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This program is brought to you by MU Extension and the Bernard Osher Foundation.

ABOUT MU EXTENSION

Using research-based knowledge, University of Missouri Extension engages people to help them understand change, solve problems and make informed decisions.

MU Extension makes university education and information accessible to create

• economic viability,
• empowered individuals,
• strong families and communities and
• healthy environments.

MU Extension partners with the University of Missouri campuses, Lincoln University, the people of Missouri through county extension councils, and the National Institute for Food and Agriculture of the U.S. Department of Agriculture.

Learn more at extension.missouri.edu.

Cover photo: Bradford Research Center Annual Tomato Festival, by Logan Jackson.
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WELCOME TO THE SUMMER SESSION OF OSHER@MIZZOU

You probably know by now that there’s always something new going on. Just thumb through this catalog, and you’ll find new courses and new instructors. *(Fortunately, you’ll also find some familiar faces.)* Come to any of the classes and you’ll find some new learners, as well. If Osher@Mizzou is new to you, then I hope you enjoy your class and the Osher community. I’m sure you will.

Because we are a member-driven organization, almost all the new things that we look forward to are the result of volunteers. We are not only a group of people who enjoy lifelong learning; we are also a collection of people who pitch in together and do whatever it takes to keep the community thriving (along with the support of Jennifer Erickson and Walker Perkins).

Some serve on Osher’s Advisory Council. Others work on one of the committees that plan programs or build awareness or help with special events. Others help during registration and throughout the semester. And, fortunately, our instructors prepare fascinating programs on a broad range of topics – and receive nothing but our heartfelt thanks and a special dinner in return.

**Without volunteers, Osher@Mizzou wouldn’t exist.** It’s really an astonishing statement. All 100+ courses each year, all 600+ members who have become part of this community, all the events, all the learning, all the camaraderie – THE OSHER EXPERIENCE – is built on people caring enough about the organization and each other to pitch in. The fact that Osher@Mizzou is going strong says a lot about mid-Missourians who value lifelong learning.

So, welcome to Summer Session, and if you’re new to Osher, welcome to lifelong learning.

- Jack Wax. Chair, Osher Advisory Council

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Summer Semester in a Glance

*Choose from 16 courses on a myriad of topics in this 4-week semester that runs the full month of June. [KEY: * indicates 2-week session; M: Monday, T: Tuesday, W: Wednesday, Th: Thursday]*

<table>
<thead>
<tr>
<th>Learn Something New (for the Fun of It)</th>
<th>Arts &amp; Letters</th>
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<tbody>
<tr>
<td>Wonderful World of Tea (T 10:30 a.m.)</td>
<td>*James’s *The Turn of the Screw (T 9 a.m.)</td>
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<td>City of Columbia Tours (W 9 a.m.)</td>
<td>Four Operas (T 12:30 p.m.)</td>
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<td>Designing Tiny Houses (Th 2:30 p.m.)</td>
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<tr>
<th>History, Religion &amp; Current Events</th>
<th>Personal Growth</th>
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<tr>
<td>Civil War Round Table (M 10 a.m.)</td>
<td>Understanding Prejudice (M 1:30 p.m.)</td>
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<tr>
<td>American Presidents V (W 2 p.m.)</td>
<td>Human Sexuality for Grownups (W 12:30 p.m.)</td>
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<td>Changing Orgs &amp; Public Policy (Th 9 a.m.)</td>
<td>Safety Info Series (Th 10:30 a.m.)</td>
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<tr>
<td>Islam: Maker or Shaker of Peace (T 2:30 p.m.)</td>
<td>Health Care Info Series (Th 12:30 p.m.)</td>
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<tr>
<th>Fridays at Osher – Always Something New!</th>
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<td>Osher Café (also on Wednesdays, 9 a.m. to 3 p.m.)</td>
<td>Brown Bag “Lunch &amp; Learn” (11:15 a.m.)</td>
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<tr>
<td>Arts Potpourri (9:30 a.m.)</td>
<td>Friday Afternoon Film Festival (1:30 p.m.)</td>
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IMPORTANT DATES

Tuesday, May 22, 2018
Summer Registration Opens

Monday, June 4, 2018
Summer Semester Begins
(4-week session)

Tuesday, Aug. 21, 2018
Fall Registration Opens

Monday, Sept. 10, 2018
Fall Semester Begins (8-week session)
& Start to New Academic Year

Thursday, Oct. 25, 2018
Faculty Recognition Event

Friday, Oct. 26, 2018
Robert G. Silvers Memorial Seminar Series

INCLEMENT WEATHER POLICY

If the Columbia Public School System cancels classes due to inclement weather, Osher@Mizzou classes will not meet on that day.

OSHER@MIZZOU FOR ALL

We are dedicated to making Osher Lifelong Learning Institute at the University of Missouri membership and participation affordable and accessible to Columbia area residents over 50 who wish to be involved. If you would like to request tuition assistance or require disability-related accommodations or special assistance, contact the Osher@Mizzou office at osher@mizzou.edu or 573-882-8189.

If you wish to make a gift to support our programs (including our scholarship fund), go to Osher’s website (osopher.missouri.edu) and click on Give to Osher@Mizzou. Or you may contact Osher’s staff at Osher@Mizzou.edu or 573-882-8189.

OSHER MEMBERSHIP AND FEES

Osher membership at all levels includes joint membership between Osher and the Columbia Parks and Recreation 50+ program, plus an “all-access pass” to use Parks and Recreation facilities for Osher functions such as Osher clubs, Saturday Morning Book Book Talks and other groups that might form in the future.

Premium membership (school year)
For $240 each fall*, you become a yearlong Osher member. Premium membership follows the school year, from Aug. 1 to July 31. (* New premium membership purchased in the summer session is pro-rated to $100 and good for the remainder of the school year.) The premium membership includes all of the benefits of a basic membership, as well as these perks reserved for premium members:

- Enroll in as many classes each semester as you wish to attend and pay only $10 to enroll per semester
- Attend Friday Afternoon Film Festivals for the full school year (four semesters)
- Bring a guest at no charge to Brown Bag Seminar Series and the Friday Afternoon Film Festival sessions
- Request a University of Missouri library card for one full academic year
- Receive an invitation to the Robert G. Silvers Memorial Seminar, usually held in the fall
- Become eligible to serve on the Osher Advisory Council

Semester membership
Enroll in one or more classes for a single semester, paying a $20 enrollment fee and individual fees for each course in which you enroll. Course fees vary, from $20 to $40, according to the course length and semester (see enrollment form). Single Potpourri and series sessions are $25 each.
### Membership values for one school year (Aug. 1 to July 31)

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<tr>
<td></td>
<td>Premium</td>
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<td>Provides membership benefits?</td>
<td>Yes</td>
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<td>Duration of benefits during current school year</td>
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<td>Content included with membership:</td>
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<td>Parks and Recreation 50+</td>
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<tr>
<td>Extramural events and clubs</td>
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<tr>
<td>Brown Bag series</td>
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<tr>
<td>Potpourri series</td>
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<td>Courses</td>
<td>All courses included</td>
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<tr>
<td>Friday Afternoon Film Festival</td>
<td>Yes</td>
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<tr>
<td>Single session from a series</td>
<td>All courses included</td>
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<td><strong>PRICE</strong></td>
<td>$240 (plus $10 each additional term)</td>
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### Semester membership (cont.)

In addition to attending the course for which you enrolled, you receive these perks **for that semester:**

- All of the benefits of a basic membership
- Ability to attend Friday Afternoon Film Festivals

### Basic membership (school year)

The Basic Osher membership costs $40 for the school year. This level of membership lets you do the following:

- Attend Brown Bag Seminar Series throughout the year
- Attend all Saturday Morning Book Talks

- Take part in any of the Osher Clubs (see p. 25 for details)
- Have a Columbia Parks and Recreation 50+ membership with additional program benefits

**Single session non-membership**

To attend individual sessions in the Potpourri series courses, the fee is $25 per session but does not include any membership benefits.

The University of Missouri complies with the Americans With Disabilities Act of 1990. If you have a disability and need accommodations for an Osher course or event, please notify the Osher@Mizzou Office at 573-882-8189 or 344 Hearnes Center, Columbia, MO 65211 as soon as possible so necessary arrangements can be made.
CONDUCT OF STAFF, ADVISORY COUNCIL, INSTRUCTORS, MEMBERS AND VOLUNTEERS

Osher members and Osher instructors are fundamental in partnering with MU Extension to guide and deliver programs relevant to the citizens of Missouri. Extension depends on volunteers to operate with a high standard of ethical conduct.

All Osher members and instructors must understand and observe these basic standards:

- Treat all youths and adults with respect and without discrimination. This standard includes providing equal access to participation for all, regardless of their race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability or protected veteran status.
- Avoid harming youths or adults, whether through neglect, sexual harassment, physical force, verbal or emotional abuse.
- Obey the laws of the locality, state and nation.
- Display mutual respect to one another.
- Practice personal and intellectual integrity.
- Demonstrate responsible decision-making.
- Display tolerance and respect for diverse opinions and perspectives.
- Avoid situations where a conflict of interest may occur, regarding their role as an MU Extension volunteer and their business interests.

Additional information and policy details may be found within the MU Extension Volunteer Conduct policy.

PHOTO AND PARTICIPATION DISCLAIMERS

Osher@Mizzou does not collect individual waivers for use of photographs or for liability.

Osher@Mizzou reserves the right to take photographs or videos during the operation of any program and to use them, whether taken by a representative of Osher@Mizzou or by other participants, for promotional purposes. By enrolling in an Osher@Mizzou program, participants agree to allow their images to be used in such photography. Participants who prefer their images not be used are asked to contact the Osher@Mizzou office at 573-882-8189.

Individuals acknowledge and assume any and all risk associated with participation in Osher@Mizzou activities. The University of Missouri makes no representation regarding the appropriateness of any activity for an individual. Osher@Mizzou disclaims any and all liability for each individual’s participation in said activities.

If you register for a course or event that involves physical activity, you are responsible for wearing the proper attire and using the proper equipment (if applicable). It is highly recommended you consult your physician before participating in any physical activity. Osher@Mizzou disclaims any and all liability for each individual’s participation in any course that involves physical activity.

Volunteer instructors are responsible for developing their own course content. The information, views and opinions provided by Osher@Mizzou instructors are those of the instructor and do not necessarily reflect the views and opinions of the University of Missouri or the Osher@Mizzou program.

Gift certificates

Celebrating a birthday or special occasion for someone you love? Consider buying a semester gift membership or a Premium membership for that special friend or family member. The joy of learning makes a wonderful gift! Contact the Osher office at 573-882-8189 to purchase a gift membership usable for any upcoming semester.
MAKE CHARITABLE CONTRIBUTIONS FROM YOUR IRA

For those age 70 ½ or older, it is possible to make tax-favored charitable gifts from traditional and Roth IRA accounts. A total of up to $100,000 can be transferred directly from traditional or Roth IRAs to one or more qualified charities, such as the University of Missouri, free from federal income tax each year.

There may also be state income tax savings. Amounts given in this way count toward required IRA minimum withdrawal amounts for the year of the gift.

If you are ready to make a charitable IRA rollover to Osher@Mizzou:

- Contact your IRA provider as soon as possible to initiate the rollover.
- Contact the MU Office of Gift Planning and Endowments to alert the university to receive the rollover.
- Call 1-800-970-9977 or email giftplanning@missouri.edu.

OSHER MEMBER COMMITTEES

Osher is a program that thrives thanks to the devoted work by our Advisory Council and its standing committees:

- Program
- Finance
- Development
- Facilities
- Volunteer
- Outreach

Osher Advisory Council committees are open to all interested members. We count on our members to guide the program in substantial ways. Contact any of our staff or a member of the Advisory Council to learn more.

WHY BE A PART OF OSHER?

The goal of Osher is to create a community for participants who are 50+, which offers many benefits:

- Intellectual health impacts physical health
- You can have thoughtful interactions about topics of interest to you
- Taking classes helps nurture your natural intellectual curiosity
- We create new opportunities for socializing, networking and meeting interesting people
- Learning is fun

Curiosity never retires. If you have an active mind, love learning and are over 50 years old, come join us. Stay young. Be active. Learn at Osher@Mizzou.

COURSE INSTRUCTORS

Brett Barton  
Michelle Baumstark  
Robert Blake  
Nancy F. Browning  
Chris Campbell  
Cindy Claycomb  
Michael Connelly  
David A. Crespy  
Thomas F. Dillingham  
Thea Dolph  
Patti Doyle  
Carolyn Dye  
Judy Elliott  
Munish Goyal  
Tim Haller  
Ken Hammond  
Mike Heimos  
Sharon Kinden  
Ralph Kreigh  
Gene McArtor  
Harold Miederhoff  
Rashed Nizam  
Jim Pasley  
Sharon Pauley  
Nick Peckham  
Diane Peterson  
Walt Pfitzinger  
Von Pittman  
Michael Porter  
Ed Riegler  
Jill Schlude  
Jane W. Smith  
Joan Stack  
Jan Swaney  
Sarah Traub  
Jay Ward  
John White  
Clarence Wolfshohl
## COURSE CALENDAR

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>Moss A</td>
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<tr>
<td>10:00</td>
<td>10:00–11:30 am</td>
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<tr>
<td>10:30</td>
<td>Civil War Round Table (various)</td>
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<td>1:30</td>
<td>1:30–3:30 pm</td>
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<tr>
<td>2:00</td>
<td>Understanding Prejudice, Privilege, Power (Browning)</td>
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*All courses are four sessions except as noted.*
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<td>9:00 am–12:00 pm</td>
<td>9:00 am–3:00 pm</td>
<td>9:00–10:30 am</td>
<td>Changing Organizations &amp; Public Policy (Connelly)</td>
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<td>9:30 am–11:00 pm</td>
<td>Osher Café</td>
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<td>9:30</td>
<td>The Place You Live – Tour of City Facilities (Heimos)</td>
<td>Osher Café</td>
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<td>10:30 am–12:00 pm</td>
<td>Safety Series (various)</td>
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<td>1:30–4:00 pm</td>
<td>Friday Afternoon Film Festival</td>
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<td>1:00</td>
<td>Human Sexuality (Claycomb)</td>
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<td>American Presidents IV (Ward)</td>
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All courses are four sessions except as noted.

**Osher Café Note:**

This semester, on **Wednesdays and Fridays only**, from 9:00 am – 3:00 pm, Room B will be set up as the Osher Café. This is YOUR spot, as an Osher member, to use as you see fit. Bring your lunch, bring snacks to share, grab a coffee and make yourself at home. If you don’t have class during Osher Café, you may still take part. Engage your classmates to meet for a class discussion, come by to say ‘hi’ to other members, etc.
All courses will meet at the Waters-Moss Memorial Wildlife Preservation Area, primarily in the Moss Building and occasionally in the Hillcrest Community Center, unless otherwise indicated.

**MONDAYS**

### Civil War Round Table

**[4 SESSIONS]**

**10:00–11:30 a.m., Moss A**  
**Mondays: June 4, 11, 18, 25**

The Mid-Missouri Civil War Round Table returns for its eighth summer with Osher@Mizzou, offering a sample of the monthly programs presented by its members at the Round Table meetings since 1981. Like other Round Tables across the nation, mid-Missouri’s is made up of professional and amateur historians and anyone else interested in the Civil War.

**Coordinator: Ralph Kreigh** has been a member of the Mid-Missouri Civil War Round Table for 30 years. He is editor of its newsletter that he models after *Harper’s Weekly*. His mother’s family settled in Boone County in the 1820s.

### June 4: Ride with the Devil

Joan Stack will use the movie *Ride with the Devil* to discuss the role of the “Bushwackers,” the rebel guerrillas in Missouri during the Civil War. She also will discuss the support the Bushwackers received from family and friends and how they were targeted by Union troops. **Check the weekly newsletter to see when you can attend a showing of *Ride with the Devil* at Osher’s Friday Afternoon Film Festival.**

**Instructor: Joan Stack** is the curator of the art collections at the State Historical Society of Missouri.

### June 11: Civil War Prisons

In this session, Harold Miederhoff will explore the system of paroles, exchanges, the types of facilities used to hold prisoners and what it was like to be held as a captive. Of the approximately 150 “prisons,” five or six will be used to illustrate the different types. A few exotic escape plans will be explored. An alternative theory, besides malnutrition,
will be offered for the high death rate at Camp Sumter at Andersonville, Georgia.

**Instructor: Harold Miederhoff**, a retired secondary education mathematics teacher, is a charter member of the Mid-Missouri Civil War Round Table. He has long been interested in the American Civil War.

**June 18: Monuments, Memorials and Markers: To the Victor Go the Spoils**

Commemorations of war are almost as old as war itself. And just as nations and warriors have sought to dominate their rivals, they have tried mightily to win the histories of their wars. The American Civil War is among the wars that have led to contentious, persistent campaigns to dominate the peace through the placement of monuments to the military – to memorials mourning their deaths in battle, and to historical markers interpreting the sites of battles, triumphs and surrenders. Americans are presently fighting the Civil War with renewed conviction and anger. Its monuments, memorials and markers are the battlegrounds. By far the greatest number of monuments and memorials commemorate the Confederate side. Their proponents say they honor the sacrifice of the southern troops and the military prowess of their leaders. Their critics point out that the Confederacy was engaged in treason, fighting to dissolve the Union and to maintain the institution of slavery. We will discuss the monument-removal controversies and the way they have, or have not, been resolved around the U.S. We will also consider the “slippery slope” argument. (If we remove General Lee’s statue today, will we take down Thomas Jefferson’s tomorrow? Who else’s statue and what other memorials could become the objects of controversy?)

**Instructor: Von Pittman** directed offices of continuing and distance education at three state universities, including MU, where he also taught in the College of Education and served as interim director of the Law Enforcement Training Institute. He has taught American history both online and in the classroom. In the Osher program, he has taught courses on Cold War espionage and the Civil War.

**June 25: The Great Locomotive Chase**

On April 12, 1862, James J. Andrews, a Union spy, and 19 Union soldiers in civilian clothes infiltrated northern Georgia and stole the Western & Atlantic R.R. steam engine, “General,” during a stop at Big Shanty station. Racing north toward Chattanooga, they planned on cutting telegraph lines and destroying railroad tracks and bridges. But Andrews had not counted on the General’s young conductor, William A. Fuller, who pursued the men who stole his train. Gene McArtor will tell us about “The Great Locomotive Chase.”

**Instructor: Gene McArtor** holds bachelor’s, master’s and Ph.D. degrees from the University of Missouri. He and his wife, Donna, have been married for 52 years. They have two sons, Steven and Michael, and five grandchildren.

**Understanding Prejudice, Privilege and Power**

**[4 SESSIONS]**

1:30–3:30 p.m., Moss A

Mondays: June 4, 11, 18, 25

This course examines some of the ways that our personal and societal biases intersect with the notion of who has power and privilege in America. We will watch four documentaries: *Ethnic Notions*, which traces the history of racial stereotypes against African-Americans; *In Whose Honor?*, a story of activism about native people being
used as mascots; *Outrage*, about the hypocrisy of closeted gay politicians; and *Blacks and Jews*, which presents the ways in which these two groups are perceived and illustrates inter-group interactions. Although this course builds on the Summer 2017 Osher course, “We’re All Prejudiced,” no prerequisite is needed. We will synthesize what we learn from films and class discussions to determine if and how our nation has changed in terms of its perception and treatment of those in targeted/oppressed groups. Also, we will look at our own and at societal challenges related to prejudice, privilege and power, focusing on personal and societal solutions. These solutions must take into account the fact that we will always be prejudiced, and that every day, we live in a world where power and privilege are conferred in large part based on the groups we belong to, many of which are not of our making.

**Instructor:** Professor emeritus of cultural diversity, Nancy F. Browning, taught the general education course “CD 200: Cultural Diversity in Modern America” to thousands of students at Lincoln University of Missouri for 16 years. In her retirement, she writes children’s books, hosts a gluten-free website, edits freelance, sings, dances, antiques, does needlework and spends time with family and friends. Of course, she attends and teaches Osher classes. Nancy also hosts Osher’s Diversity Book Club and diversity movies.
TUESDAYS

One More Turn: Henry James’s The Turn of the Screw [2 SESSIONS]
9:00–10:30 a.m., Moss A
Tuesdays: June 5, 12

First serialized in Collier’s in 1898, Henry James’s The Turn of the Screw is a classic example of the fantastic, a literary subgenre that posits two equally valid explanations for the novella’s events. Did the ghost of Peter Quint really appear, or was the governess suffering a psychological breakdown? We will explore both possibilities in this two-week course. Students should have read through chapter 9 for the first session and the remainder of the novella for the second. Editions of James’s story are available in a variety of prices and formats, in print and online.

Instructor: Clarence Wolfshohl is professor emeritus of English at William Woods University in Fulton, Mo. His poetry, creative nonfiction and literary articles have appeared in many small press and scholarly journals, both in print and online. He has taught several courses at Osher.

The Wonderful World of Tea [4 SESSIONS]
10:30 a.m.–Noon, Moss B
Tuesdays: June 5, 12, 19, 26

Did you know that, after water, tea is the most popular drink in the world? Every month we see magazine articles extolling the benefits of drinking tea. The instructors will introduce you to various types of teas and help you learn to incorporate tea into your life. Topics will include the history of tea and its influence on the world, tea preparation/infusing, types of tea (black, green, oolong, white), health benefits of tea, tea drinking customs around the world, tea for relaxation and mindfulness and recipes for cooking with tea. Participants will have the opportunity to taste a number of different teas.

Instructors: Diane Peterson and Sharon Pauley are previous owners of Sweet P’s Teas, an online tea business. Both are avid tea drinkers and great proponents of tea for health and wellness. Peterson is a retired school library media specialist who is currently reviewing and writing historical romance. Pauley has a background in social work and is pursuing her own writing ambitions.

Four Operas You May Not Have Seen or Heard [4 SESSIONS]
12:30–2:30 p.m., Moss B
Tuesdays: June 5, 12, 19, 26

Opera is an art form that has evolved and changed radically over the centuries, yet has retained a core identity, part of which is exactly its readiness to find new ways of fulfilling its mission and impact. For this course, we will view and discuss performances of works that transform earlier materials, experiment with new ways of presenting themselves and exploit new media. The operas include an adaptation of Mozart’s Don Giovanni, a re-conceptualized treatment of the Faust legend by Pascal Dusapin (Faustus, the Last Night), a strange new narrative of physical and spiritual transformation by George Benjamin, (Written on Skin), and an animated adaptation of a children’s tale with music of Leos Janacek. Each of these operas runs between 60 and 90 minutes, so there will be time for discussion and responses.

Instructor: Thomas F. Dillingham, Ph.D., earned his bachelor’s degree at Princeton University.
and his doctorate at Boston University. He was a member of the English Department at Stephens College from 1971 to 2001 and taught English at Central Methodist University in Fayette, Mo., from 2002 to 2006. Upon his retirement from Central Methodist, he was designated emeritus associate professor of English. He has published essays and reviews on 18th century and contemporary poetry, folklore, mythology and science fiction.

Islam: Maker or Shaker of Peace? [4 SESSIONS]

2:30–4:00 p.m., Moss A  
Tuesdays: June 5, 12, 19, 26

Islam is distinguished by the fact that the Muslim who must be at peace with others must also be at peace with himself. This is a necessary effect of the Muslim’s total submission to the will of God. Islam is unique in the compatibility and harmony it creates between the spiritual and material aspects of life. Muslims are unique by virtue of their complete submission to the will and command of God and are taught by the Quran to say: “It is You we worship and You we ask for help.” Bowing and prostrations are the expressions of the Muslim’s extreme humility, which is reserved for God alone and no one else.

Instructor: Rashed Nizam, MD, a graduate of Brown University, is a board-certified ophthalmologist and founding director of the Mid-Missouri Eye Center in Moberly. He is a diplomat, American Board of Ophthalmology, and a fellow, American Academy of Ophthalmology. Dr. Nizam serves on the Religious Program Advisory Committee for the Missouri Corrections Department, representing Muslims in Missouri, and is chairman, Islamic Society of North America Founders Coordination committee. He has received many awards and recognitions for his civic and professional accomplishments.

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The Place You Live – Tours of City Facilities

[4 SESSIONS]

On tour dates (June 13, 20, 27), bus transportation will be provided; space is limited to 40 seats. When registering for this course, please indicate whether you will be taking the bus or driving yourself to the tour locations.

9:00 a.m.–Noon, Moss A

Wednesdays: June 6, 13, 20, 27

How much do you really know about the city in which you live? During these tours of city-owned facilities, Osher students will gain a better understanding of how their local government works and experience first-hand what happens behind the scenes. Students will be led through a tour of three city-owned facilities to see where, what and how all this happens city-wide. Topics will include: your recycling and trash; protecting the environment; and where it goes when you flush your toilet.

June 6: An Introduction to the Tours

Instructor Mike Heimos will give an introductory overview of the tours to come. Class will run 9:30–10:30 a.m. on this date only; the entire class will meet in Moss A.

June 13: 3M Hinkson/Flat Branch Wetlands Tour

Students may observe wildlife and learn about the importance of wetlands and their function in the protection of our water cycle. In fact, e-bird.org has the 3M Hinkson/Flat Branch Wetlands listed as a world “hot spot” for bird sightings! Stationed along the wetlands trail are 24 educational signs about the construction of the 3M wetlands, the wildlife, native plants and the adjacent historical MKT Trail. These educational and informational signs will be incorporated into an educational scavenger hunt. Bus riders will meet at Moss at 9 a.m.; those who are driving themselves will meet at the facility Wastewater Treatment Plant at 9:30 a.m.

June 20: Wastewater Treatment Plant Tour

Awaken your senses while marveling at the various physical, chemical and biological processes employed at Columbia’s Wastewater Treatment Plant. Have you ever wondered what happens to the dirty water from your shower, laundry and toilet after it goes down the drain? You’ll learn about the history of wastewater treatment in Columbia and how our local sewer system functions. Plus you’ll gain tips on preventing pollution of our local creeks and streams, and best of all, you’ll go behind the scenes to see (and smell!) how this vital infrastructure works. Bus riders will meet at Moss at 9 a.m.; those who are driving themselves will meet at the facility Wastewater Treatment Plant at 9:30 a.m.
June 27: Landfill and Recycling Center Facility Tour

Environmental education is important to the communities we serve. For more than 35 years, the City of Columbia Landfill & Recycling Center Facility has been operating and promoting sustainable programs that encourage the community and residents to become better stewards of the environment. The educational landfill tour consists of an up-close look at daily landfill operations, environmental control systems, recycling programs and recycling best practices. **Bus riders will meet at Moss at 9 a.m.; those who are driving themselves will meet at the Landfill and Recycling Center Facility at 9:30 a.m.**

**Instructor:** Mike Heimos has worked for the City of Columbia for the last 13 years. Mike started with the City of Columbia’s solid waste division, working with the outreach and education recycling program. Mike currently is the City of Columbia’s Stormwater Educator. He coordinates education and outreach programs for the Stormwater Utility; city-wide staff training on Best Management Practices (BMPs) for good housekeeping and works with local community groups and organizations to help keep Columbia waterways clean and healthy. He and his wife, Marla, have lived in Columbia for more than 40 years.

**Human Sexuality for Grown-Ups [4 SESSIONS]**

12:30–1:30 p.m., Moss A

**Wednesdays:** June 6, 13, 20, 27

Sexuality is part of our human experience. As a culture, we often fret over sexuality or celebrate it as expressed in youth – but find it minimized or obscured by other concerns later in life. In this course, we will examine the importance of sexuality in mature life, how to grow sexual partnerships, medical concerns affecting sexuality and issues of privacy.

**Instructor:** Cindy Claycomb is a licensed psychologist, retired from clinical practice.

**The American Presidents V [4 SESSIONS]**

2:00–3:30 p.m., Moss A

**Wednesdays:** June 6, 13, 20, 27

This course will consider the American presidents who were in office during The Great Depression and World War II: Herbert Hoover, Franklin Roosevelt and Harry Truman. The emphasis will be on the persons who held this position. We will discuss their background, family history, work history and character in an attempt to identify those aspects that led to each individual’s success or failure in office.

**Instructor:** Jay Ward was born in Springfield, Mo., and raised in Lexington, Mo. He was an undergraduate at Northwestern University and received a medical degree from the University of Missouri. Retiring from medicine after 30 years, he received a master’s degree and doctorate in United States history from MU.
THURSDAYS

Changing Organizations and Public Policy for Change  [4 SESSIONS]

9:00–10:30 a.m., Moss A
Thursdays: June 7, 14, 21, 28

With all of the changes happening in our world in the areas of technology, economics and climate, what will our future look like? How will individuals, organizations and governments adapt – will they build resiliency and evolve or simply “go with the flow?” Do we even know what Standard Operating Procedure is any more? Instructor Michael Connelly will discuss methods and perspectives to overcome, negotiate or work around the major societal changes that are likely coming our way. He’ll also relate examples from his own experience as a school board member and director of state sentencing commissions, and participants will be able to brainstorm how to address change in their own lives. Dr. Connelly will speak for part of each class period on related topics, and the last part will be devoted to class discussion.

Instructor: Dr. Michael Connelly holds a Ph.D. in political science from MU and was an associate professor of public policy and administration at Southwestern Oklahoma State University. He experienced organizational and policy change during his years teaching on the subject and through his work as a director of state sentencing commissions in Wisconsin and Maryland. He also served two consecutive five-year terms on his local school board in Oklahoma during a period of educational reform and worked on arts policy locally and statewide there.

What You Need to Know About Safety  [4 SESSIONS]

10:30 a.m.–Noon, Moss B
Thursdays: June 7, 14, 21, 28

Members of Osher’s Program Committee contacted local agencies to arrange for this potpourri of topics focused on safety issues here in mid-Missouri. Learn and prepare!

June 7: Multi-Agency Active Assailant Campus Exercise

This class will cover the evolution of first responders’ responses to mass-causalities attacks and how local first responders recently prepared for such an attack. On February 28, 2018, the Columbia Police Department, Stephens College, the Columbia Fire Department and the University of Missouri Ambulance Service partnered in coordinating a full-scale active assailant exercise on the campus of Stephens College. This was the first time in mid-Missouri that first responders from multiple agencies were able to train together for an active shooter situation. What made this training exercise more unique was that the training was held on a college campus that was in session and involved Stephens theatre students and staff who participated as victims. The overall objectives...
of the exercise were to evaluate local responding agencies’ ability to establish initial command and coordinate on-site incident management, evaluate responding agencies’ ability to establish multi-agency communications, evaluate first responders’ ability to effectively triage, treat and transport multiple injured victims and evaluate first responders’ ability to develop and deliver coordinated information to the whole community.

Instructor: Ken Hammond is a 1987 graduate of Southern Illinois University with a Bachelor’s Degree in Administration of Justice, with an emphasis in Juvenile Delinquency and Corrections. He joined the Columbia Police Department in 1988, where he served as patrol officer, crisis negotiator, narcotics detective, lieutenant, Mid Missouri Major Case investigator and patrol and major crimes unit sergeant, among other roles. Currently, Ken is the director of safety and security for Stephens College.

June 14: School Safety
Join us for a presentation from Columbia Public Schools’ leadership on how the district strives to keep our PreK-12 students safe so that they may focus on learning.

Instructors: Michelle Baumstark has been director of community relations for Columbia Public Schools since 2005. Her role is to manage the district’s communications, public relations and community engagement strategies for the district. She has a degree in journalism from the University of Missouri and is active in many civic organizations, including Rotary, the Boone County Historical Society Board of Trustees, Columbia Public Schools Foundation, Junior Achievement, Central Missouri Food Bank, Rainbow House and many others.

John White has been the safety and security director for Columbia Public Schools since 2011. Prior to joining Columbia Public Schools, he worked in law enforcement with the Columbia Police Department for 22 years, retiring as a lieutenant. During his time with the Columbia Police Department, White served as a school resource officer, a detective and was a member of the SWAT team. White is a certified ALICE active intruder training instructor and provides training for all of Columbia Public Schools employees.

June 21: Personal Safety in the 21st Century
Turn on the news on any given day and you will likely see reports that make you question your safety in your community and beyond. Meanwhile, your Facebook and Twitter feeds warn of scams, active shooters, burglaries, rumors of gang initiations and worse. All this information is bound to make you wonder, “Am I safe? “ or “What could I do to make myself, my family and friends safer?” In this course we will talk about crime in our community from a data-driven perspective and what types of crimes the average citizen is most at risk of becoming a victim of, as well as practical prevention strategies that work. We also will look at ways to increase your safety when traveling, internet safety tips, local scams, workplace safety and, in the unfortunate event you do become a victim, what to do (and not do).

Instructor: Jill Schlude is the deputy chief of police with the Columbia Police Department. She has served as public information officer, public relations unit sergeant and assistant chief of
police. In 2009, Jill received the Molly Thomas-Bowden Officer of the Year Award, and in 2010 the Outstanding Police Officer Award from the Columbia South Rotary Club. Jill holds a Bachelor’s Degree in criminal justice administration from Columbia College and a Master’s Degree in strategic leadership from Stephens College.

June 28: Fire Safety

In this session, Assistant Fire Marshal Jim Pasley will cover various fire-safety topics. He will share preventative measures as well as the safest way to react to any fire emergency, including cooking safety, candle safety, planning your escape from a fire as well as fall-prevention techniques.

Instructors: Jim Pasley serves as assistant fire marshal for the City of Columbia Fire Department. He is a certified arson detection canine handler for the four-legged arson investigator, “Izzo.” Pasley’s roles include inspections, instruction and investigations, and he is responsible for the plan reviews conducted on new or remodeled buildings to ensure public safety and code compliance.

Health Care Information Series [4 SESSIONS]

12:30–2:00 p.m., Moss A
Thursdays: June 7, 14, 21, 28

Members of Osher’s Program Committee contacted local healthcare providers and agencies to arrange for this potpourri of topics focused on the healthcare system in the U.S. and ways you can strive for wellness and well being.

June 7: Fixit – A Film about the Health Care System

In the U.S. we spend at least twice as much per person on healthcare than any other country, but we get worse results. This film provides a critique of this system and makes a case for a single-payer system that provides universal healthcare of higher quality and with more efficiency than the current dysfunctional system.

Instructors: Dr. Robert Blake, emeritus professor of family and community medicine at the University of Missouri, is a long-time participant in Osher educational activities. He has given presentations and written about the American healthcare system.

Dr. Jan Swaney is a retired internal medicine physician who has cared for patients across a variety of settings, led the clinical operations of a non-profit Medicaid HMO and conducted NIH-funded research on how to use technology to provide better primary and preventive healthcare.

June 14: Obstructive Sleep Apnea

Obstructive Sleep Apnea (OSA) is characterized by episodes of pauses in breathing or shallow breathing in sleep due to partial or total occlusion of the upper airway. It is a common sleep disorder affecting 10-30% of Americans. OSA is a risk factor for several medical conditions, workplace accidents and drowsy driving. The instructor will present on clinical features, diagnosis and implications of OSA, as well as treatment options and management.

Instructor: Munish Goyal, M.D, M.Ch., is a board-certified physician and associate professor of neurology and sleep medicine at University Hospital. Dr. Goyal treats patients with sleep disorders, such as obstructive sleep apnea, insomnia, restless leg syndrome and parasomnias. He belongs to several professional societies, serves as director-at-large for the Missouri State Sleep Society and has written book chapters and published articles in several peer-reviewed journals.

June 21: Treatment of Sleep Apnea with Oral Appliances

While continuous positive airway pressure (CPAP) is the standard treatment for sleep apnea, the American Academy of Dental Sleep Medicine estimates up to 50 percent of sleep apnea patients do not comply with or tolerate CPAP. In contrast to a CPAP machine, oral appliances are a “mouth guard-like” device worn only during sleep to help maintain an open, unobstructed airway. Patients like oral appliance therapy because it is comfortable, easy to wear, quiet, portable and easy to care for. Dr. Pfitzinger will discuss the pros and cons of
oral appliance use in treating sleep apnea. These devices are not for every case of sleep apnea. He brings to the discussion illustrations of what types of appliances are available and which devices are used in given situations. He also will explain why it is necessary to work closely with local sleep physicians to first establish a correct diagnosis and for follow up evaluation on the effectiveness of oral appliance therapy.

**Instructor: Dr. Walt Pfitzinger** completed his undergraduate work at the University of Missouri Columbia, and dental school at St. Louis University. He finished his residency in pediatric dentistry at Marquette University and Milwaukee Children’s Hospital. Although he spent most of his professional career treating children, for the past five years he has practiced dental sleep medicine exclusively. Dr. Pfitzinger is a diplomate of the American Board of Dental Sleep Medicine.

**June 28: Maintaining Balance for Fall Prevention**

Sarah Traub will share practical strategies to develop your balance and increase activity levels, with an eye toward preventing falls. Participants will take part in very light exercises during the session.

**Instructor: Sarah Traub** has been Human Development & Family Science Specialist with the University of Missouri Extension for 11 years. Sarah has been teaching the class, A Matter of Balance: Managing Concerns about Falls since 2011. She lives with her husband and two children in Boonville.

**Designing Small & Tiny Houses [4 SESSIONS]**

2:30–4:00 p.m., Moss A  
**Thursdays: June 7, 14, 21, 28**

The 21st century has seen enormous change in need for and cost of housing. One response has been the design and construction of small, and even tiny, houses. This course addresses the design of small dwellings – both tiny houses up to 400 square feet (on wheels), and small houses (on foundations) smaller than 800 square feet. A tiny house can be a dwelling, home office, art studio, shop or exercise space. The course will cover programming, design, construction and regulations. Small and tiny houses are usually light frame buildings. The course will also focus on green building: renewable energy, water conservation, healthy interiors, recycled materials and accessibility concerns.

**Instructor: Nick Peckham** is an architect with 40 years of experience in Columbia. His firm, Peckham Architecture, focuses on deep green architecture and sustainability. He has taught “Tiny Houses” at Mizzou.
Potpourri of the Arts [4 SESSIONS]

9:30–11:00 a.m., Moss A
Fridays: June 8, 15, 22, 29

Each semester, Osher invites the movers and shakers of mid-Missouri’s arts scene to discuss, display, perform and showcase their work. Join us for this grab bag of arts topics.

Coordinator: Carolyn Dye

June 8: Lanford Wilson: Missouri’s Pulitzer Prize-Winning Playwright

This session will discuss the life and work of Lanford Wilson, including his Pulitzer prize-winning play, Talley’s Folly, as well as his career off-off, off, and on Broadway. The class will also look at research opportunities at the Lanford Wilson Collection at MU’s Ellis Library.

Instructor: David A. Crespy is professor of playwriting, acting and dramatic literature at the University of Missouri, founded MU’s Writing for Performance program and serves as its co-director. He is the founding artistic director of MU’s Missouri Playwrights Workshop, and the president of the Edward Albee Society. His books include The Off-Off Broadway Explosion, with a foreword by Edward Albee (Backstage Books, 2003) and Richard Barr: The Playwrights’ Producer, with a foreword and afterword by Edward Albee (SIU Press, March 2013). His most recent book project is Lanford Wilson: Early Stories, Sketches, and Poems, which he is editing, with afterword by Marshall Mason.

June 15: Architecture in Miniature

This session will offer a look at miniature buildings and their contents, all built by Patti. A do-it-yourself course may be offered in the fall if there is sufficient interest. Come see ways to use some of the tiny souvenirs you may have amassed!

Instructor: Patti Doyle was professor of costume design for 35 years at Stephens College. Though her stage work was “full sized,” she is fascinated by miniatures, from doll houses to the Christmas train layouts. You might have seen her work displayed in the Dorsey Street Auditorium at Stephens some years ago.

June 22: The Disappearance of John Redd and the Story of Korla Pandit

In 1940s America, the “mystical Orient” and all its clichés were in vogue, and radio shows like Chandu the Magician and films like Midnight Shadow were the rage. An ambitious, light-skinned African American from Columbia, Missouri, John Roland Redd, decided to reinvent himself for the TV music market – as Korla Pandit, the mysterious Indian musician. With a hypnotic gaze and a bejeweled turban on his head, Pandit would play an organ and piano simultaneously with both virtuosity and theatricality on TV shows. Who was John Roland Redd before he assumed the identity of an Indian-born musician? Why did he make this choice and what were the consequences?

Instructor: Chris Campbell is the executive director of the Boone County Historical Society and its physical presence, the Boone County History & Culture Center. His career has included work in music and theatre within the non-profit sector and 16 years as an administrator at Paramount Pictures. He is also a former executive director for the Missouri Symphony Society and writes and directs the annual History Comes Alive event on Memorial Day in the Columbia Cemetery.

June 29: Pipa – The Traditional Chinese String Instrument

Theda Dolph will introduce the pipa and its history since the Han Dynasty (200 B.C.). She will talk about the instrument’s wonderful sound, wide variety of techniques and artistic expression and will perform one of the most influential masterpieces in the pipa repertoire, Ambush on Every Side. This song expresses the fierce battle scenes of the two armies in the ancient Chinese war, the Chu-Han Contention, and mainly praises the winner of the war, Liu Bang, portraying his majestic victory. The magnificent character of this song is the portrait of metal railings throughout the piece.
Instructor: Theda Dolph is a graduate of Shanghai Normal University, Conservatory of Music. On behalf of the China Welfare Association Children’s Palace, Theda participated in the Nagano Winter Olympic Games in Japan. She also has won many pipa awards and outstanding teaching awards throughout Shanghai and China. She has played many times for Columbia Friends of China during the dumpling festival and was invited to the first Chinese New Year Celebration in the governor’s mansion this year and played for the event.
The Brown Bag Seminar Series

11:15 a.m.–12:45 p.m., Moss A
Fridays: June 8, 15, 22, 29 [4 SESSIONS]

Brown Bag seminars are open to all Osher premium, semester and basic members throughout the academic year. Feel free to bring some food to this “lunch & learn.”

Coordinator: Carolyn Dye

June 8: Estate Planning with Trusts

What is a trust? What are the pros and cons? Revocable or Irrevocable? This informative session will discuss the popular types of trusts that people use in their estate plans.

Instructor: Brett Barton is a frequent speaker on the topics of estate planning and nursing home planning. He is licensed in Missouri and Iowa.

June 15: Federal Wildland Fire Fighters – A Quick Job Change for National Emergencies

Learn how a federal employee may step out of his or her everyday job to take on the role of a wildland firefighter, oftentimes because of a national emergency. Tim Haller will talk about his own personal experience as a wildland firefighter in forests of the western United States, covering how the fire operation is handled in an ever-changing environment. Special emphasis will be placed on the use of helicopters for wildland fire suppression.

Instructor: Tim Haller has been a federal park ranger for more than 30 years. Even though he’s worked with different federal agencies during that time, he’s been able to maintain a “red card,” for which he must train and pass an annual fitness-ability exam. His red-card status means he may quickly change from a ranger to a firefighter when the need arises.

June 22: Songwriting on Guitar

In this session, Ed Riegler will focus on the guitar skills and techniques he has found useful when putting thoughts and inspiration into song. He’ll review some of the ideas he presented last time he presented at Osher, and, in a kind, engaging format, encourage input from the attendees. Whether you are new at exploring songwriting, have written songs before or simply have an artistic interest in the topic, come by for a special get-together. If you have never experienced his presentations, this is your open invitation. Songwriting at its core is cathartic, relaxing and also fun. Ed endeavors to make it so! Bring your ideas and/or songs to share. See you there!

Instructor: Ed Riegler was educated at Webster University and went on to use his knowledge in the music industry, working in music publishing and currently managing sales for Piano Distributors, in Columbia. He also has dabbled in a performance career as a guitarist. [I know this wonderful human being as the source of the magnificent pianos used in Columbia’s annual Blind Boone Ragtime and Early Jazz Festival. Join me in thanking him for his gifts to our community. – Former Osher Director Lucille Salerno]
Among the foundation elements of good nutrition, such as water, fresh fruits and vegetables, dark leafy greens stand out as among the most important. This class will describe in detail their importance and then focus on the simplest, most effective and economical means to include them in daily eating habits – green smoothies. We’ll discuss how to make, store and enjoy them, no matter what the occasion or circumstance. Dark leafy greens – spinach, kale, collards, chard, etc. – are the most important foods in our diets, and, in our modern diets, the most missing. Learning to eat more greens, (and a salad a day is not nearly enough), is essential in creating good health and staying invigorated and energized at any age. Green smoothies are delicious and satisfying, easy to make and portable for easy access all day. Also, they’re full of flavor and a perfect arena for creativity; they can make a huge difference in your life in a relatively short period of time. Come, understand, see, learn how, create and sample green smoothies – the cornerstone of good eating.

Instructor: Jane W. Smith has been a student of nutrition and healthy living all of her adult life. She raised seven children and was a hospital chaplain for more than 20 years. She now owns Abundant Raw Life where she provides health-coaching programs and online cleanses to people of all ages and health circumstances. She emphasizes that individuals need individual diets (bio-individuality), and that everyone can benefit from eating more raw fruits, vegetables, nuts and seeds.

Friday Afternoon Film Festival

Each Friday during the semester • Films begin at 1:30 p.m., Moss A
Fridays: June 8, 15, 22, 29

Quality films are followed by genuinely interesting discussions. Films will be announced weekly via email and on the Facebook page for Osher@Mizzou. The Friday Afternoon Film Festival is open to all Osher members and guests of premium members.
SPECIAL EVENTS: EXTRAMURAL

Want to take full advantage of your Osher membership? Then join a club this summer! Clubs are open, at no charge, to all current members, including premium, semester and basic.

**El Club de Español**

**Tuesdays, 2:00–4:30 p.m., Hillcrest C**

Habla español? Osher’s Spanish club is for participants who have studied the present and the preterite tenses in Spanish. **Beginners** will meet from 2 to 3 p.m., and **advanced speakers** from 3 to 4:30 p.m. Please call club organizer Judy Elliott at 573-424-4244 if you plan to participate in El Club de Español.

**Diversity Book Club**

**Every third Thursday, 3:30–4:30 p.m., Hillcrest C**

During each month of the Osher semester, Nancy Browning, Professor Emeritus of Cultural Diversity at Lincoln University, will facilitate a book discussion centered on diversity issues. Please plan to have read the book in advance and come to the monthly meetings ready for discussion, with questions, comments, and quotes to share. Books are decided by the group and will be announced via Osher's e-newsletter.

**Osher Sings Club**

**Mondays, 3:30–4:30 p.m., Moss A**

The ‘Osher Sings Chorus’ launched in Fall 2017, and has evolved into an official Osher Club. Come and sing along just for the sheer joy of singing — no experience necessary. The group is led and accompanied by two enthusiastic MU music students, and Osher member Michael Porter remains as the group's founder and head 'lounge lizard.' Join in on the fun!

**Travel Club**

**Every second Wednesday, 2:00 p.m., Hillcrest D**

The Travel Club, originally an Osher@Mizzou class, is an open forum and agenda for sharing travel tips, tales, opportunities, photos, destinations, and deals. We’ve had presentations on extended living in a foreign country, purchasing the right camera, and the merits of traveling alone or in a group. If any of this sounds enticing, join the Travel Club at their monthly meetings. Please share your email address with [sharonkinden@yahoo.com](mailto:sharonkinden@yahoo.com) and she’ll add you to the mailing list for reminders and minutes of the topics and web resources discussed.
SPECIAL EVENTS: EXTRAMURAL

Osher Saturday Morning Book Talks

Coffee and cakes at 9:30 a.m.; Book Talk 10 a.m.; Hillcrest D
Book selling and signing will follow the Book Talks

Your participation is welcome on the first Saturday of the month.
Osher members at any level may attend at no additional charge. For all others, admission is $3, or you can purchase a 10-event punch card for $20. Please thank the sponsors for their support of Saturday Morning Book Talks.

June 2
*Have Fun in Burma (2017)* by Rosalie Metro
Sponsor: Judy Metro

Rosalie Metro’s first novel comes to our Spring Book Talks because of a dream her heroine had about an unknown locale in Burma (known as Myanmar since 1989). In the novel, Metro’s lead character imagines herself in a Burmese world, and encountering landscapes and peoples she had never known — or even thought much about. This is a fascinating novel with themes of ethnic tension, religious conflict, threats of ethnic cleansing, awkward American involvement in local political unrest, Rohingya persecution… and add to that, this is the setting George Orwell used for his 1949 novel, *Nineteen Eighty Four.*

July 7
*Edges of a Life (2017)* by Greg P. Busacker
Sponsor: Beverly Smull

I came first to know Greg Busacker’s poetry in a cultural geography class I taught for Osher some years ago. He was a tall and lean hunter-type. After some class discussion, he brought me a few evocative haikus that he had composed while passing chilly dawns in his deer stand. I invited him to bring a small collection of his work to our next class. I introduced him as “The Haiku Hunter.” Over the next few years of friendship, I found that Busacker’s vision of the world and people around him went well beyond his search for careless deer. In asking him about the origins of his poetic interest and images, he referred me to *Edges of a Life.* “I have often been accused/of being the product of/a misspent youth// I would not have it// any other way.// P.S. Would you like to shoot a game of pool?//” [p 90]. This first book of his work suggests that there is more poetry in the quiet of his mind. This collection will not only be evocative summer reading but his words will demand a place in your thoughts again and again.

September 8
*Travels into our Past, Vol. 1, 2 (2017)*
by Wayne P. Anderson & Carla Lee Anderson
Sponsor: Compass Flower Press

In 1988 retired MU psychologist Wayne Anderson crafted a trajectory that many academics dream about, but very, very few achieve. He became a columnist for the *Columbia Daily Tribune* and began — with his wife, Carla Lee Anderson — a new *Tribune* feature called “Venture Bound.” In just 20 years this series has produced several hundred columns on domestic as well as foreign travel. The Andersons visit not only formal museums and tourist venues, but they dissect ordinary and extraordinary landscapes as well. For Wayne’s September Book Talk, I asked him to select a book title or two that would serve as a platform to use in talking about a serious writing and travel life motivated by their travel ambitions and writing discipline. *Travels into our Past* — the two volumes Wayne will speak of — are filled with photographs and classic Anderson assessments of ‘what’s out there.’ Both Wayne and Carla will be on hand to respond to Q & As.
Columbus Parks and Recreation welcomes Osher members to an exciting new summer session at Waters-Moss Memorial Wildlife Area that includes Hillcrest Community Center, Moss Building and Waters House.

We hope you have taken advantage of the added benefits offered this Osher academic year (September 2017 through June 2018) that included a 2018 Parks & Recreation Hillcrest 50+ membership as well. As members, you can enjoy the following activities at Parks and Recreation facilities at Waters-Moss: Osher clubs, Saturday Morning Book Talks, painting groups, Mah Jongg, adult coloring, rug hooking, knitting, karaoke and games such as Mexican train dominoes, bingo and jigsaw puzzles, as well as potlucks.

Pick up a monthly calendar or visit www.CoMo.gov, then search “Senior/50” or let the Hillcrest front desk know you would like to receive the calendar by monthly email. The Hillcrest front desk can be reached Monday–Friday, 8:30 a.m.–4:30 p.m., at 573-874-7475.

50+ travel opportunities

Watch our newsletters for future 2018 trips or call or stop by the Hillcrest front desk for the most up-to-date information (573-874-7475).

50+ Explorers

Our 14-passenger Parks and Recreation bus takes monthly trips at a minimal cost around Columbia. Each activity also includes a meal for social time together. The front page of the monthly newsletter lists the current destination.

50+ Tours

Hop on board the White Knight chartered motor coach and join Columbia Parks and Recreation for fun and relaxation. Escorted day and overnight trip costs will vary depending on length and included activities. Quality, safety and pacing are important to planning our trips. A monthly newsletter lists trips currently available for booking.

The New Theatre Restaurant in Overland Park, Kan., has unique surroundings, a food buffet that is fresh and tasty, and true professional entertainers. The remaining 2018 shows will include:

June 6, 2018 — Sister Act (with an all-star cast)
Sept. 19, 2018 — Mamma Mia! (with an all-star cast)

Activities and meeting space

The Moss Building and Waters House are available for weekend rentals and some mid-week dates on a limited basis. With space for 80–150 people, they make a great place for meetings, birthdays, graduations, wedding receptions, reunions and other events. With a two-hour minimum, plus a refundable deposit, consider this affordable and versatile space for your next gathering. Contact Parks and Recreation Main Office at 573-874-7460 for availability and pricing for rentals.

Summer opportunities

Summer brings families and friends together. Often you reach out for new and different activities to add to the enjoyment of your time together. Why not consider these Parks & Rec summer programs? May through September, look out for these free, family-friendly events:

On the first Thursday of each month, catch a concert at the beautiful Stephens Lake Amphitheater Concert Series – performers range from Missouri Symphony Society to high school band showcases! On the second Friday of each month, Movies in the Park at Cosmo Park offers the nostalgia of watching a film on the big screen under the stars. Films begin around sunset and include Trolls, Beauty & the Beast (2017), Willy Wonka and the Chocolate Factory and the new hit film Coco! On the third Wednesday of each month, young children will love Family Fun Fest at Cosmo Park. Bounce houses, live entertainment, face painting, balloon animals, crafts and more relate to each month’s theme.
INVESTING IN OSHER@MIZZOU

Please consider making a tax-deductible donation when you register for classes. Donations help our organization better serve its membership, keep fees affordable and solidify the future of programming and mission. It’s easy – simply add in your donation amount on the Summer Semester registration form on page 29. Or to donate online, go to osher.missouri.edu and click on “Give to Osher@Mizzou” at the top right of the web page. Staff may answer any questions you may have; please call us at (573) 882-8189.

FOUNDING MEMBERS - OSHER ADVOCATES

The following individuals/couples each donated $1,000 in support of Osher’s mission as part of the original Osher Advocate campaign in 2017. We appreciate their leadership and generosity.

Wayne Anderson, Ph.D., Professor Emeritus
Don and Joan Bay
Thomas and Barbara Bender
John and Patti Blakemore
Emily Bonwich
Ron and Judy Carter *
Robert and Barbara Churchill
Thomas Dillingham and Judith Clark
Patti Doyle
Carolyn Dye
William B. Fisch
Lawrence M. and Aileen R. Garvin
Beverly Giangiacomo
Anne Gifford
Robert Hibbs
Ken and Pat Hutchinson
Jason Ingram and Dr. Kimetha Fairchild
Beverly Kabrick *
Sharon Kinden *
Don and Linda Ladd
Martha Matthews *
Carol A. McAllister
Peter and Pat McDonald
Ruth Miluski
Georgia Morehouse *
Stephen and Joan Mudrick
Jerry Murrell
Von and Joyce Pittman
Michael and Rose Porter
Neil and Lyanne Riley

* indicates Sustaining Member (donated $500 or more during Osher’s 2018 academic year)

FRIENDS OF Osher (Osher 2017/2018 fiscal year)

Special thanks to the Friends of Osher, who have provided support through monetary contributions above their registration fees. (Contributions received after March 31, 2018, will be acknowledged in the Fall 2018 Catalog.)

Barbara C. Ball
Jerry Benedict
Jane Biers
Robert and Cokie Blake
Diane Booth and Jeanne Sebaugh
Anne Campbell
Charlene Carnes
Reba Cassin
Rosemary Christensen
Roger M. Cooley
Susan Dickinson
Barbara Downey
Marilee Dunn
Fred Erickson
Jennifer Erickson
Barbara Favazza
Bette Fletcher
Val Germann
Joseph and Jessica Giacchi
Bill Goodson
Frank and Kathy Green
Jean Gurucharri
Joanne Heisler
Perk Hoecker
Sandra Knight
Pauline Landhuis
Alice L. Landrum and William L. Summerfield
Evelyn Lansche
Gail Luce
Joan Luterman
Tony Marshall
Wayne and Pat Merrill
Bob and Bonnie Mullen
Mary Nesladek
John Parker
Warren and Debbie Prost
Donna Reed
Candida Rogers
Donald and Sally Schilling
Sarah Seat
Joyce Snow
Gary Tatlow
Elizabeth Tidwell
Harvey Wax
Clarence Wolfshohl
Please fill out enrollment form completely.

Name: ____________________________________
Address: ___________________________________
City: _______________________________________
State: ___________________ ZIP code: __________
Daytime phone: ______________________________________
Alt. phone: _______________________________________
Email: _________________________________________

- Yes, please email me about course changes and
cancellations for inclement weather, as well as
information about upcoming films.
(We will not share your email address with other
organizations.)
- Yes, please contact me about Osher volunteer
opportunities.

Note: We occasionally take pictures or record video segments of Osher
classes and participants for internal and external communication regarding
Osher@Mizzou. If you would prefer that we NOT include you in photos or
identify you individually in photos that may eventually appear in brochures,
press releases or in other forms, please notify one of the Osher staff. We
cannot control how photos and video taken by the media at public sessions
are used, but Osher will do its best to honor your request for Osher
publications and presentations.

Total due and payment information

Payment by check or money order:
Enclose check or money order payable in
U.S. dollars to the University of Missouri.
Do not mail cash. Mail payment to:

Osher@Mizzou
344 Hearnes Center
Columbia, MO 65211

Payment by credit card:
Mail your completed enrollment form to the
address above, or register over the phone
by calling 573-882-8189.

<table>
<thead>
<tr>
<th>Membership</th>
<th>Decide your preferred membership enrollment status and determine your fees:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEMBERSHIP TYPE</strong></td>
<td><strong>TOTAL</strong></td>
</tr>
<tr>
<td>Basic — $40</td>
<td>I am only interested in clubs and Brown Bag Seminars for the complete school year. $ ________</td>
</tr>
<tr>
<td>(This does not include attending any courses).</td>
<td></td>
</tr>
<tr>
<td>Premium — $100</td>
<td>I want to register for any and all courses for the remaining school year for one price. $ ________</td>
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<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>Returning Premium member — $10</td>
<td>I am re-enrolling for a subsequent semester. $ ________</td>
</tr>
<tr>
<td>Semester — $20 enrollment fee plus course fees</td>
<td>I prefer to pay separately for each course I select. $ ________</td>
</tr>
<tr>
<td></td>
<td>PLUS</td>
</tr>
<tr>
<td>Total A — (from next page) for the total course fees for individual sessions in which I am enrolling. $ ________</td>
<td></td>
</tr>
<tr>
<td>PLUS</td>
<td></td>
</tr>
<tr>
<td>Total B — (from next page) for the total course fees for single sessions in which I am enrolling. $ ________</td>
<td></td>
</tr>
<tr>
<td>Non-member</td>
<td>I only want to take individual sessions of a series. (This does not include any member benefits.) $ ________</td>
</tr>
<tr>
<td>Total B — (from next page) for the total course fees for single sessions in which I am enrolling. $ ________</td>
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</tr>
<tr>
<td>Total amount of enrollment fees above</td>
<td>$ ________</td>
</tr>
<tr>
<td>I wish to make a tax-deductible donation to Osher@Mizzou $ ________</td>
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</tr>
<tr>
<td>TOTAL AMOUNT ENCLOSED</td>
<td>$ ________</td>
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For office use only
Customer ID ____________ Receipt # ____________

Method of payment

- Cash (accepted at office)
- Gift certificate
- Check (payable to University of Missouri)
- Credit card
  Type: □ VISA □ MasterCard □ Discover □ American Express
  Card number: ____________________ Expiration date: ____________
  Name on card (please print): ____________________
  Signature: ____________________

For office use only
Check # ____________ Date ____________
Summer course enrollment  Registration opens May 22, 2018. Please submit a separate form for each participant. Photocopies are acceptable, or you may print copies from our website at osher.missouri.edu.

A  Premium and semester enrollment

**Premium members:** Check the box for the course(s) in which you wish to enroll. There is no extra cost after your Premium fee.

**Semester members:** Check the box next to the course fee for the course(s) in which you wish to enroll, and add the total fees at the bottom of the section.

<table>
<thead>
<tr>
<th>Premium</th>
<th>Semester</th>
<th>Courses (6 sessions unless noted)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAYS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>$40 Civil War Round Table</td>
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<tr>
<td>☐</td>
<td>☐</td>
<td>$40 Understanding Prejudice, Privilege, and Power</td>
</tr>
<tr>
<td><strong>TUESDAYS</strong></td>
<td></td>
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<tr>
<td>☐</td>
<td>☐</td>
<td>$20 One More Turn: Henry James’s <em>The Turn of the Screw</em></td>
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<tr>
<td>☐</td>
<td>☐</td>
<td>$40 The Wonderful World of Tea</td>
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<td>☐</td>
<td>☐</td>
<td>$40 Four Operas You May Not Have Seen or Heard</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>$40 Islam: Maker or Shaker of Peace?</td>
</tr>
<tr>
<td><strong>WEDNESDAYS</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| ☐ | ☐ | $40 The Place You Live: City Tours  
  ○ Ride Bus  ○ Drive Self |
| ☐ | ☐ | $40 Human Sexuality for Grown-Ups |
| ☐ | ☐ | $40 The American Presidents V |
| **THURSDAYS** |   |   |
| ☐ | ☐ | $40 Changing Organizations & Public Policy for Change |
| ☐ | ☐ | $40 What You Need to Know About Safety |
| ☐ | ☐ | $40 Health Care Info Series |
| ☐ | ☐ | $40 Designing Small & Tiny Houses |
| **FRIDAYS** |   |   |
| ☐ | ☐ | $40 Potpourri of the Arts |
| ☐ | ☐ | $40 Brown Bag Seminar Series |

**Total A course fees**  
(add to Semester totals on other page)

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CANCELLATION POLICY  There is a $20 processing fee for canceling courses and no refunds will be issued once the class has held one session. Email cancellations to osher@mizzou.edu or by mail to Osher@Mizzou, 344 Hearnes Center, Columbia, MO 65211.

B  Single sessions only

**Semester members** and **Non-members:** Check the date(s) for each single session in a series in which you wish to enroll. Write the total ($25 per session) for each series.

**MONDAY**  
_____ $25 ea  
Civil War Round Table  
- June 4  - June 18  
- June 11  - June 25

**THURSDAY**  
_____ $25 ea  
What You Need to Know About Safety  
- June 7  - June 21  
- June 14  - June 28

**THURSDAY**  
_____ $25 ea  
Health Care Information Series  
- June 7  - June 21  
- June 14  - June 28

**FRIDAY**  
_____ $25 ea  
Potpourri of the Arts  
- June 8  - June 22  
- June 15  - June 29

**FRIDAY**  
_____ $25 ea  
Brown Bag Seminar Series  
(included in Basic, Semester, and Premium memberships. Fees apply to NON-MEMBERS ONLY)  
- June 8  - June 22  
- June 15  - June 29

**Total B course fees**  
(add to Semester or Non-member totals on other page)
DIRECTIONS AND PARKING
Courses are held in the Moss Building at the Waters-Moss Memorial Wildlife Area at 1905 Hillcrest Drive in Columbia, Mo., unless otherwise noted.

OSHER UPDATES
Each week we email all members and these emails often include information not printed in the course catalog. Details about upcoming Brown Bag Seminar sessions and reviews of the movies to be shown at the Friday Afternoon Film Festival are routinely shared in these emails. In addition, new and exciting events might come up later and will be scheduled as a talk, a formal presentation or seminar. We rely on email to get you this timely information.

You can stay well-informed if you send your email address to osher@mizzou.edu. Do it today! Be sure to check your email for information about spontaneous events that might prove exciting.

THANK YOU

Bernard Osher Foundation

Directions:
Located about $\frac{1}{3}$ mile from the Stadium/Old Highway 63 intersection. Turn on Hillcrest Drive. The Moss Building (Osher@Mizzou) and the Hillcrest Community Center will be on the left. The Moss building entrance is located on the east side.

Parking is conveniently located.

Visit osher.missouri.edu to view our catalog online.
Come as learners. 
Leave as friends!

Osher@Mizzou delivers courses designed to complement the interests, concerns and lifestyles of the over-50 adult.

Classes begin
Monday, June 4!