduated from the University of Santiago in 2014 with a BS in Applied Physics. She received her PhD from the University of Santiago in 2019. Her thesis was "Quantum Electrodynamics at the Limit: Dark Matter and Strong Fields". Natalia applied for a Post Doc at the University of Utah because of the high-quality research in the theoretical particle physics group. She is currently working with Dr Pearl Sandick and Yue Zhao on projects involving dark matter but she also expects to contribute in making this subject accessible and welcoming for everyone. Natalia initially wanted to be an astronomer, but realized that particle physics is

actually the basis for understanding the machinery of the universe. She believes once we understanding how the tiniest elements in nature interact or communicate among each other, we will understand more about the workings of our world and the universe itself.

Nicole Anderson

Exploring the History and Landscapes of the Great Salt Lake

Nicole Anderson is a Utah native, communications professional, researcher, and freelance writer. She holds a Master's degree in strategic communications from Westminster College, 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. She is the author of The As & Bs of Our Inland Sea, a children's book about the Great Salt Lake. Her essays and writing collection have appeared in Airboating, Betterboat.com, Breathing Stories, Gateway, Utah Stories, and *Utah Life*, among others. She is a former volunteer member of the Nature Conservancy's Speaker's Bureau and a certified Utah Master Naturalist in Watersheds.

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.

Paul Cunningham

Utah Local Governments: Facts, Funding, and Functions

Paul Cunningham was employed as a law enforcement officer with the Salt Lake County Sheriff's Office for 30 years. He worked on patrol, in juvenile investigations, in drug and alcohol enforcement, as a school resource officer, and in planning and research functions before becoming the Sheriff's Office personnel manager for ten years. He retired from law enforcement after a final ten years as the Corrections Bureau chief deputy, responsible for the Salt Lake County Jail. He then accepted employment with the city of South Jordan, first as the human resources director for five years and then as the city's chief of staff for five years. Paul holds

a BS in sociology with a minor in criminology and an MS in economics, both from the University of Utah. He attended the FBI National Academy. He has been an instructor at the Utah Police Academy, created the Utah high school Vocational Law Enforcement Program curriculum, and taught in the Criminal Justice Program at Salt Lake Community College. He is still certified as a senior professional in human resources.

Richard Justin Ingebretsen

Four Lectures in Physics

Richard Justin Ingebretsen graduated from the University of Utah with a masters in physics and a PhD in Physics Education. He received an MD degree from the University of Utah School of Medicine in 1993. He completed a residency in internal medicine and a fellowship in emergency medicine in Salt Lake City. He is now a clinical instructor of medicine at the University of Utah School of Medicine and a professor in the Department of Physics. He is an attending emergency room physician and practices internal medicine. He is the program director of wilderness program at the University of Utah School of Medicine and is the medical director of Salt Lake County Sheriff's Search and Rescue. He was the Associate Dean for Student Affairs for the College of Science in 2014 and 2015.

He does extensive work in the environment. He is the founder of the Glen Canyon Institute and is also the vice chair of the Southern Utah Wilderness Alliance. He founded Wilderness Medicine of Utah to teach back country medicine and is owner of River Bound Adventures, an education river trip company.

Richard Paine

Ancient Cities of Mesoamerica

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

Robert Bigelow

Introduction to Astronomy

Robert Bigelow has a BS in physics and is an amateur astronomer. He recently retired from Clark Planetarium

(formerly Hansen Planetarium) after nearly 27 years, where he gave presentations on science and astronomy, both at the Planetarium and in schools throughout Utah. He has previously taught courses on astronomy and physics for the Osher Institute and Lifelong Learning. He is also a NASA Solar System Ambassador.

Sally Humphreys

Utah Symphony Finishing Touches: Florence Price's Piano Concerto

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

Sally Smith

Three Irish Tales

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

Films and Dreams: Imagination and Perception

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

Creative Visualization

Shelby Rickart has been studying and practicing creative visualization for thirty-six years. She has taught this technique to people ages 12-80. She incorporated journeys into her junior high English and creative writing classes to help facilitate descriptive writing and relaxation. Shelby was

trained in the discipline by Joyce Winn, a student of Shakti Gawain, the guru of creative visualization.

Stephen C. Hall

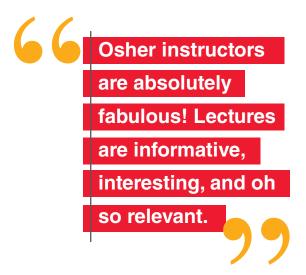
Book Review: The Rise and Fall of Third Reich - Part Two

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

Steve Wrigley

Don't Just Retire — Refire! An In-Depth Discovery of Your Third Act of Life

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 the Utah state government, he had the 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 Third Act 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 Nilufer Leuthold

Great Decisions

The Great Decisions course is taught by the Cultural Education Director at Utah Council for Citizen Diplomacy (UCCD). For 55 years, UCCD has been Utah's leading nonpartisan nonprofit in shaping foreign relations by fostering people-to-people connections. Its mission is to promote respect and understanding between the people of Utah and other nations. UCCD uses the guiding principle of Citizen Diplomacy to empower and educate people in Utah that they have the right, even the responsibility, to help shape foreign relations, and it's done as simply as one handshake at a time. UCCD meets its mission by hosting elected officials, business leaders, nonprofit directors, and faith leaders from around the world in Utah for professional and cultural exchanges. These global leaders learn how Utah is an economic, innovative, and cultural hub by meeting with hundreds of people who live, work, and play in our great state. UCCD also hosts cultural education programs and classes such as the World Affairs Speaker Series, Cultural Diplomacy Classes, and, of course, Great Decisions. Additionally, UCCD fosters Utah's future leadership through its Young Diplomats of Utah program that helps high school to college to careerready students take their first steps as global citizens.

Walter Jones

American Civil War, Part Two: 1863-1877

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

Wayne Egan

Gershwin Plus Eight, American Songbook Revisited

Wayne Egan earned a PhD in German literature at the University of Texas at Austin 35 years ago. For over eight years Dr. Egan, a jazz pianist since junior high school, has been teaching classes for Osher Lifelong Learning on Broadway musicals and on appreciation for the American Songbook's contributions to American culture. Thus, experience, esprit, and verve are his essential credentials.



Osher Online with Northwestern University~Instructor Bios

Andrew Fraknoi

Aliens in Outer Space: The Science and the Fiction

Andrew Fraknoi teaches fun classes on astronomy and "physics for poets" at the San Francisco State Osher Lifelong Learning Institute and the Fromm Institute. He was the California Professor of the Year in 2007 (selected by the Carnegie Endowment for Higher Education.) Fraknoi is the lead author of Astronomy, a free, online, introductory textbook, published by the non-profit OpenStax project, which is now the most frequently used astronomy text in America. He has also written two books for children and several books for school teachers. He regularly appears on local and national radio, explaining astronomical developments in everyday language. Fraknoi keeps a website cataloging science-fiction stories based on good astronomy and has published seven sciencefiction stories of his own in recent years. Asteroid 4859 has been named Asteroid Fraknoi by the International Astronomical Union in recognition of his contributions to the public understanding of science. You can learn more about his work at: http://fraknoi.com

Brittney Brown Rakowski

Film Noir

Dr. Brittney Brown Rakowski is a Lecturer in the University College at the University of Oklahoma. Her research and teaching interests include twentieth-century American literature and film, gender studies, and rhetoric.

Colette Tracy

Both Sides Now: Reflections on Women in Mid-Life

Colette Tracy has been teaching "Both Sides Now: Reflections for Women at Midlife" in the Osher Lifelong Learning Institute program at universities such as Duke, Carnegie Mellon, American University, University of Southern California, University of South Florida, and others, for the last year and a half. She has been teaching in colleges and universities for the last 12 years. Five years ago, when Colette began teaching as a contracted professor full time, she traveled abroad to teach for a semester in China at HUEB University in Hubei Province, China, where she taught

undergraduate Organizational Behavior. Currently, she is teaching MBA courses (online) through Benedictine University in Shenyang, China. Prior to teaching full-time, Colette spent 25 years in business development, sales management, and operations management for both the for-profit and nonprofit sectors.

Craig McMonigal

History of Photography

Craig McMonigal has been a photographer for over forty years. He received his BFA from Ohio University in 1983, and his MFA from the University of Illinois in 1987. Craig had been on the staff of the University of Illinois School of Art & Design from 1985 until 2002 and began teaching at Parkland College in 1994. He retired in 2015 after receiving the Illinois Community College Trustees Association Outstanding Faculty Award for the State of Illinois. At Parkland, Craig taught analog and digital photography, studio lighting, art appreciation, and the history of photography. Craig has a library of over 1600 photography books. He has

participated in several national exhibitions and his work has been included in three museum collections. Craig has lectured on photography and on his own work at Washburn University, Central Michigan University, the National Society of Arts and Letters, and the Osher Life-long Learning Institute. He has curated or juried more than a dozen photography and art exhibitions. Craig taught as a substitute teacher for the Champaign School District while also teaching at Parkland and retired in 2022 after 21 years.

Douglas Burks

Charles Darwin's Theory of Evolution: Its Impact on Our Society

A biologist by training, Dr. Douglas Burks graduated from Earlham College in 1974 and received his PhD from Case Western Reserve University in 1978. Most of his career was spent at Wilmington College of Ohio as a member of the biology department for thirty-eight years, where he taught a variety of courses in the areas of genetics, evolution, and molecular biology. Dr. Burks finds nature and how it evolved fascinating. As Darwin said at the end of the *Origin of Species*, "There is grandeur in this view of life, with its several powers, having been originally breathed into a few forms or into one; and that, whilst this planet has gone cycling on according to the fixed law of gravity, from so simple

a beginning endless forms most beautiful and most wonderful have been, and are being, evolved." It can be argued that this idea has impacted humans socially and intellectually more than any other theory.

Gail Reynolds

Beginning Genealogy: Climbing Your Family Tree

Gail Reynolds is a retired middle school teacher from Rochester, New York, and an adjunct college instructor (BS, MS, CAS). She has been researching her family history for more than 25 years and has traveled extensively in the United States, Norway, and Sweden to do this research. She co-founded the Grand Strand Genealogy Club in Myrtle Beach, South Carolina, and is a past president and treasurer of that organization. She has taught over a dozen different courses on genealogy topics for Coastal Carolina University and the Osher Lifelong Learning Institute since 2000. She also consults with individuals on their family history research and speaks on the topic of family history at local service organizations.

Heather Dudley

Elections of 1796 and 1800

Heather Dudley graduated summa cum laude from the University of Maryland with a major in American Studies. She earned an MA in History from George Mason University, an MA in Psychology from American University, and a PhD in Liberal Studies from Georgetown University. In addition to teaching at the Osher Lifelong Learning Institute since 2018, Heather is an adjunct professor of psychology at Northern Virginia Community College. She writes an occasional blog—charactermattered.org—and wrote a book about the founders and liberty: The Free and the Virtuous: Why the Founders Knew that Character Mattered.

Jeffrey Walker

Dickens in Serial

Jeffrey Walker, Emeritus Professor of English at Oklahoma State, authored a critical study of the Revolutionary poet and traitor Benjamin Church, edited collections of essays on Fenimore Cooper, co-edited the first scholarly edition of Cooper's 1821 bestseller, *The Spy*, and the annual journal, *Literature in the Early American Republic*. He is currently completing an edition of Cooper's unpublished letters. A Fulbright







lecturer in Norway (1987) and Belgium (1998), he won the Phoenix Award (1998) for outstanding graduate teaching, the A&S Outstanding Professor Award (2013), and the Regents Distinguished Teaching Award (2014). His teaching interests include American literature, Dickens, the history of the book, textual editing, comedy, mystery, and film. He has taught in both Oklahoma State and University of Utah Osher Lifelong Learning Institute programs.

Lauren Andersen

History of Dissent in the U.S. Supreme Court

Lauren Andersen, Esq. practiced law in California for two and a half years before switching careers and spending the last 12 years in local government and higher education. As an attorney, Lauren wrote amicus curiae briefs for cases before the Supreme Court of the United States and the Ninth Circuit Court of Appeals. She is the former University of Utah Osher Lifelong Learning Institute Director.

Michael Troyan

Female Stars of Hollywood's Golden Age

Michael Troyan has a BA in Media Communications and a minor in History from California State University (CSU) – Sacramento. He also has an MLS from CSU - San Jose. He has worked as an archivist at the Walt Disney Company and Warner Bros. Studios, as well as a consultant and film historian elsewhere. He is the author of A Rose for Mrs. Miniver: The Life of Greer Garson, MGM: Hollywood's Greatest Backlot, Twentieth Century Fox: A Century of Entertainment, and has contributed to numerous books about Hollywood, including Douglas Fairbanks: The Fourth Musketeer and Disney A To Z: The Official Encyclopedia.

Peter Bolland

Ethics: The Good Life

Peter is the philosophy and humanities department chair at Southwestern College near San Diego, California, where he has taught world religions, world mythology, and Asian philosophy for over 30 years. A long-time instructor at the San Diego State University Osher Lifelong Learning Institute, Bolland is also a frequent speaker and workshop facilitator at numerous spiritual centers throughout Southern California like

the San Diego Vedanta Monastery and the Chopra Center. Reprints of his columns for *Unity Magazine* and the *San Diego Troubadour*, and his other published writings can be found on his blog, *Thinking Through*.

Steve Sohmer

Shakespeare for Beginners and Experts, Part 1

Steve Sohmer is a Shakespearean scholar, author of fiction and nonfiction books, television writer and producer, and former network television and motion picture studio executive. Sohmer earned a doctorate from Oxford University specializing in Shakespearean studies. Sohmer's book, The Way It Was, was chosen by *The New York Times* as one of the 20 best fiction books of the year. Mr. Sohmer's novels are *Favorite Son* and *Patriots*, and his short fiction has been published in *The Southern Review* and *Modern Occasions*. His screenwriting credits include *Mancuso FBI, Twice in a Lifetime, Bloodknot*, and Tom Clancy's *Op Center*, among others.

Spring 2023 Calendar

	Monday Mar 27 - May 1	Tuesday Mar 28 - May 2	Wednesday Mar 29 - May 3	Thursday Mar 30 - May 4	Friday Mar 31 - May 5
9:00					- Utah Symphony 4/28 🗣
9:30	- Korean Ink Painting	- Rise/Fall Third Reich - 2hrs	- Culture of Utah Politics @ Monson ♥	- Great Decisions	
	- Good, Wise, Lusty: Decameron 🔲	- Spring Hiking Wasatch 🕈	- Stories from Thai 20 th Century	- Becoming a Bird Watcher	
	- Utah Mountain Man 🚨	- The Art of Bird Feeding	- American Civil War 2 🔲	- Classical Guitar 🚨	
	- The Truth About Supplements	- Shakespeare 🚨	- The Art of Books @ Marriott Library 🗣		
		- Ancient Egypt 🚨	- The Just Society ♣		
		- Creative Visualization			
0:00		- Mindful Movement 4/11-5/2 🛄			
1:30	- Seven Principles of Marriage	- Films & Dreams		- Three Irish Tales	- History & Literature 4/28 🗖
	- Visual Rep Holocaust 🚨	- Intro World Religions		- Calligraphy II 🚨	
		- Mind Over Matter 🚨		- Internet Security 🗔	
		- Classical Guitar @ Sandy 🗣		- Internet Security @ Sandy 🗣	
				- Four Lectures in Physics @ Marriott Q	
00 pm			- LUNCH & LEARN 🔲		
			- Pickleball @ Sandy ♥		

	Monday Mar 27 - May 1	Tuesday Mar 28 - May 2	Wednesday Mar 29 - May 3	Thursday Mar 30 - May 4
1:30	- Vanished Kingdoms 4/17-5/1 🗖	- Current Issues	- Everyday Mindfulness 🚨	- Rethinking Renaissance
		- Food Glorious Food 🚨	- Utah Local Government 🚨	- Intro Astronomy
		- Get to Know Museums	- Gershwin @ Monson 🕈	- Current Issues 🔲
		- Utah Opera- Steve Jobs 4/25 🗣	- Climate Change 🗔	- Exploring History GSL 🗖
		- Beginning Line Dancing	- Feldenkrais 3/29-4/12 🛄	- Faulkner @ Sandy 🗣
		- Books Changed World @ Sandy 🕈	- How Media Changes Opinion 🚨	
			- Why Mars?	
2:30		- Google Tools Refresher 4/11		- Google Maps Refresher 4/13♣
3:00	- Marcie's Movie Club ♥			
3:30	- West Side Stories	- Transitional Ukulele	- Ancient Cities @ Monson ♥	- Beginning Ukulele 🚨
		- Out of the Ashes - 2 hrs 🗔		- Sacred Mountains
				- Don't Just Retire 🛄
4:00		- Dungeons & Dragons 🚨		
5:00			- Yoga for Movement	- History of Most Important Countries

Key					
-	In-person				
	Zoom				
9	Offsite Location				
Sandy	Sandy Center				
Monson	Monson Center				
Marriott	Marriott Hotel in Research Park				
Marriott Library	Marriott Library on Campus				
Library	on Campus				

Share Osher

Invite a friend to class

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

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

Cover: Osher Members, from left to right: Sandy Dolowitz, Martina Auger, Mark Rotchacher, and Tauna Young





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