A Learning Community of Adults Aged 50 +
Fall 2018 Course Catalog
Registration opens August 21, 2018
Courses begin September 10, 2018
The Osher Lifelong Learning Institute at the University of Missouri

Pathways
Past & Future
Academic Year 2019

The U.S. Supreme Court - p. 11
MU Arts & Science p. 11 to 14
Apollo 11 Moon Landing - p. 26

Stay Young. Stay Connected. Join Osher@Mizzou.
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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.
Osher’s theme for the 2018-2019 academic year, *Pathways – Past and Future*, was inspired by a few ground-breaking events:

* 2018 marks the 50th anniversary of the National Trails System Act, which led to the creation of the National Historic Trail system. The Lewis & Clark and Santa Fe National Historic trails run right through mid-Missouri, while the start to the Pony Express trail is just a few hours away, in St. Joseph, Mo.

* The 50th anniversary of the Apollo 11 Moon Landing is also coming up, on July 20, 2019. What a pathway the Apollo 11 team forged! “That’s one small step for man; one giant leap for mankind.”

Courses and sessions this year will focus on related topics, including historical trailblazers, literary journeys and strategic planning to find our way forward. We hope the theme inspires you to forge your own path in lifelong learning.

### FALL SEMESTER IN A GLANCE

Choose from 24 courses on a myriad of topics during this 8-week semester. Classes start Monday, Sept. 10.

<table>
<thead>
<tr>
<th>NAVIGATING CURRENT EVENTS</th>
<th>INROADS TO WELLNESS &amp; FULFILLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supreme Court with “the Slows” (M, 9:30 a.m.)*</td>
<td>Wealth Strategies in Retirement (M, 2:30 p.m.)</td>
</tr>
<tr>
<td>Eight Missouri Senators in Our Lifetime (T, 9:30 a.m.)</td>
<td>“Toxic Brew” in Your Home (T, 9 a.m.)*</td>
</tr>
<tr>
<td>Larry Brown on Religious Fundamentalism (T, 1:30 p.m.)</td>
<td>Using Dialogue to Find Your Path Forward (T, 11:30 a.m.)*</td>
</tr>
<tr>
<td>American Pathways &amp; American Values (Th, 2:30 p.m.)</td>
<td>MU Extension “Live &amp; Learn” Series (W, 12:30 p.m.)*</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TRAILBLAZERS IN THE ARTS</th>
<th>MOVERS, SHAKERS &amp; CHANGE-MAKERS</th>
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<tbody>
<tr>
<td>Pathways through Dublin in Ulysses (W, 10:30 a.m.)</td>
<td>MU Arts &amp; Science Potpourri (M, 1:30 p.m.)</td>
</tr>
<tr>
<td>Dante’s Paradiso: Not a Resort Island! (W, 1:30 p.m.)</td>
<td>Meet Our Nonprofit Neighbors &amp; Connect (T, 11:30 a.m.)*</td>
</tr>
<tr>
<td>Back to the Future: Films from 1968 (Th, 1:30 p.m.)*</td>
<td>TED Talks - Watch &amp; Discuss (W, 2:30 p.m.)</td>
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<thead>
<tr>
<th>HISTORICAL PATHWAYS &amp; PERSPECTIVES</th>
<th>BRANCHING OUT: LEARN SOMETHING NEW</th>
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</thead>
<tbody>
<tr>
<td>Rome in 1st Century Palestine/Israel (M, 9:30 a.m.)*</td>
<td>French Conversation (T, 10 a.m.)</td>
</tr>
<tr>
<td>Philosophies of War &amp; Peace (T, 12:30 p.m.)</td>
<td>Memoir Writing: Turn Memories into Stories (W, 9 a.m.)</td>
</tr>
<tr>
<td>The American Presidents VI (W, 10 a.m.)</td>
<td>Up-cycle: Miniature Construction (Th, 10 a.m.)</td>
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<td></td>
<td>Vignettes in Mathematics II (Th, 12:30 p.m.)</td>
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<thead>
<tr>
<th>FORGE-FORWARD FRIDAYS</th>
<th>COURSE KEY</th>
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<tbody>
<tr>
<td>[Osher Café runs 9 a.m. to 3 p.m.]</td>
<td>* indicates 4-week sessions;</td>
</tr>
<tr>
<td>Potpourri of the Arts (9:30 a.m.)</td>
<td>M: Monday, T: Tuesday, W: Wednesday, Th: Thursday</td>
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<tr>
<td>Brown Bag “Lunch &amp; Learn” (11:30 a.m.)</td>
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<tr>
<td>Friday Afternoon Film Festival (1:30 p.m.)</td>
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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.

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 Travel Club, Spanish Club, Saturday Morning Book Talks and other groups that might form in the future.

Premium membership (school year)
For $240, you become a yearlong Osher member. Premium membership follows the school year, from Aug. 1 to July 31. 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

Premium Membership (continued)

- Receive an invitation to the Robert G. Silvers Memorial Seminar, usually held in the fall
- Become eligible to serve on the Osher Advisory Council

In the fall, Premium members can pay with Electronic Funds Transfer (EFT) to divide their $240 membership fee into automatic monthly payments. To set up EFT, complete the form on our website at extension.missouri.edu/learnforlife/documents/ElectronicFundsTransfer.pdf. Return your completed form with a voided check to the Osher@Mizzou office.

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 $40 to $60, according to the course length and semester (see enrollment form).

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, including Spanish Club and Travel Club
- Have a Columbia Parks and Recreation 50+ membership with additional program benefits
## Membership Values for One School Year (Aug. 1 to July 31)

### Osher@Mizzou Membership Structure

<table>
<thead>
<tr>
<th>Membership type:</th>
<th>Premium</th>
<th>Semester</th>
<th>Basic</th>
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<tr>
<td>Provides membership benefits?</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Duration of benefits during the school year</td>
<td>All school year</td>
<td>*Only during term registered (applies to content below)</td>
<td>All school year</td>
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### Content Included with Membership:

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<th>Content Included</th>
<th>Premium</th>
<th>Semester</th>
<th>Basic</th>
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<tr>
<td>Parks and Recreation 50+</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
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<tr>
<td>Extramural events and clubs</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
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<tr>
<td>Brown Bag Seminar Series</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
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<tr>
<td>Friday Afternoon Film Festival</td>
<td>Yes</td>
<td>Yes*</td>
<td>No</td>
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<tr>
<td>Courses</td>
<td>All courses included</td>
<td>Purchase individually</td>
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### Price:

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<th>Semester</th>
<th>Basic</th>
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<td>$240 (plus $10 each additional term)</td>
<td>$20 enrollment, plus fee for each course ($40 - 60, depending on course and semester)</td>
<td>$40</td>
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## Course Instructors

- Wayne Anderson
- Sheila Bailey
- John Blakemore
- Larry Brown
- Nancy Browning
- Ruth Ann Burke
- Katie Burnham-Wilkins
- M. Heather Carver
- Robert Churchill
- Yolanda Ciolli
- Colleen Colaner
- Doreen Dabney
- Thomas F. Dillingham
- Patti Doyle
- Carolyn Dye
- Jeanne Dzurick
- Sara Echternach
- Judy Elliott
- William B. Fisch
- Dan Hanneken
- Liz Harrison
- Pamela Heyen
- Kelly Hill
- James R. Hillbrick
- Steve Hollis
- William T. Horner
- Jason Ingram
- Sharon Kinden
- Elizabeth King
- Ian Kirby
- Mark Kirchhoff
- Randy Kiser
- Craig Kleuver
- Gary Kremer
- John Kultgen
- Aline Kultgen
- David Leuthold
- Gail Humphries Mardirosian
- Timothy Materer
- Brenna Matz
- Kristin Miller
- Susan Mills-Gray
- Patricia Okker
- Elizabeth Braaten Palmieri
- Michael Porter
- Sarah Read
- Josh Reid
- S. Christian Rozier
- Lisa Sattenspiel
- Steve Schnarr
- Dennis Sentilles
- Jane W. Smith
- Leandra Spangler
- Mary Stegmaier
- Mike Trial
- Jay Ward
- Kelli Watkins-Turley
- Kelsey Weitzel
- Robert Wells
- Alan Whittington
- John Wigger
- Jane Williams
- Deborah Zemke
**IMPORTANT DATES**

**Tuesday, Aug. 21, 2018**
Fall Registration Begins

**Saturday, Aug. 25, 2018**
Engaging in Aging Workshop and Resource Fair

**Monday, Sept. 10, 2018**
Fall Semester Begins

**Thursday, Oct. 25, 2018**
Faculty Tribute Event

**Friday, Oct. 26, 2018**
Silvers Seminar

**Tuesday, Jan. 22, 2019**
Winter Semester Begins

**Monday, March 11, 2019**
Spring Semester Begins

**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 (osh.missouri.edu) and click on Give to Osher@Mizzou. Or you may contact Osher’s staff at Osher@Mizzou.edu or 573-882-8189.

**INCLEMENT WEATHER POLICY**

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

**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.

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.
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.

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.

New Scholarships!

Osher@Mizzou will offer a limited number of scholarships for individuals who would like to join at the Premium membership level but, due to financial constraints, are unable to do so. This fall, scholarships will cover $180 of the $240 Premium membership tuition cost. For an application, contact Osher’s staff at Osher@mizzou.edu or (573) 882-8189.
**COURSE CALENDAR**

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<th>MONDAY</th>
<th>TUESDAY</th>
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<td>8:00</td>
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**All courses are eight sessions except as noted.**

* The Monday 9:30–11 a.m. slot in Moss A has two courses over different dates; the first takes place the first four weeks (Sept. 10 - Oct. 1) and the second meets following (Oct. 8-29). You may enroll in both courses.

** The Tuesday 11:30 a.m.–1 p.m. slot in Moss A has two courses over different dates; the first takes place the first four weeks (Sept. 11 - Oct. 2) and the second meets following (Oct. 9-30). You may enroll in both courses.
<table>
<thead>
<tr>
<th>Time</th>
<th>Moss A</th>
<th>Moss B</th>
<th>Hillcrest C</th>
<th>Moss A</th>
<th>Moss B</th>
<th>Moss A</th>
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<tbody>
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<td>8:00</td>
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<td>10:00</td>
<td>10–11:30 a.m.</td>
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<td>10–11:30 a.m.</td>
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<td>9 a.m.–3 p.m.</td>
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<td>10:30</td>
<td>The American Presidents VI (Ward)</td>
<td>10:30 a.m.–noon</td>
<td>Upcycle Miniature Construction (Doyle)</td>
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<td>9:30–11 a.m. Potpourri of the Arts</td>
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<tr>
<td>11:00</td>
<td>10–11:30 a.m.</td>
<td>10:30 a.m.–noon</td>
<td>Women who Changed the 20th Century (Anderson)</td>
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<td>11:30 a.m.–1 p.m. Brown Bag Seminar Series</td>
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<td>Noon</td>
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<td>12:30–4 p.m. Friday Afternoon Film Festival</td>
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<td>12:30</td>
<td>12:30–2 p.m.</td>
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<td>12:30–2 p.m.</td>
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<td>1:00</td>
<td>MU Extension Live &amp; Learn Series (Miller)</td>
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<td>Vignettes in Mathematics II (Sentilles)</td>
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<tr>
<td>1:30</td>
<td>1:30–3 p.m.</td>
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<td>1:30–4 p.m.</td>
<td>Oct 18–Nov 8</td>
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<tr>
<td>2:00</td>
<td>Dante’s Paradiso: It’s Not a Resort Island! (Dillingham)</td>
<td>2:30–4 p.m.</td>
<td>Back to the Future with Films from 1968 (Blakemore)</td>
<td>2:30–4 p.m.</td>
<td>American Pathways and “American Values”… (Read)</td>
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<tr>
<td>2:30</td>
<td>2:30–4 p.m.</td>
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<td>3:00</td>
<td>TEDTalks (Dzurick)</td>
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All courses are eight sessions except as noted.

* Back to the Future Film class (Thursdays, 1:30–4 p.m.) starts on Oct. 18 and runs one week beyond the semester, ending on Nov. 8.

** Join us for Osher Café (9 a.m. to 3 p.m., Fridays) in Room B. This is THE SPOT for Osher members to eat lunch, bring snacks to share, grab a coffee and make themselves at home. No class on Friday? Invite your Osher classmates to meet you for class discussions – or just to say hello.
Rome in 1st Century Palestine/Israel  
[4 Sessions]  
9:30 – 11:00 a.m., Moss A  
Mondays: Sept. 10, 17, 24; Oct. 1  

The presence and influence of the Roman Empire was everywhere in 1st Century Palestine/Israel. Roman economics, law, military, construction and lifestyle were pervasive in Jewish life. Although Roman tolerance of Jewish practices was fairly remarkable, this tolerance always bordered on anticipating any rebellion or anti-Roman talk or activity. Roman military force was always at the ready, and Roman political and economic might were always visible. The Roman influence may be seen in the Biblical story of the birth of Jesus of Nazareth. The Roman census caused Joseph and Mary to travel to Bethlehem, even though she was in the final term of her pregnancy; there were no exceptions. This class will delve into the historical makeup of the Roman Empire around the Mediterranean Sea and show how the Roman world directly influenced the life of the New Testament story, focusing on Jesus and the Apostle Paul’s travels from Jerusalem to Rome.  

Instructor: James R. Hillbrick grew up in eastern Washington, received his Master of Divinity from Fuller Theological Seminary and pastored two churches in Idaho until he retired. He and his wife, Kathi, moved to Columbia six years ago to be near two of his three daughters and four grandchildren. He teaches Hebrew foundation classes at Community United Methodist Church. He and Kathi traveled to Israel in 2000 and 2013; last year, they led a tour of Turkey and Greece.
After reviewing statistics indicating a tendency of the Roberts Court (since 2005) to take a longer time between oral argument and final decision in their cases, as well as to have a greater proportion of decisions with a majority of no more than 5 of the 9 justices - with the 2017-2018 term being the slowest and most sharply divided - we will discuss the Court’s most notable decisions, on issues including (as time allows) partisan gerrymandering, religious liberty, limits on the Federal Government’s regulatory power in relation to the states, voting rights, labor law and arbitration agreements, patent law, the power of the president to regulate immigration from specific foreign states, the power of unions to charge non-member employees “agency fees” and the authority of U.S. courts to decide claims based entirely on events and acts occurring abroad.

*SCOTUS = Supreme Court of the United States

Instructor: William B. Fisch, professor emeritus of law at the University of Missouri, has been a member of the law faculty since 1970. He retired and took emeritus status in January 2003 and continued to teach as an adjunct faculty member until 2012. Fisch has published widely in the fields of American and comparative civil procedure, professional responsibility and constitutional law. He has lectured for Osher since 2005.

MU College of Arts and Science Potpourri
[8 Sessions]
1:30 – 3:00 p.m., Moss A
Mondays: Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29

Stay up-to-date on cutting-edge academic topics by signing up for this fascinating course, wherein MU faculty members from the College of Arts and Science will present on their current research and educational pursuits.

Coordinator: Patricia Okker serves as dean for the College of Arts and Science at the University of Missouri and is a professor of English. Dean Okker has been a faculty member at MU since 1990 and, as dean, oversees 28 departments, two museums and two ROTC units. With almost 9,000 graduate and undergraduate students, 500 faculty, and 200 staff, the College of Arts and Science is the largest academic unit in the state of Missouri and generates almost half of MU’s student credit hours.

Sept. 10: “Bring Out Your Dead!” Plague Epidemics and Human History

Probably the most notorious epidemic in all of human history was the Black Plague, which marched through Europe and other parts of the world during the 14th century and may have resulted in the loss of 25% or more of Europe’s population. This talk will provide an introduction to not only this epidemic, but also to the Plague of Justinian in the 6th century, which is known to have been caused by the same pathogen. Both of these epidemics had far-reaching consequences for human history. Aspects of the biology, transmission and distribution of the plague bacillus and its primary hosts are first presented. Next, major characteristics of the Plague of Justinian are described. Following this, the Black Death itself is discussed, including its epidemiological impact as well as short- and long-term social consequences of the epidemic.

Instructor: Lisa Sattenspiel is professor and chair of the Anthropology Department at MU and has been at the university since 1987. Throughout her career she has specialized in the role of human behaviors in transmitting and spreading infectious diseases, and has emphasized the 1918 influenza pandemic in Newfoundland and Labrador for over a decade. She
also uses cemetery data collected by her students in demographic anthropology to study the 20th century population history of Columbia.

**Sept. 17: Barnstormers, Wing Walkers and Parachute Jumpers during the Roaring Twenties**

Prior to World War I, many Americans read about the Wright brothers and other early flyers, including Glenn Curtis, Harriet Quimby and Matilde Moisant, and some 17 million had seen Lincoln Beachey fly his famous “Little Looper” during his nationwide 1914 tour. But few had actually flown, and airplanes remained mostly a curiosity associated with accidents and deaths. The war led to a quantum leap in airplane technology, but also to a ban on flying in the U.S. until the end of the conflict. After the U.S. entered the war, the Air Services contracted to buy thousands of trainer planes and to train some 5,000 pilots. After the end of the war, the Federal Government dramatically cut its investment in aviation and the Air Services either destroyed or sold off its fleet of trainers. Initially these airplanes cost as much as $5,000, but within a few years they could be had for as little as $300. Hundreds of pilots, many of whom had learned to fly in the Army, purchased used trainers and took off to make a living barnstorming across the US. They were at the center of introducing the disruptive technology of aviation to American culture. Barnstormers performed at state and county fairs or wherever they could draw a crowd.

**Instructor: John Wigger** earned a Petroleum Engineering degree from West Virginia University and a Ph.D. in American History from Notre Dame. He has taught at MU since 1996 and served as chair of the Department of History from 2013 to June 2018. His previous books include *PTL: The Rise and Fall of Jim and Tammy Faye Bakker’s Evangelical Empire; American Saint: Francis Asbury and the Methodists; and Taking Heaven by Storm: Methodism and the Rise of Popular Christianity in America.*


Greenland sharks recently claimed the title of the oldest vertebrate at 400 years old, while the turquoise killifish lives only a few months, and the adults of some species of mayflies live for less than 24 hours. Why do different species vary so widely in traits tied to their survival and reproduction? How does the timing and availability of energy influence growth and reproduction? This seminar will explore these questions and discuss how human evolutionary history might help explain both aging and obesity.

**Instructor: Elizabeth King** is an assistant professor in the Division of Biological Sciences at the University of Missouri where she has been a faculty member since 2014. Elizabeth completed her Ph.D. at the University of California, Riverside, and her undergraduate studies at Grinnell College. Her research, which is funded by the National Institutes of Health and the National Science Foundation, spans genomics, aging and data science.

**October 1: Everything You Wanted to Know about Volcanoes but Were Afraid to Ask**

The recent eruption of lava in a subdivision on Hawaii focused national attention on volcanic hazards. Anyone living in (or visiting) the Pacific Northwest in May 1980 has stories about the eruption of Mt. St. Helens. Every spring, videos of migrating wildlife in Yellowstone are misinterpreted as portents of supervolcanic apocalypse. But why do volcanoes occur where they do? How frequently do volcanoes erupt, and can we predict eruptions? Why are some eruptions large and others small? Why are some erupting volcanoes red (Hawaii) and others grey (Mt St Helens)? What are the benefits of living near volcanoes? Were volcanoes complicit in the extinction of the dinosaurs? Are there volcanoes on other moons and planets? The answers to these, and other questions, will be revealed – along with an explanation of how we know what we know, which is after all what makes volcanology a science.

**Instructor: Alan Whittington** was born in Scotland and educated in England. He lived in France and Illinois before joining MU in 2002, and has been department chair since 2014. He is a petrologist (a geologist who studies rocks) and most frequently
studies lava and volcanic rocks. He has done fieldwork on every continent, witnessing eruptions at several different volcanoes, and established a laboratory at MU for experimental studies of rocks and magmas at high temperatures.

**Oct. 8: The Power of Positive Communication: Using Communication Skills to Promote Connection in Personal Relationships**

The quality of our communication with others directly influences the quality of our relationships and our life. This interactive session will present communication strategies that promote connection in family relationships, including romantic relationships as well as relationships with children, grandchildren and friends. The session will draw from family communication science to equip participants to effectively validate others’ emotions, take others’ perspectives, and engage in productive conflict resolution in personal relationships. The session will present evidence to support the connection between these communication behaviors and positive relationship outcomes.

**Instructor: Colleen Colaner** is an associate professor and director of graduate studies in the Department of Communication at the University of Missouri. Her research focuses on family communication, specifically the association between communication and personal, social and family identities. She focuses her work on adoptive families, complex family structures and children’s communication. She is also a family communication educator with the Kindred Collective, providing family communication workshops in the surrounding community.

**Oct 15: John Huston: Missouri’s Titan of American Film**

This session will discuss the life and work of legendary writer and film director John Huston, with a particular emphasis on his literary adaptations for the silver screen, including *Treasure of the Sierra Madre* (1948), *The Misfits* (1961), *The Bible* (1966), and *Fat City* (1972). The class will watch clips and discuss the inspirations and legacy of this pioneering cinematic storyteller.

**Instructor: S. Christian Rozier** is professor of Film Studies and Digital Storytelling in the School of Visual Studies at the University of Missouri. He is a documentary and narrative film director who has produced films, music videos and commercials on four continents. His credits include *Voices of the Forest*, a documentary series produced in Myanmar and Cambodia, a world-tour music documentary titled *Among the Trees*, and the award-winning documentary *Racing the Past*. His work is primarily focused on the triumphs and uplifting stories within underrepresented communities.

**Oct. 22: Live, from Columbia, It’s SNL … and the 1976 Presidential Election**

This session explores the launching of the television show *Saturday Night Live* (SNL) and the 1976 presidential campaign. The debut of SNL and the presidential election between Gerald Ford and Jimmy Carter had enduring effects on American culture. With its mix of sketch comedy and music, SNL grabbed huge ratings and several Emmys in its first season. President Ford’s press secretary, Ron Nessen, was the first politician to host SNL. Ford also appeared on the show, via video tape, to offer a comic counterpunch to Chevy Chase’s signature line, “I’m Chevy Chase and you’re not.” Since then, it has become a rite of passage for national politicians to appear on SNL, and the show’s treatment of them and their platforms has a continuing impact on political discourse.

**Instructors: William T. Horner, Ph.D.,** is a professor in the Political Science Department and director of the Center for Participatory Democracy. He has authored several books, including his most recent co-authored book, *Saturday Night Live and the Presidential Campaign of 1976: A new Voice enters Campaign Politics*.

**M. Heather Carver, Ph.D.,** is a professor and chair of the Department of Theatre. She has authored several books, including her most recent co-authored book, *Saturday Night Live and the Presidential Campaign of 1976: A new Voice enters Campaign Politics*. 
October 29: International Election Observation in Emerging Democracies: A Case Study of Kyrgyzstan

Free and fair elections are a fundamental condition of modern democracies. However, in emerging democracies, setting up the legal framework and establishing transparent and effective election administration is a challenge. International election observers play an important role in helping countries identify areas for improvement in their election law and process. In this workshop, Professor Stegmaier will review the election observation methodology used by the Organization for Security and Cooperation in Europe (OSCE) and will discuss her experience as an observer in Kyrgyzstan during the 2015 Parliamentary and the 2017 Presidential elections.

Known as an “island of democracy” surrounded by non-democratic countries, Kyrgyzstan faces difficult governing conditions. After revolutions in 2005 and 2010, the government committed itself to holding legitimate elections. In 2015, the country introduced new technologies to combat election fraud, including biometric (finger-print) voter registration. These technologies remained in use in the 2017 election, which marked the first peaceful democratic transfer of presidential power in Central Asia. However, shortcomings in their election process remain that will require broader cultural change.

Instructor: Mary Stegmaier is an assistant professor in the Truman School of Public Affairs. Her research concentrates on elections and voting behavior in the U.S. and Europe, and has been published in a variety of political science academic journals and in the Washington Post. She has served as an international election observer with the Organization for Security and Cooperation in Europe (OSCE) in Macedonia, Belarus and Kyrgyzstan.

Wealth Strategies in Retirement – Part I
[4 Sessions]
2:30 – 4:00 p.m., Moss B
Mondays: Sept. 10, 17, 24; Oct. 1

If you are retired or getting close to retiring, this course will teach you fundamental principles to ensure that your money lasts. Learn how to better manage and control your investments; get information on basic tax-reduction strategies; increase your monthly income; protect your life’s savings from investment mistakes and avoid unnecessary estate taxes.

Note: If you have taken Jason Ingram’s Wealth Strategies course in the past, he recommends that you skip to Part II, described below.

Wealth Strategies in Retirement – Part II
[4 Sessions]
2:30 – 4:00 p.m., Moss B
Mondays: Oct. 8, 15, 22, 29

Part II starts on Oct. 8

Learn how to plan for the threat of a healthcare catastrophe; how to reduce taxes on IRA/401k distributions; and how to pass your life’s savings to your heirs with minimal probate, tax and legal costs.

Instructor: Jason Ingram is the principal of the Columbia office and partner/principal of the Chesterfield office of Accelerated Wealth. Jason holds a Series 65 license, which qualifies him to serve as an investment advisor representative. Jason is a member of the National Ethics Association, serves on the advisory board for the Better Business Bureau and works to support numerous philanthropic organizations. He lives in Columbia with his wife, a physician, and their dog, horses and a mule. He loves Osher and teaching adult learners.
**TUESDAYS**

**“Toxic Brew” in Your Home**  
[4 Sessions]  
9:00 – 10:30 a.m., Moss B  
Tuesdays: Sept. 11, 18, 25; Oct. 2  

Instructor Pamela Heyen will present on the hidden toxins in our homes and how they affect our health and our pets’ health. Discuss how personal care, cleaning products and mold may be contributing to personal health-related illnesses. Learn how to create a toxin-free home with essential oils and support wellness for your family and the environment.  
**Sept. 11:** Hidden Toxins in Your Home; **Sept. 18:** Toxins & Your Pets; **Sept. 25:** Toxins & Your Hormones; **Oct. 2:** Toxins & Your Emotional Health.  

**Instructor:** Pamela Heyen began her holistic health education after regaining her own health through natural remedies and therapies. Her credentials were obtained through the American School of Health Sciences in Portland, Oregon, a.k.a. Australasian School of Health Sciences. She uses her health-related experience, formal training, Zyto technology and essential oils to educate, encourage and support the option to heal the “whole self.” Pamela speaks to groups and offers webinars and personal consultations for those interested in taking control of their whole health.

**Eight Missouri Senators in Our Lifetime**  
[8 Sessions]  
9:30 – 11:00 a.m., Moss A  
Tuesdays: Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30  

This course will focus on the careers of eight outstanding Senators serving our state in our lifetime.  
- **Sept. 11:** Harry Truman, Senator 1935-1945, and later Vice President and President of the United States.  
- **Sept. 18:** Stuart Symington, Senator 1953-1976, earlier, Secretary of the Air Force and presidential candidate.  
- **Oct. 2:** John Danforth, Senator 1976-1995, earlier, Missouri Attorney General, later, Ambassador to the UN, and special envoy to Sudan.  
- **Oct. 16:** Kit Bond, Senator 1987-2011, earlier, Missouri Auditor and Governor.  
- **Oct. 23:** Claire McCaskill, Senator 2007 to current, earlier, Missouri Auditor.  
- **Oct. 30:** Roy Blunt, Senator 2011 to current, earlier, Missouri Secretary of State and Congressman from Missouri, Seventh District (with party leadership positions in both House and Senate).

**Instructor:** David Leuthold is professor emeritus of political science at the University of Missouri and a frequent teacher at Osher, teaching courses on public policy and elections. He has lived in Missouri during the careers of all these Senators except Truman and is fascinated that Missouri has had such outstanding Senators. He is the author of *Campaign Missouri 1992* and co-editor of *Missouri Government and Politics*.

**French Conversation**  
[8 Sessions]  
10:00 a.m. – Noon, Hillcrest C  
Tuesdays: Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30  

Are you able to speak French enough to be chatty, at a level somewhere between intermediate and fluent? Are there two or three years of French study or its equivalent somewhere in your high school and/or college history? Reinvigorate and polish your French skills, play along with enthusiasts, strut vocabulary and gestures and communicate with each other in a friendly and accepting setting. You will read and/or act out and discuss passages from French.
literature, examine themes, imagine new endings and generally immerse yourself in the French language. There will be a choice of oral presentations and communicative activities relating to our readings and on various other topics of interest, including current events, all encouraging serious communication, tout en français, bien sûr! We end with a French film and a French déjeuner to which we all contribute.

**Instructor: Aline Kultgen** is a native French speaker who has taught French in Toronto, Canada, and for the Columbia Public Schools for a total of 25 years. She has been teaching French at Osher since 2006.

**Meet Our Nonprofit Neighbors and Connect with Our Future**

[4 Sessions]

11:30 a.m. – 1:00 p.m., Moss A
Tuesdays: Sept. 11, 18, 25; Oct. 2

The path of life affords us many opportunities to connect with others, strengthen our communities and help people look to a brighter future. In these four sessions, facilitator Doreen Dabney will introduce you to four individuals and their nonprofit organizations that are working to create a brighter future for people in our community. An interactive Q&A dialogue session will follow each interview. The presenters will represent in2 Action, the Foster Parent Community, Heart of Missouri CASA and Love INC.

**Facilitator: Doreen Dabney** (See bio, under “in2Action Community Re-Entry”.)

**Sept. 11: in2Action Community Re-Entry**

This organization provides transitional housing to gentlemen reintegrating into society from prison. One house and two duplexes in Columbia welcome these men and provide opportunities and community to enable them to help with re-integration. This session will introduce you to the program and some of the unique aspects of this on-program facility.

**Instructor: Doreen Dabney** recently retired to Columbia and has become involved at in2Action. She is the ‘volunteer’ volunteer coordinator and sometimes the cranky grandmother of the program. Doreen began her work with felons both inside and outside the institutions 10 years ago. She insists it has been a humbling and encouraging journey.

**Sept. 18: Foster Parenting in Columbia**

There is a large foster-parent community in Columbia. These parents provide homes and a stable living environment for children who have become wards of the court. You will meet a foster parent who has great experience and trains other foster parents as well. We also will brainstorm ways you might help, even if foster parenting is not for you.

**Instructor: Brenna Matz** and her husband are parents of five children; one is biological, two are adopted and two are fostered. Their ages range from 3 to 17. Brenna is a trainer of other foster parents. She a great resource in our community.

**Sept. 25: Heart of Missouri CASA (Court Appointed Special Advocate)**

CASA is the Court Appointed Special Advocate Program. This program makes volunteers available to act as the voice for children who have been taken into custody by the state. The children are appointed an attorney, called the Guardian ad litem, but these attorneys have too many cases to enable them to spend much time with the children. The CASA volunteers fill this gap.

**Instructor: Sara Echternach** is one of the volunteer coordinators for Heart of Missouri CASA. She has had experience as a CASA herself and is well informed regarding the larger scope of the roles played by the various parts of the criminal justice system and how the process can serve the children in their care.
Oct. 2: Love INC, Loving People Forward

According to their website, Love INC., is in the business of loving people and helping them move forward in their lives. There is no simple solution to poverty, and Love INC helps to build a bridge between today's difficulties and tomorrow's successes. Love INC's volunteers and staff lovingly help anyone in need. Sometimes they provide resources, other times they provide counsel, as they help to put community members on the road to sustainability.

Instructor: Jane Williams started Love, INC in Columbia and is a long-time social worker. Jane is a field instructor for the University of Missouri School of Social Work and benevolence director at Christian Fellowship Church. She is well connected in the community and has achieved this through hard work and her engaging personality. Jane is the person to know if you need to know about resources or need to meet anyone in Columbia. She is “in the know!”

Using Dialogue To Find Your Path Forward
[4 Sessions]

11:30 a.m. – 1:00 p.m., Moss A
Tuesdays: Oct. 9, 16, 23, 30

This is a basic-skills class on using dialogue patterns to work your way through difficult issues and conversations, both at home and in the community. We will cover how dialogue differs from debate, discussion and other forms of conversation; specific dialogue techniques, such as reflecting and reframing; and ways to use dialogue to work through complex issues and conflicts. Interactive exercises will help class members practice these skills.

Instructor: Sarah J. Read has more than 25 years of experience in resolving complex issues as an attorney, mediator, facilitator and consultant. Sarah has taught Public Policy Dispute Resolution at the MU School of Law and is a frequent speaker and writer on issues related to civic engagement. Ms. Read received her B.A. Degree, cum laude, from Yale University and her Juris Doctorate degree with the Order of the Coif from the University of Wisconsin.

Philosophies of War and Peace
[8 Sessions]

12:30 – 2:00 p.m., Moss B
Tuesdays: Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30

The course examines the pros and cons of the most popular philosophies of war and peace, Political Realism, Just War Principles and Pacificism. We will examine their positions on questionable practices, such as the use of weapons of mass destruction and torture. We will evaluate the practices in modern wars in which the U.S. has been involved, including Vietnam, Korea, Iraq and Afghanistan. The instructor will summarize the arguments for each position, explain his own views and invite the people in the class to explain the reasons for their views. He will encourage arguments for and against the positions which are widely accepted or condemned.

Instructor: Before becoming a University of Missouri professor emeritus of Philosophy, Jack Kultgen was active in the MU Peace Studies and taught a course in philosophies of war and peace for 30 years. Among his five books are two arguing against the use of nuclear weapons in war and as a deterrent for war, with the aim over the long run of eliminating war altogether.

Religious Fundamentalisms: Mixing Faith and Politics
[8 Sessions]

1:30 – 3:30 p.m., Moss A
Tuesdays: Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30

This course will consider the historic roots of modern religious fundamentalist movements wherein groups are fighting for the survival of their faith against a perceived hostile world. We will give particular attention to the rise of Christian Fundamentalism in the U.S.

Instructor: Larry Brown is a retired MU assistant professor of Human Geography, having earned a Ph.D. in Policy Studies, an M.A. in Geography, a Masters of Divinity and a B.A. in Sociology. Larry is a professional storyteller and an ordained minister with standing in the Christian Church (Disciples of Christ). He is a frequent presenter on topics of cultural and political geography, Missouri history and religious studies.
**The Art of Memoir Writing: Turning Memories into Stories**  
**[8 Sessions]**  
9:00 – 11:00 a.m., Hillcrest C  
Wednesdays: Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31

This class will be devoted to unlocking memories from the many different paths we’ve taken in our journey of life, so far. In the first hour of class, participants will share their writings in small groups. Lessons will be given on the etiquette of constructive positive comments in order to improve a writing. The second hour will involve active participation to implement strategies to shake memories out of the mind. Included will be ideas, suggestions and expressions to enhance a writing. Homework will be a writing based on the lesson taught. Spread throughout the two hours will be examples of six-word memoirs and wisdom from published memoirists. Participants will receive bibliographies on how to write a memoir and a list of memoirs to read. Have no fear, whether you are a novice or an experienced writer, this class will assist your writing endeavors. Remember, memoir writing can be inescapable and inestimable.

**Instructor:** Sheila Bailey is a retired teacher with experience teaching English to English-language learners for 19 years with the Columbia Public Schools and to adult students for three years at the Asian Affairs Center at Mizzou. After writing 70 stories for her sister’s 70th birthday, she has continued to write memoirs for sharing with her family and writer’s group. Her most recent workshop was from the University of Wisconsin to learn how to apply resonance into her writings.

**The American Presidents VI**  
**[8 Sessions]**  
10:00 – 11:30 a.m., Moss A  
Wednesdays: Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31

This course will cover U.S. presidents from Harry S. Truman to Ronald Reagan and address the following questions: Who were the men who have served as president of the United States? Who were their families? What were their backgrounds and education? What jobs did they hold before becoming president? What, if any, of these factors impacted their character? How well did they do? What can we learn from their presidencies?

**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 the University of Missouri.

**Pathways through Dublin in James Joyce’s Ulysses**  
**[8 Sessions]**  
10:30 a.m. – Noon, Moss B  
Wednesdays: Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31

The Ulysses of Greek myth left Ithaca for adventures throughout the ancient Mediterranean world before returning home. In Joyce’s novel, Leopold Bloom leaves his house in Eccles St., Dublin, for everyday (and night) adventures on June 16, 1904. Bloom’s path can be followed clearly on a map of Dublin and also parallels the course Ulysses follows in Homer’s epic The Odyssey. This course will study representative episodes in the 18-episode novel to
introduce the new or returning reader to its major characters and plot lines. Each of the eight classes will examine one of the book’s 18 episodes; however, the instructor will often digress to bring in other episodes and give students a grasp of the entire work. Brief sections of the text will be assigned for special study. Although students are encouraged to read an entire episode for class (usually about an hour of reading), the teacher will focus on selected passages for close reading in class. The complete Ulysses is available on the internet at Project Gutenberg and the Internet Archive. You may use any digital or printed text of Ulysses you wish, but some old Vintage editions have no chapter breaks.

Instructor: Timothy Materer is an emeritus English professor at the University of Missouri. He has written six books on modern literature and has received MU teaching awards. He has frequently written and taught courses on James Joyce.

MU Extension ‘Live and Learn’ Series
[4 Sessions]
12:30 – 2:00 p.m., Moss A
Wednesdays: Sept. 12, 19, 26; Oct. 3

Would you like to learn strategies for living a healthier and more full life? Then this is the course for you! Join MU Extension field faculty members as they present on topics related to health and wellness. Osher Lifelong Learning institute is a program of MU Extension, which helps more than 1 million Missourians each year gain practical knowledge, solve problems, adapt to change and make informed decisions.

Coordinator: Kristin Miller, MU Extension associate, Nutrition and Exercise Physiology department. (See full bio, in “Dealing with the Stresses of Life”).

Sept. 12: Managing Chronic Disease

Liz will provide an introduction to two self-management programs currently being offered throughout the state of Missouri, including here in mid-Missouri. The Chronic Disease Self-Management Program and the Diabetes Self-Management Program were developed and researched by Stanford University and offer a guide to help manage chronic conditions, such as diabetes, hypertension, etc.

Instructor: Liz Harrison, MPH, CHES®, is the healthcare program specialist for the Missouri Arthritis and Osteoporosis Program (MAOP) at MU. She coordinates community-based, self-management and physical-activity group classes for Central Missourians through the Regional Arthritis Center. She also assists with managing grant funds and overseeing management of program data from partners all over the state, including planning where more programs can be held.

Sept. 19: Stay Strong, Mentally and Physically

This class will explore the importance of exercise for building confidence, strength, balance and flexibility. Learn about the need for awareness and physical fitness to complete activities of daily living and prevent falls. Discover resources available in your area to help maintain independent living. Participants will take part in very light exercises during the session.

Instructor: Kelsey Weitzel has been an MU Extension associate in Nutrition and Exercise Physiology for two years and a certified exercise physiologist for five years. Kelsey helps manage the University of Missouri Extension exercise programs. She loves to help others improve their health and fitness. She lives with her husband in Columbia, but is originally from Iowa.

Sept. 26: Dealing with the Stresses of Life

Everyone has stress, but we all manage it in different ways. Managing life’s challenges in a healthy way allows you to take better care of yourself and your overall health. This class will dive into what causes us stress, and the different ways we can deal with it.

Instructor: Kristin Miller is an extension associate in the Nutrition and Exercise Physiology department, and has been with MU Extension for two years. She has a passion for helping others live their healthiest life and enjoys being active. She is from Ashland, Mo., where she currently lives with her husband, Kyle, and daughter, Anna.
Oct. 3: Food Preservation

Interested in preserving garden produce? Want to know how to can fish or venison? Find a great deal on ripe fruit and want to dehydrate it for a healthy snack? In this class we will discuss some of the latest research-based guidelines for preserving food at home. Learn the correct ways to preserve food at home, and what techniques to avoid.

Instructor: Susan Mills-Gray is an Extension professor, and has been with MU Extension for over 35 years. She serves as the state food preservation specialist, and state nutrition specialist, and coaches newly hired nutrition and health faculty across the state. She lives with her husband near Kansas City, and is the proud GG to eight grandchildren!

Dante’s Paradiso: It’s Not a Resort Island

[8 Sessions]

1:30 – 3:00 p.m., Moss B
Wednesdays: Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31

The power of Dante’s imagination and the depth of his philosophical inquiries are most evident in this third of the canticles, the Paradiso. His poetry soars as the central character of the poem we have come to know as “Dante” is exposed to nearly indescribable beauties and truths while he experiences celestial visions and the light of the presence of God. The translation by John Ciardi will be the basic text, though other translations are welcome and opportunities for comparisons should be pursued. There are, of course, advantages to having participated in the earlier two classes, but all are welcome who wish to experience Dante’s masterpiece.

Instructor: Thomas F. Dillingham, Ph.D., taught in the Stephens College English Department, 1971-2001; he also taught English at Central Methodist University, 2002-2006, and was designated emeritus associate professor of English when he retired. He has published many reviews and scholarly essays on contemporary American poetry, science fiction and 18th Century poetry.

TED Talks – Watch and Discuss

[8 Sessions]

2:30 – 4:00 p.m., Moss A
Wednesdays: Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31

You might be familiar with TEDtalks. TED.com (Technology, Entertainment and Design*) features short web-based videos on compelling topics presented by some of the best minds in the world. For each session, the group will watch the video together and then join in a discussion and dialogue led by an experienced facilitator. Come. Watch. Learn. Discuss!

*TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where technology, entertainment and design converge, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Independently-run TEDx events help share ideas in communities around the world.

Sept. 12: How Fascism is So Tempting—and How Your Data Could Power It

In a profound talk about technology and power, author and historian Yuval Noah Harari explains the important difference between fascism and nationalism -- and what the consolidation of our data means for the future of democracy.

How (and Why) Russia Hacked the US Election

Hacking, fake news, information bubbles ... all these and more have become part of the vernacular in recent years. But as cyberspace analyst Laura Galante describes in this alarming talk, the real target of anyone looking to influence geopolitics is dastardly simple: it’s you.
Sept. 19: How to Tame Your Wandering Mind

Amishi Jha studies how we pay attention: the process by which our brain decides what’s important out of the constant stream of information it receives. Both external distractions (like stress) and internal ones (like mind-wandering) diminish our attention’s power.

All It Takes is 10 Mindful Minutes

When was the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present.

Sept. 26: Is the World Getting Better or Worse? A Look at the Numbers

Was 2017 really the “worst year ever,” as some would have us believe? In his analysis of recent data on homicide, war, poverty, pollution and more, psychologist Steven Pinker finds that we’re doing better now in every one of them when compared with 30 years ago.

Oct. 3: Mammoths Resurrected, Geoengineering and Other Thoughts from a Futurist

Stewart Brand is a futurist, counterculturist and visionary with a very wide-ranging mind. In a conversation with TED Curator Chris Anderson, Brand discusses ... just about everything.

Oct. 10: The New Age of Corporate Monopolies

Margrethe Vestager wants to keep European markets competitive — which is why, on behalf of the EU, she’s fined Google $2.8 billion for breaching antitrust rules, asked Apple for $15.3 billion in back taxes and investigated a range of companies, from Gazprom to Fiat, for anti-competitive practices.

Oct. 17: The Ethical Dilemma of Designer Babies

Creating genetically-modified people is no longer a science fiction fantasy; it’s a likely future scenario. Biologist Paul Knoepfler estimates that within 15 years, scientists could use the gene-editing technology, CRISPR, to make certain “upgrades” to human embryos.

Gene Editing Can Now Change an Entire Species

CRISPR gene drives allow scientists to change sequences of DNA and guarantee that the resulting edited genetic trait is inherited by future generations, opening up the possibility of altering entire species forever. How will this new power affect humanity? What are we going to use it to change? Are we gods now? Join journalist Jennifer Kahn as she ponders these questions.

Oct. 24: How Megacities are Changing the Map of the World

“I want you to reimagine how life is organized on earth,” says global strategist Parag Khanna. As our expanding cities grow ever more connected through transportation, energy and communications networks, we evolve from geography to what he calls “connectography.”

Why Mayors Should Rule the World

It often seems like federal-level politicians care more about creating gridlock than solving the world’s problems. So who’s actually getting bold things done? City mayors. So, political theorist Benjamin Barber suggests, let’s give them more control over global policy.

Oct. 31: A Political Party for Women’s Equality

Women’s equality won’t just happen — not unless more women are put in positions of power, says Sandi Toksvig. In a disarmingly hilarious talk, Toksvig tells the story of how she helped start a new political party in Britain, the Women’s Equality Party.

Instructor: Jeanne Dzurick

Jeanne Dzurick moved to Columbia several years ago and has been an insurance executive, financial advisor and was owner of her own business, Divorce Consultants, as a trained mediator working with attorneys and their clients to facilitate a fair and mutual agreement regarding asset division and support. Jeanne has a strong desire to share and discuss with other lifelong learners these presentations from some of the world’s greatest innovators and speakers.
Up-Cycle Miniature Construction
[8 Sessions]
10:00 – 11:30 a.m., Moss B
Thursdays: Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1

This is a do-it-yourself architectural adventure for guys or gals who want to make buildings for their model train layout or a Christmas village. We will use found objects and inexpensive materials, share ideas and end up with artistic treasures. This is a hands-on, interactive class.

Instructor: Professor of costume design at Stephens College’s Theatre Department for 35 years, Patti Doyle has spent her life as an artist and artisan. Costume design is her profession, creating jewelry and miniatures her current passion. Teaching at Osher and taking classes in different fields of study is now her retirement joy.

Women Who Changed the 20th Century
[8 Sessions]
10:30 a.m. – Noon, Moss A
Thursdays: Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1

In this course, we will examine the backgrounds of women who changed the 20th Century. The century started with no vote for women, no birth control, no social protections for the poor and the country locked into a mindset that women were incapable of complex tasks and that blacks were inferior. How did these women find the strength and backing to fight for needed social innovations and changes against fiercely defended norms?

- Sept. 13: The 80-year battle for the right to vote, led by Elizabeth Cady Stanton, Susan B. Anthony and Alice Stokes Paul.
- Sept. 20: Planned Parenthood – Margaret Sanger went to jail for daring to tell women about birth control.
- Sept. 27: Coco Chanel freed women from the prison of corsets and girdles and invented the little black dress.
- Oct. 11: Increasing our knowledge about female sexuality: Virginia Johnson, Helen Gurley Brown
- Oct. 18: Liberating blacks from the prison of negative expectations – Rosa Parks, Ella Baker and Fannie Lou Hamer
- Oct. 25: Modern developments in pesticides had significant unintended consequences – Rachel Carson
- Nov. 1: Breaking down the confines of The Feminine Mystique: Betty Friedan, Gloria Steinem and Germaine Greer.

Instructor: Wayne Anderson, Ph.D., spent 65 years as a psychologist observing marked changes in our attitudes about what people are capable of and has been a participant in many of those changes related to women’s rights and sexual freedom. He retired as a professor in 1995 but continued to teach on human sexuality until 2014, and on crisis intervention for law enforcement until 2011. He presently writes a weekly travel column for the Columbia Tribune.
Vignettes in Mathematics II
[8 Sessions]
12:30 – 2:00 p.m., Moss B
Thursdays: Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1
This course is a continuation of Vignettes in Mathematics I, which was offered last Fall Semester at Osher. We will continue to explore topics from Ian Stewart’s Cabinet of Mathematica; Curiosities, but now include his Hoard of Mathematical Treasures, as well. Topics include the Riemann hypothesis, fractals, the number e, chaos, and maybe a revisit or two with earlier topics. There’s no real prerequisite, other than having taken arithmetic at some point and perhaps a long-forgotten smattering of ninth-grade algebra. It is not at all necessary to have previously taken Vignettes I.

Instructor: Dennis Sentilles, emeritus professor of mathematics at the University of Missouri, is the author of two books and several noted research discoveries.

Back to the Future with Films from 1968
[4 Sessions]
1:30 – 4:00 p.m., Moss A
Thursdays: Oct. 18, 25; Nov. 1, 8
This year is the 50th anniversary of the Apollo 11 moon landing and a fitting time to focus on four seminal films from 1968. We’ll analyze the films, look at the backstory of their creation, track the sometime bumpy progress to the theater and look into talent that made them and their impact on the American film scene.

Instructor: John Blakemore spent 11 years in the advertising agency business, managing the Coca-Cola Export, Gillette International, Buick Motor Division, and Ralston Purina accounts in one capacity or another. He ran his own advertising and public relations firm in Columbia for 11 years. He also spent 19 years as a professor of mass communication at Stephens College. As department chair, he created the Film and the Marketing: Advertising and Public Relations majors. He currently serves on the Osher@Mizzou Advisory, Outreach and Development committees and the Community Foundation of Central Missouri board.

American Pathways and “American Values”: Exploring the Values That Mark Our Trails
[8 Sessions]
2:30 – 4:00 p.m., Moss B
Thursdays: Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1
Our values often guide the paths we choose to take, both personal and political. In this course, we will explore the issue of “American values” using small group interactive dialogue. Questions we will consider include: What values guided us as citizens and as a country in the past? What values guide our lives today? What values might guide us in the future? How do values get passed on between the generations? What values are the primary drivers in our politics today? Where are those leading? Are there values that are absent or of concern? If so, how do we make changes that might change the paths we are on? We will explore these questions in the context of four books: Strangers in Their Own Land by Arlie Russell Hochschild, A Higher Loyalty by James Comey, The Prize Winner of Defiance, Ohio by Terry Ryan, and Hand To Mouth by Linda Tirado. We will use other materials as well, including current news articles.

Instructor: Sarah J. Read (please find her bio on page 17, under “Using Dialogue To Find Your Path Forward”).
Potpourri of the Arts
[8 Sessions]
9:30 – 11:00 a.m., Moss A
Fridays: Sept. 14, 21, 28; Oct. 5, 12, 19, 26; Nov. 2

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

Sept. 14: Update on Stephens College School of Creative and Performing Arts
Join us for a lively overview of the 2018-19 season at the Stephens College School of Creative and Performing Arts. Ruth Ann Burke, Gail Mardirosian and special guests will share highlights of the season.

Instructors: Ruth Ann Burke is the business manager for the Stephens College School of Creative and Performing Arts and also serves as the executive director for Stephens’ summer theatre program, the Okoboji Summer Theatre.

Gail Humphries Mardirosian is dean of the Stephens College School of Creative and Performing Arts; artistic director for the Okoboji Summer Theatre; and a fellow, College of Fellows of the American Theater.

Sept. 21: University of Missouri Concert Series Update
The leadership team at the University Concert Series will share a brief history of the Series, which is 111 years old, as well as information and video clips about the 2018-2019 season.

Instructors: Josh Reid is the “front-of-house” coordinator at the University Concert Series. He is also the resident lighting designer for the Missouri Contemporary Ballet and a regular guest artist/instructor at Stephens College.

Robert Wells serves as interim director for the University Concert Series.

Sept. 28: GreenHouse Theatre Project Season 8 Preview: A Resourceful Performance
Seven years ago, an idea was hatched to create a project-based theatre company that would focus on creative storytelling and artistic collaboration in non-traditional settings. Two woman – one from the U.K., the other, a native of Minnesota – found themselves dropped in the middle of America. Their new company had no money, no rehearsal space and no ‘theater,’ but the idea and motivation were there, and the community was ready for their work. GreenHouse Theatre Project has just wrapped its seventh successful season, now has a sister company in the U.K. (GreenHouse U.K.) and is more inspired than ever to continue its mission of creating ‘Innovative Theatre in Unexpected Places.’ Amidst the growing cuts in arts funding, their ‘leave no trace’ model has helped them sustain and grow in the vibrant culture-hungry community of Columbia.

Instructor: Elizabeth Braaten Palmieri is a director, actor, writer, arts facilitator and arts collaborator based in Columbia. Her work focuses on physical theatre in innovative, site-specific spaces, devising new projects, adapting andreviving classic work and collaborating with artists in all mediums to create performance for the next generation. Her work has taken her across the globe, from her home base in Missouri to the Edinburgh Fringe Festival in Scotland. She was awarded a Columbia Business Times award in 2015. She holds a degree in Theatre from St. Olaf College.

Oct. 5: A is for Author: A Fast, Fun Look at Creating Children’s Books, from A to Z
Children’s book author/illustrator Deborah Zemke loves words, pictures and letters! Join her as she swoops through the “alphabet with zeal” to touch on the many aspects of making children’s books, from brainstorming beginnings to bargaining with publishers. Whether it’s turning the letter A into an alligator or flying to Saturn in a crabapple tree, Deborah celebrates the magic of drawing and writing. Her chapter book, Bea Garcia: My Life in Pictures, was named a New York Public Library Book of the Year and one in which “readers will find inspiration to write, draw, explore and imagine” (Kirkus).

Instructor: From picture books to first readers, from drawing books to humor to chapter books, Deborah Zemke has produced more than fifty books for young
readers, including the popular *Doodles at Dinner* series. A native of Michigan, she is a longtime resident of Columbia.

**Oct. 12: Early Nineteenth Century English Literature PART 1**

What better way to prepare for Halloween than to celebrate the 100th anniversary of the publication of Mary Wollstonecraft Shelley's *Frankenstein* in 1818! Along with this seminal book, we'll trace the evolving themes and styles of English literature, from Frances Burney's *Cecelia*, published in 1782, through Maria Edgeworth, Jane Austen, George Meredith, William Thackeray, the Brontes (including their fascinating unpublished writings) to Wilkie Collin's classic 1860 sensation novel (and treatment of women's rights) *The Woman in White*. Along the way we'll glance at Russian, French and American authors who produced classic literature in this same period.

**Instructors:** Mike Trial worked as a civil engineer with the Corps of Engineers for 30 years at various locations in the U.S. and around the world. He is now retired, living on the family farm near Columbia, and spends his time writing novels.

Yolanda Ciolli started Compass Flower Press in 2013 as the premier imprint of her independent publishing house, AKA-Publishing, which opened in Columbia, Missouri, in 2008. The two imprints publish a range of mainstream and genre fiction and nonfiction. She is also a ceramic artist and painter.

**Oct. 19: Early Nineteenth Century English Literature PART 2**

A continuation of the Oct. 12 session of the Arts Potpourri. Please see a full description, above.

**Oct. 26: Book Talk: Race and Meaning: The African American Experience in Missouri with Author Gary Kremer**

No one has written more about the African American experience in Missouri over the past four decades than Gary Kremer, and now for the first time 14 of his best articles on the subject are available in one place with the publication of *Race and Meaning: The African American Experience in Missouri* (University of Missouri Press). In this session, taking inspiration from his book, Kremer addresses issues such as the transition from slavery to freedom for African Americans in Missouri, all-black rural communities, and the lives of African Americans seeking new opportunities in Missouri's cities. Kremer will also discuss how he first became interested in researching African American history and how his education at Lincoln University – and specifically the influence of his mentor, Lorenzo Greene – helped him to realize his eventual career path. This fascinating session by the executive director of The State Historical Society of Missouri will engage anyone with an interest in Missouri history.

**Instructor:** Gary R. Kremer is executive director of The State Historical Society of Missouri and a scholar of African American history. He is the author and editor of numerous works, including *Race and Meaning, George Washington Carver: In His Own Words*, Second edition; *James Milton Turner and the Promise of America: The Public Life of a Post-Civil War Black Leader*; and *Missouri's Black Heritage*, Revised Edition (all University of Missouri Press). He lives in Jefferson City.

**Nov. 2: ROW, ROW, ROW, Watching It Grow: Artist Talk with Leandra Spangler**

ROW, ROW, ROW is a work in progress. Begun in 2014, 64 paper boats were hung in columns at Orr Street Studios and Gallery. The most recent version spans 30 x 6 x 11 feet and contains nearly 700 boats. Leandra Spangler will share her process of constructing the individual paper boats, layering and embellishing the surface to create unique, one of a kind pieces – times 700! – and mapping a site-specific design for the installation.

**Instructor:** Former art teacher turned full time artist, Leandra Spangler uses ancient techniques with a contemporary twist in sculptural basketry, hand papermaking, book binding and jewelry.
THE BROWN BAG SEMINAR SERIES

Brown Bag Seminar Series
[7 Sessions]

11:30 a.m. – 1:00 p.m., Moss A
Fridays: Sept. 14, 21, 28; Oct. 5, 12, 19; Nov. 2 [No Brown Bag on Oct. 26]

Brown Bag seminars are open to all Osher Premium and Basic members throughout the academic year. Semester members may attend for the semester in which they enroll. Feel free to bring some food to this “lunch & learn.”

Coordinator: Carolyn Dye

Sept. 14: They Are Coming Home: Returning Prisoners

Session participants will become better educated about incarceration and those who are in prison. The presentation will begin with a survey of state- and county-level data. For example, there are more than 30,000 people presently incarcerated in the state of Missouri, with more than 20,000 released each year. In the Columbia/Boone County area we have about 450 people per year returning home from prison; over 27% are back in prison within one year, which grows to nearly 50% by year two. While those released from prison are largely responsible for the high recidivism rates, our community also has a responsibility to address this very expensive issue. Session participants will learn about current efforts to reduce recidivism and what else can be done. In2Action, a local residential transition program for released offenders, will be highlighted as a research-driven, effective reentry program. Finally, session participants will learn what they can do for these men and women when they come home. When people from Columbia come home from prison and are successful, they quit committing crimes and taking victims and become law-abiding and productive neighbors, employees and family members.

Instructor: Dan Hanneken is the founder and executive director of In2Action, a residential transition program for released offenders. Prior to his current position, he was the reentry coordinator for the state with the Missouri Department of Corrections. Dan is a licensed Clinical Social Worker and is also a professor in the School of Social Work at MU. Hanneken is an experienced presenter and published author on the offender population and reentry issues.

Sept. 21: Our Local Foster Care System: How CASA is Making a Difference

Every year, more than 600 children pass through the Boone and Callaway Family Court System due to abuse and/or neglect. Over the last 8 years, the number of children involved in the system has skyrocketed, and the court and child-welfare systems have become heavily overburdened. It’s common for the professionals involved in the children’s lives to turnover frequently or not have the time to know the children or their cases to the level that is needed. As a result, many of the children spend more than two years in the foster care system and change homes more than five times. Heart of Missouri Court Appointed Special Advocates (CASA) provide a way for community members to volunteer their time and make a difference for each of our community’s most vulnerable children. Heart of Missouri CASA aims to provide each child access to a stable, consistent adult who truly knows them and advocates for them at every meeting and every court hearing. Join Executive Director Kelly Hill as she explains how every foster child in the 13th Circuit can have a brighter future and how you can be a part of this mission.

Instructor: Kelly Hill is the executive director of Heart of Missouri CASA. Kelly is responsible for Heart of Missouri CASA’s resource development, community and public relations, agency and program planning, board of directors, personnel and fiscal management. Kelly has her Master’s Degree in Social Work. She has dedicated her career to making a difference for the families of Boone and Callaway counties.

Sept. 28: Pathway to the Moon and Back: 50th Anniversary of the Apollo 11 Moon Landing

Come hear MU professor, and real-life rocket scientist, Craig Kluever, present on the Apollo 11 moon landing, including descriptions of the mission timeline, the launch, injection to lunar orbit, reaching lunar orbit, landing, ascent from moon to rendezvous, re-entry in Earth’s atmosphere and landing. This mission was conducted on a massive scale; Professor Kluever will help us make sense of the enormity of the event. He’ll also give a brief preview of a course he’ll teach for Osher later in the academic year, which will focus on the science behind Apollo 11’s mission.
Instructor: Craig Kluever is a professor in the Mechanical and Aerospace Engineering Department and has been with MU since 1993. Prior to joining MU, he worked as an aerospace engineer on the Space Shuttle program. Prof. Kluever has performed research for NASA, Aerojet and SpaceX in the areas of orbital mechanics and space mission design. He recently completed the textbook *Space Flight Dynamics*, published by Wiley & Sons.

**Oct. 5: Roundtable on Poverty and the Homeless in Boone County**

Osher Advisory Council member Robert Churchill has invited experts from the City of Columbia, the state of Missouri and local nonprofits and social service organizations to discuss homelessness and poverty here in Boone County. Do you understand the magnitude of the problem locally? What can we do to help our neighbors who are struggling? This roundtable discussion will shine a light on this often misunderstood topic, with a goal of addressing issues and sharing information.

Moderator: Robert Churchill was a physician, department chair at MU for 19 years and dean of the MU School of medicine for six years before retiring in 2012. He’s in his second year as president for the Rotary Club of Columbia, is past president for Voluntary Action Center and served on the Safety Net Advisory Council for the Heart of Missouri United Way for three years.

Panelists: Katie Burnham-Wilkins, MSW, LCSW, is coordinator of the Homeless Veterans Program at the Harry S. Truman Veterans Hospital.

Steve Hollis serves as human services manager for the Columbia/Boone County Department of Public Health and Human Services.

Kelli Watkins-Turley is the housing development officer for the Missouri Department of Mental Health.

Mark Kirchhoff is the coordinator of the Homeless Youth Program for Rainbow House.

**Oct. 12: Meet Your Big Muddy - Learning to Love the Missouri River**

The Missouri River is the longest river in North America. It is at the heart of the history of the Great Plains tribes and the story of western expansion. It still plays an important role in the lives of many Missourians (it is the drinking water source for 43% of us) but most don’t think of it much at all. Steve Schnarr, from Missouri River Relief, will share some in-depth knowledge of the history, ecology, geology and economy of this great river. And he’ll share the story of his organization’s work to foster deep connections between people and the river they depend on. From river clean-ups to river education, MRR has brought over 40,000 people to the river to learn to love it.

Instructor: Steve Schnarr is the program manager for Missouri River Relief (www.riverrelief.org), a non-profit based in Columbia that is dedicated to connecting people to the Missouri River through hands-on, on-the-river clean-ups, education and recreation. Steve has organized river events from St. Louis to Yankton, S.D., and hosts the monthly Big Muddy Speaker Series in Rocheport. He works with the best volunteers on the planet…the Missouri River Relief Crew!
Oct. 19: Rethink Sugar: Your Pathway to a Healthier, More Vibrant Future
If you try to eat healthy, but find that you’re unable to resist cookies, donuts, a sugar-filled latte, chips, bread or other goodies, this is the class for you! There is a simple fix to help you achieve lasting weight loss by breaking through sugar cravings without deprivation or willpower. Here’s what we’ll cover: Why sugar and certain carbs are secretly FORCING your body to hold onto excess weight, regardless of how “healthy” you think you’re eating and how much exercise you do. The #1 food that is causing your sugar and carb cravings. How and why sugar wreaks havoc on your metabolism, preventing you from burning fat (and why this results in extra pounds piling up). The truth about carbohydrates – which ones are good for you, which ones are bad for you, and how to choose the ones that help spur weight loss. (It’s true – not all carbs are equal!). My little-known strategy for kicking cravings to the curb, so you can finally reclaim full control over your diet and start losing weight (without will power). This is the pathway to the future!

Instructor: Jane W. Smit has been a student of nutrition and healthy living all of her adult life. She raised seven children and was a hospital chaplain for over 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.

Oct. 26: Silvers Seminar
Starts at 1 p.m.
NO BROWN BAG
Join us for the Robert G. Silvers Memorial Seminar Series: Celebrating the Best of the Human Mind. The subjects of these lectures, in memory of long-time Osher member and instructor Robert Silvers, are angled to topics that instructor Ian Kirby believes Robert would have enjoyed. Previous talks have focused on a “clear-eyed” approach to kitchen and bathroom design, the Arts and Crafts movement, our human relationship to industrial design and nature and a personal journey through Kirby’s own work and inspiration.

Nov. 2: Navigating the Medicare System
The class will provide information to Medicare recipients and their families. Participants will learn how to access and use “CLAIM,” Missouri’s state health insurance assistance program for Medicare. Trained CLAIM counselors provide free, unbiased advocacy, education and assistance to persons with Medicare and those who help them to make informed decisions about Medicare and related health insurance needs. CLAIM is a federally-funded, volunteer program to help answer your Medicare questions.

Instructor: Randy Kiser is an AmeriCorps member and a volunteer counselor with CLAIM, the State’s Health Insurance Assistance Program for Medicare. During his career, he served on the boards of several non-profits. He retired from the AFL-CIO after 35 years, where he held leadership and senior staff positions. He lobbied on both the federal and state levels on numerous subjects, including Medicare. He has a degree in Government and International Studies from the University of South Carolina.

Friday Afternoon Film Festival
[Each Friday during the semester]
Films begin at 1:30 p.m., Moss A
Fridays: Sept. 14, 21, 28; Oct. 5, 12, 19; Nov. 2 [No Film Festival on Oct. 26]
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.
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 meet from 2 to 3 p.m., and advanced speakers from 3 to 4:30 p.m. Call club organizer Judy Elliott at 573-442-4244 if you plan to participate.

Diversity Book Club
Every third Thursday, 4:00–5:00 p.m., Hillcrest C

Nancy Browning, professor emeritus of cultural diversity at Lincoln University, facilitates this monthly book discussion centered on diversity issues. Plan to have read the book in advance and come ready for discussion. 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

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

Travel Club is an open forum and agenda for sharing travel tips, tales, opportunities, photos, destinations and deals. If interested, please email coordinator Sharon Kinden at sharon-kindens@yahoo.com.

SPECIAL EVENTS: EXTRAMURAL

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A UNIVERSITY OF MISSOURI EXTENSION PROGRAM 29
Osher Saturday Morning Book Talks
Join us on the first Saturday of each month. Coffee and cakes at 9:30 a.m.; Book Talk at 10 a.m., in Hillcrest D. Book selling & signing will follow. Free for current Osher members; all others, $3 per session or $20 for 10-event punch card.

September 8 (Second Saturday)
**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.” The Andersons visit not only formal museums and tourist venues, but they dissect ordinary and extraordinary landscapes as well. *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.

October 6
**The Carnival Quintet (2018)** by Gladys Swan
**Sponsor:** The Friends of Gladys Swan

In Gladys Swan's previous Saturday Morning Book Talks, she spoke of developing carnival themes that go back to stories for which she won awards as early as the mid-1980s. Over the years, Swan says she has grown close to her cast of characters, including Alta, Dusty, midget Curran, Elsie, Amazing Grace, the Kid and a nameless ‘wandering Jew.’ In October she will portray a collection of *Carnival* and carnival personas as inhabitants of a “series of novels explor(ing) the relations between life and art, reality and illusion, the openness to possibility and the renewal of energies within a culture.” She also will bring three pieces of her art that are central to the graphic richness of Swan’s carnival theme. This will be, in essence, a showcase of one of our region's most inventive local authors/artists speaking on many of the themes motivating her creative life.

November 3
**Sage Grouse, Icon of the West (2018)** by Nop Paothong
**Sponsor:** Steve Heying

I truly wish that I could step aside, have you sit down with no device in your hands and cause you to silently pore over this glorious new book by Noppadol Paothong. *Sage Grouse Icon of the West* is truly breathtaking. It is – even for me – silencing! Kathy Love has written the text; she edited Nop’s first grouse book, *Save the Last Dance: The Story of North American Grassland Grouse* (2012). Michael Schroeder declares in his introduction, “Sage-grouse belong in the sagebrush landscapes of western North America. Without this species the landscape will have lost … a wild link between the past and future, between Native Americans and present-day naturalists, and between pristine unmanaged landscapes and fenced rangelands. It is up to us to ensure that these links are never broken.” The heart of this volume, however, is the magnificent nature photography of Nop Paothong. The scope and power of his pictures make you stop what you are doing and drink in Nop’s multicolor imageries of spectacular sage grouse and their landscapes. This volume has the potential for a December Holiday gift that will pull people together around a stationary, but very moving, expression of a real and seldom-seen world.

December 1
**300,001 A Road Odyssey (2018),**
**by J. D. Robinson**
**Sponsor:** Compass Flower Press

J. D. Robinson is a man of the road. This volume chronicles scores of encounters across the range and unpredictability of Missouri settings and settlements. One of the roadside attractions most often causing him to stop his car – Erifnus Caitnop (yes…that’s right) – is yard sales. To wit, “Every yard saler's scene is unique. Like a fingerprint. And every yard sale is a psychological study. The sellers organize clues to their past and spread them on a grid for buyers to pick over like blackbirds. A carny of card tables and cardboard boxes serve up a mix of function and folly, kitsch and utensils … [and buying old books leads him to conclude that] passing on knowledge is the most satisfying form of recycling. That and yard sales.” In this road-trip chronicle, Robinson nudges his car past 300,000-miles to near collapse. This book is a great way to ’read the road’ and be fascinated by the culture and individuality that contributes so much character to our state.
Celebrating the Best of the Human Mind

The life and spirit of Sally Silvers’ beloved Robert will be celebrated in perpetuity with a generous endowment to the Osher program. She created the Robert G. Silvers Memorial Seminar Series: Celebrating the Best of the Human Mind to commemorate Robert’s wondrous intelligence and humanity. The Osher Lifelong Learning Institute at the University of Missouri presents the tenth annual event of the seminar series.

After setting records for the number of courses in which he enrolled each semester, Silvers assumed the role of instructor. He was teaching a course in woodworking in the Osher program when he took ill ten years ago. So overwhelming was Robert’s passion for the beauty of wood and opulent wood veneers, Sally’s choice of speaker for the series has been a woodworking artist — the very one that was her husband’s inspiration and mentor, Ian J. Kirby.

Join Sally Silvers’ family, friends and acquaintances — and our students — to celebrate this fine human being who shared our lives and our hopes. He was one of our finest, most caring instructors — totally committed to his students and the Osher program. It is from Ian Kirby that Robert acquired his avocation. The devotion, the respect, the bond between the Silvers and Kirby continues unchanged. You will likely experience the avocation they shared — and, of course, Kirby’s impressive insight into the development and historical importance of this great art.

“Because of how my Robert loved this program, I wanted to give a gift to him and to our community by creating an endowment establishing The Robert G. Silvers Seminar Series: Celebrating the Best of the Human Mind. Robert wanted to learn everything … all of the time. This tribute series is a bequest to all who seek, as he did, to grow in knowledge and understanding. The response to the speaker for the inaugural seminar was overwhelming. You will not be surprised to learn that I requested a return engagement of Robert’s beloved friend and mentor, Ian Kirby.”

—Sally Silvers
Computers in Our Pockets – Observations on How We Live in the Digital Era
1 p.m. on Friday, Oct. 26, 2018
Moss A

The cell phone in your purse or pocket attests to our inclusion in the digital revolution. In this talk, returning guest instructor, Ian Kirby, will explore the effects of digitization in the world of furniture, and then take us on a tour with photos he has taken on his recent travels to different parts of the world, where digitization may be slow to arrive.

The subjects of these lectures in memory of Robert Silvers are angled to topics that instructor Ian Kirby believes Robert would have enjoyed. Previous talks have focused on the Arts and Crafts movement in Great Britain and the U.S., our human relationship to industrial design and nature, and a personal journey through Kirby’s own work and inspiration.

Instructor: Along with degrees in furniture making and materials and wood science and technology, Ian Kirby holds a degree in industrial design. All of these are the results of his studies in England.

Kirby first came to the U.S. in 1973 on a sabbatical from his teaching post at Middlesex University to teach design in the California State University system. He then served as a visiting professor at The School for American Craftsmen at Rochester Institute of Technology. In 1976, Kirby emigrated and opened his school of furniture making and design. It was during summer classes at Kirby Studios that he met Robert. Soon afterwards, Robert and Sally invited him to design them a new home.

Since closing the school in 1987, Kirby has been involved in all the activities for which teaching leaves no time, from commission work on interiors and furniture to writing articles and books and traveling to give three-day seminars and lectures. Recently, Kirby ended all “outside” work to focus only on the design and creation of his own house and its furniture.

This Robert Silvers Memorial Lecture is the only public function he commits to because of the depth of his relationship with the Silvers family.
COLUMBIA PARKS AND RECREATION 50+

Columbia Parks and Recreation welcomes Osher members to an exciting new fall session at Waters-Moss Memorial Wildlife Area that includes Hillcrest Community Center, Moss Building and Waters House.

We hope you take advantage of the added benefits offered this Osher academic year (September 2018 through June 2019) that include a 2019 Parks & Recreation Hillcrest 50+ membership. As members, you can enjoy the following activities at Waters-Moss: 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 2018-2019 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.

Our fall 2018 trip will be going to Albuquerque to enjoy three balloon events at the annual International Balloon Fiesta, Oct 11-16. We will enjoy the Hospitality Tent with seating, heat, hot beverages and snacks as we mix with the balloon teams on the field and view the night glows, special shapes and hundreds of balloons from the bluff overlooking the field. Call for all the details (573-874-7475).

The New Theatre Restaurant in Overland Park, Kan., has unique surroundings, a food buffet that is fresh and tasty, and true professional entertainers. The new season of 2019 shows have been announced:

- **Wednesday, Sept. 19** – Mamma Mia! (with an all-star cast)
- **Wednesday, Nov. 7** – Always…Patsy Cline
- **Saturday, Dec. 15** – Shear Madness (with KC Plaza lights)

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.
INVESTING IN OSHER@MIZZOU

We’d like to take this opportunity to thank our wonderful donors. Their support means the world to a volunteer-driven organization that strives to build a community of lifelong learners who take classes, engage in clubs and attend events – all for the sheer joy of learning.

OSHER ADVOCATES – DONATIONS AND PLEDGES
(January through June 2018)

Osher members who support our continuing-education program at the level of $500 or more per year qualify as OSHER ADVOCATES. Please consider joining this group that allows the program to thrive and continue to grow, while keeping Osher membership fees affordable. We appreciate their leadership and generosity! Contributions received after June 30, 2018, will be acknowledged in the Winter 2019 Catalog.

Don and Joan Bay*
Tom and Barbara Bender*
Ron and Judy Carter*
Robert and Barbara Churchill*
Thomas Dillingham and Judith Clark*
Jeanne Dzurick
Anne Gifford*
Tom and Sandra Henderson
Beverly Kabrick*
Sharon Kinden*
Steve and Martha Matthews*
Georgia Morehouse*
Jerry Murrell*
Michael and Rose Porter*
Sally Silvers*
Gary and Beth Stangler*
Jack Wax*
Nan Wolf*

FRIENDS OF OSHER (January through June 2018)

Special thanks to the FRIENDS OF OSHER, who have provided support through monetary contributions above their registration fees ($10 to $499). Contributions received after June 30, 2018, will be acknowledged in the Winter 2019 Catalog.

Barbara C. Ball
Robert and Cokie Blake
Gregory Brown
Anne Campbell
Charlene Carnes
Reba Cassin
Rosemary Christensen
Roger M. Cooley
Mark and Susan Dickinson
Barbara Downey
Carolyn Dye*
Fred Erickson
Jennifer Erickson
Barbara Favazza
Bette Fletcher
Lawrence M. and Aileen R. Garvin*
Val Germann
Joseph and Jessica Giacchi
Bill Goodson
Frank and Kathy Green
Joanne Heisler
Maurine Hall-Hildebrand
Robert Hibbs*
Perk and Marilyn Hoecker
Sandra Knight
Pauline Landhuis
Evelyn Lansche
Gail Luce
Tony Marshall
Wayne and Pat Merrill
Elizabeth Ann Morgan
Bob and Bonnie Mullen
Mary Nesladek
John Parker
Warren and Debbie Prost
Joyce Sandin
Dr. and Mrs. Donald J. Schilling
Sarah Seat
Beverly Smull*
Joyce Snow
Elizabeth Tidwell
Curt Vogel
George and Helen Washburn*
Harvey Wax

* These generous donors gave foundational gifts in 2017 that established the Osher Advocate program, and are known as FOUNDERS. Thank you for your leadership!
HOW TO JOIN THE OSHER ADVOCATES & FRIENDS OF OSHER

It’s easy to invest in the future of Osher@Mizzou!

- **Pick a donation level.** Any one-time gift above $10 qualifies you as a Friend of Osher; move up to the $500 level to join the Osher Advocates.

- **Give online.** Online giving generally takes less than five minutes. Go to [osher.missouri.edu](http://osher.missouri.edu) and click on Give to Osher@Mizzou (top right of the webpage). Type in your amount and add notes on the gift fund in the NOTES field. There’s also an option to set up monthly automatic donations.

- **Give by mail.** Mail your check, payable to ‘University of Missouri’ to Osher@Mizzou, University of Missouri, 344 Hearnes Center, Columbia, MO 65211. In the MEMO field, please indicate that your gift is for Osher@Mizzou. If it is a tribute, please specify the name of the person you’d like to honor.

- **Give in other ways.** If you are interested in contributing in other, even more substantial or specific ways, such as creating an endowed lecture series or another endowed program, we would love to meet with you to explore ideas.

For more information on any of the above, please reach out to Osher’s staff at 573-882-8189 or Osher@Mizzou.edu. You may also request a confidential conversation about options by contacting the office of MU Extension Advancement at 573-884-8570 or muextadvancement@missouri.edu.

Photo credits:

MESSAGE FROM ADVISORY COUNCIL CHAIR JACK WAX

My Cousin Marty and Your Brain

My cousin Marty is about 78 years old. He’s a different sort of guy than most of the people in Columbia. I attribute that to the fact that he’s spent most of his life in Los Angeles. And we down-to-earth Midwesterners know that’s where superficiality and air-kissing were perfected.

I mention him because he has a new photo of himself on Facebook, and I can barely recognize him anymore. The last time I saw him, he had very little hair left on the top of his head, and what he had was grayish white. Now, his new picture shows a much fuller head of hair, and it has miraculously turned back to black. Even his facial stubble, which had been white, is now black. He looks like he’s 45 years old.

Marty’s new look tells me that he doesn’t want to be seen as an old person. He has put a new face on his old self. Why should you care about my cousin’s new look? I think we all share common fears about growing old. Will our health hold out? Will the roles that we have found fulfilling still be available to us? Do we have enough money to withstand unexpected crises – our own or our children’s? And finally, there’s the universal fear at the back of all our minds – will we be able to keep our minds intact?

According to an AARP survey, 87 percent of their members were either extremely or very concerned about staying mentally sharp. I don’t know about you, but I can gladly accept having less hair -- but a compromised mind? I’ll do whatever I can to avoid that. And you can too.

It is within all of our control to reduce the risk of serious cognitive decline. The U.S. government just released an 800-page report (2018 Physical Activity Guidelines Advisory Committee Scientific Report) that evaluated all the research to date about the benefits of physical exercise. One of their conclusions: “Strong evidence demonstrates that greater amounts of physical activity are associated with a reduced risk of developing cognitive impairment, including Alzheimer’s disease.”

This fall, if you want to look younger, you might dye your hair like my cousin Marty. If you want to keep your mind growing, you’ll want to spend some time at Osher@Mizzou, trying new classes. But save some time to get out and enjoy Missouri’s fall weather. Be as active as your health permits. You’ll not only feel better, but you’ll be taking steps to keep your mind sharp and your brain healthy.
### STEP 1

Tell us who you are.

Name: ____________________________
Address: ____________________________
City: __________ State: ______ Zip: __________
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.

### STEP 2

What membership would you like? Please select one.

<table>
<thead>
<tr>
<th><strong>Premium</strong></th>
<th><strong>Semester</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>$240 Premium</td>
<td>$20 Semester + $ ______ (Course Fees)</td>
</tr>
</tbody>
</table>

- Enroll in unlimited number of courses
- Lasts the entire school year
- Includes all perks of a Basic Membership all year long
- $10 re-enrollment fee for subsequent semesters
- Pay “by-the-course”
- Lasts one semester
- Includes all perks of a Basic Membership only during the semester you are enrolled

Would you like to add a donation?

$ ______ We appreciate your support!

**Total Fees and Donations**

$ ______ (Semester Members $20 + course fees from below)

### STEP 3

Select your courses *(course fees apply to Semester Members only).* Basic Members skip to STEP 4.

**Monday**

- (40) Rome in 1st Century Palestine/Israel
- (40) Supreme Court with “the Slows”
- (60) MU Arts & Science Potpourri
- Wealth Strategies in Retirement *select one option below*
  - (40) Part I
  - (40) Part II
  - (60) Parts I & II

**Tuesday**

- (40) “Toxic Brew” in Your Home
- (60) Eight Missouri Senators in Our Lifetime
- (60) French Conversation *(Limit 16)*
- (40) Meet Our Nonprofit Neighbors & Connect
- (40) Using Dialogue to Find Your Path Forward
- (60) Philosophies of War & Peace
- (60) Larry Brown on Religious Fundamentalism

**Wednesday**

- (60) Memoir Writing: Turn Memories into Stories *(Limit 16)*

**Wednesday cont.**

- (60) The American Presidents VI
- (60) Pathways Through Dublin in *Ulysses*
- (40) MU Extension “Live & Learn” Series
- (60) Dante's *Paradiso:* Not a Resort Island! *(Limit 25)*
- (60) TED Talks - Watch & Discuss

**Thursday**

- (60) American Pathways & American Values *(Limit 25)*
- (60) Upcycled: Miniature Construction (Hands On)
- (60) Women Who Changed the 20th Century
- (60) Vignettes in Mathematics II
- (60) Films from 1968

**Friday**

- (60) Potpourri of the Arts

$ ______ (Course Fees) *Continued on back...*
STEP 4

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 to the left, or register over the phone by calling 573-882-8189.

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.

Method of payment

☐ Cash (accepted at office)
☐ Gift Certificate [Gift ID: __________ ]
☐ Check (payable to University of Missouri)
☐ Electronic Funds Transfer (Premium Members only, see page 4 for details)
☐ Credit card
   Type: ☐ Visa ☐ Mastercard ☐ Discover ☐ American Express
Card Number: _______________ Exp: _______________
Name on card (please print): ________________________________
Signature: ________________________________

Total Fees: __________

For office use only
Customer ID ___________________ Receipt _______
Check # _______ Date ________

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.
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.

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.

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

Barbro and Bernard Osher