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

ABOUT MU EXTENSION

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

MU Extension makes university education and information accessible to create

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

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

Learn more at extension.missouri.edu.

Cover photo courtesy of Paul Leonard Photography
A wise man adapts himself to circumstances, as water shapes itself to the vessel that contains it. – Chinese Proverb

Education is the most powerful weapon which you can use to change the world. – Nelson Mandela

Prepare to embrace all sorts of change this year, as Osher@Mizzou embarks on its second annual theme. Classes and sessions throughout the academic calendar will focus on topics relevant to adjustment, modification, revision, shifts, transition, transformation, variations and other manifestations of our theme.

Consider enrolling in one of the following theme-related classes this fall – why not challenge yourself to select a few topics different than your ‘usual?’

- Bookends: Exploring Systemic Injustice and its Everyday Effects (Sarah Read)
- Exploring Current Issues Related to Climate Change (Don Day)
- From the Inside Out: Naturopathic Protocols for Happy and Healthy Longevity (Caya J. Tanski)
- Going Green (Barbara Buffaloe and guest instructors)
- Our Future As a Species: Where is Modern Science Taking Us? (Wayne Anderson)
- Women, War and Change (Mike Trial)
- Potpourri of the Arts
  - October 6 - Fiction As a Change Agent (Carolyn Mulford)
- Brown Bags
  - September 15 - The Life-Changing Magic of Tidying Up (Libby Couper)
  - October 13 – Change on the U.S. Supreme Court (Bill Fisch)
IMPORTANT DATES

Wednesday, Aug. 23, 2017
Fall Registration Begins

Wednesday, Sept. 6, 2017
Fall Instructor Welcome

Monday, Sept. 11, 2017
Fall Semester Begins

Thursday, Oct. 26, 2017
Faculty Tribute Dinner

Friday, Oct. 27, 2017
Silvers Seminar

Monday, Jan. 22, 2018
Winter Semester Begins

Monday, March 12, 2018
Spring Semester Begins

INCLEMENT WEATHER POLICY

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

OSHER@MIZZOU FOR ALL

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

If you wish to make a gift to support our programs (including our scholarship fund), go to Osher’s website (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.

CONDUCT OF STAFF, ADVISORY COUNCIL, INSTRUCTORS, MEMBERS AND VOLUNTEERS

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

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

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

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

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

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

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

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

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

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

MAKE CHARITABLE CONTRIBUTIONS FROM YOUR IRA

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

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

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

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

OSHER MEMBER COMMITTEES

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

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

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

Gift certificates

Celebrating a birthday or special occasion for someone you love? Consider buying a semester gift membership or a Premium membership for that special friend or family member. The joy of learning makes a wonderful gift! Contact the Osher office at 573-882-8189 to purchase a gift membership usable for any upcoming semester.
WHY BE A PART OF OSHER?
The goal of Osher is to create a community for participants who are 50+, which offers many benefits:

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

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

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

**Premium membership (school year)**
For $240, you become a yearlong Osher member. Premium membership follows the school year, from Aug. 1 to July 31. The premium membership includes all of the benefits of a basic membership, as well as these perks reserved for premium members:

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

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

**Semester membership**
Enroll in one or more classes for a single semester, paying a $20 enrollment fee and individual fees for each course in which you enroll. Course fees vary, from $40 to $60, according to the course length and semester (see enrollment form). Single Potpourri and series sessions are $25 each.

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

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

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

- Attend Brown Bag Seminar Series throughout the year
- Attend all Saturday Morning Book Talks
- Take part in any of the Osher clubs, including Spanish Club and Travel Club
- Have a Columbia Parks and Recreation 50+ membership with additional program benefits

**Single session non-membership**
To attend individual sessions in the Potpourri series courses, the fee is $25 per session but does not include any membership benefits.
## 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>
<th>Single session and Non-members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides membership benefits?</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Duration of benefits during current school year</td>
<td>All school year</td>
<td>*Only during term registered</td>
<td>All school year</td>
<td>None</td>
</tr>
<tr>
<td>Content included with membership:</td>
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<tr>
<td>Parks and Recreation 50+</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
<td>—</td>
</tr>
<tr>
<td>Extramural events and clubs</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
<td>—</td>
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<tr>
<td>Brown Bag series</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
<td>—</td>
</tr>
<tr>
<td>Potpourri series</td>
<td>All courses included</td>
<td>Can purchase individually</td>
<td>—</td>
<td>—</td>
</tr>
<tr>
<td>Courses</td>
<td>All courses included</td>
<td>Can purchase individually</td>
<td>—</td>
<td>—</td>
</tr>
<tr>
<td>Friday Afternoon Film Festival</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
<td>—</td>
</tr>
<tr>
<td>Single session from a series</td>
<td>All courses included</td>
<td>$25 each</td>
<td>$25 each</td>
<td>$25 each</td>
</tr>
</tbody>
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### PRICE

- **Premium**: $240 (plus $10 each additional term)
- **Semester**: $20 enrollment, plus fee for each course ($40–60, depending on course and semester) and single session ($25)
- **Basic**: $40 (plus single session fees)
- **Non-members**: $25 for each session

## COURSE INSTRUCTORS

- Carolyn Amparan
- Wayne Anderson
- André Ariew
- Sheila Bailey
- Sheila Baker
- John Blakemore
- Larry Brown
- Johann Bruhn
- Barbara Buffaloe
- Ruth Ann Burke
- G. Michael Chippendale
- Yolanda Cioli
- Libby Couper
- Don Day
- Thomas Dillingham
- William Fisch
- Danielle Fox
- Ramon Garza
- Pamela Hardin
- Mike Heimos
- Eric Hempel
- Jim Hillbrick
- Libby Hodge
- Jason Ingram
- Shawna Johnson
- Sharon Kinden
- Ian Kirby
- Ben Kreitner
- John Kultgen
- Aline Kultgen
- Manuel Lael
- Soren Larsen
- JR Lawless
- Marlene Lee
- Neil Minturn
- Jeff Moran
- Carolyn Mulford
- Rashed Nizam
- Karen Onofrio
- Lynn Porter
- Michael Porter
- Mary Ratliff
- Sarah Read
- Lelande Rehard
- Martha Rhein
- Joel Rhodes
- Amanda Rose
- Clyde Ruffin
- Carla Schlink
- Dennis Sentilles
- Jay Sexton
- Jane W. Smith
- Dee Dee Strnad
- Caya Tanksi-French
- Maria Trevor
- Mike Trial
- Michael Urban
- Jay Ward
- David Webber
- Nancy West
- Sehon Williams
- Elizabeth Briscoe Wilson
- Susan Worsowicz
### COURSE CALENDAR

**MONDAY** | **TUESDAY**
---|---
8:00 | 9–11 a.m. Faith in the Face of Tyranny ... Dietrich Bonhoeffer (Brown)
8:30 | 9–11 a.m. Memoir Writing (Bailey)
9:00 | 9:30–11 a.m. Going Green
10:00 | 9:30–11 a.m. Our Future As a Species ... Taking Us? (Anderson)
10:30 | 9:30–11 a.m. Intro to Energy Medicine (Onofrio)
11:00 | 10 a.m.–noon Travels with Sharon (Kinden)
11:30 | 10 a.m.–noon Mah-Jongg (Strnad)
Noon | 10:30 a.m.–12:30 p.m. Conversational French (Kultgen)
12:00 | 10:30 a.m.–12:30 p.m. Conversational French (Kultgen)
12:30 | 10:30 a.m.–12:30 p.m. Conversational French (Kultgen)
1:00 | 11:30 a.m.–1 p.m. Exploring Current Issues Related to Climate Change (Day)
1:30 | 11:30 a.m.–1 p.m. Exploring Current Issues Related to Climate Change (Day)
3:30 | 11:30 a.m.–1 p.m. Exploring Current Issues Related to Climate Change (Day)
4:00 | 11:30 a.m.–1 p.m. Exploring Current Issues Related to Climate Change (Day)
4:30 | 11:30 a.m.–1 p.m. Exploring Current Issues Related to Climate Change (Day)
5:00 | 11:30 a.m.–1 p.m. Exploring Current Issues Related to Climate Change (Day)

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All courses are eight sessions except as noted.

* The Tuesday 12–1:30 p.m. slot in Moss A has two courses over different dates; the first course occurs in the first four weeks from Sept. 12 to Oct. 11, and the second course follows to meet Oct. 10 to Oct. 31. You can enroll in both courses.
<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Instructor(s)</th>
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<tbody>
<tr>
<td>8:00</td>
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<td>11:30</td>
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<tr>
<td>Noon</td>
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<td>12:00</td>
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<td>12:30</td>
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<td>5:00</td>
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</tbody>
</table>

All courses are eight sessions except as noted.

** The Wednesday 1:30–3 p.m. slot in Moss A has two courses over different dates; the first course occurs in the first four weeks from Sept. 13 to Oct. 4, and the second course follows to meet Oct. 11 to Nov. 1. You can enroll in both courses.

*** The Thursday 1:30–3 p.m. slot in Moss A has two courses over different dates; the first course occurs in the first six weeks from Sept. 21 to Oct. 26, and the second course follows to meet Nov. 2 to Nov. 9. You can enroll in both courses.
Going Green [8 SESSIONS]

9:30–11:00 a.m., Moss A
September 11, 18, 25, October 2, 9, 16, 23, 30

Learn the latest on local programs and trends relating to personal and business sustainability. Find out what you can do in your home and community to be more sustainable and “green” about energy use, recycling, community conservation and transportation. Local speakers will share their knowledge, guidance and wisdom.

Coordinator: Barbara Buffaloe

September 11 — Columbia’s First Sustainability Manager

Barbara Buffaloe, Columbia’s sustainability manager, will discuss what it means to be a sustainable community and how Columbia compares to other North American cities. Ranked 3-STAR by STAR Communities, Columbia wants to improve its score during the 2020 reaccreditation. This class will also explore the potential effects of climate change on Columbia and what our community can do to prepare.

Instructor: Barbara Buffaloe, the City of Columbia’s sustainability manager, is the coordinator for this course. She is responsible for integrating action plans, resource conservation and related sustainability programs and operations to advance a more sustainable, vital and well planned future for Columbia, Mo. She is the co-chair of the Urban Sustainability Directors Network (USDN) Planning Committee. Buffaloe has a BS in environmental design and a MS in environment and behavior from the University of Missouri and
has been a LEED Accredited Professional since 2004. She is also a huge fan of breakfast tacos.

**September 18 — Community Conservation in Columbia**

This class will provide an analysis of the conservation issues that we face in Columbia and what our community can do to combat them.

**Instructor:** As the City of Columbia’s community conservationist, Danielle Fox coordinates stewardship projects and partnerships to improve urban lands for people and wildlife. She also administers the Sustain CoMo internship program that pairs natural resources students with mentors on independent projects related to sustainability. Fox also manages the CoMo Wild Yards program. She holds a BS in fisheries and wildlife sciences from the University of Missouri and a MS in ecology from the University of Manitoba, Canada. She has worked with wildlife — from fleas and ticks to wolves and moose — though her favorite species to work with is humans.

**September 25 — Is This Item Recyclable?**

Is this item recyclable? Why or why not? The latest equipment and facility upgrades are making recycling more convenient and simpler for the consumer. What you heard in the morning newspaper five years ago might no longer be true. Learn which items are recyclable, how to prepare those items for recycling and where they need to placed for collection.

**Instructor:** Ben Kreitner coordinates the city’s recycling programs and methods of waste diversion. He also manages the grant applications for the Solid Waste Utility and uses this funding to create or expand waste diversion programs for Columbia. Kreitner has a BS in environmental science from the University of Missouri and a MS in aquatic biogeochemistry from Ball State University.

**October 2 — Fuel Efficiency**

People want to make an impact in their day to day lives, but how? This lecture, “YMMV (Your Mileage May Vary): Incremental Changes to Reduce Fuel Consumption and Reduce Carbon Emissions,” will teach simple techniques that can save time, money and the environment. The hands-on portion will give consumers the confidence they need to handle one of the most basic automotive repairs.

**Instructor:** Ramon Garza is the administrative technician for the Mid-Missouri Solid Waste Management District, providing operational support for the district manager. He has 15 years hands-on experience with automotive maintenance and repair.

**October 9 — Global Overview of Recycling**

When you place a bottle, can or paper in your recycling bin it begins a long journey from your curb, often crossing the Pacific Ocean twice. Recycling is just one component of waste diversion, but it has become the most complex: Global market fluctuations, technology, research, legislation, trade agreements and culture all have an impact. In “Curb to China: Global Overview of Recycling and the Issues it Faces,” participants will explore how recycling works, challenges for certain materials and how culture and regulations affect costs and participation. This class will help participants understand the impact of their recycling decisions.

**Instructor:** Lelande Rehard is the district manager for the Mid-Missouri Solid Waste Management District that distributes and administers grants in eight counties for waste diversion projects. The district also helps regional cities, counties and businesses coordinate on recycling issues. Rehard holds a BA in classics (Greek and Latin) and a MA in public administration from the University of Missouri. Prior to his current position, Rehard spent three years as a fellow for the City of Columbia city manager’s office.
October 16 — Storm Water in Columbia

When it rains, the water that runs along the gutters disappears down the storm drains. Have you ever wondered where the water goes from there? Anything that enters the stormwater system is discharged untreated into the waterways we use for swimming, fishing, hunting and drinking water. This course examines the history of attempts by Congress and the United States Environmental Protection Agency to regulate stormwater discharge, as well as what the city is doing to improve local waterways.

Instructor: Mike Heimos is the City of Columbia’s stormwater educator. He has worked for the city for the last 13 years, starting with the solid waste division’s outreach and education recycling program. He coordinates education and outreach programs for the stormwater utility, trains staff on best management practices and works with community organizations to help keep Columbia waterways clean and healthy.

October 23 — Affordable Comfort is Possible!

This classroom DIY session will teach students how their houses use energy, where they can save energy and money while still staying comfortable and provide hands-on experience with simple low-cost energy efficiency projects. Interested participants can have their electricity usage analyzed. Columbia Water and Light’s energy efficiency programs will also be explained. Participants will also learn how to conduct a simple energy audit, identify potential areas for improvement and try out some of their new skills.

Instructor: As the city’s energy educator, Eric Hempel develops and delivers programs to the city’s water and electric customers from kindergarteners to Kiwanis and from consumers to contractors. Hempel also provides field exams for the Building Performance Institute that certifies contractors participating in Water and Light’s energy efficiency program. Previously, he oversaw the city’s affordable housing repair and new construction programs and worked as a remodeler and truck farmer. He has a bachelor’s in environmental science from Washington University and a master’s in science education from the University of Missouri.

October 30 — Home Audits

In the first part of this session, Eric Hempel will answer questions related to the home energy audits students learned about in the October 23 session. The second part of this session explores the renewable energy resources in Columbia’s electrical portfolio and gives a broader perspective on the impact of local energy decisions.

Instructor: Eric Hempel
Wealth Strategies in Retirement [8 SESSIONS]
10–11:30 a.m., Moss B
September 11, 18, 25, October 2, 9, 16, 23, 30

In this fast-paced class, students will learn foundational and advanced strategies for retirement. Whether you are looking forward to or already enjoying retirement, these classes will help participants successfully navigate through the many myths and misconceptions retirees face. All course materials will be supplied. Come with a beginner’s mind. Course topics include:

- Basic Tax Reduction Strategies
- How to Protect Life’s Savings From the Threat of Health Care Catastrophe
- The Four Legal Documents Every Retiree Must Have
- The Missing Estate Plan: Handling IRAs, 401Ks and Other Retirement Accounts
- Protecting Your Life’s Savings From Investment Mistakes
- Advanced Investment Strategies
- Final Class of Q & A

Instructor: Jason Ingram is an original member of the Accelerated Wealth family organization with offices in Columbia and Chesterfield, Mo. Ingram holds a Series 65 license, qualifying him as an investment advisor representative (IAR). He also maintains life and health insurance licenses in numerous states, is a member of the Better Business Bureau advisory board and teaches a class at St. Charles Community College. Ingram’s approach is to help clients mitigate risks as they transition from the accumulation phase of their financial lives into the distribution phase, protecting assets with steady and cautious growth. He and his wife, Kimetha, a physician, live in Columbia with their horses; mule; and dog, Romeo. They enjoy travel and visit a new country every year.

Philosophies of War and Peace [8 SESSIONS]
12:30–2 p.m., Moss B
September 11, 18, 25, October 2, 9, 16, 23, 30

This course explores three views of war: political realism, just war philosophy and pacifism. Political realism sanctions wars and any way of conducting them that benefits a nation regardless of the harm inflicted on others. Just war philosophy sanctions some wars and ways of conducting them if they promote — rather than violate — human rights. Pacifism condemns all wars and proposes nonviolent ways of resolving disputes. Participants will discuss the application of these views in recent history. Topics, to be selected by the group at the first class session, may include United States involvement in two world wars; its use of the atom bomb on Hiroshima; the My Lai massacre and involvement in the Vietnam War; the 2003 invasion of Iraq; and tactics, such as torture and drone assassinations, used to fight terrorism. Other possible discussion topics include the justification of nuclear deterrence, nonviolent ways of settling disputes and the possibility of universal world peace.

Instructor: John Kultgen taught philosophy at the University of Missouri for 40 years, as well as a course on war and peace in the Peace Studies Program for 20 years. He has published two books on nuclear weapons and the morality of their use, “In the Valley of the Shadow” and “Abolition of Nuclear Deterrence as a Moral Imperative.”
MONDAYS continued

Arts and Science Potpourri [8 SESSIONS]

1:30–3 p.m., Moss A
September 11, 18, 25, October 2, 9, 16, 23, 30

A potpourri of arts and science topics are presented by Mizzou faculty.

Coordinator: Pat Okker, Interim Dean of Arts and Science, University of Missouri

September 11 — From Sourpuss to Princess: Rewriting Queen Victoria in the Age of Brexit

This course will look at various biographies, novels and miniseries that are radically rewriting the life and career of Queen Victoria. Nancy West will also touch on recent critical theories of adaptation and historical fiction.

Instructor: Nancy West is a professor of English who specializes in Victorian literature, film studies and British television drama. A contributor to magazines like The Atlantic and The Los Angeles Review of Books, she is currently writing a book about charm.

September 18 — Are Lizards Smarter Than Those of Us Who Study Them?

Historically, studies evaluating the cognitive abilities of vertebrates have focused on mammals and birds, largely due to the preconceived view that organisms more distantly related to humans have more primitive brains and lower cognitive capacities. Manuel Leal will present the results of experiments on cognition in lizards that challenge the traditional view. He will also discuss the potential pitfalls of excluding reptiles when discussing factors promoting the evolution of cognitive abilities.

Instructor: Manuel Leal, associate professor, biological sciences, has been studying the natural history of Anolis lizards for more than two decades. The genus is a favorite of evolutionary biologists because of its extraordinary diversity — more than 400 species living in widely varied habitats. Leal’s studies explore problems in evolutionary ecology and behavior through lab and field-based approaches. His research challenges long-held views about lizards and other reptiles and has been featured in publications from Nature to the New York Times. He loves that the work he is passionate about sparks the public’s interest in science. He often visits elementary and middle schools to share his excitement for natural history, lizards and science.

September 25 — Mapping the Imagination and the Geography of Place

If you were to think of all the places that are important to you or memorable, you would probably remember a combination of unique experiences and locations — a blanket of bluebells next to the creek in the spring, the site of an engagement or child’s first steps, the sound of a classroom or crunch of fresh snow underfoot or the comfortable feel of a well-known desk chair. These places, experiences and what they mean to us personally, help shape our understanding of landscapes around us. This session will explore ways that our memory or environmental autobiography influences how we perceive
landscapes around us, the prospects of change and our attitudes towards public policy initiatives that inevitably alter these places.

**Instructors:** Michael Urban, an associate professor, has a PhD in geography from the University of Illinois and has taught in the Department of Geography at the University of Missouri since 1998. His research focuses on fluvial geomorphology, anthropogenic landscape change and the application of environmental ethics in environmental management.

Soren Larsen, an associate professor, earned his doctorate in geography at the University of Kansas in 2002 and has taught in the MU Department of Geography since 2005. For almost 20 years, his research has involved a collaboration with the Cheslatta Carrier Nation in northern British Columbia, Canada, that focuses on indigenous relationships with land and place.

**October 2 — Harnessing the Power of the Sun**

This class explores the benefits of the sun’s energy to humans in the past, present and future. Modern day solar cell technology as a renewable energy source and its place in everyday life will be discussed. Participants will learn about how solar cells work, how they are made and current research at the University of Missouri that is transforming common waste into solar cell components.

**Instructor:** Sheila Baker, an assistant professor of chemistry, completed her doctorate in 2002 from the University of New York at Buffalo and has worked as a postdoctoral researcher at Los Alamos and Oak Ridge National laboratories. She has also served as a senior scientist at a life sciences company and as an independent consultant for Harbach Engineering. In January 2011, she became an associate professor in the Department of Chemical Engineering prior to her move to the Department of Chemistry in 2015. Her current research interests include novel materials and fluids aimed toward sustainable energy applications such as photovoltaics and carbon capture and for environmental sensor technologies.

**October 9 — Thinking About Probability**

Every citizen should take a critical thinking course from a philosophy department, as the material has many practical applications in personal and professional life. Philosophy teaches rules of reasoning and argumentation. Human intuition is poor at assessing reasons and arguments involving chance and risk, as André Ariew will demonstrate in this class. His example involves assessing medical diagnoses that involve risky procedures with uncertain outcomes. By showing participants a rule of reasoning, introduced by a philosopher in the 18th century, Ariew aims to provide an easy way to override faulty intuitions about chances to help attain clarity in a common and stressful medical situation.

**Instructor:** André Ariew is an associate professor of philosophy who joined Mizzou in 2006, coming from the University of Rhode Island. He specializes in the nature of scientific reasoning. From 1998 to 2004, he was an associate at the Museum of Comparative Zoology at Harvard. From 2004-2005, he was a visiting professor at the Department of History and Philosophy of Science at the University of Cambridge in Cambridge, UK.

**October 16 — Don’t Check Those Text Messages: Observations on Forward Flow in Music and in Poetry**

Composers and poets carefully control how artwork flows in performance. This class will focus on how various units interact and counterpoint one another to affect rhythm and meter. In poetry, these units include words, syllables, feet and stanzas. In music, they include phrase, motive and harmonic progression. Equipped with the idea of “unit counterpoint,” class members will explore the existence of analogical contrapuntal practices in music and poetry.

**Instructor:** Neil Minturn, an associate professor in music, received his BA from Reed College and his PhD from Yale University. He has taught music
theory at the University of Missouri since 1997. Previously, Minturn taught at the Eastman School of Music from 1989 to 1997. He also taught briefly at the University of British Columbia and Hudson Correctional Facility in New York State, where he taught college algebra and history of jazz. He is the author of “The Music of Sergei Prokofiev” (Yale University Press) and “The Last Waltz of The Band” (Pendragon Press).

October 23 — Girls, Boys; Women, Men: The Role of Gender in Friendships and Romantic Relationships

Adults treat girls and boys differently from birth. Unsurprisingly, important gender differences develop in how males and females interact with others. This session explores these gender differences in terms of youths’ friendships and adults’ romantic relationships. Specifically, youth tend to interact with friends of the same gender where they may learn styles of communicating that may clash when adolescents and adults start forming romantic relationships. Special attention will be paid to how males and females talk about problems.

Instructor: Amanda Rose is a professor of psychological sciences at the University of Missouri. Her research focuses on gender and close relationships, especially in adolescence and adulthood. Rose received her doctorate from the University of Illinois in 1999 and has been a faculty member at MU ever since. Rose’s research has been funded by the National Institute of Mental Health. Her research honors include the Early Scientific Achievement Award from the Society of Research in Child Development and fellow status in the American Psychological Association and the American Psychological Society. Her teaching awards include the William T. Kemper Fellowship from the University of Missouri.

October 30 — Current Politics in Historical Perspective

This session will consider two issues: How American history looks different now that we are viewing it through the prism of our current moment of unanticipated political instability and volatility and how the past might help us understand the present.

Instructor: Jay Sexton is a professor and the Kinder Institute Chair in History. He writes on United States and world history since 1750.

Osher Sings! [8 SESSIONS]

3–4 p.m., Hillcrest D
September 11, 18, 25, October 2, 9, 16, 23, 30

Try something new and unique at Osher@Mizzou! Join the Osher Sings Chorus led by MU students in music education. Perhaps you were a member of your high school mixed chorus and would like to reexperience what it’s like to create vocal sounds with others; maybe you just love to sing. Come sing for the joy of singing; no experience needed. Michael Porter, an active member of Osher who loves ensemble singing, created the course. He hopes to round up some sopranos, altos, basses and a few more tenors to create a bona fide adult mixed chorus. Come join in the fun.

Instructor: Mike Porter, a retired communication professor from the University of Missouri, writes, “I am not a professional piano player, although the Water Mitty [in me] wishes that I were. I have played pianos in some great spots: hotel lobbies, garages in Wisconsin, MU Alumni Center, presidents’ homes, conventions, conferences; I’ve led sing-alongs at retirement centers, and played for the MURA [Missouri University Retirees Association] gatherings.”
TUESDAYS

Faith in the Face of Tyranny: The Life, Times and Writings of Dietrich Bonhoeffer [8 SESSIONS]
9–11 a.m., Moss A
September 12, 19, October 3, 10, 17, 24, 31, November 7

Dietrich Bonhoeffer was a Lutheran pastor and theologian active in the German resistance to the policies of Hitler and Nazism. For his opposition, Bonhoeffer was arrested and executed during the last month of World War II. He remains an important symbol of opposition to fascism, and his views on Christianity are increasingly influential. This class considers the historic context for his theological development, his role in the Confessing Church’s opposition to the Reich Church of Germany, his thinking about modern ethics and social justice during Nazism and his martyrdom.

Instructor: Larry Brown is a retired MU assistant professor of human geography with a doctorate in policy studies, master’s degrees in geography and divinity and a bachelor’s degree in sociology. A professional storyteller, Brown is president of Missouri Storytelling, Inc. (MO-TELL) and has recently completed a certificate in Biblical storytelling with the Academy of Biblical Storytelling. An ordained minister in the Christian Church (Disciples of Christ), he is a frequent presenter on topics of cultural and political geography, Missouri history and religious studies.

Conversational French [8 SESSIONS]
10:30 a.m.–12:30 p.m., Moss B
September 12, 19, 26, October 3, 10, 17, 24, 31

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

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

From the Inside Out: Naturopathic Protocols for Happy and Healthy Longevity [4 SESSIONS]
12–1:30 p.m., Moss A
September 12, 19, 26, October 3

In the face of frequent change, stress and the passage of time, how do we maintain our resilience and optimal health? In this series of classes, participants will look at the approach of naturopathic and holistic medicine to healthy aging. The class will take a detailed look at how to maintain healthy digestion; healthy energy levels; a healthy brain; a healthy spirit, nutrition and energy; and healthy skin.

Instructor: Caya J. Tanski, ND (CTN), PhD, CCH, CHom, is a nationally certified naturopath, homeopath and energy medicine practitioner. She has completed several programs in the field of natural health sciences, including a Doctor of Naturopathy degree and a degree and national certification in classical homeopathy. She also is a
Master Emotional Freedom Technique practitioner and has several years of training in functional medicine and BodyTalk™. Her goal is to help clients achieve wellness by providing individualized care and treatments.

The Ark of the Covenant, Archeology and Indiana Jones [4 SESSIONS]

12–1:30 p.m., Moss A
October 10, 17, 24, 31

The mysterious Ark of the Covenant seems to have disappeared around 750 B.C. after the reign of King Josiah of Israel. No specific mention of the Ark is found in Scripture or in historical accounts after this. There is much conjecture about whether the Ark was stolen, hidden or destroyed. This class focuses on its original importance, as well as its construction and instructions about its use and handling. Participants will examine the Ark’s central part in the people of Israel’s 40 years in the wilderness and early existence as a nation. The Egyptian influence on Hebrew religious life after the Exodus will also be discussed.

A Guided Tour of Hell with Dante Alighieri and William Blake [8 SESSIONS]

2–3:30 p.m., Moss A
September 12, 19, 26, October 10, 17, 24, 31, November 7

While an invitation to travel through hell may seem outrageous, the opportunity to make the journey via the sublime poetry of Dante, with visual depictions by William Blake (and perhaps a few other artists), may be intriguing. (After all, we never know whom we might meet along the way.) Although this class will traverse all 34 of the Inferno’s cantiche, we will proceed in leisurely rather than lockstep fashion. The preferred text for this course is the translation by John Ciardi. It is possible to purchase used copies of the paperback edition of the Inferno only. The complete “Divine Comedy” in Ciardi’s translation is also available at www.abebooks.com or at www.amazon.com. (Search “Ciardi > Dante > Inferno”). Other translations are acceptable, as well.

Instructor: Thomas F. Dillingham, PhD, earned his bachelor's degree at Princeton University and his doctorate at Boston University. He was a member of the English Department at Stephens College, Columbia, Mo., from 1971 to 2001 and taught English at Central Methodist University in Fayette, Mo., from 2002 to 2006. At his retirement from Central Methodist, he was designated emeritus associate professor of English. He has published essays and reviews on 18th century and contemporary poetry, folklore, mythology and science fiction.
Islam: Reflections on the Sacred Texts and Traditions [8 SESSIONS]

2:30–4 p.m., Moss B
September 12, 19, 26, October 3, 10, 17, 24, 31

Islam means submission to the will and command of almighty God willingly and knowingly. There is no compulsion in religion. Discourse on spirituality will reflect the connectivity of the three monotheistic religions.

Instructor: A Rashed Nizam, MD, a graduate of Brown University, is a board certified ophthalmologist and founding director of the Mid Missouri Eye Center, LLC. He is president of the North American Bangladeshi Islamic Community (NABIC); chairman, Islamic Society of North America (ISNA) Founders Committee; past chairman, Islamic School of Columbia, Mo.; past chairman, Islamic Center of Central Missouri (ICCM) Shura Council; Physician of the Year awarded by the National Republican Congressional Committee; and a Physicians Advisory Board National Leadership Award recipient. He has received many other awards and recognitions for his civic and professional accomplishments.
Memoir Writing: Turning Memories into Stories  [8 SESSIONS]
9–11 a.m., Hillcrest C
September 13, 20, 27, October 4, 11, 18, 25, November 1

A memoir is a work of narrative built from the memory of its writer. Learn to dig out the memories, turn them into stories and then write a memoir.

Instructor: Writing 70 sibling stories for her sister’s 70th birthday spurred Sheila Bailey to write her memoirs with support from two local writing groups. Previously, she taught reading and writing to English language learners for 19 years with the Columbia Public Schools and English to graduate students for three years with the Asian Affairs Center at the University of Missouri.

Our Future As a Species: Where is Modern Science Taking Us?  [8 SESSIONS]
9:30–11 a.m., Moss A
September 13, 20, 27, October 4, 11, 18, 25, November 1

Developments are happening so quickly in many fields that it is often difficult to anticipate what’s next. This course will look at scientific advances in various fields and probable outcomes for humankind, including:

We are modifying the DNA of animals and plants; will this lead to designer babies?

What are major nations doing about population control? Will solutions include the development of new artificial foods?

What are the advances in medicine that will affect the health of us all?

What do the integration of artificial body parts and computers into our bodies and brains mean? Will we all become cyborgs?

What will our homes be like in 2050? Will appliances respond to our mental images? Will people still learn how to cook?

How will we modernize and protect the lives of the 80 percent of the world’s population that lacks modern facilities and tools?

What’s the impact of advanced technology on the human brain?

What is the future of drones beyond their use as weapons and spy devices?

Instructor: Wayne Anderson, PhD, has spent 60 years as a psychologist observing marked changes in our attitudes about people’s capabilities. As a student in Road Scholar programs throughout the United States and world, he has learned about the impact of science on humankind. He retired as an MU professor in 1995 but taught an honors course in human sexuality until 2014 and crisis intervention for law enforcement until 2011. He also worked in international trauma zones from 1995 until 2010. He writes a weekly travel column for the Columbia Tribune.
WEDNESDAYS continued

The American Presidents III [8 SESSIONS]
10:30 a.m.–12 p.m., Moss B
September 13, 20, 27, October 4, 11, 18, 25, November 1

This series examines the lives and careers of each man who has served as president in an attempt to develop a framework to assess the likelihood of success of future presidential candidates. This course considers presidents through the Gilded Age and Progressive Era from James Garfield through Calvin Coolidge. Participants will explore the family history, education and life experiences prior to each man’s time in office, assessing the impact of those experiences on a president’s achievements or lack thereof. We will evaluate each president’s effectiveness and develop our own presidential ranking.

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

Exploring Current Issues Related to Climate Change [8 SESSIONS]
11:30 a.m.–1:00 p.m., Moss A
September 13, 20, 27, October 4, 11, 18, 25, November 1

This course will explore climate change from a variety of perspectives. The current status of climate change worldwide will be discussed. Public confusion and disagreement over the existence, causes and urgency of addressing climate change will be explored. We will discuss the scientific method and how science is used to explore and understand climate change. Climate change and its effect on human health and global security will be discussed. We will look into the economics of ignoring or addressing climate change in various ways. Finally, instructors will lead a class discussion on how our lives both at home and in the workplace might change if we implement various practices and policies to reduce the impacts of climate change on our world.

Instructors: Don Day worked for MU Extension as a Natural Resource Engineer and as an Extension Associate in Energy. He has taught classes on energy use, energy conservation and on climate change. He has taught classes on renewable energy and using biomass for energy. He started his career in extension in 1967 as a farm management agent. Day and his wife, Fran, have lived in Columbia since 1975. They have three children and five grandchildren.

Dr. Johann Bruhn, Emeritus Research Associate Professor at Mizzou, feels compelled to explain the urgency of dealing with human-caused climate change. Johann wants to help pass along a human-friendly planet to his two wonderful daughters and any children they may decide to have. As far back as 1969, Bruhn’s plant ecology professor told him that he’d recognize effects of climate change over the course of his career, and he was right! Bruhn joined the Osher climate change courses taught by Don Day and Turk Storvick in the spring of 2014.

Carolyn Amparan is a Climate Leader with the Climate Reality Project, a founding member of the Columbia Chapter of Citizen’s Climate Lobby, Chair of the Executive Committee of the Osage Group of the Sierra Club and Vice Chair of the Missouri Chapter of the Sierra Club. Carolyn has taken coursework on the science of climate change and has invested the past 4 years in educating others about the risks and the solutions. Carolyn is active in the climate action movement. Prior to this she enjoyed a career in information technology in various technical, sales and marketing positions with AT&T and IBM.
iPhones and iPads [6 SESSIONS]

1–2:30 p.m., Hillcrest C

September 13, 20, 27, October 4, 11, 18

Enrollment is limited to 16 students.

These workshop sessions help participants gain greater proficiency in the use of iPads and iPhones in an easygoing environment with ample time for questions. Students must bring their own devices and already have some experience and familiarity with their use. Instruction is limited to Apple iPhones and iPads, with iOS8 or iOS9 installed. Those using earlier operating systems will not benefit as much because classes are tailored to iOS8 or 9. This course does not cover laptops, Windows phones or tablets, Blackberry phones or Android devices.

Instructor: Sue Worsowicz has a bachelor’s degree in civil engineering and has always had a passion for electronics and gadgets. She has always been involved in helping others learn and now combines these two interests, offering private lessons for iPhones and iPads, too.

Women, War and Change [4 SESSIONS]

1:30–3 p.m., Moss A

September 13, 20, 27, October 4

September 13 — Women Novelists

It takes a certain passion and strength to write and publish books. Studies of women who have done so reveal fascinating insights into the motivations that have inspired women to write. Discussion leaders: Wayne Anderson, Yolanda Ciolli, Mike Trial. Reference text: To be decided.

September 20 — A Missouri Author in 1917 Russia

Olive Gilbreath, from La Plata, Mo., struck out on her own in 1917, crossing China and Russia as a foreign correspondent for magazines such as the Yale Review and Harper’s. She was in Petrograd (St. Petersburg) when the Russian revolution swept away Czarist Russia. Later she moved to China and lived through the Japanese invasion and occupation before returning to Missouri in 1946. Discussion leaders: Martha Rhein, Yolanda Ciolli, Mike Trial. Reference text: “Miss Amerikanka” by Olive Gilbreath.

September 27 — A Missouri Author in 1935 China

Agnes Smedley, born in Missouri’s Sullivan County, left her hardscrabble existence to go alone to Europe, then China, where she stayed 20 years through revolution, invasion and the final Communist victory. When she returned to the United States in the 1950s she was branded a Communist and made to suffer for it. Discussion leaders: Marlene Lee, Yolanda Ciolli, Mike Trial. Reference text: “No Certain Home” by Marlene Lee.

October 4 — A Missouri Author Growing Up in 1939 China

Leta Hodge, of Mexico, Mo., was born of American parents in Tianjin (Tientsien), China in 1934. Through a child’s eyes, she saw the last days of a China about to disappear in a firestorm of revolution and invasion. Her parents sent Hodge back to the United States until the war ended, but in 1946 she returned and found China changed almost beyond recognition. Discussion leaders: Libby Hodge, Yolanda Ciolli, Mike Trial. Reference text: “Ricksha Days” by Leta Hodge.

Instructor: Mike Trial is a retired civil engineer now managing his family tree farm.
African-American Culture Series [4 SESSIONS]
1:30–3 p.m., Moss A
October 11, 18, 25, November 1
This series of lectures, discussions and “in-class practice sessions” promises to be an interesting excursion into the history and experiences of selected topics in the rich landscape of African-American culture. This is a “must experience” series for everyone interested in history.

Coordinator: Valerie Shaw

October 11 — Restorative Justice In The City of Columbia
On April 28, 1923, a week after his arrest in Columbia, Mo., James T. Scott was charged with the assault of Regina Almstedt. That night, a mob of 500 men broke into his cell, took him to the Stewart Street Bridge and lynched him. Scott was buried immediately in the segregated black section of the Columbia Cemetery in an unmarked grave. Although the circumstances of his tragic death were well documented, little was known about his life until 2010 when a group of citizens formed the James T. Scott Monument Committee to coordinate a grassroots initiative to place a headstone on his grave. The efforts of this group — supported by city officials, historians, genealogists and community activists — provided a historic opportunity for Columbia to renew its commitment to reconciliation, justice and peace as the truth of his life story was revealed.

Instructor: Clyde Ruffin was appointed to the University of Missouri faculty in 1982 and was named professor and chair emeritus of the Department of Theatre in 2015. A recipient of the Kemper Fellowship for Teaching Excellence and the Chancellor’s Award for Research and Creativity, he is also a Kellogg National Fellow and a Distinguished Alumni of the University of Iowa. In 2004 he was awarded the Martin Luther King Community Service Award and the Columbia Values Diversity Award. Most recently, he was named the 2012 recipient of the President’s Award for Community Engagement. He also serves as the senior pastor of Columbia’s historic Second Baptist Church. He is also Columbia City Council's First Ward representative and was recently selected to serve as mayor pro tem.

October 18 — The Buffalo Soldiers
Buffalo Soldiers were members of the 10th Cavalry Regiment of the United States Army, formed on September 21, 1866, at Fort Leavenworth, Kan. The nickname was given to the “Negro Cavalry” by the Native American tribes they fought in the Indian Wars. The term eventually became synonymous with all of the African-American regiments formed in 1866, the first Negro regulars in peacetime.

Instructors: Elizabeth Briscoe Wilson, a retired Lincoln University librarian, has a Bachelor of Science from Lincoln University and a Master of Library Science from Alabama A&M University. She is also a storyteller, author and researcher of African-American history and African-American women in history. She was born and raised in Kansas — a descendent of “Exodusters,” primarily her great-great-grandmother Harriet Mathews, born a slave in North Carolina; her great-grandmother, Laura Coleman, who became a teacher after graduating from the eighth grade in Covington, Tenn.; and her grandmother Hattie, who came to Kansas from Tennessee at age 19. Wilson’s mother, Geraldine, was the first in the family to be born in Kansas in 1920. Wilson’s African-American female ancestors empowered
her to be the first female to complete college, a master’s at MU and 40 post-graduate hours toward a doctorate. She worked, raised funds and in 1997 assisted in the planning of an $11 million information mall/library at Lincoln University.

Sehon Williams was born in Columbia, Mo., in July of 1922, went to Douglas High School and attended Lincoln University. During his sophomore year at Lincoln, Williams was drafted into the U.S. Army and is one of the last living Buffalo Soldiers. Upon leaving the Army, Sehon worked at Dorn Coney Laundry and at the United States Post Office. Since retiring in 1988, Williams has driven for Meals on Wheels and is a member of St. Paul AME Church and of the Paula J. Carter Foundation at Lincoln University Cooperative Extension.

October 25 — Outstanding Missouri Women

Missouri has been the home of many outstanding African-American women. Lincoln University of Missouri has a unique history in that four of these women were associated with this school.

Instructors: Josephine Silone Yates, was the first female African-American teacher at Lincoln Institute in 1879 and one of the — if not the — first black women to head a college science department. Yvonne Wilson, Rita Days and Maida Coleman served in the Missouri House and Senate together after graduating from Lincoln. They accomplished many other worthy distinctions as they served in many other capacities. They made a difference.

Elizabeth Briscoe Wilson. See bio on the left.

November 1 — NAACP: The Importance of Civil and Social Advocacy

This course explores how the Columbia NAACP builds social and community empowerment — the seed that must grow to help the community progress as we want it to. The Columbia NAACP promotes empowerment through training opportunities, ban the box legislation and workplace negotiations. Criminal justice is often tied directly to social injustice. It is the responsibility of the NAACP to ensure and advocate for the civil and social justice for all citizens in their workplace, family setting, community and country. Course participants will also discuss reactions to the NAACP’s March from Ferguson in the fall of 2014 and the 134-mile trek on foot from Ferguson, Mo., to Jefferson City.

Instructors: Mary Ratliff is a graduate of the Columbia School of Nursing and studied at Harvard Business School. Mary worked as an operating room instructor at Boone Hospital Center and also helped open the Harry S. Truman Memorial Veterans’ Hospital operating room, later serving as a patient representative in the hospital director’s office until retiring. Since 1980, Ratliff has been president of the Columbia NAACP and served on the NAACP National Board of Directors for 12 years, receiving many awards for her service to the organization and community. She also co-led the march from Ferguson to the state Capitol in Jefferson City in November 2014 to protest the killing of Michael Brown.

A life-long Columbian, Pamela Hardin is first vice president of the Columbia NAACP, planning successful voter registration campaigns. She is a recipient of the NAACP Roy Wilkins Award for Outstanding Community Service. Hardin also has worked for the Missouri Division of Youth Services as a youth specialist for 14- to 17-year-old offenders and in the Department of Mental Health. She attended Stephens College, majoring in fashion design and merchandising, with a minor in business. She also attended Central Missouri State University in business administration. Hardin also is a master barber and stylist who owns her own business and is a part-time water aerobics instructor for the City of Columbia.
**Introduction to Energy Medicine [6 SESSIONS]**

9:30–11 a.m., Moss A  
September 14, 21, 28, October 5, 12, 19

A Western-trained physician meets the healing traditions of the East, focusing on how to increase longevity, happiness and zest for life. This interactive course is about more than diet and exercise to keep you fit and your mind sharp. We will reconnect body, mind and spirit in each session through gentle stretching, energy techniques and stress relaxation exercises. The course also explores the healing power of sound and creativity and easy ways to tap into higher levels of consciousness to reach the peace and joy that are your birthright. This beginning course gives participants the background to take the advanced course offered in spring.

**Instructor:** Karen R. Onofrio, MD, an artist and former pathologist, continues to deepen her knowledge and understanding of the human body and spirit. She is an Eden Energy Medicine certified practitioner, Authorized Energy Medicine for Women class instructor, Usui Reiki Level 1 Certified, a Free Soul instructor and a HealthRhythms trained facilitator. She has recently taken Wisdom Healing Qigong classes from Master Mingtong Gu.

**Enrollment is limited to 35 students.**

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**Travels with Sharon [8 SESSIONS]**

10 a.m.–12 p.m., Moss B  
September 14, 21, 28, October 5, 12, 19, 26, November 2

**September 14 and 21 — The Stans of Central Asia**

Journey into Central Asia's heartland and uncover the rich legacy of the Silk Road. Discover Turkmenistan's unique white-marbled capital of Ashgabat. Tour Uzbekistan's ancient reconstructed cities where the four Ms — mosques, minarets, madrassahs and mausoleums — dominate the stunning scenery; and where hospitality reigns supreme. Cross the mountains into Tajikistan, venture into bazaars that drew ancient caravans and jam with local musicians on antique instruments.

**September 28 and October 5 — Rome, Tuscany, the Alps and the Riviera**

Ruins of the Roman Forum in summer, Rome, Italy. The Roman Forum is the remains of architecture of the Roman Empire and is one of the main tourist attractions of Rome.

One of the miracles of Italy is that a relatively small country contains such a wealth of stunning scenery and beautiful cities. Starting in Rome, we'll visit the ancient monuments of the vast Roman Empire standing side-by-side with the wonders of the Renaissance and Vatican City. Traveling through Tuscany, we'll discover Orvieto's ancient charms and Florence's Renaissance treasures. With brief stops in Siena and Pisa, we'll arrive in the Italian Riviera including the rugged hillside villages of the Cinque Terre. Then we'll travel high into South Tyrol to Bolzano, surrounded by the dramatic peaks of the Dolomites. In Venice, we'll vicariously visit famed cathedrals, meander through narrow side streets, ride on the canals, attend concerts and buy Murano glass jewelry.
October 12 and 19 — The Best of Eastern Europe

This provocative tour starts in Berlin with a focus on the city’s reconstruction since World War II and the impact of the Berlin Wall, with a stop in Potsdam for a review of the decisions made there. In Poland, we will relive the destruction of Warsaw, its Russian occupation and its rebirth since independence. Krakow and its Old Town dating to Medieval times was the chosen city of the Germans and sustained no bombing during World War II. The cathedral in the Wieliczka salt mines and the UNESCO Heritage site at Auschwitz/Birkenau are heart-wrenching. We briefly visit the highlights of Prague and Budapest, ending with an evening cruise on the Danube River.

October 26 — Martin Luther: Treasures of the Reformation Exhibition

Virtually tour the “Martin Luther: Treasures of the Reformation” exhibition at the Minneapolis Institute of Art through a Power Point presentation with slides and commentary about most of the 400-plus artifacts on display. As the exhibition overview notes: “Five hundred years ago, one man took a stand that shook Europe and changed the world. Now you can see the story of Martin Luther and the Reformation brought to life through astonishing artworks and historical objects, traveling outside Germany for the first time ever.”

November 2 — Class choice TBD

Instructor: World traveler Sharon Kinden has visited 75 countries and all seven continents. Whether you want to travel vicariously, investigate interesting future destinations or relive fond memories of your own past adventures, you will enjoy “Travels With Sharon” told through stunning photography and rousing tales.

Mah-Jongg [8 SESSIONS]

10–11:30 a.m., Hillcrest D
September 14, 28, October 5, 12, 19, 26, November 2, 9

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 United States in 1920, with English translations provided on the tiles. In the late 1920s, its popularity waned but 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. There will be 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.

A set of Mah-jongg tiles.
Vignettes in Mathematics [8 SESSIONS]
10:30 a.m.–12 p.m., Hillcrest C
September 14, 21, 28, October 5, 12, 19, 26, November 2

Using “Professor Stewart’s Cabinet of Mathematical Curiosities” by Ian Stewart, we will ponder pieces of insightful mathematics, including CAT scans, infinity, unsolved problems, Bayes’ idea, Magic Squares and more. Prerequisite: Arithmetic and a long forgotten smattering of ninth-grade algebra.

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

Bookends: Exploring Systemic Injustice and Its Everyday Effects [6 SESSIONS]
1:30–3 p.m., Moss A
September 21, 28, October 5, 12, 19, 26

This dialogue-based program will use two books, “The New Jim Crow” by Michelle Alexander and “World on Fire” by Amy Chua, to explore systemic injustice and how inequities in our social structures affect individuals, families, communities and our democracy. Facilitated small-group dialogue will be integrated into these sessions, using structured formats designed to promote listening and civil interaction among participants.

September 21 — What Is Systemic Injustice? Concepts and Definitions
This session starts with an overview of the concept of systemic injustice and how it relates to the themes and conclusions of each book. We will review dialogue basics and use a small-group dialogue to explore this issue. Come listen, share and learn with and from others in your community.

September 28 and October 5 — The New Jim Crow: Considering The Every Day Effects of Political and Racial Injustice
These sessions will review stories and statistics in “The New Jim Crow,” as well as statistics from our own state and community. We will explore participants’ thoughts and experiences in the “listening circle” format for structured small-group dialogues.

October 12 and 19 — World On Fire: Considering the Every Day Effects of Economic and Political Injustice
Drawing from the examples and research in “World On Fire,” these sessions will use the “Conversation Cafe” format to explore the book’s conclusions and thoughts on how they relate to our world today.

October 26 — It’s Systemic! What Can Just One Citizen Do?
Using a “World Cafe” format to generate ideas for how individuals might make a difference, this session will review the role of the citizen in remedying systemic injustice and the use of dialogue and available resources.

Instructor: Sarah J. Read has more than 25 years as an attorney, mediator, facilitator and consultant in conflict resolution processes working with businesses, nonprofits, community groups, educational institutions and governmental organizations. She has helped to resolve business and community disputes and to design and facilitate dialogues on energy and other issues. A neutral with the American Arbitration Association, Read has served on the Missouri Supreme Court Commission on Alternative Dispute Resolution and received the President’s Award from the Association of Missouri Mediators. She worked with the Kettering Foundation and Columbia Daily Tribune in developing the “Are We An Us?” community dialogue guide. She runs a blog and has published several e-books on dialogue and has taught public policy dispute resolution at the MU School of Law. Read received her Bachelor of Arts cum laude from Yale University and her Juris Doctor degree with the Order of the Coif from the University of Wisconsin. She practiced for many years in Chicago with Sidley Austin LLP.
Films of the 1960s [5 SESSIONS]
1:30–3:30 p.m., Moss B
October 12, 19, 26, November 2, 9

This course covers the art of filmmaking and the film industry as a reflection of popular audience values and social ideologies. All opinions and value judgments are encouraged. The choices of the films are all mine, and sniveling about the choices will not be allowed.

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

The Vulnerable Long-Distance Migration of the Monarch Butterfly [2 SESSIONS]
1:30–3 p.m., Moss A
November 2, 9

The Monarch butterfly, Danaus plexippus, is the best known butterfly in North America because of its annual long-distance migration. In the summer, Monarchs can be seen in open habitat from southern Canada southward. In the fall, they migrate to overwinter in Mexico. In spring, they begin their migration north, with females laying eggs on milkweed plants, the only host plant for the Monarch caterpillar. Remarkably, Monarchs that return to the overwintering sites in the fall are a few generations removed from the butterflies that left those sites in the spring. This migration is under threat; the Monarch population is in decline. This course will consider the reasons for this threat — mainly due to the loss of the butterfly’s caterpillar and adult habitat — and ways to increase its population through programs like Monarch Watch and Monarch Way Station.

Instructor: G. Michael Chippendale is a professor emeritus of entomology at the University of Missouri’s College of Agriculture, Food and Natural Resources. He received his Bachelor of Science degree from Manchester University, England; his...
**Potpourri of the Arts** [8 SESSIONS]

9:30–11 a.m., Moss A  
September 15, 22, 29, October 6, 13, 20, 27, November 3  

**Coordinator:** Carolyn Dye

**September 15 — Stephens College School of Performing Arts: Celebrating 70 Years of Theater**

Staff and guests from the Stephens College School of Performing Arts will share an overview of the 2017–18 season, with a special focus on the Playhouse Theatre Company, celebrating its 70th season.

**Instructor:** Ruth Ann Burke, a proud Stephens alumna, is the business manager for the School of Performing Arts, as well as the executive director of the Okoboji Summer Theatre in Spirit Lake, Iowa, which celebrates its 60th year in 2017. Other faculty and/or guest artists will join Burke to share details about the Playhouse, Warehouse Theatre and dance and music productions at Stephens this year.

**September 22 — “Practicing Democracy,” An Original Two-Act Play**

David Webber will discuss his original two-act play, “Practicing Democracy,” that is being performed at 7:30 p.m., September 21-24 and at 2 p.m. September 25 at the United Methodist Church in Columbia, Mo. Directed by Bryon Scott and sponsored by the League of Women Voters of Columbia-Boone County, the play follows two ambitious young candidates aspiring to the state legislature who meet an elder statesman intent on restoring democracy. The mix of campaign practices and information technology provide challenges and opportunities affecting the election result. The inspiration for the play came in 1999 when Webber observed university students working on opposite sides of a campaign — each with a personal stake in the outcome and confident in their campaign skills.

**Instructor:** David Webber joined the MU Political Science Department in 1986, specializing in American public policy and politics. He wrote his dissertation on state legislatures at Indiana University in 1983. In addition to academic publications, he has written regular opinion columns for the Columbia Tribune and Missouiran. His first play, “A Night at the Shelter,” was performed in Columbia in November 2015. During his 35-year political science career, he has enjoyed and been challenged by conversations with hundreds of legislators, thousands of students and citizens and about a dozen Mr. Adams. He has come to appreciate the challenges of running a democracy.

**September 29 — Enchanting Harp**

Have you ever heard the harp at a symphony performance and wanted to hear more of this beautiful instrument? Then come and hear concert harpist Maria Duhova Trevor play a half hour concert followed by a lecture on the history of the harp and Q-and-A session. Duhova Trevor plays everything from classical though Celtic, movie scores, musicals, therapeutic and sacred music. Don't miss an opportunity to hear this angelic instrument played up close and learn about the workings of its 47 strings and seven pedals.

**Instructor:** Maria Duhova Trevor is the principal harpist of the Missouri and Springfield Symphony orchestras and adjunct instructor of harp at the University of Missouri and Truman State University. Prior to coming to the United States from Slovakia, she was principal harpist of the Bohuslav Martinu Philharmonic in the Czech Republic and a featured recitalist at the Seventh World Harp Congress in 1999, the same year she was appointed to the harp position at the Slovak National Opera. A featured soloist and regular chamber music performer, she has collaborated with many artists, including Art Garfunkel, Johnny Mathis, Eileen...
Ivers, Jennifer Holliday and the Texas Tenors. She has provided wedding music for more than 150 couples and performed for many special events and service groups. In 2011, she initiated monthly Harp and Healing services at the Broadway Christian Church, music that is included in an album, “Healing Harp.” She has been working on a second recording and new projects with group harp ensembles, as well as taking the harp into unexpected locations. Duhova Trevor lives in Columbia, Mo., with her husband, conductor Kirk Trevor, and their three children. To learn more, please visit www.mariaharp.com.

October 6 — Fiction as a Change Agent

From campfire stories to the latest novels, fiction has served as a change agent. One of the most influential books in American history was Harriet Beecher Stowe's “Uncle Tom's Cabin.” Few other writers have succeeded so well in telling tales that initiate major movements. Today, many writers build an awareness of social problems by integrating them into their story lines. Author Carolyn Mulford names some of the most influential novels of the 19th and 20th centuries, gives examples of novels advocating change or raising awareness and describes how she incorporates such problems as elder abuse and domestic violence into her Show Me mystery series.

Instructor: Carolyn Mulford worked on four continents as a nonfiction writer and editor before turning to fiction. Her award-winning Show Me series features a former CIA covert operative who returns to rural Missouri and adapts her tradecraft to solve crimes with old friends and a K-9 dropout. In “Show Me the Sinister Snowman,” the fifth book, a blizzard traps her in an isolated antebellum mansion with an abusive husband outside and an unknown killer inside. Mulford also has written two Middle Grade/Young Adult (MG/YA) novels, “The Feedsack Dress” and “Thunder Beneath My Feet.” To read the first chapters, go to http://CarolynMulford.com.

October 13 — Songs, Humor and Science

This session focuses on finding humor in and forming songs around scientific topics. Since music and humor are doorways into learning and memory, they can help foster a life-long interest in science in the increasingly technical world we live in. Jeff Moran (Dr. Chordate) will perform a few of his original songs and humor, but he also encourages people to come with ideas about scientific topics that might be good for a composition or two. If time permits, participants might even generate a new song for future performance.

Instructor: Jeff Moran (Dr. Chordate) started as a theater major but ended up with a PhD in zoology from the University of Arkansas. He taught biology, biochemistry, anatomy and physiology at several colleges and universities, as well as doing research on snake and spider venoms, red blood cell metabolism and liver function. He has also written about 175 songs, including “Fifty Ways to Love Your Liver” and “The Turkey Vulture Song.” He has presented about the use of humor and music in science education from the Smithsonian Institution to Cooper's Landing. He lives with his wife, a wildlife biologist, on 20 acres in central Missouri that they have mostly converted to native prairie.

October 20 — Watercolor and Colored Pencil Painting

Artist I. Lynn Garriott Porter will give a brief talk on her journey in watercolor and colored pencil painting, as well as provide a demonstration on the watercolor pencil medium with time for questions and answers after. Porter has had two paintings published in Colored Pencil books and will have these paintings and some of her other art on display. If time allows, she will encourage participants to try using the watercolor pencils and paper she will have on hand.
**Instructor:** I. Lynn Garriott Porter was born in Fulton, Mo., and grew up living in the country and loving the beauty of her surroundings. Art was her first love, and watercolor was her first medium of choice. Later, she discovered colored pencil and gained a new love. She has found that watercolor pencil gives her the pleasure of both mediums in one. Her work has been exhibited in many shows, galleries, hospitals, businesses and competitions throughout Missouri. She is the assistant director and board member at Art House in Fulton; a member of the Colored Pencil Society of America, National Watercolor Society and Missouri Water Color Society; and a Juried Best of Missouri Hands Artist. She was the profiled artist in Ann Kullberg’s February 2008 colored pencil e-zine, “From My Perspective”; has one of her watercolor pencil paintings in Kullberg’s most recent book, “Colored Pencil Secrets to Success”; and a colored pencil pet portrait in “Colored Pencil Cats & Dogs.” Porter worked full-time in the medical field, doing artwork primarily on commission. She still does commissioned work and teaches art classes. Art House in Fulton, Capitol Arts Gallery in Jefferson City and the Columbia Art League show her most recent work.

**October 27 — The Piano and Me: An Aspiring Lounge Lizard**

This presentation is designed to help the student appreciate the complexity and beauty of music. Fundamentals of harmonics, chording, voicing and piano styles will be discussed and presented, focusing on selected harmonies and personal keyboard improvisation. In improv, no two players are alike.

**Instructor:** Michael Porter writes, “I am not a professional piano player, although the Water Mitty [in me] wishes that I were. I have played pianos in some great spots: hotel lobbies, garages in Wisconsin, MU Alumni Center, presidents’ homes, conventions, conferences; I’ve led sing-alongs at retirement centers, and played for the MURA [Missouri University Retirees Association] gatherings.”

**November 3 — Artist in Residence from Access Arts**

School of Service began in 1971 and has since evolved into the thriving Access Arts program. Its mission is to provide creative learning experiences for everyone. The program offers instruction in various art media, with an emphasis on serving underserved audiences. From the beginner to the advanced artist, all are welcome in our studios. Learn more at http://schoolofservice.org.

**Instructor:** Shawna Johnson is the director of Access Arts.

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**Friday Afternoon Film Festival**

*Each Friday during the semester*

Films begin at 1:30 p.m., Moss A

Sept. 15, 22, 29, Oct. 6, 13, 20, Nov. 3 [No film Oct. 27]

Quality films are followed by genuinely interesting discussions. Films are announced weekly via email and on the Facebook page for Osher@Mizzou. All classes will be at the same location. If you wish to be kept informed about the weekly films, include your email address when you register for a course. If your email address changes, be sure to update us. The Friday Afternoon Film Festival is now open only to Osher members and guests of premium Osher members.
The Brown Bag Seminar Series

FRIDAYS: 11:15 a.m.–12:45 p.m., Moss A
September 15, 22, 29, October 6, 13, 20, November 3 [7 SESSIONS]

Weekly seminar topics are listed below. Additional sessions may be scheduled and announced via email updates. Brown Bag Seminars are open to all Osher premium, semester and basic members throughout the academic year. Feel free to bring your lunch.

Coordinator: Carolyn Dye

**September 15 — “The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing”**

Lib Couper will lead an interactive discussion of Marie Kondo’s book, “The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing.” Pre-reading this book is essential to the success of this session.

**Instructor:** Elizabeth “Lib” Couper is a 35-year resident of Columbia, Mo.; a Mizzou graduate school alumna; a former teacher in the gifted and talented program for the Columbia Public Schools; and a wife and mother. All of her roles have caused her to collect a lot of possessions that she needs to jettison. Join Couper for this class that participants and instructor alike may need.

**September 22 — The Big Muddy National Fish and Wildlife Refuge: A Work in Progress**

The Big Muddy National Fish and Wildlife Refuge provides a unique perspective of wildlife habitat management along the lower Missouri River. Drastically changed from its historic meandering channels, the river hosts a fraction of the diverse wildlife habitat before channelization. Learn how this refuge — managed by the U.S. Fish and Wildlife Service working with partners and willing sellers — strives to return the habitat to a highly altered floodplain rich in natural and cultural history.

**Instructor:** Tim Haller is the visitor services manager for the Big Muddy National Fish and Wildlife Refuge. Born and raised in Jefferson City, Mo., Haller has worked on rivers across the country from Alaska to Oregon. He is proud to return to his home state to work on one of our nation’s greatest river systems.

**September 29 — Growing Up in a Land Called Honalee: The Sixties in the Lives of American Children**

Because the preadolescent years are the most formative, according to child development researchers, professor Joel P. Rhodes focuses on the cohort born between 1956 and 1970. Though never quantitatively defined as a generation, this cohort’s preadolescent world was quite distinct from that of the “baby boomers.” Rhodes examines how this group understood the historical forces of the 1960s as children, and how they made meaning of these forces based on their developmental age. He is concerned not only with the immediate imprint of the 1960s on their young lives, but with how their perspective on the era has influenced them as adults.

**Instructor:** Joel P. Rhodes is a professor in the History Department of Southeast Missouri State University. He is the author of several books, including a new paperback edition of “A Missouri Railroad Pioneer: The Life of Louis Houck” and “The Voice of Violence: Performative Violence as Protest in the Vietnam Era.” He lives in Cape Girardeau, Mo.

**October 6 — What’s Super About Superfoods**

There is a new day dawning on the world of nutrition. More and more people are opening up to organic food and natural health. A critical mass of consumers are shifting purchasing power toward organic products. They are looking for the healthiest foods possible. Among these
nutrient-dense foods are superfoods that have multiple unique properties. This class will explore superfoods in general and several in particular. There will be some delicious snacks provided.

Instructor: Jane W. Smith has been a student of nutrition and healthy living all of her adult life. After raising children and more than 20 years as a hospital chaplain, she now owns Abundant Raw Life where she provides health coaching programs and raw food preparation classes to people seeking healing from illnesses and overall improved wellness and vitality. Smith emphasizes that the same diet may not be for everyone, works with many situations and health challenges and believes that everyone can benefit from introducing more raw fruits, vegetables, nuts and seeds into their eating plans.

October 13 — Change on the U.S. Supreme Court: the 2016-2017 Term and the Arrival of a New Justice

The class will look at the most important decisions of the U.S. Supreme Court’s most recent term, assess the impact of its operating short-handed with only eight justices, evaluate the contributions of President Trump’s appointee Justice Neil Gorsuch in the last two-plus months of the term and consider the nature of the Supreme Court appointment process.

Instructor: William B. Fisch, professor emeritus of law at the University of Missouri, has been a member of the law faculty since 1970. Before coming to MU, he practiced law in Chicago with Kirkland & Ellis and served on the law faculty of the University of North Dakota. He retired emeritus in January 2003 and continued to teach as adjunct faculty until 2012. Fisch has published widely in the fields of American and comparative civil procedure, professional responsibility and constitutional law.

October 20 — Central Missouri Humane Society Programs and Services

This 30-minute Power Point presentation highlights the programs and services that the Central Missouri Humane Society offers and the impact the program makes in the community.

Instructor: Sue Worsowicz is the community relations coordinator for the Central Missouri Humane Society. She gives presentations to groups and service organizations highlighting the programs and services the agency offers and its impact in the community. She also teaches the iPads and iPhones class at Osher. Worsowicz has a degree in civil engineering and enjoys all kinds of technology and activities that involve teaching and helping others.
November 3 — Outlook and Opportunities:  
Separate the Signal from the Noise

This course explores the economy and its outlook, current market trends, strategies to prepare for volatility and improving your balance.

Instructor: J R Lawless began his career as an Edward Jones financial advisor in Versailles, Mo., moving to the firm’s Columbia, Mo., offices in 2005. As regional leader since 2012, he is responsible for more than 40 branch teams throughout west central Missouri. He was named a principal with the firm in 2016. He and his staff were recognized for client service excellence and attended the 2010 Drucker Conference. A native of Marshall, Mo., Lawless graduated from the United States Air Force Academy in Colorado Springs, Colo., and earned an MBA in finance and entrepreneurship from the Olin School of Business at Washington University in St. Louis. He also holds Certified Financial Planner™ and Accredited Asset Management Specialist™ designations. Before joining Edward Jones, Lawless was a captain in the U.S. Air Force and deputy program manager for the Korean F-16 Fighter Program. Lawless is a member of Columbia Rotary South and Mid-Missouri Chapter of the Retired Military Officers Association. He also served on the MOST-Missouri’s 529 College Savings Plan Board.
SPECIAL EVENTS: EXTRAMURAL

Travel Club

Every second Wednesday, 2 p.m.
Waters House (2104 Hillcrest Dr.)

The Travel Club, originally an Osher@Mizzou class, is an open forum and agenda for sharing travel tips, tales, opportunities, photos, destinations and deals. We’ve had presentations on extended living in a foreign country, purchasing the right camera and the merits of traveling alone or in a group. If any of this sounds enticing, join the Travel Club at their monthly meetings. Please share your email address with sharonkinden@yahoo.com and she’ll add you to the mailing list for reminders and minutes of the topics and web resources discussed. Anyone can become a Travel Club member for $40 for the entire year; this membership entitles Travel Club members to enjoy all the benefits of a basic Osher membership. All other Osher members may attend Travel Club meetings at no charge.

El Club de Español

Thursdays, 2–4:30 p.m.
Hillcrest C

This Spanish club is for participants who have studied the present and the preterite tenses in Spanish. Osher members at any level may attend at no charge. For all others, the Parks and Recreation charge for using the room is $25 per person for the entire year. Call Judy Elliott at 573-445-3194 if you plan to participate in El Club de Español.
SPECIAL EVENTS: EXTRAMURAL continued

Osher Saturday Morning Book Talks

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

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

Sept. 9
“The Mindfulness-based Eating Solution” (2016)
by Dr. Lynn Rossy
Sponsor: Main Squeeze

In our second book on mindfulness this year, our September
Osher book talk turns our attention to the critical problem
of America’s seemingly insatiable hunger for more food.
Rossy gives attention to ‘emotional eating [which] can spiral
out of control.’ This book has a strategy with a keystone
being ‘diets don’t work,’ or work for very long. The basic
issues that she will discuss are things that most of us
would quietly acknowledge … but the book provides doable
strategies that we can handle. A premise in her work is that
‘mindfulness’ can be appreciated. She exhorts (and shows
how) people to get off the ‘automatic pilot’ that shapes not
only eating habits, but life style as well.

Oct. 7
“Setting Free the Kites” (2017) by Author Alex George
Sponsors: Carol and Greg Busacker

Alex George gave the Saturday Morning Book Talks one of
its best sessions ever when he spoke of his novel A Good
American in 2012. That novel continues to be a major
volume in gaining a sense of immigrants and the difficult
settlement demanded by 19th century Missouri. In recent
months, George is probably better known for the creative
and effective work he has done in founding the Unbound
Book Fest that first occurred in 2016 and had ‘Chapter Two’
this past April. Setting Free the Kites is a tight and powerful
story about two teenage boys whose friendship seems
rather unlikely, but provides enormous strength for each.
Instead of decades being covered, as in A Good American,
Kites looks in depth at two summers as life issues come
racing at these boys in their growing up in Maine. Themes
of hope, family complexity and romance all give energy to
this new Alex George novel.

Nov. 4
Writing Under Stress with Author/Speaker
Steve Weinberg
Sponsor: Anne Graver Edwards

Steve Weinberg is a major investigative journalist who
brings a special perspective to the Osher Book Talks. For
only the second time has an author spoken to the group
without the benefit of a ‘hot off the press’ book to discuss.
Steve spoke to us in August two years ago when he was
moving toward the end of his research into a book on
Garry Trudeau’s Doonesbury book. On the way to that
conclusion and the publication of a very promising work,
Steve suffered a stroke. He has now been keenly focused
(along with vital help from wife Scherrie) on recovering his
full capacity for writing, living full well and even driving
since the stroke. Because of his evocative and illustrative
language, I have asked him to come to talk with us about
“writing under stress.”

Dec. 2
“Fiddler’s Dream” (2017) by Howard Marshall
(with Musicians Dale Pauley, Russ Ravert and
Kathy Gordon)
Sponsor: University of Missouri Press

Our presenters will conduct a program made famous by
legendary fiddler Dale Pauley. Dr. Marshall is a long-time
fiddler, but also a scholar of the many ways in which the
fiddle has played a creative and community role in Missouri
for decades and decades. He will play, but he also will
be joined by Dale Pauley, Kathy Gordon and Russ Ravert.
This year-ending Osher Saturday Morning Book Talk will
also serve as a thanks to Columbia Parks and Recreation
and Osher@Mizzou for two good years of support and
development of the literary voice of mid-Missouri.
Celebrating the Best of the Human Mind

The life and spirit of Sally Silvers’ beloved Robert will be celebrated in perpetuity with a generous endowment to the Osher program. She created the Robert G. Silvers Memorial Seminar Series: Celebrating the Best of the Human Mind to commemorate Robert’s wondrous intelligence and humanity. The Osher Lifelong Learning Institute at the University of Missouri presents the eighth 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 eight 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
A Clear-Eyed Approach

Oct. 27, 1 p.m.
Moss A

The need for a kitchen and a bathroom requires no explanation. However, the need for a clear-eyed approach as to how these rooms best function, and your response to that function, is another matter. Whether you are planning to design from scratch, remodel or simply rethink existing spaces, you will do better with “a clear-eyed approach.” Join us at the Robert G. Silvers Memorial gathering where Ian Kirby will deliver your personal prescription of eye drops.

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

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

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

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

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

Columbia Parks and Recreation 50+ welcomes Osher members to an exciting new fall semester at Waters-Moss Memorial Wildlife Area, Hillcrest Community Center, Moss Building and Waters House!

We hope you have taken advantage of the added benefits offered this Osher academic year (September 2016 through June 2017) that included a 2016 Parks and Recreation Waters-Moss/Hillcrest 50+ membership as well. 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, Adult Coloring Group 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.

50+ travel opportunities

Hop on board the bus and join Columbia Parks and Recreation for fun and relaxation. Day trip information is listed below. Additional trips may be announced as well. Travel is always an adventure that enriches your life.

50+ Tours

Escorted day and overnight trips onboard White Knight charter coaches. Trip costs will vary depending on length and included activities. Quality and pacing are important to the planning of our trips.

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.

At the time this catalog goes to print, trips you may want to know about are still in the planning stages, so please check with the Hillcrest front desk at 573-874-7475 for the most up-to-date details.

Oct 10-13 — Mount Magazine, the highest mountain in Arkansas — with sweeping vistas of broad river valleys, deep canyons and distant mountainins — is a true marvel to see in its fall glory. We will stay at the Lodge of Mount Magazine that has undergone amazing renovations in 2016.

The New Theatre Restaurant in Overland Park, KS begins their 26th season at the same location and we attend all 5 shows. The surroundings are unique, the food buffet is fresh and tasty, and the entertainers are true professionals. Shows include:

Oct 4 — Driving Miss Daisy starring Michael Learned (The Waltons) and Reginald VelJohnson (Family Matters)

Dec 6 — Funny Money starring Jim O’Heir (Parks & Rec) and local star, Deb Bluford (This date may turn into an overnight Holiday trip to Kansas City.)

Mar 28, 2018 — Barefoot in the Park starring Cindy Williams and Eddie Mekka (Laverne & Shirley)

Jun 6, 2018 — Sister Act (with an all star cast)

Sep 19, 2018 — Mamma Mia! (with an all star cast)

Activities and meeting space

The Moss Building is available for weekend rentals and some mid-week dates on a limited basis. With space for 150 people, this is a great place for meetings, birthdays, graduations, wedding receptions, reunions and other events. At $35 an hour (with a two hour minimum plus a refundable deposit), the Moss Building is an affordable and versatile space for your next gathering.

Contact Parks and Recreation at 573-874-7460 for information.
Please consider an investment in the future of Osher@Mizzou

The Osher Development Committee has been busy this year, working on behalf of our membership to help secure the immediate future of Osher, where curiosity never retires.

Please consider making a tax-deductible donation in support of Osher’s mission. It’s easy — full instructions are listed in the orange box on page 42.

Special thanks go to our newly-minted Founding Members of the Osher Advocates (individuals who’ve donated $1,000+) and the Friends of Osher ($10 to $999).

Why should you consider supporting Osher@Mizzou?

- Donations help our organization better serve its membership and keep fees affordable.
- Membership and class fees make up less than 40% of Osher’s annual operating budget. The rest is made up from individual donations, grants and support from the Osher Foundation and the University of Missouri.
- Your support will help solidify the future of Osher’s programming and mission.

Founding Members - Osher Advocates

The following individuals/couples have each pledged $1,000, to be paid by the end of this calendar year, in support of Osher’s mission. Please consider joining this groundbreaking crew – simply contact Osher’s staff and fill out a pledge form. (Pledges received after May 31, 2017, will be included in the Winter catalog.)

Wayne Anderson, Ph.D., Professor Emeritus
Don and Joan Bay
Thomas and Barbara Bender
John and Patti Blakemore
Emily Bonwich
Ron and Judy Carter
Robert and Barbara Churchill
Thomas Dillingham and Judith Clark
Patti Doyle
Carolyn Dye
William B. Fisch
Lawrence M. and Aileen R. Garvin
Beverly Giangiacomo
Anne Gifford
Robert Hibbs
Ken and Pat Hutchinson
Jason Ingram and Dr. Kimetha Fairchild
Beverly Kabrick
Don and Linda Ladd
Martha Matthews

Carol A. McAllister
Ruth Miluski
Georgia Morehouse
Stephen and Joan Mudrick
Jerry Murrell
Von and Joyce Pittman
Michael and Rose Porter
Neil and Lynanne Riley
Kit and Cathy Salter
Sally Silvers
Beverly Smull
Lindalee Stahlman Volmert
Gary and Beth Stangler
Marcia Walker
Paul Wallace and Robin Remington
George and Helen Washburn
Jack Wax
Nan Wolf
Anonymous
Anonymous, in honor of Helen Washburn
FRIENDS OF OSHER

FY17 July 2016–May 2017

We thank these Friends of Osher for providing extra support through monetary contributions to Osher@Mizzou. (Contributions received after May 31, 2017, will be acknowledged in the Winter Catalog.)

Ed and Willa Adelstein  Robert and Jane Ginter  John and Joni O’Connor
Ann Ballin  Olive Graham  Jim and Jill Orr
Sandra Basu  Jean Gurucharri  John Parker
Priscilla Bevins  Elizabeth Ham  Diane Peckham
Jane Biers  Joanne Heisler  Claude and Lena Pecquet
Robert and Cokie Blake  Marjory Hicks  Laura Perez-Mesa
Diane Booth  Perk and Marilyn Hoecker  Patricia and John Purves
Gary Bridgewater  George and Victoria Hubbell  Donna Reed
Gregory Brown  Chris Janku  Karen Ridge
Jean and Merle Buck  Sharon Keitel  Candida Rogers
Carol Busacker  Judy Kelly  Lynn Rossy
Deborah Byrd  Sharon Kinden  Lucille Salerno
Jim and Anne Campbell  Kaye King  Don Schilling
Yolanda Cioilli  Evelyn Lansche  Sarah Seat
Gary Coles  Gail Luce  Jeanne Sebaugh
Marcia and Roger Dawdy  Stephen Matthews  Valerie Shaw
Dorinda Derow  Kathy McCluggage  Jill Sigler
Anne Edwards  Patricia and Peter McDonald  Karen Swope
John Farr  Jack and Terry Meinzenbach  Gary Tatlow
Barbara Favazza  Wayne and Pat Merrill  Peggy Todd
Grace Feutz  Steve and Sharon Millikan  Jim and Kathy Tunink
Janice Gaston  Elizabeth Ann Morgan  Linda Jo Turner
Cindy Ann Gergen  Bob and Bonnie Mullen  Lael Von Holt
Joseph and Jessica Giacchi  Margaret Niemeyer  Steven Wiegenstein
Don and Sharon Ginsburg
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 $1,000 level to join the Osher Advocates.
- Select a fund: Gifts to the General Fund help support Osher’s immediate needs, while contributions to the Osher Endowment look to the future.
- Give online. Online giving generally takes less than five minutes. Go to 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 Extension’ to Osher@Mizzou, University of Missouri, 344 Hearnes Center, Columbia, MO 65211. In the MEMO field, please indicate that your gift is for Osher’s Gift Fund or Endowment Fund. 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.

MEET AN OSHER DONOR

Osher member Ruth Miluski decided earlier in the year to join the Founders group of the Osher Advocates. We sat down with Ruth to find out what she values most about lifelong learning.

How long have you been associated with Osher?
Since its beginning, at Lenoir Community Center – even back that far!

What value does Osher bring to your life?
You can have a singular learning experience, but there’s something different about a community of learners. Walking into a classroom of eager students gives me something that I don’t get through reading a book. It’s like a fine meal served at a dinner party; the host puts in a great deal of preparation, and then the conversation makes it magical.

What do you enjoy most about being a student at Osher?
I enjoy the discipline of coming to class on time and doing the assignments. As a retired person, without many demands, discipline is something new. Also, the Osher community is inspiring and the staff is wonderful.

Can you please share a favorite moment/experience at Osher?
When I was still working, I took Kit Salter’s class on the sense of place. My pattern for learning prior to that was to either read a book or look inward. I learned that you must pay attention and look and see out. It changed me a great deal, and I’m a keen observer of nature now – when I walk around I’m much more observant.

What else do you think Osher participants might want to know about you?
I love stories of people, what they enjoy doing. What is your story? What’s your ‘ordinary?’ I think the ordinary can be spectacular.
Please fill out enrollment form completely.

Name: ___________________________________________  
Address: _________________________________________  
City: ______________________________________________  
State: ___________________  ZIP code: ____________  
Daytime phone: ____________________________________  
Alt. phone: ________________________________________  
Email: _____________________________________________

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

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

Membership

Decide your preferred membership enrollment status and determine your fees:

MEMBERSHIP TYPE  TOTAL

- Basic — $40  I am only interested in clubs and Brown Bag Seminars for the complete school year.  
  (This does not include attending any courses).  $ __________

- Premium — $240  I want to register for any and all courses for the complete school year for one price ($240 for the fall plus $10 re-registration for each winter, spring or summer term I attend courses).  $ __________

- Semester — $20 enrollment fee plus course fees  
  I prefer to pay separately for each course I select.  $ __________

  PLUS

  Total A — (from next page) for the total course fees for individual courses in which I am enrolling.  $ __________

  PLUS

  Total B — (from next page) for the total course fees for single sessions in which I am enrolling.  $ __________

- Non-member  I only want to take individual sessions of a series.  (This does not include any member benefits.)

  Total E — (from next page) for the total course fees for single sessions in which I am enrolling.  $ __________

  Total amount of enrollment fees above  $ __________

  I wish to make a tax-deductible donation to Osher@Mizzou  $ __________

  TOTAL AMOUNT ENCLOSED  $ __________

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 information to the address above, or register over the phone by calling 573-882-8189.

For office use only  
(C129245)

Customer ID  ___________ Receipt #  ___________

Method of payment

- Cash (accepted at office)
- Gift certificate
- Check (payable to University of Missouri)
- Electronic Funds Transfer (EFT) *only for Premium members (see page 6 for more info)
- Credit card  
  Type:  ○ VISA  ○ MasterCard  ○ Discover  ○ American Express

Card number: ___________________________ Expiration date: ____________

Name on card (please print): ____________________________________________

Signature: ____________________________________________________________
**COURSE ENROLLMENT FORM continued**

**OSHER FALL 2017**

**Fall course enrollment** Registration opens Aug. 23. Please submit a separate form for each participant. Photocopies are acceptable, or you may print copies from our website at [osher.missouri.edu](http://osher.missouri.edu).

**A Premium and semester enrollment**

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

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

<table>
<thead>
<tr>
<th>Premium</th>
<th>Semester</th>
<th>Courses</th>
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<tbody>
<tr>
<td><strong>MONDAYS</strong></td>
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<tr>
<td>☐</td>
<td>☐ $60</td>
<td>Going Green</td>
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<td>☐</td>
<td>☐ $60</td>
<td>Wealth Strategies in Retirement</td>
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<td>☐</td>
<td>☐ $60</td>
<td>Philosophies of War and Peace</td>
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<tr>
<td>☐</td>
<td>☐ $60</td>
<td>Arts and Science Potpourri</td>
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<tr>
<td>☐</td>
<td>☐ $60</td>
<td>Osher Sings!</td>
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<tr>
<td><strong>TUESDAYS</strong></td>
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<tr>
<td>☐</td>
<td>☐ $60</td>
<td>Faith in the Face of Tyranny...Dietrich</td>
</tr>
<tr>
<td>☐</td>
<td>☐ $60</td>
<td>Conversational French</td>
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<tr>
<td>☐</td>
<td>☐ $40</td>
<td>From the Inside Out...Longevity 4 sessions</td>
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<tr>
<td>☐</td>
<td>☐ $40</td>
<td>The Ark of the Covenant...Jones 4 sessions</td>
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<td>☐</td>
<td>☐ $60</td>
<td>A Guided Tour of Hell...Blake Session</td>
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<tr>
<td>☐</td>
<td>☐ $60</td>
<td>Islam: Reflections...Traditions</td>
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<tr>
<td><strong>WEDNESDAYS</strong></td>
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<tr>
<td>☐</td>
<td>☐ $60</td>
<td>Memoir Writing</td>
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<td>☐</td>
<td>☐ $60</td>
<td>Our Future As a Species</td>
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<td>☐</td>
<td>☐ $60</td>
<td>The American Presidents III</td>
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<td>☐</td>
<td>☐ $60</td>
<td>Exploring Current Issues...Climate Change</td>
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<td>iPhones and iPads</td>
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<td>☐</td>
<td>☐ $40</td>
<td>Women, War, and Change 4 sessions</td>
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<tr>
<td>☐</td>
<td>☐ $40</td>
<td>African-American Culture Series 4 sessions</td>
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<tr>
<td><strong>THURSDAYS</strong></td>
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<tr>
<td>☐</td>
<td>☐ $60</td>
<td>Intro to Energy Medicine 6 sessions</td>
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<tr>
<td>☐</td>
<td>☐ $60</td>
<td>Travels with Sharon</td>
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<tr>
<td>☐</td>
<td>☐ $70</td>
<td>Mah-Jongg (includes $10 materials fee)</td>
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<td>☐</td>
<td>☐ $60</td>
<td>Vignettes in Mathematics</td>
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<tr>
<td>☐</td>
<td>☐ $60</td>
<td>“Bookends” 6 sessions</td>
</tr>
<tr>
<td>☐</td>
<td>☐ $60</td>
<td>Films of the 1960s 5 sessions</td>
</tr>
<tr>
<td>☐</td>
<td>☐ $20</td>
<td>The Vulnerable Long-Distance...Monarch Butterfly 2 sessions</td>
</tr>
</tbody>
</table>

**B Single sessions only**

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

| FRIDAYS | | |
| ☐ | ☐ $60 | Potpourri of the Arts 7 sessions |
| ☐ | ☐ $60 | Brown Bag Seminars 7 sessions |
| | | Fri. Afternoon Film Festival 7 sessions |

**Single sessions only**

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

| MONDAYS | | |
| ☐ | ☐ $25 | Going Green |
| ☐ | ☐ Sept. 11 | Oct. 2 | Oct. 23 |
| ☐ | ☐ Sept. 18 | Oct. 9 | Oct. 30 |
| ☐ | ☐ Sept. 25 | Oct. 16 |

| MONDAYS | | |
| ☐ | ☐ $25 | Arts and Science Potpourri |
| ☐ | ☐ Sept. 11 | Oct. 2 | Oct. 23 |
| ☐ | ☐ Sept. 18 | Oct. 9 | Oct. 30 |
| ☐ | ☐ Sept. 25 | Oct. 16 |

| WEDNESDAYS | | |
| ☐ | ☐ $25 | African-American Culture Series |
| ☐ | ☐ Oct. 11 | Oct. 25 | Nov. 1 |
| ☐ | ☐ Oct. 18 |

| FRIDAYS | | |
| ☐ | ☐ $25 | Potpourri of the Arts |
| ☐ | ☐ Sept. 15 | Oct. 6 | Oct. 27 |
| ☐ | ☐ Sept. 22 | Oct. 13 |
| ☐ | ☐ Sept. 29 | Oct. 20 |

| ☐ | ☐ $25 | Brown Bag Seminars |
| ☐ | ☐ Sept. 15 | Oct. 6 |
| ☐ | ☐ Sept. 22 | Oct. 13 |
| ☐ | ☐ Sept. 29 | Oct. 20 |

**Total course fees** (add to Semester or Non-member totals on other page)

**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](mailto:osher@mizzou.edu) or by mail to Osher@Mizzou, 344 Hearnes Center, Columbia, MO 65211.
DIRECTIONS AND PARKING
Courses are held in the Moss Building at the Waters-Moss Memorial Wildlife Area at 1905 Hillcrest Drive in Columbia, Mo., unless otherwise noted.

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

Parking is conveniently located.

Visit osher.missouri.edu to view our catalog online.

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

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

THANK YOU
Bernard Osher Foundation

Barbro and Bernard Osher
Come as learners.  
Leave as friends!

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

Classes begin
Monday, Sept. 11!