Osher@Mizzou
A Learning Community of Adults Aged 50 +
Fall 2019 Course Catalog
Registration opens August 20, 2019
Courses begin September 9, 2019

Innovation & Outliers
What Drives Change?
Academic Year 2020

MU College of Arts & Science Potpourri
P. 11

Sustainometrics - Measuring Sustainability
P. 21

"Remember the Ladies" - Women's Suffrage
P. 20

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.

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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.
Why Join Osher@Mizzou?

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

• Intellectual health impacts physical health.
• Taking classes helps nurture your natural intellectual curiosity.
• Learning can be fun!

Join Osher and take part in thoughtful interactions about topics of interest to you. Osher creates opportunities for socializing, networking and meeting interesting people. So what are you waiting for?

Curiosity never retires. If you have an active mind, love learning and are over 50, come and join us!

Stay young. Be active. Learn at Osher@Mizzou.

Fall Semester at a Glance

The theme this academic year is ‘Innovation and Outliers: What Drives Change?’ Choose from more than 20 courses on a myriad of topics during this eight-week semester.

<table>
<thead>
<tr>
<th>Artistic Voices</th>
<th>Learn a New Skill – Challenge Your Brain</th>
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<tr>
<td>Poet from St. Louis: T. S. Eliot &amp; Modern Poetry (T, 10 a.m.)</td>
<td>*Keys to Comprehensive Retirement (M, 10 a.m.)</td>
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<td>What’s New in American Poetry (T, 1 p.m.)</td>
<td>French Conversation (T, 10:30 a.m.)</td>
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<td>Lives/Music of Tchaikovsky &amp; Shostakovich (Th, 12:30 p.m.)</td>
<td>Art of Memoir Writing (W, 9 a.m.)</td>
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<td>Potpourri of the Arts (F, 9:30 a.m.)</td>
<td>Mah Jongg (Th, 10 a.m.)</td>
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<th>Current Affairs &amp; Challenges</th>
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<td>MU College of Arts &amp; Science Potpourri (M, 1 p.m.)</td>
<td>Democracy Lab (T, 2 p.m.)</td>
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<td>Where in the World is Wayne Anderson? (Th, 10 a.m.)</td>
<td>*Islamophobia: Fact or Fiction? (T, 3 p.m.)</td>
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<td>Human Existence &amp; Critical Decisions (Th, 10:30 a.m.)</td>
<td>Racism Persists: History of White Nationalism (W, 10 a.m.)</td>
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<td>‘Sustainometrics’ with Nick Peckham (Th, 2:30 p.m.)</td>
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<tr>
<th>Historical Voices</th>
<th>Fridays at Osher</th>
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<td>*Musical Instruments of the Bible (M, 9:30 a.m.)</td>
<td>Potpourri of the Arts (9:30 a.m.)</td>
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<td>American Presidents II (M, 3 p.m.)</td>
<td>Brown Bag Seminar Series (11:30 a.m.)</td>
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<td>The Years Between the Wars II (W, 2:30 p.m.)</td>
<td>Friday Afternoon Film Festival (1:30 p.m.)</td>
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<td>*Remember the Ladies: Women’s Suffrage (Th, 1:30 p.m.)</td>
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<th>Course Key</th>
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<td>* indicates 4-week session</td>
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<td>M: Monday, T: Tuesday, W: Wednesday, Th: Thursday</td>
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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 apply for a scholarship or if you 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 (osher.missouri.edu) and click on Give to Osher@Mizzou. Or you may contact Osher’s staff at Osher@Mizzou.edu or 573-882-8189.

Fall Semester Scholarships

Need-based Scholarships: For individuals age 50+ who would like to join at the Premium level but, due to financial constraints, are unable to do so. This fall, scholarships will cover $180 of the $240 Premium membership tuition cost.

Caregiver Scholarships: For individuals age 50+ who take part in caregiving services for family members and friends. Provides a complimentary Basic membership, which includes Brown Bag seminars, Friday films, clubs and Saturday Morning Book Talks.

For an application, contact Osher’s staff at Osher@mizzou.edu or (573) 882-8189. To read more about the Osher membership types, see page 5.
Membership Benefits

All three membership types include the following benefits:

• Access to Brown Bag Seminars, Friday Afternoon Film Festival and Saturday Morning Book Talks
• Take part in any of the Osher Clubs
• Joint Membership between Osher and Columbia Parks and Rec 50+ Program (includes an “All Access” pass to use Parks and Rec facilities for Osher functions, such as Osher Clubs, Book Talks and other groups)

Which Membership is Right for Me? Pick from the following three options...

**Premium Membership**
*Your best value – less expensive than paying a la carte for one class per semester!*

• Enroll in unlimited Osher classes, as space allows
• Membership lasts the entire academic year (August 2019 to July 2020)
• Gain **MEMBERSHIP BENEFITS** (above) for the entire academic year
• Gain **Premium-only perks!**
  • Bring a guest along to the Brown Bag sessions and Friday films
  • Request an MU Libraries card for the entire academic year
  • Become eligible to serve on the Osher Advisory Council
  • Receive a printed invitation to the Robert G. Silvers Seminar and other events

**Cost:** $240 per year, plus $10 re-enrollment fee for each subsequent semester

**Semester Membership**
*Pay “by-the-course”*

• Enroll in classes in an a la carte fashion
• Gain **MEMBERSHIP BENEFITS** (above) for the current semester only

**Cost:** $20 semester fee, plus individual course fees (from $40–$60)

**Basic Membership**
*The best option for those who do not want to take classes*

• Gain **MEMBERSHIP BENEFITS** (above) for the entire academic year

**Cost:** $40 per year
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.

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.
Course Instructors

Wayne Anderson
Sheila Bailey
Robert Blake
Brandon Boyd
Julie Brookhart
Larry Brown
Nancy Browning
Ruth Ann Burke
Kassie Campbell
Josh Chittum
Kathleen Darchuk
Thomas F. Dillingham
Carolyn Dye
Judy Elliot
Julia Gaines
Matthew Gordon
Heather Hennkens

James Hillbrick
Jason Ingram
Sharon Kinden
Ian Kirby
Beth Koster
Aline Kultgen
John Kultgen
April Langley
Gail Humphries Mardirosian
Bonnie S. Margolis
Timothy Materer
Marcello Mogetta
John Montalto
Rashed Nizam
Patricia Okker
Greg Olson

Karen Onofrio
Mark Palmer
Nick Peckham
Michael Porter
Sarah J. Read
Josh Reid
Alison Robuck
Amanda Rose
Ryan Russell
Dee Dee Strnad
Mike Trial
Paula Vandelicht
Wende Wagner
Jay Ward
Benjamin R. Warner
Robert Wells
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<tr>
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<td>Keys to Comprehensive Retirement Income</td>
<td>T.S. Eliot – Modern Poetry (Materer)</td>
<td>White Nationalism (Brown)</td>
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<td>American Presidents Part Two (Ward)</td>
<td>Islamophobia (Nizam)</td>
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All courses are eight sessions except as noted.

★★ Osher Café will take place, per usual, on Fridays in Moss B. Tables will be set up in Moss B during the week, as well, so that Osher students may eat lunch and visit when classes are not meeting in the space.
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<th>Time</th>
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<td>9:30–11 a.m. Osher Café</td>
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<td>9:00</td>
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<td>10–11:30 a.m. Potpourri of the Arts (Various) p. 22</td>
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<td>9:30</td>
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<td>10–11:30 a.m. Mah Jongg (Strnad) p. 19</td>
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<td>10:00</td>
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<td>10–11:30 a.m. Human Existence &amp; Critical Decisions (Kultgen) p. 20</td>
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<td>10:30</td>
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<td>11:30 a.m.–1 p.m. Brown Bag Seminar Series (Various) p. 25</td>
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<td>11:00</td>
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<td>12:30–2 p.m. Lives &amp; Music of Tchaikovsky &amp; Shostakovich (Robuck) p. 20</td>
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<td>1:30–3 p.m. Remember the Ladies: Women's Suffrage (Margolis)</td>
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<td>1:30</td>
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<td>1:30–4 p.m. Friday Afternoon Film Festival p. 29</td>
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<td>2:30–4 p.m. Last 4 Weeks p. 20</td>
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Innovations and Outliers: What Drives Change?

Osher’s theme for the 2019–2020 academic year, *Innovation and Outliers: What Drives Change?,* was inspired by a few recent Osher classes that gained positive feedback, including the ever-popular TED Talks sessions, led by wonderful instructor Jeanne Dzurick, and the “Innovations in Medicine” series, sponsored by MU Health Care. We hope the theme inspires you to act as an innovator – or at least drive some positive change – in your own lives!

The Keys to Comprehensive Retirement Income – The 4 Ms

10:00 - 11:30 a.m., Moss A

Mondays: Sept. 9, 16, 23, 30 (4 sessions)

Instructor Jason Ingram will present his four solutions to develop comprehensive retirement income. The course will cover Maximizing current cash flow, especially in the early years of retirement; Maintaining your standard of living; Minimizing cash-flow risk; and Minimizing short- and long-term principal erosion. The key to comprehensive retirement income is exploring how the 4 Ms are connected and balancing them to create personalized solutions.

**Instructor: Jason Ingram** is the principal of the Columbia office of LionsGate Advisors and co-owns the Chesterfield, Mo., office. He holds a Series 65 Uniform Investment Adviser license and is a faculty member at St. Charles Community College and St. Louis Community College, in addition to teaching for Osher@Mizzou. He’s a member of the National Ethics Association, serves on the advisory board for the Better Business Bureau and works to support numerous philanthropic organizations.

Musical Instruments of the Bible

9:30 - 11:00 a.m., Moss A

Mondays: Oct. 7, 14, 21, 28 (4 sessions)

Instruments will be displayed and demonstrated, and class members will have opportunities to participate in playing instruments and working on various rhythms. Guest musicians and speakers will join the instructors.

**Oct. 7:** Biblical instruments and how they sounded; the religious purposes of the shofar, trumpet and tambourine in worship, war and celebrations.

**Oct. 14:** Percussion instruments, how they sounded and were used (cymbals of Psalm 149 and 150); Psalms; praise, lament, and creativity.

**Oct. 21:** David’s harp and his music (played for Saul), guest musician; Israel’s songs and instruments in captivity, Egypt and Babylon.

All courses will meet at the Waters-Moss Memorial Wildlife Preservation Area, primarily in the Moss Building and occasionally in the Hillcrest Community Center, unless otherwise indicated. For directions and a map, please see inside back cover.
Oct. 28: Loud cymbals of Psalm 149 and 150; Levitical worship liturgy and songs in the Jerusalem temple.

Instructors: Julia Gaines, D.M.A., is director of the School of Music at Mizzou. She taught percussion at Mizzou for 17 years prior to becoming the director five years ago. Her musical specialty is the marimba and ethnic world percussive instruments. She lives in Columbia and has two children.

James Hillbrick is a retired pastor of 25 years and currently teaches Bible classes at Community United Methodist Church here in Columbia. He’s married to Kathi, and they both enjoy teaching and being active in the local church. Jim enjoys emphasizing the Hebrew foundations of the Christian scriptures. He has three daughters and five grandchildren and enjoys running, swimming, volleyball and doing landscape work around his home.

MU College of Arts & Science Potpourri (Monday!)

1:00 - 2:30 p.m., Moss A
Mondays: Sept. 9, 16, 23, 30; Oct. 7, 14, 21, 28 (8 sessions)
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. From exploring the earliest forms of life on Earth, to creating works of art, to understanding human behavior, more than 8,000 students call the College of Arts and Science home.

Sept. 9: Medical Radioisotopes and Radiopharmaceuticals at the MU Research Reactor
For over 50 years, the MU Research Reactor (MURR) has promoted ground-breaking research across many disciplines. This includes the production and supply of medical radioisotopes and the development of radiopharmaceuticals, which are drugs that use radioactivity for diagnosis or treatment of diseases like cancer. The 10-megawatt nuclear reactor at MURR is the highest-power university research reactor in the U.S., making it a unique resource not only for researchers, scientists, engineers and students across the country but also to the worldwide nuclear medicine community. The MURR facility will be discussed, and examples of projects involving medical radioisotopes and life-saving radiopharmaceuticals will be highlighted.

Instructor: Heather Hennkens is an assistant research professor with appointments at MURR and in the Department of Chemistry within the College of Arts and Science. Hennkens’ research is focused on producing and purifying radioactive atoms, called radionuclides. In addition to their production, she utilizes radionuclides in the development of radiopharmaceuticals, which may one day be
used to diagnose and treat cancer. Her work has been funded by such agencies as the American Chemical Society and the U.S. Department of Energy. Her findings have appeared in leading publications, including *Nuclear Medicine* and *Biology*.

**Sept. 16: The Effects of Presidential Debates**

Dr. Benjamin Warner will discuss research he has conducted with his colleagues at the University of Missouri on the effects of viewing televised presidential debates. He and his colleagues have been collecting experimental evidence of debate effects going back to the 2000 presidential election between Al Gore and George W. Bush. Their research is the primary source of information for our understanding of how debates affect things like vote preference, support for candidates, and important democratic attitudes such as the belief that one is qualified to participate in politics.

**Instructor: Benjamin R. Warner** (Ph.D., University of Kansas) is associate professor in the Department of Communication and co-director of the Political Communication Institute. He is interested in the effects of partisan media, presidential debates, campaign ads, social media and political humor. Much of Dr. Warner’s research explores the antecedents, consequences and remedies of political polarization. In pursuit of these objectives, he draws on theories of persuasion, intergroup processes and media psychology. He is co-editor of *An Unprecedented Election: Media, Communication, and the 2016 Campaign*. He is presently serving a three-year term that will culminate in him assuming the role of chair of the political communication division of the National Communication Association in 2019.

**Sept. 23: Afro-British-American Literature: Introduction to History and Contexts of the Beginnings of African American Literature (1619-1808)**

The purpose of this lecture is to connect literature with history and culture, through a very basic overview of the colonial period (1619-1808) of colonial Afro-British-America, and to explore the impact of slavery and African cultural influences on the earliest Black American literature. In short, this lecture will provide an historical and cultural snapshot of the conditions under which early African American life, social practices, culture and literature developed, with the hope that a bit of context may inspire new questions about literature, history, race and the Afro-British-American story. And, perhaps, more importantly to extend and add some new places and spaces in our lifelong learning journey that connects some dots between history and literature.

**Instructor: April Langley**, chair of the Black Studies Department, began teaching at MU in 2001, when she joined the faculty as assistant professor of English in the newly developed area concentration of African Diaspora Studies. She graduated summa cum laude with a B.A. in English from Mills College and received her Ph.D. in English from the University of Notre Dame in 2001. Langley specializes in eighteenth- and nineteenth-century African American and American literature and theory. Her recent book, *The Black Aesthetic Unbound: Theorizing the Dilemma of Self and Identity in Eighteenth-Century African American Literature*, explores the culturally specific African origins of the eighteenth-century Afro-British American literary and cultural self through a conceptualization of the dilemma posed by competing African, American and British cultural identities.

**Sept. 30: Language Changes Whether We Like It or Not**

This lecture discusses how languages change from a sociolinguistic perspective. Get ready to explore various changes that the English language has experienced in the past and discuss other linguistic changes that are occurring in our time.
**Instructor: Matthew Gordon** teaches courses in linguistics and the structure, dialects and history of the English language. His research interests include sociolinguistics, American dialectology and language change. Currently he is engaged in research examining linguistic variation in Missouri. He authored a monograph titled *Small-Town Values, Big-City Vowels: A Study of the Northern Cities Shift in Michigan*, which examines the diffusion of sound changes to rural communities. His *Sociolinguistics: Methods and Interpretation*, co-authored with Lesley Milroy, presents a critical discussion of sociolinguistic theory and methods. He is also the author of *Labov: A Guide for the Perplexed*, which reviews the scholarly contributions of the sociolinguist, William Labov.

**Oct. 7: Unpeeling Pompeii**

This lecture provides the opportunity to discuss the complex cultural layering of the most famous and well-preserved towns of the ancient Roman world. Although Pompeii is often described as a time capsule, frozen in the state it had at the time of the eruption of Mt. Vesuvius, several clues hidden below the 79 C.E. horizon allow archaeologists to reconstruct a long sequence of occupation stretching back hundreds of years. Students will be exposed to some of the problems that scholars face in studying the early city, and different methodological approaches to their solution.

**Instructor: Marcello Mogetta** (PhD, Michigan) is assistant professor of Roman art and archaeology in the Department of Ancient Mediterranean Studies at MU. His teaching and research interests focus on Mediterranean urbanism (Archaic and Hellenistic periods), Roman archaeology (especially Italy and the West), Roman Republican architecture, and archaeological methods and digital humanities. He co-directs field projects at Pompeii and Gabii and is a collaborator of the Hidden Treasures of Rome Project, an international initiative spearheaded by the Capitoline Museums and the MU Museum of Art and Archaeology to study a ceramics collection from Rome’s Antiquarium Comunale. He is the co-author of *A Mid-Republican House from Gabii* and is currently preparing a book on the origins of Roman concrete architecture.

**Oct. 14: Making Peace out of War: Warfare and Social Conditions in the Late Prehistoric Southwest**

During the 13th and 14th centuries, warfare tore apart the social fabric of the late prehistoric American Southwest. Changing environmental and social circumstances caused longstanding social alliances to end and forced displaced populations, including war refugees, to flood into previously existing communities. Violence within and between communities increased to the point that towns that had been occupied for centuries were burned and abandoned within years of the arrival of these displaced populations. In this context of social upheaval and violent conflict, people began to form new ways to integrate culturally diverse populations that now found themselves reliant on each other. These efforts are reflected in the religious traditions of the region, especially the pottery women produced and the architecture that structured human interaction. The success of these integrative mechanisms led to a more stable social and political landscape across the region and decreased (but did not eliminate) warfare. The challenges and success of the Southwestern people provides useful insights into both the difficulties and potential solutions faced by modern people in similar social and political situations around the world.

**Instructor: Todd L. VanPool** earned his B.A. at Eastern New Mexico University and his M.A. and Ph.D. from the University of New Mexico. He is an associate professor of anthropology at Mizzou. His research focuses on the archaeology of the North American Southwest, quantitative analysis of archaeological data, archaeological method and theory and the anthropology of religion.
Oct. 21: Tongariro National Park in New Zealand
Instructor: Mark Palmer’s work focuses on the social aspects of geographic information systems, including the uneven development of geographic information networks within institutions and their connections and disconnections within indigenous communities around the world. More specifically, he studies UNESCO World Heritage nomination maps/GIS to determine what translations and network alignments work or do not work, and how to flatten out the process to allow for greater Indigenous participation. His education is as follows: Ph.D., geography, University of Oklahoma; M.S., rural geography, University of Northern Arizona; B.S., geography, University of Oklahoma.

Girls and women receive many mixed messages about how they should live their lives. We encourage girls to be self-assured, but then peers tell them they are “stuck up” or too confident. Young women are told to reach for the stars in their careers, but, at the same time, are sometimes criticized for not staying home with children. At work, women are expected to be assertive and self-assured but receive social backlash for not being “nice enough.” We will discuss how these mixed messages are a form of gaslighting and how they affect women’s well-being.
Instructor: Amanda Rose’s research focuses on gender, relationships, and emotional adjustment from childhood through young adulthood. She also teaches and gives talks about women’s professional development, with a focus on what girls and women need to know to reach their full potential.

The American Presidents – Part Two
3:00 - 4:30 p.m., Moss A
Mondays: Sept. 9, 16, 23, 30; Oct. 7, 14, 21, 28 (8 sessions)
In this series, Dr. Jay Ward will cover U.S. Presidents Monroe, J.Q. Adams, Jackson, Van Buren, W.H. Harrison, Tyler, Polk, Taylor, Fillmore, Pierce and Buchanan. The premise of the class is that by exploring each president’s background (family history, education, job experience and personality) it may be possible to identify aspects of life experience that either help or hinder in the performance of the presidency of the United States.
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.
Poet from St. Louis: T. S. Eliot and the Revolution in Modern Poetry

10:00 - 11:30 a.m., Moss A
Tuesdays: Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29 (8 sessions)

An internationally famous poet and Nobel Prize winner, T. S. Eliot was born and raised in St. Louis and once told an audience at Washington University that “St. Louis affected me more deeply than any other environment has ever done.” Some of his earliest short poems have St. Louis settings, and his famous “The Love Song of J. Alfred Prufrock” takes the name Prufrock from a St. Louis merchant and its fog and claustrophobic streets from St. Louis as well as London and Paris. After he settled in London, Eliot published the poem that revolutionized the style of modernist poetry, The Waste Land. Despite an unfortunate marriage and work as a bank clerk, journalist and editor, Eliot produced celebrated poems such as “Sweeney Among the Nightingales,” “The Journey of the Magi” and the poem that marked his conversion to Anglo Catholicism, “Ash Wednesday.” As World War II threatened and then broke out, Eliot wrote the work that was celebrated as a patriotic and religious masterwork, Four Quartets. Any edition of Eliot’s poetry may be used, and the teacher will supply additional texts.

French Conversation
10:30 a.m. - 12:30 p.m., Hillcrest C
Tuesdays: Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29 (8 sessions)

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 gesture, and communicate with each other in a friendly, accepting setting. Speaking only French, you will read, 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 reading and on various other topics of interest; some purely fun, but all encouraging serious communication. We end with a French film and a French déjeuner to which we all contribute.

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

1:00 - 2:30 p.m., Moss A
Tuesdays: Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29 (8 sessions)

In spite of perennial gloomy predictions of the death of poetry—often asserted by practicing poets, sometimes by political or cultural critics—the evidence of publications—books and poetry journals, both printed and online—as well as the proliferation of public readings, poetry slams and performance poetry, argues that poetry in America is in a period of expansion and energy, with new voices, new styles as well as variations on traditional styles and
forms. This course will look at numerous examples of recently published poems from formerly underrepresented or even unheard groups—African American, Asian-American, Native American, LGBTQ, Feminist—attending to their exploration of the possibilities of language under the pressure of new viewpoints, new politics, new sexualities, and more. Samples of poems for discussion will be provided each week, and students will be encouraged to share examples that interest or challenge them. We will find that the boundaries and definitions of poetry are expanding, not so much erased as reconfigured to accommodate and validate the new.

Instructor: Thomas F. Dillingham earned his bachelor's degree from Princeton University and his doctorate from Boston University. He taught English literature, especially 18th and 19th century British poetry, folklore, world mythologies, science fiction and contemporary poetry. He has published book reviews and essays in a number of journals, including Myths and Tales, Pleiades, Blake Quarterly and Missouri Review.

Democracy Lab
2:00 - 3:30 p.m., Moss B
Tuesdays: Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29 (8 sessions)

As Margaret Mead said, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” In this class we will look at what various innovators are doing to improve our democracy and what we ourselves might do. The class will explore a range of current issues, depending in part on the interest of class members. Short readings will be assigned between classes. Expect to engage in small-group, interactive dialogues during this course.

Instructor: Sarah J. Read has more than 25 years of experience in resolving complex issues as an attorney, mediator, facilitator and consultant. Sarah is a frequent speaker and writer on issues related to civic engagement, and has led several dialogue-based courses at Osher. 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.

Islamophobia: Fact or Fiction
3:00 - 4:30 p.m., Moss A
Tuesdays: Sept. 10, 17, 24; Oct. 1 (4 sessions)

Believe it or not, Islamophobia is on rise. Learn about Islam from very authentic sources. Through our “Faith Over Fear” trainings, participants will learn effective strategies to better advocate against a narrative of fear and divisiveness in our country. Additionally, the collaborative effort, “Shoulder to Shoulder,” envisions an America where people of all faiths and cultural backgrounds are treated respectfully, fairly and with dignity. We advance our vision by directly engaging faith leaders in the United States to be strategic partners in countering discrimination and violence against Muslims.

Instructor: Rashed Nizam, M.D., D.O., FCPS, FAAO, is a board-certified ophthalmologist who has resided in Columbia since 1997. He is the founding director of the Mid-Missouri Eye Center in Moberly, a diplomat for the American Board of Ophthalmology and a fellow for the Institute of Clinical Ophthalmology, Kiryu, Japan. He is involved in various interfaith activities, including Faith Voices of Columbia, and sits in the board of the Religious Program Advisory Committee (RPAC) for the Missouri Department of Corrections.
Wednesdays

The Art of Memoir Writing: Turning Memories into Stories
9:00 - 11:00 a.m., MU’s Family Impact Center (105 E. Ash St., Suite 200, Columbia)
Wednesdays: Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30 (8 sessions)

This class will be devoted to unlocking memories from the many different paths we've taken in our journey of life. In the first hour of each class, participants will share their own writings in small groups. Instructor Sheila Bailey will give lessons 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. Also, the instructor will prepare bibliographies on how to write a memoir and 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 language learners for 19 years with Columbia Public Schools and 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 to share with her family and her writer’s group. This Fall will be her fourth year teaching memoir writing for Osher.

Racism Persists: A Brief History of White Nationalism in the U.S.
10:00 a.m. – Noon, Moss A
Wednesdays: Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30 (8 sessions)

This course will consider the recent rise of American white supremacy groups in the context of the development of the White Nationalist movement over the last several decades. Topics will include contemporary violence, white maleness, Christian identity, distribution of groups, nativism and other related issues. Some material presented will include information gathered from participant-observation and personal research by the instructor.

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 MU Osher instructor for topics of cultural and political geography, Missouri history, and religious studies.
The Years Between the Wars (1918–1941) – Part Two

2:30 – 4:00 p.m., Moss A

Wednesdays: Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30 (8 sessions)

Dr. Ward will continue his illustrative journey through the period between the end of World War I and the beginning of World War II in the U.S. This section of the course will explore the era following the stock market crash in 1929 through the attack on Pearl Harbor. We will discuss the Great Depression and the attempt by the Roosevelt administration to reverse the economic devastation that it caused. We also will review the isolationism of much of the country and the difficulty Roosevelt had in getting Congress to agree to gear up the economy in preparation for war.

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.

Thursdays

Where in the World is Wayne Anderson?

10:00 – 11:30 a.m., Moss A

Thursdays: Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31 (8 sessions)

Join longtime travel writer for the Columbia Daily Tribune and retired MU professor, Wayne Anderson, for a classroom journey through the following topics.

Sept. 12: Offbeat Travel: Exploring the Unexpected and Mysterious.

We will take a look at the mummies of Palermo, go underground in Seattle and explore the dark side of New Orleans.


We will visit reconstructions of life as it was in the U.S. and drop back in time to Colonial Williamsburg, Henry Ford’s Greenfield Village and Old World Wisconsin.


We will investigate a number of the sites that are working to make history real. This will include living history farms, a pioneer women’s museum and Oak Ridge’s secret city of WWII.

Oct. 3: India: Trains, Beggars and Sacred Cows.

This is a highly personal account of six weeks of riding trains 5,000 miles with only a backpack and visiting many of the major sights of India, including the Burning Gnats, Taj Mahal and Caves of Ajanta.

Oct. 10: Native Americans: Cultures Past and Present.

We will explore such places as the Trail of Tears, the Mystery of Cahokia Mounds and the National Museum of the American Indian.
Hillman has a list of 100 world wonders. In this session we will look at some of the most popular, among them an African Safari, the Great Wall of China and Jerusalem’s Way of the Cross.

Oct. 24: Georgia and Alabama: Memorable Sites to Explore.
In Georgia we will emphasize the Civil War sites and in Alabama we will examine the Civil Rights museums.

Oct. 31: Crisis Intervention: Reducing Trauma.
This is a book I prepared for the Crisis Intervention class I taught at Columbia College for 15 years. It includes my work after the India earthquake, the Indonesian tsunami and Hurricane Katrina.

Instructor: Wayne Anderson is professor emeritus of psychology from the University of Missouri. For the last 22 years he has been a correspondent and travel writer for the Columbia Daily Tribune.

Mah Jongg
10:00 – 11:30 a.m., Hillcrest D
Thursdays: Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31 (8 sessions)
Mah Jongg is a Chinese gambling game played with three to four players. Skill and intelligence are required; luck plays a part. Some say Mah Jongg originated around the time of Confucius, about 500 B.C.; some even say that he invented the game that originally was exclusive to the royal class. Commoners who dared play faced decapitation. Eventually, the penalty was lifted, and the game became popular among all classes. The game was introduced to the U.S. in 1920, with English translations provided on the tiles. In the late 1920s, its popularity waned but the game enjoyed a resurgence during the Depression due, it’s thought, to the mental stimulation it offered. Enthusiasts today invite you to learn to play and keep this ancient cognitive challenge alive and thriving.

Note: There is a $10 materials fee for this session.

Instructor: Dee Dee Strnad is a retired Columbia Public Schools teacher with a master’s degree in special education. She taught at West Junior High for 19 years and has been playing Mah Jongg for about 20 years. She plays weekly with a group of friends and has taught the game to many retired teachers. Strnad remembers hearing her mother and her friends calling out tile names when she was a child and feels a connection to the past and closeness to her late mother as she plays with that same Mah Jongg set.
Human Existence and Critical Decisions in Life

10:30 a.m. – Noon, Moss B
Thursdays: Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31 (8 sessions)

In this course, we will discuss important decisions each of us may have made in life’s circumstances and how these affected our later life. Among the choices will be ones that have been pondered by Existentialist philosophers; for example, the use of violence for self or country, keeping commitments in occupations or public acts, honoring marriage and other intimate relations, etc. I will sketch what is involved in some of the issues and those in the class can describe others, and we will discuss whether the results of each were good or evil. Hopefully this discussion will enrich the thoughts of all in the class, including mine.

Instructor: John Kultgen is professor of philosophy emeritus at University of Missouri-Columbia. He earned a B.A. at the University of Texas and a Ph.D. at the University of Chicago. He taught for 55 years at Oregon State, Southern Methodist and University of Missouri, before retiring in 2008. He has subsequently taught several courses at Osher.

The Lives and Music of Pyotr Tchaikovsky and Dmitri Shostakovich

12:30 – 2:00 p.m., Moss A
Thursdays: Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31 (8 sessions)

This music history course will feature the study of music composed by two remarkable musicians, Pyotr Tchaikovsky and Dmitri Shostakovich. Lectures will detail composer biography, musical styles, genres, instrumentation and forms. The course will include the detailed study of two prominent works: Piano Trio in a minor, op. 50, by Pyotr Tchaikovsky and the Prelude & Scherzo: Two Pieces for String Octet, op. 11, by Dmitri Shostakovich. These works will be featured during Season 16 of the Odyssey Chamber Music Series on Friday, December 16, 2019, and Saturday, February 22, 2020.

Instructor: Alison Robuck, D.M.A., teaches at Central Methodist University and for the Missouri Symphony Conservatory, and she is president of the Midwest Double Reed Society and vice president for Odyssey Chamber Music Series. She has performed with the Missouri Symphony Orchestra, the Heartland Festival Orchestra, Sinfonia da Camera, the Champaign-Urbana Symphony and the Peoria Bach Festival. She was invited to perform oboe recitals at the International Double Reed Society conventions in New York, Tokyo and Columbus, Georgia.

Remember the Ladies: Women’s Suffrage 100 Years

1:30 – 3:00 p.m., Moss B
Thursdays: Oct. 10, 17, 24, 31 (4 sessions)

Abigail Adams wrote to her husband, John, “…in the new Code of Laws…I desire you would Remember the Ladies, and be more generous and favorable to them than your ancestors. If particular care and attention is not paid to the Ladies we are determined to foment a Rebellion, and will not hold ourselves bound by any Laws in which we have no voice, or Representation.”

This class will explore the multi-dimensional revolution American women fought to finally obtain suffrage one hundred years ago. That changed on August 18, 1920, with ratification of the 19th Amendment to the U.S. Constitution guaranteeing women the right to vote. From the Seneca Falls Convention in 1848 until 1920,
women (with some male allies) battled social convention, entrenched political interests, fines, prison and physical abuse to triumph. We will look at the issues, conflicts and remarkable women who helped achieve Abigail Adams’ demand to “remember the ladies.” Discussion will be encouraged.

**Instructor:** Originally from Cleveland, Ohio, Bonnie S. Margolis received her B.A. in history from the University of Michigan. She earned her M.A. in colonial and constitutional history and additional coursework in political theory and women’s studies from the University of Missouri. Bonnie taught American history at Columbia College and is now retired after 12 years at Moberly Area Community College, where she also offered a regular course on women’s history.

**Sustainometrics - Measuring Sustainability**

*2:30 – 4:00 p.m., Moss A*

*Thursdays: Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31 (8 sessions)*

In this course, Architect Nick Peckham will describe how sustainability can be measured at the individual, regional and national levels. The sustainability factors (energy, earth’s resources, health, food, water, education, social justice, economy, recreation) are interactive; we will study them individually and as a whole system, as well as their sub-factors. We will discuss how to measure the social and environmental requirements that are needed for ongoing sustainable life. The course is rooted in a strong desire to become more sustainable, ecologically wise and socially friendly in order to safeguard the future.

**Sept. 12: Introduction and Overview of Sustainability; The Scale of Sustainability: Individual, Regional, National, Global**

**Sept. 19: Natural Resources and Energy**

**Sept. 26: Health and Food**

**Oct. 3: Water and Education**

**Oct. 10: The Economy**

**Oct. 17: Social Justice and Recreation**

**Oct. 24: Measuring Sustainability**

**Oct. 31: Class Discussion**

**Instructor:** Nick Peckham has been an architect for over 40 years and, as the leader of Peckham Architecture, focuses primarily on net zero and deep green sustainable architecture. Through design science, Mr. Peckham hopes to raise awareness and promote sustainability related to the built environment in our community. For Osher, he taught “Designing Small and Tiny Houses,” during Summer Semester 2018 and “Emerald Triangle – a Regional Approach to Sustainability” in Winter 2019.
Fridays

Potpourri of the Arts
9:30 – 11:00 a.m., Moss A
Fridays: Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1 (8 sessions)
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. 13: The Stephens College School of Performing Arts Presents...
Stop by and learn all that’s happening at the School of Creative and Performing Arts at Stephens College. Gail Humphries Mardirosian, Ruth Ann Burke and guest faculty will present the season highlights, inspired by this quote about the arts, “Better Child. Better Town. Better Nation. Better World.” You better be there!

Instructors: Ruth Ann Burke, an alum of Stephens College, will be joined by Gail Humphries Mardirosian, dean of the School of Creative and Performing Arts, to share what is new this season with their talented students and professional guest artists.

Sept. 20: University of Missouri Concert Series Update
The leadership team at the University Concert Series will share a brief history of the Series, which is 112 years old, as well as information and video clips about the 2019–2020 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.

Wende Wagner is the operations coordinator for the University Concert Series. Originally from Wichita, Kansas, Wende graduated from MU with a B.A. in English literature. Previously, she was at the State Historical Society of Missouri as the membership program coordinator. She counts reading, musical theatre, yoga, her boxer-mix, Oliver, and soup among her myriad interests. Wende is excited to join the University Concert Series and help advance its mission to present diverse performances that educate and entertain mid-Missouri and spark imagination through the power of the performing arts.

Robert Wells serves as director for the University Concert Series.

Sept. 27: What’s New at the “We Always Swing” Jazz Series?
Founded in 1995 as a community-based, all-jazz, concert-producing and educational organization, the “We Always Swing” Jazz Series’ mission is to present, promote, preserve and celebrate the great American art form known as “jazz.” Assistant Director Josh Chittum will speak about the history of jazz, what the Jazz Series does in our community and all the events they have lined up for their 25th Anniversary Celebration. The presentation will include listening to recordings of some of the artists coming to Columbia this season.
Instructor: Josh Chittum grew up in the small town of Clarence, Mo. After graduating from the University of Missouri School of Journalism, he started at the “We Always Swing” Jazz Series and has worked there for the past nine years as the assistant director.

Oct. 4: Voodoo Priests, Noble Savages and Ozark Gypsies: The Life of Folklorist Mary Alicia Owen (Sponsored by University of Missouri Press)
Folklorist Wayland Hand once called St. Joseph, Mo., native Mary Alicia Owen “the most famous American Woman Folklorist of her time.” Drawing on primary sources, such as maps, census records, court documents, personal letters and periodicals, and the scholarship of others who have analyzed various components of Owen’s multifaceted career, historian Greg Olson offers the most complete account of her life and work to date. He also offers a critical look at some of the short stories Owen penned, sometimes under the name Julia Scott, and discusses how the experience she gained as a fiction writer helped lead her to a successful career in folklore. As Olson will show, Owen was more than just a folklorist—she was a nineteenth-century woman of many contradictions. She was an independent woman of many interests who possessed a keen intellect and a genuine interest in people and their stories. Join us for a discussion of this fascinating literary life.

Instructor: Greg Olson is a historian, author and graphic artist who lives in Columbia. He is the author of six books, including books for adults and upper level elementary school students. His 2008 book, The Ioway in Missouri, won the Missouri Humanities Council’s Governor’s Humanities Award for Distinguished Literary Achievement. Olson’s most recent book, Ioway Life: Reservation and Reform, 1837-1860, (2016) was named a Kansas Notable Book in 2017.

Oct. 11: Representations of Medicine in the History of Western Art
This presentation will focus on Western art that features the following themes: positive and negative depictions of physicians, medical advances, medical practices of the times, plague art, disease as metaphor, art as relief of suffering and art that reflects the suffering of the artist. The presentation will end with a brief discussion of the use of art in the education of physicians.

Instructor: After retiring as a physician, Robert (Robin) Blake developed a strong interest in art history. He has taken numerous courses on the MU campus, read extensively about art history and visited many art museums in the U.S. and Europe. He gave this presentation in June, 2017, and has since given presentations on Caravaggio and on nineteenth century French paintings. He serves as a docent at the MU Museum of Art and Archeology.

Oct. 18: Session TBA
Please visit osher.missouri.edu to see an updated PDF of the catalog — the session details will also be included in Osher’s weekly e-newsletter.

Oct. 25: The Author Jane Austen Might Have Been
Jane Austen’s deft style, as we now know, was not entirely the product of an inherent gift, but was equally the product of meticulous craftsmanship and
of the careful study of the writings of other women authors whom she viewed as her competitors. Jane’s primary resource for study was her brother Edward’s library in his estate at Godmersham Park. The selection of books he had is now well documented. Fordyce’s sermons are there (of course.) Francis Burney’s *The Wanderer* is there, but not *Cecelia*; Maria Edgeworth’s *Belinda* is there, but not *Castle Rackrent*; Ann Radcliffe’s *Journey in Summer 1794* is there, but not *Mysteries of Udolpho*. And there is little contemporary non-fiction despite the momentous changes of that era: the French revolution, King George III’s deepening insanity and the resulting Regency, the Napoleonic wars and the vast social and economic changes of the industrial revolution. Jane learned much from her reading, especially from the more extravagant (and financially successful) books of her competitors. But she elected to go her own way. This course will discuss how Jane Austen’s reading influenced her own writing and speculates on what sort of writer she could have become if she had modeled her writing more closely on the writing of the authors she read.

**Instructor:** 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.

**Nov. 1: Session TBA**

Please visit [osher.missouri.edu](http://osher.missouri.edu) to see an updated PDF of the catalog — the session details will also be included in *Osher’s weekly e-newsletter.*
Brown Bag Seminar Series
11:30 a.m. - 1:00 p.m., Moss A
Fridays: Sept. 13, 20, 27; Oct. 4, 11, 25; Nov. 1 (7 sessions)

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. 13: Keep Your Keys
The objective for the Keep Your Keys program is to keep seniors on the road as long and as safely as possible. The instructor will discuss: medications and how they may impact or impair driving; the need to have a retirement plan, as many driving retirements can happen without any warning (broken leg, hip, etc); how pre-planning can diminish feelings of isolation and depression that are typical with driving retirement; general rules of the road, with a focus on new car technologies and road updates (J turns and roundabouts); information from trauma surgeons/geriatric doctors that provides information on the aging body; tips on how to stay healthy; what to do in case of a crash; safe-driving checklists to assess your own driving skills; and more. Participants will receive a Keep Your Keys Booklet and a goody bag with fun items, a Transportation Planning sheet, a File of Life medication keeper, and more.

Instructors: Kassie Campbell received her B.S. in nursing from Central Methodist University in 2010. She has worked for MU in the Burn and Trauma Intensive Care Unit. She is currently a nurse clinician and injury prevention coordinator for the trauma service. When she is not working as a nurse clinician for the trauma team, Kassie focuses her injury-prevention efforts in the areas of teen and older-driver safety.

Sept. 20: Missouri Native Trees and Shrubs & Stephens Lake Park Arboretum
This presentation will cover Missouri native trees and shrubs beyond what are commercially available or commonly known to gardeners and plant collectors. We will discuss these uncommon and rare Missouri beauties, where to find them and how to grow them. We will also learn about the newly accredited Stephens Lake Park Arboretum and its long term plans. The Arboretum is home to several collections, a few of which are not found anywhere else in the state.

Instructor: Ryan Russell is the horticulturist for the City of Columbia and an International Society of Arboriculture Certified Arborist. Ryan is heavily involved in the Missouri Community Forestry Council and the International Oak Society and is the North American registrar for all new oak cultivars. He worked to achieve accreditation for Stephens Lake Park as a Level 2 Arboretum and continues to build collections for the Arboretum as well as help educate others in all things botanic.

Sept. 27: Be Smart
Each year in the U.S., nearly 260 children aged 17 and under gain access to a firearm and unintentionally shoot themselves or someone else. Nearly 600 more die by suicide with a gun each year. The Be Smart framework is designed to help parents and adults navigate tough conversations and take responsible actions that can prevent child gun deaths and injuries. This Brown Bag session will give attendees the training and resources to have that delicate conversation about proper storage and handling of guns. Moms Demand Action for Gun Sense in America, an apolitical national organization founded by MU graduate Shannon Watts, provided training for the speaker and will distribute complimentary materials.

Beth Koster graduated from Luther College with a B.A. in elementary education. She taught for 30 years in the public school system in Iowa and Missouri. She joined the MU Trauma Injury Prevention Outreach Team in February 2018.
Instructor: Kathleen Darchuk, Ph.D., ABPP, is a Board Certified clinical health psychologist with clinical and research interests in suicide prevention. She received her Ph.D. at Ohio University and completed her Postdoctoral Fellowship in medical psychology at the Mayo Clinic in Rochester, Minn. She is a volunteer and lead Be SMART trainer for Moms Demand Action for Gun Sense in America.

Oct. 4: Experience Energy Medicine Through Dance!
Eat your lunch early so you can come and dance during this Brown Bag seminar. After some gentle stretching and a warm-up exercise, we will get moving. If you are less mobile, you may follow along while sitting, or imagine the movements and energy as if you were actually dancing. The easy song and dance you will learn engages your “radiant circuits of joy” while incorporating simple Eden Energy Medicine exercises. You don’t need to be a student of Eden Energy Medicine to participate and receive the energy-balancing benefits of this easy-to-learn song and dance.

Instructor: Karen R. Onofrio, M.D., EEM-CP, artist and retired pathologist, continues to deepen her knowledge and understanding of the body/mind/spirit connection. She is an Eden Energy Medicine certified practitioner, Usui Reiki master, Free Soul instructor, Level 1 practitioner of the Art of Raising Frequency and Healing Touch level 1 student. She takes Wisdom Healing Qigong classes from Master Mingtong Gu.

Oct. 11: The Centers for Medicare and Medicaid Services’ Actions to Address the Opioid Epidemic and the Latest from Medicare
This session explains the actions that the Centers for Medicare and Medicaid Services (CMS), the federal agency under the Department of Health and Human Services, is taking to address the opioid epidemic in detail as it relates to current data and coverage through Medicare, Medicaid and the Marketplace. During the presentation, facts about the opioid epidemic will be reviewed, CMS’ actions to address the epidemic will be discussed and opioid resources will be provided. The session will include a basic overview of the Medicare program, as well as any new resources, updates, improvements and enhancements to the Medicare program for pre-retirees, retirees and caregivers; this is particularly important when considering the millions of beneficiaries enrolled in the Medicare program. Nearly every U.S. household has one or more family members receiving their healthcare coverage from one of the programs administered by CMS.

Instructors: Julie Brookhart has worked for CMS for 24 years in various capacities. Julie is the leader of the Regional External Affairs Team, charged with outreach and education so that organizations, associations, employers, congressional offices, media and constituents who come into contact with the programs’ beneficiaries, and their caregivers, will understand CMS programs to make the right choices. She holds a B.A. in education from the University of Kansas, with courses in journalism.

John Montalto has worked for CMS for five years as a health insurance specialist. John received his M.S.W. from Fordham University and is a licensed clinical social worker in New York State. John has held leadership
positions for the New York State Office of Mental Health, as well as the Minneapolis VA Medical Center. John served in Iraqi Operation Enduring Freedom as a combat stress control officer for the U.S. Army.

Oct. 18: No Brown Bag Session – Please join us for the Silvers Seminar

Oct. 25: Cooking for One or Two
Have you ever found yourself eating frozen entrees night after night or making another sandwich for dinner because it isn’t worth the effort to cook for just one? Over half of American households consist of only one or two people. But if you buy into the “It isn’t worth it philosophy,” you might find your healthy diet destroyed. Cooking for one or two might pose some challenges, but the alternative might be poor nutrition habits. In this session, we will discuss tips to help you plan, cook and eat meals for one or two people.

Instructor: Paula Vandelicht, RD, LD, comes to Hy-Vee as a dietitian focused on your health. She has more than 18 years of experience as a registered dietitian with a B.S. in dietetics from MU. She also is a member of the Academy of Nutrition and Dietetics. Her past work experiences include hospitals and doctors’ clinics. She offers private nutrition counseling, luncheon presentations, cooking classes, in-store demonstrations and grocery store tours and is available for wellness fairs.

Nov. 1: Session TBA
Please visit osher.missouri.edu to see an updated PDF of the catalog — the session details will also be included in Osher’s weekly e-newsletter.

Todd Vogel, MD, is the chief of vascular surgery. What he does is pretty extraordinary. He’s the only one in mid-Missouri who can restore blood flow to completely blocked arteries using a technique that speeds up recovery and leaves little to no scarring. In medical terms, he treats chronic total occlusions – but if you ask him, he’ll tell you it comes down to three simple words.

I FIX ARTERIES.

Health Care
muhealth.org/arteries
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Osher Clubs

Take full advantage of your Osher membership and join a club, open to all current members, including Premium, Semester and Basic.

El Club de Español
**Tuesdays, 2:00 – 4:30 p.m., Hillcrest C**
Habla español? Osher’s Spanish club is for participants who have studied the present and the preterite tenses in Spanish. Beginners meet from 2 to 3 p.m., and advanced speakers from 3 to 4:30 p.m. Call club organizer Judy Elliott at 573-424-4244 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.


For Oct. 17, read *Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do* by Jennifer L. Eberhardt.

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 Brandon Boyd, MU’s assistant director of choral activities and assistant professor of choral music education. 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 sharonkinden@yahoo.com.

Friday Afternoon Film Festival
[Each Friday during the semester]
Films begin at 1:30 p.m., Moss A. (No film on Oct. 18.)

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.
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 14

*The New Territory (Quarterly)*

by Tina Casagrand, Publisher and Editor

**Sponsor: Kit and Cathy Salter**

This is the first time the Osher Saturday Morning Book Talks have allocated a session to a quarterly. *The New Territory: Land, People, and Possibilities* is a lush magazine, published by Tina Casagrand of Jefferson City. Our focus, Issue 07, “Sanctuaries,” was published in December 2018. It is made up of a blend of several feature articles and a series of one- or two-page pieces by varied authors. All of the work is graced with bold and evocative photographs. The “Sanctuaries” issue has been guest edited and presents to its readers a range of perspectives of writers from a half dozen nearby states. Reportage is keenly focused on people but the photos add great drama, giving the landscapes of the lower Midwest a fine role. Ms. Casagrand will talk about the genesis of the quarterly.

October 5


by Karen Piper

**Sponsor: Steve Weinberg**

This very unusual chronicle is subtitled: “Growing up in America’s secret desert.” Karen Piper, currently on the English faculty and adjunct Geography member at MU, has lived a life of unusual variety—and *Girl’s Guide* will take all of us through experiences that we probably have not even imagined in fantasies. The setting is China Lake in the Mojave Desert in southeastern California. Author Piper grew up in a highly ‘classified’ situation because her parents were both employed in this WWII (1943) weapon design, manufacture and testing complex. She lived in a residential world made up nearly totally of weapons professionals—and she efficiently moved to Oregon to explore a totally different world.

November 2

*Capturing the Magic of Travel (in progress)*

by Cathy Salter

[The new Alex George novel, *The Paris Hours*, has been rescheduled for the second half of 2020.]

Cathy Salter, a columnist for the Columbia Tribune and the Boone County Journal since the 1990s, has taught Osher classes on travel and on wine and also worked for the National Geographic Society for more than a decade. In her 1200+ columns she has presented a collage of places, peoples and ideas that she is now shaping into a book. On November 2, she will use her writing in an effort to illustrate the magic of travel.

December 7

*Queries and Ponderings (2017)*

by Clarence Wolfshohl

**Sponsor: Merilee “Cricket” Dunn & Lyanne Riley**

Poet Clarence Wolfshohl concludes our 2019 series with both poetry and book craftsmanship. In *Queries and Wonderments*, he has poetry, artwork and book craft skills all bound up in a single creative volume. I offer, for your wonderment, a few stanzas from ‘Consider the Table’s Desire.’ (p. 21) “Consider the table’s desire to sustain our dishes, our utensils the very food of our existence; to keep // vases of flowers from falling to the floor, to be covered by rectangles of lace or oilcloth; to catch// the detritus of our everyday, car keys, change, salt and pepper shakers, toys that click-clack across the surface…[and for those cultures that did NOT create tables] …they can’t lay their cards on// nor belly up to nor name level, high land nor measure out in spoons. Nor open their books on flat, full of desire.” Come see and hear the poet’s skill in teasing meaning from our everyday words.
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. Sally 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 eleventh 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 eleven 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
The Robert G. Silvers Memorial Seminar Series (continued)

Trees and the Tree –
Observations from a Celebrated Woodworker
1 p.m. on Friday, Oct. 18, 2019, Moss A
Reception follows in Moss B

Guest instructor, Ian Kirby, nationally renowned woodworker, designer, teacher and writer, returns to Columbia for this annual thought-provoking presentation, in memory of Ian’s beloved friend and mentee, Robert G. Silvers.

The subjects of these lectures 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 personal journeys 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 G. Silvers Memorial Lecture is the only public function he commits to because of the depth of his relationship with the Silvers family.
Columbia Parks & Rec

Columbia Parks and Recreation welcomes Osher members to the Waters-Moss Memorial Wildlife Area that includes the Hillcrest Community Center, the Moss Building and the Waters House.

We hope you will take advantage of the added benefits offered this Osher academic year (September 2019 through June 2020) that include a 2019 Parks & Recreation Hillcrest 50+ membership. As members, you can enjoy the following activities at Parks and Recreation facilities at Waters-Moss: Travel Club, Saturday Morning Book Talks, Spanish Club, Painting Group, Mah Jongg, 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 through Friday, 8:30 a.m. to 4:30 p.m., at 573-874-7475.

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.
Investing In Osher@Mizzou

It’s easy to invest in the future of Osher@Mizzou. Your 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. You may give online, by mail or in person. For more information, please reach out to Osher’s staff at 573-882-8189 or email them at Osher@Mizzou.edu.

2019 OSHER ADVOCATES
(January through June 2019)

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, 2019, will be acknowledged in the Winter 2020 Catalog.

- Tom and Barbara Bender*
- James and Anne Campbell
- Carolyn Dye*
- Jeanne Dzurick
- William B. Fisch*
- Anne and David Gifford*
- Dave and Nancy Griggs
- Beverly Kabrick*
- Sharon Kinden*
- Hanna and David Klachko
- Greg and Gail Luce
- Carol A. McAllister*
- Jack and Terry Meinzenbach
- Georgia Morehouse*
- Jerry Murrell*
- John Parker
- Von and Joyce Pittman*
- Michael and Rose Porter*
- Neil and Lyanne Riley*
- Sally Silvers*
- Gary and Beth Stangler*
- Jim and Kathy Tunink
- Jack Wax*
- Nan Wolf*

2019 FRIENDS OF OSHER
(January through June 2019)

Special thanks to the FRIENDS OF OSHER, who have provided support through monetary contributions above their registration fees ($10 to $499). Contributions and pledges received after June 30, 2019, will be acknowledged in the Winter 2020 Catalog.

- Kathryn Allen
- Barbara C. Ball
- Don and Joan Bay*
- Robert and Cokie Blake
- Danielle and Richard Blanck
- Carol Braaten
- Linda Bradley
- Nancy Burke
- Fortune Campbell
- Charlene Carnes
- Rosemary Christensen
- Robert and Barbara Churchill*
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- Julia Cramer
- Gloria Crull
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- Meredith Donaldson
- Fred Erickson
- Barbara Favazza
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- William and Doyne McKenzie
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- James Preston, Jr.
- Jon Rhodes
- Karen Ridge
- Pauline Landhuis
- Evelyn Lansche
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- Bob and Bonnie Mullen
- Karen Neely
- Mary Nesladek
- Marilou Oliver
- Claude and Lena Pecquet
- James Preston, Jr.
- Jon Rhodes
- Karen Ridge

* 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.

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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.
Message from Advisory Council Chair Jack Wax

Trips, Travels and Mental Journeys

I don’t know about you, but I’m fascinated by travel. What can be more stimulating than seeing new places and learning about different cultures by experiencing them? And what can be more stressful than being disoriented and breaking out of your routine – not being sure when you walk around the corner for a snack whether you’ll stumble into a high-crime zone or get disoriented and become temporarily lost?

As I age, I find that I am a person of well-established habits. I like my coffee when I wake up. I like knowing exactly which drawer my socks are in and where in the grocery store I can expect to find my usual foods. When I travel, my comfortable routines are left behind. I worry that I’m not traveling enough. Like everyone else who is part of the Osher community, I realize that the window of time for traveling is only open for so long – as long as I’m healthy enough to endure time zone changes, sinus problems from the changing pressure of air travel or the bugs and viruses that are ready to take advantage of my travel-wearied immune system.

Not everyone at Osher has the option to travel. Some of us have family members who depend on us, health conditions that make travel particularly difficult or budget restrictions. But these circumstances don’t blunt Osher members’ curiosity and fascination with the world. Some of us are armchair travelers who learn about other countries (and change our internal landscapes) by reading about them.

**Osher@Mizzou’s Travel Club**, coordinated for more than five years by Sharon Kinden, is an important and popular way to learn some of the ins and outs of where to travel, how to get there and what to do once you arrive. Sharon sends out fascinating minutes after each meeting that include club members’ accounts of their journeys, tips, impressions and web links. (See page x for more information on the Osher clubs.)

Another group you might consider joining is **Mizzou Tourin’ Tigers** (mizzou.com/tourintigers). Each year, the MU Alumni Association arranges about 45 tours and cruises throughout world, and you don’t even need to be an MU alum! I haven’t gone on one of their trips for several years, but I like considering different trips and reading through their brochures. It motivates me to get out of my chair and go somewhere. Email TourinTigers@missouri.edu or call (573) 882-6611 to join their mailing list.

Bon Voyage! (It matters not whether you actually get on a plane or fasten yourself into your armchair and take a flight of fancy.)
COURSE ENROLLMENT FORM

STEP 1

Tell us who you are.

Name: ____________________________________________
Address: __________________________________________
City: ____________________ State: ________ Zip: ________
Phone: ____________________________________________
Email: ____________________________________________

STEP 2

What membership would you like? Please select one.

☐ $240 Premium
   Unlimited courses all school year, re-enroll each semester for $10
   • 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

☐ $20 Semester + $ ______ (Course Fees)
   Pay “by-the-course” this semester only
   • Lasts one semester
   • Includes all perks of a Basic Membership only during the semester you are enrolled

☐ $40 Basic

Did you know? Osher@Mizzou offers need-based scholarships. See page 4 in the Fall 2019 Course Catalog for our scholarship options.

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) The Keys to Comprehensive Retirement Income
  ☐ ($40) Musical Instruments of the Bible
  ☐ ($60) MU College of Arts & Science Potpourri
  ☐ ($60) American Presidents II

Tuesday
  ☐ ($60) T.S. Eliot & the Revolution in Modern Poetry
  ☐ ($60) Conversational French (Limit 16)
  ☐ ($60) American Poetry Forges Ahead (Limit 30)
  ☐ ($60) Democracy Lab (Limit 30)
  ☐ ($40) Islamophobia: Fact or Fiction

Wednesday
  ☐ ($60) The Art of Memoir Writing (Limit 16)
  ☐ ($60) Racism Persists: A History of White Nationalism
  ☐ ($60) The Years Between the Wars II

Thursday
  ☐ ($70) [Includes $10 Materials Fee] Mah Jongg (Limit 16)
  ☐ ($60) Where in the World is Wayne Anderson?
  ☐ ($60) Human Existence & Critical Decisions in Life
  ☐ ($60) The Lives & Music of Tchaikovsky & Schostakovich
  ☐ ($40) Women's Suffrage 100 Years
  ☐ ($60) Sustainometrics - Measuring Sustainability

Friday
  ☐ ($40) Potpourri of the Arts

$ ______ (Course Fees)  Continued on back...
BEFORE YOU FINISH...
How did you hear about Osher?

- Friend/colleague
- Website
- Spotted a course catalog at a local business
- Was a member of Osher in another state
- "This Week @ Osher" weekly newsletter
- The "Engaging in Aging" Fall Festival
- Past Participant at Mizzou
- Newspaper print ad
- "Science Friday" on NPR
- Other ________________________________

GET INVOLVED
Are you interested in volunteering for Osher@Mizzou? Let us know how you'd like to help and we'll contact you.

- Office Volunteer: Help take registrations, answer the phone, check members in, make coffee.
- Class Host: Be a host for one or more of your classes. Introduce the instructor, assist instructor in the classroom as needed. Write the course(s) you are interested in hosting here:
  ____________________________________________
  ____________________________________________
- Instructor: Teach a class for Osher@Mizzou. Write your suggested topic here:
  ____________________________________________
- Serve on a Committee: Osher is a program that thrives thanks to the devoted work by our advisory council and its standing committees.

COURSE ENROLLMENT FORM
Registration Opens Tuesday, August 20, 2019

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.

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)
Credit card
  Type:  □ Visa  □ Mastercard  □ Discover  □ American Express
Card Number: ___________________________  Exp: ___________
Name on card (please print): ________________________________
Signature: ________________________________

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

Card Number:     Exp:     Name on card (please print):     Signature:

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.

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

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

Thank You
Bernard Osher Foundation

Directions:
Located about 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.
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