Pathways Past & Future
Academic Year 2019

Photographing Winter Milky Way - P. 12
Bram Stoker’s Dracula - P. 12
Human Food & Nutrition - P. 17

A Learning Community of Adults Aged 50 +
Winter 2019 Course Catalog
Registration opens January 8, 2019
Courses begin January 22, 2019

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.

Extension
University of Missouri
Osher’s theme for the 2018-2019 academic year, *Pathways – Past and Future*, was inspired by a few ground-breaking events:

* 2018 marked 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.

**WINTER SEMESTER IN A GLANCE**

Choose from 22 courses on a myriad of topics during this 4-week semester. Classes start Tuesday, January 22. (Monday classes will start the following week, on Monday, January 28.)

<table>
<thead>
<tr>
<th>Navigating Current Events</th>
<th>Branching Out: Learn a New Skill Set</th>
</tr>
</thead>
<tbody>
<tr>
<td>The New Age of the Refugee Crisis (T, 2:30 p.m.)</td>
<td>Tai Chi for Health (M, 1 p.m)</td>
</tr>
<tr>
<td>Climate Reality: Now &amp; Then (W, 1 p.m.)</td>
<td>Viewing &amp; Photographing the Milky Way (T, 11 a.m.)</td>
</tr>
<tr>
<td>Human Food &amp; Nutrition in 21st C. (Th, 10 a.m.)</td>
<td>Memoir Writing: Resonance Techniques (W, 9 a.m.)</td>
</tr>
<tr>
<td>Emerald Triangle: Sustainability (Th, 2:30 p.m.)</td>
<td>Mah Jongg (W, 10 a.m.)</td>
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<td>Historical Romance Visits Calif. (W, 1:30 p.m.)</td>
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<tr>
<td><em>Wks 1-2: Columbia’s Notable Properties (Th, 1 p.m.)</em></td>
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<tr>
<td><em>Wks 3-4: The American Civil War in Mo. (Th, 1 p.m.)</em></td>
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<tr>
<td>Historical Pathways &amp; Perspectives</td>
<td>Mapping Out Your Best Future</td>
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<td></td>
<td>Extraordinary Retirement (M, 10:30 a.m.)</td>
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<td></td>
<td>Managing Investment Risk (M, 1:30 p.m.)</td>
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<tr>
<td></td>
<td>Essential Oils &amp; Wellness (T, 9 a.m.)</td>
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<tr>
<td>Literary Trailblazers</td>
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<tr>
<td>Bram Stoker’s <em>Dracula</em> (T, 9:30 a.m.)</td>
<td>**Concepts in Religion (W, 10 a.m.)</td>
</tr>
<tr>
<td>William Blake and Job (T, 1 p.m.)</td>
<td>Islam: Daily Life &amp; Spirituality (T, 3 p.m.)</td>
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<tr>
<td>London and Virginia Woolf (W, 9 a.m.)</td>
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<tr>
<td>Forge-Forward Fridays</td>
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<tr>
<td>Potpourri of the Arts (9:30 a.m.)</td>
<td>* indicates 2-week sessions</td>
</tr>
<tr>
<td>Brown Bag “Lunch &amp; Learn” (11:30 a.m.)</td>
<td>** Class starts Jan. 30</td>
</tr>
<tr>
<td>Friday Afternoon Film Festival (1:30 p.m.)</td>
<td>M: Monday, T: Tuesday, W: Wednesday, Th: Thursday</td>
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</tbody>
</table>

**FORGE-FORWARD FRIDAYS**

* indicates 2-week sessions
** Class starts Jan. 30
M: Monday, T: Tuesday, W: Wednesday, Th: Thursday
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.

Premium membership (school year)

For $240 each fall*, you become a yearlong Osher member. Premium membership follows the school year, from Aug. 1 to July 31. (* New premium membership purchased in the winter session is prorated to $200 and good for the remainder of the school year.) The premium membership includes all of the benefits of a basic membership, as well as these perks reserved for premium members:

- Enroll in as many classes each semester as you wish to attend and pay only $10 to enroll per semester
- Attend Friday Afternoon Film Festivals for the full school year (four semesters)
- Bring a guest at no charge to Brown Bag Seminar Series and the Friday Afternoon Film Festival sessions
- Request a University of Missouri library card for one full academic year

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

Semester membership

Enroll in one or more classes for a single semester, paying a $20 enrollment fee and individual fees for each course in which you enroll. Course fees vary, from $20 to $40, according to the course length and semester (see enrollment form).

In addition to attending the course for which you enrolled, you receive all of the benefits of a basic membership for that semester.

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
- Attend all Saturday Morning Book Talks
- Take part in any of the Osher clubs. See page 22 for details.
- Have a Columbia Parks and Recreation 50+ membership with additional program benefits
- Attend Friday Afternoon Film Festivals

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.
MEMBERSHIP VALUES FOR ONE SCHOOL YEAR (AUG. 1 TO JULY 31)

<table>
<thead>
<tr>
<th>Membership type:</th>
<th>Premium</th>
<th>Semester</th>
<th>Basic</th>
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</thead>
<tbody>
<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>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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<td>Extramural events and clubs</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
</tr>
<tr>
<td>Brown Bag Seminar Series</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
</tr>
<tr>
<td>Friday Afternoon Film Festival</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
</tr>
<tr>
<td>Courses</td>
<td>All courses included</td>
<td>Purchase individually</td>
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**Price:**

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<tr>
<th></th>
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<th>Semester</th>
<th>Basic</th>
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<td></td>
<td>$240* (plus $10 each additional term)</td>
<td>$20 enrollment, plus fee for each course ($20 – 40, depending on course and semester)</td>
<td>$40</td>
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<tr>
<td></td>
<td>*$200 if purchased in winter semester</td>
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**COURSE INSTRUCTORS**

Rasha Abousalem  
Anthony Alioto  
Sheila Bailey  
Robert (Robin) Blake  
Nancy Browning  
Ruth Ann Burke  
Michael Chippendale  
Thomas Dillingham  
Rob Doyen  
Chris Duren  
Carolyn Dye  
Judy Elliott  
Neal W. Fandek  
Val Germann  
Shakir Hamoodi  
Richard Harding  
Amanda J. Staley Harrison  
Pamela Heyen  
Jason Ingram  
Sharon Kinden  
Lynn Malley  
Gail Mardirosonian  
Terry Martin  
Timothy Materer  
Whit McCoskrie  
Jennifer Mine  
Elyse Murrell  
Rashed Nizam  
Suzanne Norton  
Mark Oldstrom  
John Parker  
Sharon Pauley  
Nick Peckham  
Diane Peterson  
Michael Porter  
Mark Raifs  
Jane W. Smith  
Dee Dee Strnad  
Paul Sturtz  
Clarence Wolfshohl
IMPORTANT DATES

Tuesday, Jan. 8, 2019
Winter Registration Opens

Monday, Jan. 21, 2019
Dr. Martin Luther King, Jr. Day

Tuesday, Jan. 22, 2019
Winter Semester Begins (4-Week Session)

Monday, Mar. 11, 2019
Spring Semester Begins (8-Week Session)

Monday, Mar. 25–Friday, Mar. 29, 2019
Spring Break

Thursday, May 23, 2019
Annual Membership Meeting and Volunteer & Donor Appreciation Luncheon

Monday, June 3, 2019
Summer Semester Begins (4-Week Session)

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 (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.

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.

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
• 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 winter, scholarships will cover $140 of the $200 Premium membership tuition cost. For an application, contact Osher’s staff at Osher@mizzou.edu or (573) 882-8189.
# COURSE CALENDAR

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Moss A</td>
<td>Moss A</td>
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<td>8:30</td>
<td>Moss B</td>
<td>Moss B</td>
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<td>9:00</td>
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<td>9:30–11 a.m.</td>
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<td>12:30</td>
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<td>1:00</td>
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<td>10–11:30 a.m.</td>
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<td>2:30</td>
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<td>11:00 a.m.–</td>
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<td>3:00</td>
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<td>12:30 p.m.</td>
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<td>Noon</td>
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<tr>
<td>1:00</td>
<td>1:30–2:30 p.m.</td>
<td>11:15 a.m.–</td>
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<tr>
<td>1:30</td>
<td>Managing</td>
<td>12:45 p.m.</td>
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<tr>
<td>2:00</td>
<td>Investment Risk</td>
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<tr>
<td>2:30</td>
<td>in Bear Markets</td>
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<tr>
<td>3:00</td>
<td>(Ingram, Raifs)</td>
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<tr>
<td>Noon</td>
<td>10:30–12 p.m.</td>
<td>10:45 a.m.–</td>
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<tr>
<td>1:00</td>
<td>Extraordinary</td>
<td>1:15 p.m.</td>
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<tr>
<td>2:00</td>
<td>Retirement</td>
<td></td>
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<tr>
<td>Noon</td>
<td>(Oldstrom)</td>
<td>10:45 a.m.–</td>
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<td>1:15 p.m.</td>
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<td>2:00</td>
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<td>Noon</td>
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<td>1:30–3 p.m.</td>
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<td>1:00</td>
<td>1:30–3 p.m.</td>
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<td>2:00</td>
<td>The New Age of</td>
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<td>Noon</td>
<td>the Refugee</td>
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<tr>
<td>10:00</td>
<td>Historical</td>
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<tr>
<td>Noon</td>
<td>Romance</td>
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<tr>
<td>1:00</td>
<td>visits California</td>
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<tr>
<td>Noon</td>
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<tr>
<td>All courses are four sessions except as noted.</td>
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</tbody>
</table>

** Join us for Osher Café in Moss B. This is THE SPOT for Osher members to eat lunch, bring snacks to share, grab a coffee and make themselves at home. Invite your Osher classmates to meet you for class discussions – or just to say hello. **
<table>
<thead>
<tr>
<th>Time</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Hillcrest D</td>
<td>Moss A</td>
<td>Moss A</td>
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<td>10–11:30 a.m.</td>
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<td>10–11:30 a.m.</td>
<td>9:30–3 p.m.</td>
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<td>10–11:30 a.m.</td>
<td>9:30–3 p.m.</td>
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**WEDNESDAY (continued)**

- **9–11:00 a.m.** The Art of Memoir Writing (Bailey)
- **9–10:30 a.m.** Essential Oils (Heyen)
- **9–10:30 a.m.** Pathways through London: Virginia Woolf (Materer)
- **9–11:00 a.m.** The Art of Memoir Writing (Bailey)
- **9:30–11 a.m.** Potpourri of the Arts (Various)
- **10 a.m.–noon** Human Food & Nutrition in 21st Century (Chippendale)
- **10 a.m.–noon** Mah Jongg (Strnad)
- **10:00 a.m.–3 p.m.** Tai Chi for Health (Norton)
- **10:00 a.m.–3 p.m.** Bill Clinton and the Presidency (Barnes)
- **10:00 a.m.–3 p.m.** History of the American West (Pollard)
- **10:00 a.m.–3 p.m.** The End of the American Century (Owens)

**THURSDAY**

- **9 a.m.–3 p.m.** Active Living and Brain Health: From Alzheimer’s to Mental Fatigue (Eaton)
- **9 a.m.–3 p.m.** ProThrow: Coaching the Overhand Pitch (Culpepper)
- **9 a.m.–3 p.m.** Basic First Aid for Pets (Sparks)
- **9 a.m.–3 p.m.** History of the American West (Pollard)
- **9 a.m.–3 p.m.** The End of the American Century (Owens)

**FRIDAY**

- **9 a.m.–3 p.m.** Osher Café
- **9 a.m.–3 p.m.** Brown Bag Seminar Series (Various)
- **9 a.m.–3 p.m.** Managing Investment Risk in Bear Markets (Ingram, Raifs)
- **9 a.m.–3 p.m.** History of the American West (Pollard)
- **9 a.m.–3 p.m.** The End of the American Century (Owens)

All courses are four sessions except as noted.

**Join us for Osher Café in Moss B.** This is THE SPOT for Osher members to eat lunch, bring snacks to share, grab a coffee and make themselves at home. Invite your Osher classmates to meet you for class discussions – or just to say hello.
Extraordinary Retirement  
[4 Sessions]  
10:30 a.m. – noon, Moss A  
Mondays: Jan. 28; Feb. 4, 11, 18  

“I’m a teacher. I’m a homemaker. I’m a dentist.” We spend much of our lives defining ourselves by our careers. Retirement may bring an end to that career and identity, but it can also be the beginning of a new passion and identity. Many find they are free to pursue interests that took a back seat while pursuing a career and that retirement can be a time to find new meaning in life beyond work. An accountant may pursue an interest in cooking to serve at a soup kitchen; a teacher may follow his interest in travel to lead international tours. This course will help participants discover pursuits that use their personal strengths. Students will identify strengths, develop a plan of activity and learn how to measure their progress in finding meaning in the final trimester of life. The class will begin with using two well-established surveys to discern strengths. During the class, each member will then identify potential activities, choose ones that seem most promising, develop a realistic plan for actualization.
and identify measures and benchmarks for assessing progress. The class will make use of group sharing to build a community to support each member’s search.

**Instructor: Mark Oldstrom** has provided counseling and life-coaching services for over 30 years, as a hospital chaplain, mental health counselor and academic advisor, working with all ages across a broad range of socio-economic and cultural backgrounds. Writes Oldstrom, “As I approach my own retirement, I am pursuing new avenues to create meaning in my life. Along with teaching and counseling, I am working with animals and serving as an advocate for their welfare.”

**Tai Chi for Health**  
[4 Sessions]  
1:00 – 2:30 p.m., Moss A  
Mondays: Jan. 28; Feb. 4, 11, 18

Experience a relaxing moving meditation in this beginner to intermediate class. Tai Chi is an internal martial art with slow, controlled, fluid movements. Students report improvements in balance, posture, focus and coordination, as well as increased feelings of peace and calm.

Tai Chi is good for people with Parkinson’s, MS, high blood pressure and anxiety, and for everyone who wishes to calm their minds and get more in tune with their bodies. The movements are also very helpful for increasing muscular flexibility and joint mobility. We will learn the Yang Style 8 form of Tai Chi, and the session will include Qigong (chee gung) as the warm up. We will learn different types of Qigong walking at this time as well. Students will be standing for the first hour and will take a short break at the hour mark. The last fifteen minutes will include floor stretches and relaxation. Participants will come away with a short sequence that may be practiced at home, with only a small amount of space needed.

**Course Note:** Participants will need a mat or blanket to lay on for the floor stretches and relaxation.

**Instructor: Suzanne Norton** is a small business owner. Through Mindful Practices she teaches and performs Qigong and Tai Chi to diverse populations in the Columbia area. Ms. Norton works with fitness centers, schools and employee wellness programs, and offers private instruction and weekly community classes. She also teaches yoga, meditation and mindful writing, and provides mindful-life mentoring. When not teaching, Suzanne enjoys acroyoga, hiking, swimming, running, writing, spending time in nature and getting together with family and friends.

**Managing Investment Risk in Bear Markets**  
[4 Sessions]  
1:30 – 3:00 p.m., Moss B  
Mondays: Jan. 28; Feb. 4, 11, 18

The market is up, the market is down. Interest rates are increasing. Tax cuts and booming deficits make us question the sustainability of the longest Bull Market in history. RMDs (Required Minimum Distribution) must be well-planned – we need our retirement savings to last a lifetime. How could all these unknowns affect our legacy? In this class, we will explore how to preserve and grow your assets in the possible upcoming Bear Market. What tactics and strategies do the wealthy utilize in down markets? Jason Ingram and a guest instructor will help you to look at how to navigate in the gathering financial storms.

**Instructors: Jason Ingram** is a published author and one of the founding members of LionsGate Advisors. He is the principal of the Columbia, Missouri, office and co-owns the Chesterfield office. An educator at heart, Jason teaches annually for MU’s Osher Lifelong Learning Institute and is a faculty member at St. Charles Community College and St. Louis Community College. He 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.

**Mark Raifs**, director and wealth advisor, LionsGate Advisors. He focuses on comprehensive wealth and retirement management. He holds a Series 65 license
TUESDAYS

From Ancient Secrets to Modern Medicine: Essential Oils, A Pathway to Wellness
[4 Sessions]
9:00 – 10:30 a.m., Moss A
Tuesdays: Jan. 22, 29; Feb. 5, 12

This class will focus on the history of essential oils, from biblical times to the modern day. Essential oils are some of the oldest and most powerful therapeutic agents known. They have an impressive, multimillennial history of use in healing and anointing throughout the ancient world. They were used to treat every ailment known to man at that time, and their enormous therapeutic potential has only just begun to be tapped in today’s world.

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.

Good to the Last Drop: Bram Stoker’s Dracula
[4 Sessions]
9:30 – 11:00 a.m., Moss B
Tuesdays: Jan. 22, 29; Feb. 5, 12

Two classic gothic novels bracketed the nineteenth century – Mary Shelley’s Frankenstein (1818) and Bram Stoker’s Dracula (1897). Each has been the source of innumerable imitations, adaptations and pop culture spin-offs. And each has provided metaphors for our modern condition. This class will look at Dracula as a surprisingly innovative piece of fiction and a cultural phenomenon. What does the novel tell us about Stoker, the Victorian culture, our present culture, which is still fascinated by vampires, and human nature? These questions and more we will ponder as we visit the undead. Some attention will be paid to the classic 1931 film, starring Bela Lugosi, as well as other versions. Black attire is not required. There are many editions in both print and digital formats. The weekly reading assignments will be as follows: Week 1: chapters 1-7; Week 2: chapters 8-14; Week 3: chapters 15-21; and Week 4: chapters 22-27.

Instructor: Clarence Wolfshohl is professor emeritus in English at William Woods University. He has published poetry and non-fiction in many journals, both print and online, including Red River Review, San Pedro River Review, Agave and The Cape Rock. Most recently he has published the e-chapbook Scattering Ashes (Virtual Artists Collective, 2016), the chapbook Holy Toledo (El Grito del Lobo Press, 2017), and Queries and Wonderments (El Grito del Lobo Press, 2017).

Viewing and Photographing the Winter Milky Way
[4 Sessions]
11:00 a.m. – 12:30 p.m., Moss A
Tuesdays: Jan. 22, 29; Feb. 5, 12

Since time immemorial, the Milky Way has been seen as a beautiful and mysterious pathway in the sky. In winter, this stellar trail is at its most brilliant and provides spectacular viewing, both with the unaided eye and any instrument. In this course we will use images of the winter Milky Way to discuss the best viewing and photographic techniques and, if the weather allows, go outside for a direct experience of our home galaxy. Star charts, telescopes and binoculars will be provided.

Instructor: Val Germann bought his first telescope in 1965 and has been observing the sky ever since. A 40-year member of the Central Missouri Astronomical Association, Val is currently on the volunteer staff at MU’s Laws Observatory. He is a two-time president of the Mid-States Region of the Astronomical League and was an instructor in astronomy at Columbia College for many years. Now retired, Val lives here in Columbia with his wife, Marla.
“And I only am escaped alone to tell thee.” — William Blake and Job

[4 Sessions]
1:00 – 2:30 p.m., Moss B
Tuesdays: Jan. 22, 29; Feb. 5, 12

Starting in 1818, William Blake created a series of watercolor illustrations of The Book of Job for one of his patrons. Subsequently, he produced two more and then undertook to engrave the series, perhaps hoping for a commercial success. As with most of his illustrations of both his own texts and the texts of others, the images are not merely representational, but embody Blake's interpretive comments on the character and meaning of Job's transformation from prosperity to despair and to restoration beyond. The Book of Job is among the greatest and most mysterious parts of the Wisdom Literature of the Old Testament. In this course, we will explore the text in conjunction with Blake's illustrations, using the King James AV version, since that is the one Blake knew best. Other translations and commentaries may be consulted as we pursue deeper understanding of the biblical text and Blake's sometimes contrarian “reading” of it.

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

The New Age of the Refugee Crisis

[4 Sessions]
2:30 – 4:00 p.m., Moss A
Tuesdays: Jan. 22, 29; Feb. 5, 12

Each class will concentrate on different regions that have been impacted from the refugee crisis, including Europe, the Middle East, South Asia and Africa. Topics covered will include the scope of the current world refugee crisis and how it compares to refugee crises of the past, how politics have impacted the definitions of terms such as “refugee” and “displaced persons,” and what we have learned from past refugee crises. The instructor will also touch on her own personal field work experiences throughout different regions and refugee camps, and may invite a few guest speakers.

Instructor: Rasha Abousalem holds a B.A. in International Criminal Justice with a concentration on human rights and refugees from John Jay College of Criminal Justice in New York. Since 2015, Rasha has volunteered and worked in more than 22 refugee camps and centers in locations such as Jordan, Greece, France and Bangladesh. Additional humanitarian trips have included work in underserved villages in India and in the mountainous regions in Puerto Rico after Hurricane Maria.

Islam – Daily Life and Spirituality

[4 Sessions]
3:00 – 4:30 p.m., Moss B
Tuesdays: Jan. 22, 29; Feb. 5, 12

The class is meant for Osher students interested in learning about the religion of Islam, going beyond the basics. Instructor Dr. Rashed Nizam will discuss the tenets and beliefs of Islam and how the religion impacts daily life for Muslims, allowing for a strong connection with spirituality.

Instructor: Rashed Nizam, M.D., is a board-certified ophthalmologist who has resided in Columbia, Missouri, since 1997. He is happily married to his wife Roxana for 35 years and a proud father of three wonderful children. Dr. Nizam is the past chairman of the Islamic Center and Islamic School Board in Columbia, and has been teaching courses on Islam at Osher since 2008. He is involved in various interfaith activities and sits in the board of the Religious Program Advisory Committee (RPAC) for the Missouri Department of Corrections.
The Art of Memoir Writing: Incorporating Resonance Techniques
[4 Sessions]
9:00 – 11:00 a.m., MU’s Family Impact Center (105 E. Ash St., Suite 200)
Wednesdays: Jan. 23, 30; Feb. 6, 13

Most stories we write “tell.” They are good stories, but they don’t grab the reader. If you want your stories to “show,” they need resonance. This class will be devoted to helping participants create resonance in their writings. In the first hour each week, we will study the four elements of momentum, the key elements of a story, the eight elements of resonance and the need for interiority. We’ll do this by examining short literary examples from William H. Coles, Francine Prose, Mary Karr, and others. In the second hour, participants will work with each other to examine their own writings for areas to improve according to the lesson given. Homework will be to revise your writing to share the following week. Participants must bring two or three of their own writings, ten years old or brand new, to the first week of class (please make at least three copies). At the end of the four weeks, your writings will resonate.

Instructor: Sheila Bailey has taught “The Art of Memoir Writing: Turning Memories into Stories” for the past three Fall Osher semesters. She continues to write about her memories with the encouragement from her Tuesday writing group. This past June, she participated in a week-long class at Write-by-the-Lake Writer’s Workshop and Retreat at the University of Wisconsin in Madison. Her experience put resonance in her writing and she is willing to share.

Pathways through London in Virginia Woolf’s Jacob’s Room and Mrs. Dalloway
[4 Sessions]
9:00 – 10:30 a.m., Moss B
Wednesdays: Jan. 23, 30; Feb. 6, 13

Virginia Woolf’s exploration of the streets and pathways of London are also examinations of the intricate pathways of her characters’ minds. In Jacob’s Room, Jacob comes to London from the country to enter a challenging intellectual and emotional environment. His experiences range from the sordidness of London’s streets to the magnificence of its institutions, such as the “enormous mind” of the British Museum. Woolf’s Mrs. Dalloway follows Dalloway during her walk through the fashionable streets from Westminster to Oxford Street at the same time as the shell-shocked First World War veteran Septimus Smith sees even London’s Regent’s Park as a nightmarish landscape. The course will focus on the modernist techniques, such as interior monologue and symbolic motifs, that Woolf uses to express her characters’ minds.

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 regularly includes the novels of Woolf in his courses on modernism.
Concepts in Religion
[4 Sessions]
10:00 – 11:30 a.m., Moss A
Wednesdays: Jan. 30; Feb. 6, 13, 20

There are thousands of concepts in explaining our various religions. Three of our community’s leading expert speakers and intellectuals from various backgrounds will present varied perspectives on religion.

Coordinator: John Parker

January 30: The Evolution of God
Dr. Anthony Alioto, professor of Religion and Philosophy, and Columbia College Schiffman Chair of Ethics, will present a rather unique theory of how God might have evolved.

February 6: Religion Goes to War
General (3 Stars) Richard Harding, retired, was the chief lawyer in the U.S. Air Force and has held a number of other major commands. He has spent a lifetime studying how religion impacts warfare. He lectures across the nation on the rule of law in war and religious conflict.

February 13: Ethics and Morality in Islam
Dr. Shakir Hamoodi, former MU professor of Nuclear Engineering and Muslim community leader, will discuss the teachings of the Islamic faith that highly encourage believers of the faith to always be at their best morally in conducting themselves day in and day out. The speaker will touch upon the Quran, the tradition of the Prophet Mohammed and the wealth of Muslim literature throughout the 1,400 years of practicing Islam in the real world.

February 20: Panel Discussion
Dr. Alioto, Dr. Hamoodi, and General Harding will review the previous lectures, their points of agreement and aspects that need clarification.

Mah Jongg
[4 Sessions]
10:00 a.m. – Noon, Hillcrest D
Wednesdays: Jan. 23, 30; Feb. 6, 13

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.
Climate Reality: Now and Then
[4 Sessions]
1:00 – 2:30 p.m., Moss A
Wednesdays: Jan. 23, 30; Feb. 6, 13

What happens to stuff when we throw it away? Where is “away?” What can we do about all the plastic in the ocean? Why didn’t we just start with renewable energy instead of all of that stuff in the ground? Answers to these questions, and more, will be covered. The instructor will survey participants during the first class and finetune climate-reality topics to their interests. Other guest instructors may be drawn in, and we may use participants’ suggestions to prepare new related classes in spring. Come prepared to stomp a can, visit a grocery store, learn about a drug-take-back program and more!

Instructor: Lynn Malley is a former lawyer, conflict engagement specialist, Sierra Club national outings leader and member of the Climate Reality Leadership Corps. More plainly, she’s often been called “the trash lady,” a title that came from her most recent work with Oklahoma State University Extension teaching about solid-waste management. She spent six years working with the Tribes in Oklahoma and two years teaching about ADR in Serbia and volunteering with AmeriCorps VISTA at a food bank in Tacoma, Wash.

Historical Romance Visits California
[4 Sessions]
1:30 – 3:00 p.m., Moss B
Wednesdays: Jan. 23, 30; Feb. 6, 13

Diane Peterson and Sharon Pauley will once again share their experiences attending the Historical Romance Retreat in Riverside, California. Each session will replicate an activity from the retreat: a speakeasy, an historic gaming night, an afternoon tea and a masquerade ball. Diane and Sharon will wear and explain costumes from the period. Each class session will feature some of the 36 authors who attended, with information on published books and tidbits about the authors.

Instructors: Diane Peterson is a retired school library media specialist who promotes the romance novel industry as an analyst, speaker, reviewer and writer. Diane is very active on Goodreads, tracking her own extensive library of romance books, writing reviews and following many authors and groups.

Sharon Pauley is a lifelong reader of historical romance novels. Previously a social worker, she now enjoys helping her family run Cottonwoods RV Park. Sharon has earned a B.S.W. from Columbia College and M.S.W. from University of Missouri.
Human Food and Nutrition in the 21st Century: Challenges and Opportunities
[4 Sessions]
10:00 – 11:30 a.m., Moss A
Thursdays: Jan. 24, 31; Feb. 7, 14
This class will consider solutions to the multidimensional problem of feeding a world population projected to increase by 30% and reach about 9 billion by 2050. Adding to the complexity of solving the problem are the impacts of global warming and the increased urbanization of the population. Solutions will need to focus on the sustainable production of food from plants and animals, conserving soil, water, natural resources and biodiversity, and reducing the loss and waste of food. One key to success will be increasing crop yields on existing agricultural lands, thereby minimizing the need to bring additional land under cultivation that would result in further deforestation and environmental damage. Dealing constructively with the economic, social, and political issues is central to finding long-term solutions for future world food security. Solving these complex problems will require innovative thinking, policies, actions and strengthened international collaborations involving the public and private sectors. A significant increase in expenditures for research and development worldwide for sustainable food production will be needed.

Instructor: Michael Chippendale is professor emeritus of entomology at MU, where he led the insect physiology laboratory. He received a B.S. degree from Manchester University, England; a M.S. from the University of Waterloo, Canada; and a Ph.D. from the University of Wisconsin. A fellow of the Entomological Society of America, Chippendale brings to Osher years of experience in the life sciences to apply to the issues surrounding the sustainable production of food for an increasing world population.

Preserving History: Columbia’s History Through the Lens of Our Most Notable Properties
[2 Sessions]
1:00 – 2:30 p.m., Moss A
Thursdays: Jan. 24, 31
In 1818, a company was formed to purchase land at the center point between Moniteau and Cedar Creeks east of the Missouri River at the first government land sales in the territory. The area was a gamble – there were no established roads or easy access – but in the end it paid off, and thus began what would eventually become Columbia, Missouri. This course explores Columbia's history by looking at the lives and stories surrounding the historic structures recognized as Columbia’s Most Notable Properties. We will discuss the properties, the people and the growth of Columbia as learned from historical documents, as well as touch on the area’s prehistory up to the time of Columbia's establishment.

Instructor: Amanda J. Staley Harrison is a Columbia native who serves as the vice chair of the City of Columbia’s Historic Preservation Commission as well as on the Mayor’s Bicentennial Task Force as the historic preservation representative. Her day job is assistant curator of the University of Missouri’s Museum of Anthropology, where she leads and develops the educational programs, designs exhibits and serves the strategic communications coordinator.
The American Civil War in Missouri
[2 Sessions]
1:00 – 2:30 p.m., Moss A
Thursdays: Feb. 7, 14

Missouri has been treated by historians, particularly in the east, as a secondary theater with minimal influence in the outcome of the Civil War. This point of view ignores Missouri’s central role in most of the major legislative and judicial attempts to politically solve the problem of slavery (Missouri Compromise, Dred Scott Case, Fugitive Slave Act, Kansas Nebraska Act). Missouri also experienced the third most military engagements (more than 1000); it was where Ulysses S. Grant began his journey to become a formidable war-fighting general; and it was situated in an important geographical location, astride major transportation routes and a wealth of resources. The instructor will explore important Civil War events, along with dozens of major battles, the interesting personalities of major players, and the impact on the local civilian population (over 20% of the population will flee the state before the war is over). By the session’s end, students should be well versed in understanding how and why the Western Theater of the war was as vital to the surrender of the Confederate Army at Appomattox Court House in 1865 as was the course of the war along the eastern seaboard states.

Instructor: Whit McCoskrie is a native Missourian who graduated from Virginia Military Institute with a B.A. in economics. He spent 28 years of active and reserve duty as a lieutenant colonel and three decades as a Midwest bank executive. After leaving active duty, and upon retiring, Whit taught American military history at MU’s Army ROTC program. He has served as a tour guide at the National Churchill Museum in Fulton and co-authored The Civil War Missouri Compendium, Almost Unabridged (2017).

Emerald Triangle: A Regional Approach to Sustainability
[4 Sessions]
2:30 – 4:00 p.m., Moss B
Thursdays: Jan. 24, 31; Feb. 7, 14

This course will describe the sustainable possibilities of the central Missouri region, called the Emerald Triangle. This triangular region extends about 10 miles beyond the triangle formed by I-70, US 54 and the Missouri River. The region includes the cities of Ashland, Boonville, Columbia, Fulton, Jefferson City, Mexico, New Franklin, and more, and encompasses some or all of ten counties: Audrain, Boone, Calloway, Cole, Cooper, Moniteau, Monroe, Osage, Ralls and Randolph. In Sweden, these types of areas are called eco-municipalities and are managed by a local government to provide ecological and social justice in its charter. The instructor will discuss the social requirements (food, health, education, shelter) and the environmental requirements (energy, water, clean air) that are presently needed for ongoing sustainable life. The course also will propose ways to become more sustainable, ecologically wise and socially friendly in order to safeguard the future.

Instructor: Nick Peckham has been an architect for more than 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. He recently taught “Designing Small and Tiny Houses,” during Osher’s Summer 2018 semester. Peckham Architecture is currently working on a dozen architectural projects throughout Missouri.
Potpourri of the Arts

[4 Sessions]

9:30 – 11:00 a.m., Moss A
Fridays: Jan. 25; Feb. 1, 8, 15

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

January 25: How to Develop Characters in a Novel

Writer Neal Fandek will provide information on how to develop rich and memorable characters that people can relate to.

Instructors: Neal William Fandek was raised in Copenhagen and Oslo by a Norwegian mother and ship-captain father, attended the University of California, Berkeley, and was senior editor for Penthouse Magazine. He has circumnavigated the globe, been an economic analyst, worked in a nuclear power plant and in the engine room of a Great Lakes freighter, for Wall Street, in a hot dog factory and on a Merck vaccine production line. Fandek has written and edited for web and print on both coasts and for international magazines. He lives in Missouri with his wife, the artist Marilyn Cummins, and his son, William. Peter Pike and the Murderous Mormons is his first novel.

February 1: Jefferson City Museum of Modern Art

Come learn about the programs and displays offered by the Jefferson City Museum of Modern Art (JCMOMA), located in downtown Jefferson City, which just celebrated its three-year anniversary. The not-for-profit educational museum, dedicated to inspiring creativity, imagination and a lifelong connection with the arts, is free and open to the public. JCMOMA features group tours, events, art workshops and educational luncheons for at-risk students.

Instructors: Chris Duren is a docent at JCMOMA, a mother of five children and a fine arts teacher at Lighthouse Preparatory Academy.

Jennifer Mine is a docent at JCMOMA and is a retired teacher for the Jefferson City Public Schools.

February 8: The Magic and Mystery of Playwright Tennessee Williams

In this session, guests from Stephens College will present a dramatic reading from one of Tennessee Williams’ final interviews, along with excerpts from the upcoming production of Cat on a Hot Tin Roof at the Macklanburg Playhouse on the Stephens College campus, opening Feb. 14, 2019. The instructor invites you to take part in a vibrant discussion about Williams and his canon of work.

Instructor: Ruth Ann Burke is the business manager of the School of Creative and Performing Arts at Stephens College. She will be joined by resident actor and faculty member Rob Doyen, Gail Mardirosian, dean of the School of Creative and Performing Arts, as well as talented performing arts students at Stephens College and members of the cast of Cat on a Hot Tin Roof.

February 15: Nature Art with Terry Martin

Please join us for an enlightening 90 minutes with artist and educator Terry Martin. Statement from the artist: “The ways nature stimulates my senses is the encouragement I need to experiment with art media. Because of this motivation, I paint and express the spirit of nature with acrylic paint on varied surfaces. I have earned signature member status in the International Society of Experimental Artists, the National Society of Oil and Acrylic Painters, “Best of Missouri Hands,” and the Mid America Pastel Society. In recent years, I have produced a number of abstract paintings inspired by nature’s sublime character. There is a flow of memory related to my naturalist experiences that guide the use of material and method. The creative process is becoming more intuitive as I continue the artistic journey.

Instructor: Terry Martin is a professor of visual arts at William Woods University in Fulton. He holds a Masters in Education, curriculum and instruction, and a Masters of Fine Art, drawing and painting, both from the University of Missouri. He's won graduate teaching and distinguished professor awards, and was recognized as an “Icon in Education” by Ingrams Business Magazine, Kansas City.
THE BROWN BAG SEMINAR SERIES

Brown Bag Seminar Series
[4 Sessions]

11:30 a.m. – 1:00 p.m., Moss A
Fridays: Jan. 25; Feb. 1, 8, 15

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

January 25: Big Money Agenda – Democracy on the Brink

In this session, participants will watch the film, *Big Money Agenda - Democracy on the Brink*, and take part, following, in a discussion on the issues raised by the film. The film explores the damaging effects of huge expenditures of money on our political process. It focuses on the “dark money” that is secretly raised from wealthy individuals who remain anonymous and which funds lobbying and political campaigns, with little or no regulation. The film documents the corrupting effects of such expenditures and offers some possible common-sense solutions to this major threat to our democracy.

**Instructor: Robert (Robin) Blake** M.D., is a retired physician and emeritus professor of family and community medicine at the University of Missouri who has long been involved in efforts to reform our healthcare system and oppose the impact of big money on our political processes.

February 1: Healthy Living for Your Brain and Body

As we age, our risk of developing Alzheimer’s increases. Nearly six million Americans are living with the disease, and these numbers are expected to grow in the coming years. In this workshop, attendees will learn about strategies for healthy aging in order to reduce their risk of cognitive decline in later life. The program includes information on research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and how we can incorporate these principles into our life to live healthier and longer.

SPECIAL EVENTS

February 8: True/False Film Festival

Join True/False “co-conspirator,” Paul Sturtz, for this annual preview of the documentary film festival, which runs Feb. 28 to March 3 in downtown Columbia. Paul will build his talk around some general tips for navigating the fest and specific information about the film list. True/False offers a heightened weekend of creative place-making in which filmmakers, artists, musicians and others remake our college town into a one-of-a-kind utopia. The transformative, experience of T/F creates a cathartic journey that forces participants to do nothing less than to re-imagine reality.

**Instructor: Paul Sturtz** is artistic director of True/False, co-founded the Ragtag Film Society with David Wilson in 1998 and for 16 years worked as the head programmer at Ragtag Cinema. With David, he co-founded True/False in 2004. His short documentary, *Dear Valued Guests*, premiered in 2013. Paul was selected, along with David, as one of the 40 people or companies in the inaugural “Indiewire Influencers” list.
February 15: Six Little-Known Culprits that Are Keeping You Exhausted, and the Fastest Ways to Increase Your Energy for Good

If you wake up feeling already tired and want to keep hitting the snooze button to get just a few more minutes of sleep, or if you are reaching for caffeine or sugar during the day to keep you going, this talk is for you. You can get your energy back. Your energy can remain stable all day, every day. This talk will cover six culprits that are zapping your energy, and one simple strategy to increase your energy for good. We’ll also discuss five power-boosting foods that can be easily integrated into your diet today. Join us for this interactive and lively class, and be prepared to enjoy some healthy, natural energy-producing snacks.

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

Friday Afternoon Film Festival
[Each Friday during the semester]
Films begin at 1:30 p.m., Moss A
Fridays: Jan. 25; Feb. 1, 8, 15

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

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
*This club is on hiatus until Spring Semester.
Habla español? Osher’s Spanish club is for participants who have studied the present and the preterite tenses in Spanish.

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.
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.

January

No Book Talk is scheduled for this month. Enjoy your New Year’s celebrations!

February 2

From Melon Fields to Moon Rocks (2017) by Dianna Borsi O’Brien
Sponsor: Compass Flower Press

The beauty of a biography of an ambitious person is that the author can show such a variety of settings, encounters, impediments, and accomplishments that every reader finds something gratifying in the work. In Dianna Borsi O’Brien’s biography of ABC Labs founder and MU long time faculty member, Dr. Charles W. Gehrke (1917-2009), she gives good ink to the early years when Charles and his brother Hank were doing hard scrabble work to keep their mother and siblings sustained. Like the heroes in Boys In the Boat, the rigors of helping to support his family, and bear the burden of being the boy who got to go to school while brother Hank stayed in uncertain local farm work, turned Charles into a strong worker in the fields of biochemistry and innovation. The energy that gained Gehrke an MU position in agricultural chemistry in 1948 also propelled him to being one of the primary scientists carefully analyzing moon rocks from six distinct Apollo Missions beginning in the 1960s. It also led him to, with two of his MU graduate students, the creation of the Analytical Biochemistry Laboratories (ABC Labs) on Discovery Ridge in Columbia in 1968. These labs recently celebrated 50 years of growth and stability, employing some 300 employees. Author Borsi O’Brien worked closely with Dr. Gehrke for two years prior to his passing in order to write a biography that not only celebrates his scientific importance, but his enduring belief in strong family relationships.

March 2

The Bad Break (2018) by Jill Orr
Sponsor: Prospect Park Books

Author Jill Orr has originated a mystery series featuring Ms. Riley Ellison. Orr has been very effective in creating a lead female not too sure of herself, inclined toward awkward questions and observations… but who seems to pull out of near interviewing crashes at the last moment… and appear as though everything went just as Riley had planned. In The Bad Break Riley is bothered again by an uncertain future as a reporter/journalist with the Tuttle Times in Tuttle, Virginia. She has given up the security of her earlier job with the local library to try to make it at the Times. This is dangerous territory for Riley because Times editor Kay Jackson seems more inclined to have Riley do education and communication and obits, rather than crime stories. The Bad Break is absent Jill’s interesting character Holman (doing undercover work for the paper) but there are new personas and new developments in Tuttleland for the reader to ponder and explore. This second novel (and Jill has just finished her third in this series!) has been good for another next step toward literary independence. The Osher Saturday Morning Book Talks are glad to welcome her back and learn more about this local author’s development and success.
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. Escortsed day and overnight trip costs will vary depending on length and included activities. Quality, safety and pacing are important to planning our trips. A monthly newsletter lists trips currently available for booking.

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

Wednesday, March 6 – Biloxi Blues, payment due Feb. 1
Wednesday, May 1 – Buddy – The Buddy Holly Story, payment due April 1
Wednesday, July 17 – Joseph and the Amazing Technicolor Dreamcoat, payment due June 15

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

Thanks so much to 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 October 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 and pledges received after October 31, 2018, will be acknowledged in the Spring 2019 Catalog.

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<td>Carol A. McAllister*</td>
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<td>Dave and Nancy Griggs</td>
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<td>James and Anne Campbell</td>
<td>Susan Heinsz</td>
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<td>Joanne Heisler</td>
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<td>Robert and Barbara Churchill*</td>
<td>Tom and Sandra Henderson</td>
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<td>Thomas Dillingham and Judith Clark*</td>
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<td>Sally Silvers*</td>
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<td>Beverly Kabrick*</td>
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<td>Carolyn Dye*</td>
<td>Sharon Kinden*</td>
<td>Karen Touzeau</td>
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<td>Jeannine Dzurick</td>
<td>Sue Kopfe</td>
<td>Paul Wallace and Robin Remington*</td>
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<td>William B. Fisch*</td>
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<td>Irene Ganjam</td>
<td>Greg and Gail Luce</td>
<td>Jack Wax*</td>
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<td>Lawrence M. and Aileen R. Garvin*</td>
<td>Steve and Martha Matthews*</td>
<td>Nan Wolf*</td>
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FRIENDS OF OSHER (January through October 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 October 31, 2018, will be acknowledged in the Spring 2019 Catalog.

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<td>Frank and Kathy Green</td>
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<td>Nancy Griffin</td>
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<td>Jean Gurucharri</td>
<td>Joyce Sandin</td>
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<td>Rosemary Christensen</td>
<td>Maurine Hall-Hildebrand</td>
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<td>Wayne and Pat Merrill</td>
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<td>Bette Fletcher</td>
<td>Bob and Bonnie Mullen</td>
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* 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

Green Smoothies and Shakespeare

I have just finished my lunch, and I’m full. Not the type of full that feels uncomfortable, but the contented, satisfied version of full. My lunch consisted of about 32 ounces of a green smoothie. I owe my post-meal satisfaction to Osher.

During the summer, I attended one of the Potpourri of the Arts classes about green smoothies. I did it because I had been encouraged (cajoled) into trying one after my wife found a smoothie-making machine on sale and brought it home. I tried one and most definitely didn’t like it. But I felt guilty. I knew that even though I try to eat a healthy diet, most days I don’t. I seldom eat fruit and have stayed away from dark green vegetables, the ones that are supposed to be so good for you. I asked Jane Smith, who taught the smoothie class, if there was anything that would help me stomach the spinach – the usual green in a green smoothie. Her response was so obvious, I’m almost embarrassed. She said, “Just put a little bit in your smoothie at first. After a while, you can add more.”

Duuuh! She was right. And so began a significant change in my diet. Now, the lunch I eat most days consists of a banana, some strawberries (maybe), possibly an apple, a dab of yogurt and peanut butter, and some almond milk and ice. I press the button on my food processor and after a one-minute wait, the concoction turns into a really good lunch. From a health perspective, that is way better than a deli sandwich and a couple handfuls of chips, or some cheese – my lunch in pre-smoothie days.

As I get closer to being 70 years old, I know that a healthy diet is essential to active aging. I don’t want clogged arteries. I’d like to continue being able to wear the same pair of pants I wore last year.

I’m so glad that I found out about Osher five years ago. One of the best things about being retired is being able to try new things – whether that means trying out Osher or trying out green smoothies. I knew back then (five years ago) that I liked the literature classes Osher conducts. But I had no idea that I’d ever set foot in a class on green smoothies. Or that Osher would help me live a healthier life.

May I suggest something? Check through this catalog and in addition to finding the type of class that you know you’ll like, find another one on something you’ve never considered learning about. Who knows where it’ll lead you? Wherever, you can be sure you’ll be in good company and enjoy the trip.
## 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.

<table>
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<th>Premium</th>
<th>Semester</th>
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<td>$200 (or $10 re-enroll)</td>
<td>$20 + Per-course fees</td>
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- 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

$200 Premium or $10 Re-Enroll (Returning)

Unlimited courses all school year, re-enroll each semester for $10

$20 Semester + $ ______ (Course Fees)

Pay “by-the-course” this semester only

$40 Basic


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 Extraordinary Retirement
  - $40 Tai Chi for Health *(Limit 16)*
  - $40 Managing Investment Risk in Bear Markets
- **Tuesday**
  - $40 Essential Oils
  - $40 Good to the Last Drop: Bram Stoker’s *Dracula*
  - $40 Viewing and Photographing the Winter Milky Way
  - $40 “And I am Only Escaped Alone to Tell Thee.” - William Blake and Job *(Limit 30)*
  - $40 The New Age of the Refugee Crisis
  - $40 Islam - Daily Life and Spirituality
- **Wednesday**
  - $40 The Art of Memoir Writing: Incorporating Resonance Techniques *(Limit 16)*
  - $40 Pathways Through London with Virginia Woolf
  - $40 Concepts in Religion
  - $50 [Includes $10 Materials Fee] Mah Jongg *(Limit 16)*
  - $40 Climate Reality: Now and Then
  - $40 Historical Romance Visits California
  - $40 Human Food & Nutrition in the 21st Century: Challenges & Opportunities
  - $20 Preserving History: Columbia’s History Through the Lense of Our Most Notable Properties
  - $20 The American Civil War in Missouri
  - $40 Emerald Triangle: A Regional Approach to Sustainability
- **Friday**
  - $40 Potpourri of the Arts

$ ________ (Course Fees)  Continued on back...

Semester members add to total in STEP 2
BEFORE YOU FINISH...
How did you hear about Osher?

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

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.

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 ⅓ 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
Osher Lifelong Learning Institute at the University of Missouri
344 Hearnes Center
University of Missouri
Columbia, MO 65211