

# Osher@Mizzou

A Learning Community of Adults Aged 50 +

## Spring 2019 Course Catalog

Registration opens February 26, 2019

Courses begin March 11, 2019

OSHER  
LIFELONG  
LEARNING  
INSTITUTE

# Pathways Past & Future

Academic Year 2019



Potpourri of the  
Arts - P. 23



"Storyed" with  
Larry Brown - P. 19



Master Pollinator  
Steward - P. 13



# Extension

*University of Missouri*



## OSHER@MIZZOU

344 Hearnes Center  
Columbia, MO 65211

Phone:  
573-882-8189

Email:  
Osher@mizzou.edu

Website:  
osher.missouri.edu

Jennifer Erickson  
**Senior Coordinator**

Walker Perkins  
**Educational Program Associate**

### Osher@mizzou Advisory Council

Jack Wax, Chair  
Nan Wolf, Vice Chair  
Helen Washburn, Past Chair  
Sharon Kinden, Secretary  
Don Bay  
Tom Bender  
John Blakemore  
Karen Chandler  
Barbara Churchill  
Robert Churchill  
Carolyn Dye  
Jeanne Dzurick  
Kathy Green  
Nancy Griggs  
Robert Hibbs  
Steve Matthews  
Michael Porter  
Barbara Schneider

## IN THIS ISSUE

- 8 Course calendar
- 10 Courses
- 26 Special events
- 32 How to support Osher
- 36 Letter from Advisory Council Chair
- 37 Enrollment form
- 39 Directions and parking

---

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](http://extension.missouri.edu).



## PATHWAYS: PAST AND FUTURE

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

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

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



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

## SPRING SEMESTER AT A GLANCE

Choose from 22 courses on a myriad of topics during this eight-week semester. Classes start on Monday, March 11; classes will *not* meet during MU's Spring Break, March 25–29.

NAVIGATING CURRENT EVENTS	BRANCHING OUT: LEARN A NEW SKILL SET
TED Talks – Watch and Discuss (T, 10:30 a.m.) Stories for Climate Change Policy (W, 9 a.m.) Pathways to 2050 (Th, 11 a.m.)	Bridge for Beginners (M, 9:30 a.m.) **Writing in the Fourth Quarter III (M, 2 p.m.) Master Pollinator Steward Program (T, 10 a.m.) Conversational French (T, 11 a.m.)
CREATIVITY & THE ARTS	CHOOSING YOUR PATH/SELF IMPROVEMENT
Four Operas (T, 1:30 p.m.) Storied, with Larry Brown (W, 10 a.m.); Schumann & Debussy (W, 1 p.m.) Eight Great Courtroom Dramas (Th, 1 p.m.) ***Storied RCV (Th, 5:30 p.m.)	Choices, Children, Future As A Country (M, Noon) Adaptive Distribution Theory (M, 1 p.m.) Changing the World One Starfish at a Time (Th, 9 a.m.) Existentialism & Choices for Life (Th, 11:30 a.m.) Invisible Bonds/Hidden Boundaries (Th, 2 p.m.)
HISTORICAL PATHWAYS & PERSPECTIVES	HEALTH CARE INNOVATION
* <b>Wks 2-5:</b> Egypt, the Nile & the Exodus (M, 10:30 a.m.)	Advancements in Medicine Series, sponsored by University of Missouri Health Care (T, 1 p.m.)
FORGE-FORWARD FRIDAYS	COURSE KEY
Potpourri of the Arts (9:30 a.m.) Brown Bag Seminar Series (11:30 a.m.) Friday Afternoon Film Festival (1:30 p.m.)	* indicates 4-week session ** No class April 1, *** No class April 18 M: Monday, T: Tuesday, W: Wednesday, Th: Thursday

## WHY BE A PART OF OSHER?

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

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

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

## OSHER MEMBERSHIP AND FEES

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

### Premium membership (school year)

For \$240 each fall\*, you become a yearlong Osher member. Premium membership follows the school year, from Aug. 1 to July 31. (*\* New premium membership purchased in the spring session is prorated to \$140 and good for the remainder of the school year.*) The premium membership includes all of the benefits of a basic membership, as well as these perks reserved for premium members:

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

### Premium Membership (continued)

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

### Semester membership

Enroll in one or more classes for a single semester, paying a \$20 enrollment fee and individual fees for each course in which you enroll. Course fees vary, from \$40 to \$60, according to the course length and semester (see enrollment form).

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

### Basic membership (school year)

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

- Attend Brown Bag Seminar Series
- Attend all Saturday Morning Book Talks
- Take part in any of the Osher clubs. See page 28 for details.
- Have a Columbia Parks and Recreation 50+ membership with additional program benefits
- Attend Friday Afternoon Film Festivals

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

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

<b>Osher@Mizzou Membership Structure</b>			
<b>Membership type:</b>	<b>Premium</b>	<b>Semester</b>	<b>Basic</b>
Provides membership benefits?	Yes	Yes	Yes
Duration of benefits during the school year	All school year	*Only during term registered (applies to content below)	All school year
<b>Content included with membership:</b>			
Parks and Recreation 50+	Yes	Yes*	Yes
Extramural events and clubs	Yes	Yes*	Yes
Brown Bag Seminar Series	Yes	Yes*	Yes
Friday Afternoon Film Festival	Yes	Yes*	Yes
<b>Courses</b>	<b>All courses included</b>	Purchase individually	No
<b>Price:</b>	\$240* (plus \$10 each additional term) *\$140 if purchased in spring semester	\$20 enrollment, plus fee for each course (\$40 to \$60, depending on course and semester)	\$40

## COURSE INSTRUCTORS

Talissa Altes  
Wayne Anderson  
Kamau Bilal  
Robin Blake  
John Blakemore  
Larry Brown  
Nancy Browning  
Carli Conklin  
Mike Connelly  
James Cook  
Jeffrey Coughenour  
Thomas Dillingham

Carolyn Dye  
Jeanne Dzurick  
Judy Elliott  
Jenny Flatt  
Alex George  
Karen Grundy  
Travis Harper  
James Hillbrick  
Mark Hunter  
Jason Ingram  
Jussuf T. Kaifi  
Kattesh Katti

Sharon Kinden  
Randy Kiser  
Aline Kultgen  
Jack Kultgen  
Joan Luterman  
Elyse Murrell  
Karen Onofrio  
Garrett Pearson  
Michael Porter  
James Quinn  
Sarah Read  
Alison Robuck

Kit Salter  
Adam Saunders  
Dave Shipman  
Kristin Simpson  
Jane Smith  
Kevin Staveley-O'Carroll  
Caya Tanski  
Kirk Trevor  
Mike Trial  
Dave Trinklein  
Carol Ward

## IMPORTANT DATES

**Tuesday, Feb. 26, 2019**

Spring Registration Opens

**Monday, March 11, 2019**

Spring Semester Begins  
(8-Week Session)

**Wednesday, Mar. 13–14, 2019**

Mizzou Giving Day

**Monday, Mar. 25–Friday, Mar. 29, 2019**

Spring Break — No Osher Classes

**Tuesday, May 21, 2019**

Summer Registration Opens

**Thursday, May 23, 2019**

Annual Member Meeting and Volunteer/Donor Recognition Luncheon

**Monday, June 3, 2019**

Summer Semester Begins  
(4-Week Session)

## OSHER@MIZZOU FOR ALL

We are dedicated to making Osher Lifelong Learning Institute at the University of Missouri membership and participation affordable and accessible to Columbia area residents over 50 who wish to be involved. If you would like to request tuition assistance or require disability-related accommodations or special assistance, contact the Osher@Mizzou office at [osher@mizzou.edu](mailto: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](http://osher.missouri.edu)) and click on **Give to Osher@Mizzou**. Or you may contact Osher's staff at Osher@Mizzou.edu or 573-882-8189.

## INCLEMENT WEATHER POLICY

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

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

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

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

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

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

## PHOTO AND PARTICIPATION DISCLAIMERS

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

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

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

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

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

### New Scholarships!

Osher@Mizzou will offer a limited number of scholarships for individuals who would like to join at the Premium membership level but, due to financial constraints, are unable to do so. This spring, scholarships will cover \$100 of the \$140 Premium membership tuition cost. For an application, contact Osher's staff at Osher@mizzou.edu or (573) 882-8189.

## 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](mailto:giftplanning@missouri.edu).

## OSHER MEMBER COMMITTEES

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

- Program
- Finance
- Development
- Volunteer
- Outreach

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

# COURSE CALENDAR

	MONDAY			TUESDAY		
	Moss A	Moss B	Hillcrest D	Moss A	Moss B	Hillcrest C
8:00						
8:30						
9:00						
9:30						
10:00			9:30–11:30 a.m. Bridge for Beginners (Shipman)		10:00 a.m.– Noon Master Pollinator Steward Program (Quinn)	
10:30						
11:00	10:30 a.m.– Noon Egypt, The Nile, and Exodus (Hillbrick) starts March 18			10:30 a.m.– Noon TED Talks (Dzurick)		11:00 a.m. – 1:00 p.m. Conversational French (A. Kultgen)
11:30						
Noon		Noon– 1:30 p.m. Our Choices, Children, Future (Read)				
12:30						
1:00	1:00–3:00 p.m. Adaptive Distribution Theory (Ingram)			1–2:30 p.m. Advancements in Medicine (MU Health Care)		
1:30						
2:00		2–3:30 p.m. Writing in the 4th Quarter III (Salter)			1:30–3 p.m. Four Operas – Love & Life (Dillingham)	
2:30						
3:00						
3:30						
4:00						
4:30						
5:00						

All courses are eight sessions except as noted.

- ★ ★ Osher Café will take place, per usual, on Fridays in Moss B. Tables will be set up in Moss B during the week, as well, so that Osher students may eat lunch and visit when classes are not meeting in the space.

	WEDNESDAY		THURSDAY			FRIDAY	
	Moss A	Moss B	Moss A	Moss B	MU Campus – 215 Tate Hall	Moss A	Moss B
8:00							
8:30							
9:00							
9:30		<b>9–10:30 a.m.</b> Stories for Climate Change Policy (Connelly)		<b>9–10:30 a.m.</b> Changing the World (Flatt)		<b>9:30– 11 a.m.</b> Potpourri of the Arts (Various)	<b>9 a.m.- 3 p.m.</b> ★ ★ Osher Café
10:00	<b>10:00 a.m.– Noon</b> Storied (Brown)						
10:30							
11:00							
11:30			<b>11 a.m.– 12:30 p.m.</b> Pathways to 2050 (Anderson)				
Noon				<b>11:30 a.m.– 1 p.m.</b> Existentialism & Choices for Life (J. Kultgen)		<b>11:30 a.m.– 1 p.m.</b> Brown Bag Seminar Series (Various)	
12:30							
1:00	<b>1–2:30 p.m.</b> Schumann & Debussy (Robuck)		<b>1–4 p.m.</b> Eight Great Courtroom Dramas (Blakemore) starts March 21				
1:30							
2:00				<b>2–3:30 p.m.</b> Bonds, Boundaries that Shape our Paths (Read)		<b>1:30–4 p.m.</b> Friday Afternoon Film Festival	
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00					<b>5:30–7 p.m.</b> Storied – Revised & Condensed (Brown)		
6:30					<b>Osher at Night</b>		
7:00							

# CONNECT AT OSHER



All courses will meet at the Waters-Moss Memorial Wildlife Preservation Area, primarily in the Moss Building and occasionally in the Hillcrest Community Center, unless otherwise indicated.

## MONDAYS

### Bridge for Beginners

[8 Sessions]

9:30 – 11:30 a.m., Hillcrest D

Mondays: March 11, 18; April 1, 8, 15, 22, 29; May 6

**Limit of  
20 students**

Instructor Dave Shipman will focus on the basics of the card game of bridge. This class is geared to beginners, but can also be a refresher course for those people who have played and been away from the game for years. Participants will learn “declarer play,” as well as “defensive play.” Upon completion, participants should be able to play and bid in social groups, as well as on the internet.

**Instructor: Dave Shipman** is a certified bridge instructor with the American Contract Bridge League (ACBL) and has accrued a total of 30+ years of duplicate bridge experience. Dave is a frequent attendee at national bridge tournaments, with 4,000 + master points. He has taught beginning bridge classes before at Osher and the Career Center of Columbia.

\*NOTE: Osher classes will not meet during MU’s Spring Break, the week of March 25th.



## Egypt, the Nile and the Exodus [4 Sessions]

10:30 a.m. – Noon, Moss A  
Mondays: March 18; April 1, 8, 15

Egypt plays a significant role in the development and life of the Hebrew people. The long and significant religious history of Egypt collides with the Hebrew creator God and concludes with the incredible exodus of the Israeli people out of Egypt and into freedom on the Sinai peninsula, and ultimately to the land of Canaan. Session One will focus on the power and significance of Egypt; Session Two on the Nile River's importance; Session Three on the land of Goshen and the life of Moses; and Session Four on the Exodus with Moses' leadership.

**Class starts  
on Monday,  
March 18.**

**Instructor: James Hillbrick** is a retired pastor, having spent 25 years in full-time ministry. He currently teaches adult classes at Community United Methodist Church in Columbia and has taken three pilgrimages to Israel and one pilgrimage to Turkey, following the footsteps of Paul's itinerary. James holds a B.A. from Seattle Pacific University and a Masters in Theology from Fuller Theological Seminary in Pasadena, Calif. His teaching emphasis is on the contextual understanding of the Bible and Biblical times, and on the significance of the Kingdom of God as taught by Jesus in scripture.

## Our Choices, Our Children, Our Future as a Country

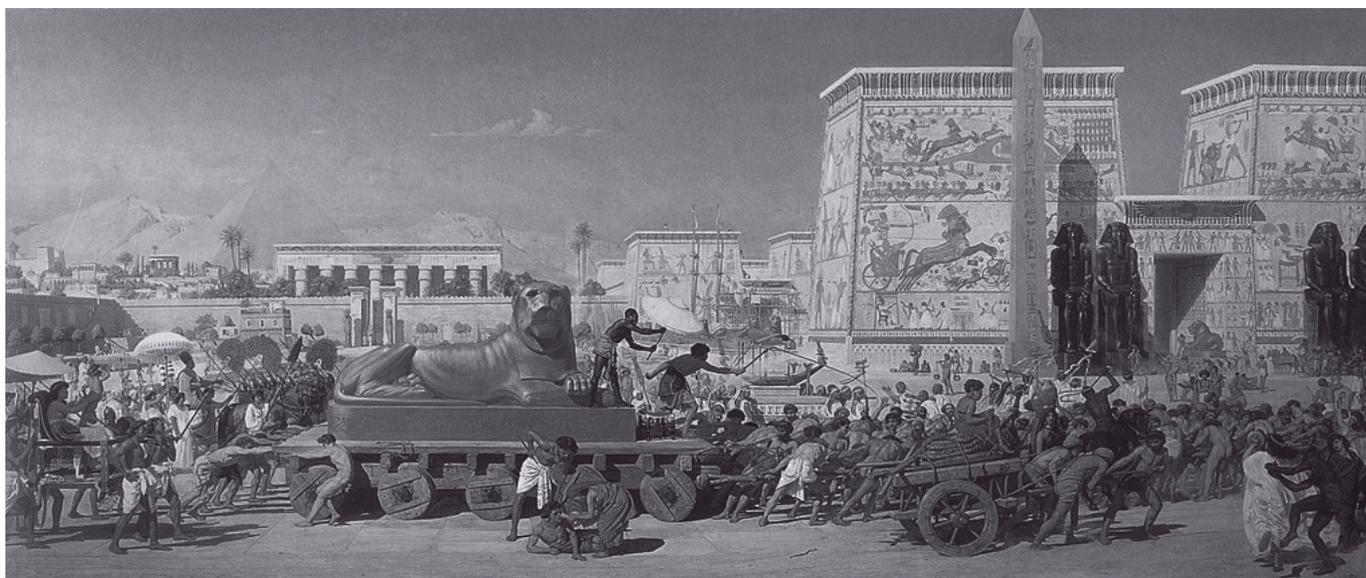
[8 Sessions]

Noon – 1:30 p.m., Moss B  
Mondays: March 11, 18; April 1, 8, 15, 22,  
29; May 6

Instructor Sarah Read will use the video series, *The Raising of America*, to explore how public policies affecting families and children developed over the last five decades, and how these policies have changed our families and our communities. In five of the sessions, participants will screen and discuss an episode in this series; for the remaining three sessions, participants will examine and discuss issues and opportunities in our own community. This class will use small group interactive dialogues.

**Limit of  
30 students**

**Instructors: Sarah J. Read** has more than 25 years of experience in resolving complex issues as an attorney, mediator, facilitator and consultant. Sarah is a frequent speaker and writer on issues related to civic engagement, and has led several dialogue-based courses at Osher. Ms. Read received her B.A. degree, cum laude, from Yale University and her Juris Doctorate degree with the Order of the Coif from the University of Wisconsin.



## Adaptive Distribution Theory in Today's Economy

[8 Sessions]

1:00 – 3:00 p.m., Moss A

Mondays: March 11, 18; April 1, 8, 15, 22, 29; May 6

Economic change can be stressful when one is in retirement. Will markets continue in Bear territory? Will there be a recession? Having a flexible income plan for retirement can be stressful as the economy changes. Retirees have a small margin for error and may be hypersensitive to losses, so they need approaches that focus on downside risk and adapt as goals, risks, biases, wants and markets change over time. In this class, we will redefine risk and capture investor psychology. Risk and cash flow will be addressed, as well as managing the portfolio using acceptable annualized erosion rates and building a buffer of earnings. The ability to see the obvious is a recurring theme and the key to retirement income solutions.

**Instructor: Jason Ingram** is president of LionsGate Advisors, with offices in both Columbia and Chesterfield. He is the principle of the Columbia office and co-owns the Chesterfield office. Jason holds a Series 65 NASAA Investment Advisers Law License, which qualifies him to serve as an investment advisor representative. He also maintains Life and Health licenses in numerous states. Jason is a member of the National Ethics Association, serves on the Advisory Board for the Better Business Bureau and works to support numerous philanthropic organizations. He also teaches at St. Charles Community College and St. Louis Community College.

## Writing in the Fourth Quarter III

[7 Sessions]

2:00 – 3:30 p.m., Moss B

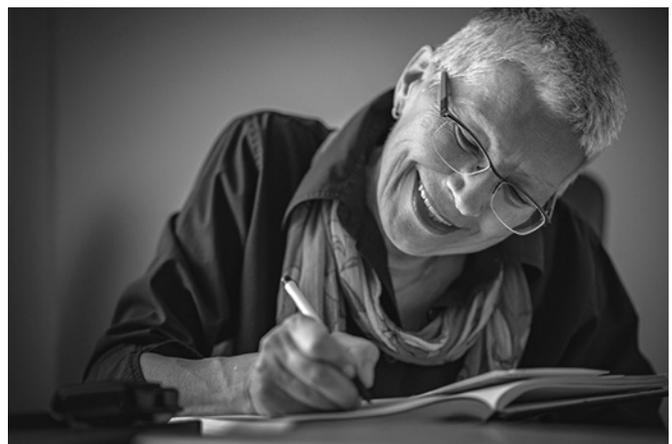
Mondays: March 11, 18; April 8, 15, 22, 29; May 6

*(No class on April 1 or during Spring Break)*

This class is intended to explore the realm of personal ideas not yet fully expressed to your satisfaction. We all have decades of life experienced, considered, but not yet put to paper. There is a sense of relief at having made it to the 'Fourth Quarter,' and this class is intended to address, face on, the richness and interest inherent in our own lives. Four of the class sessions will be shaped around presentations by four local seniors talking about their writings and the processes that led them to writing. The other three sessions will be comprised of discussions in our class, looking at short pieces we have or will write in an effort to tease out our own primary concerns. In this process, we hope to draw on the fabric of our lives—both joys and fears. There will also be a presentation on things to consider if you are interested in publishing any of your past, present or future written work. The outcome will expose us to creative senior writers and some of their work—but it will also lead us to explore our own creative potential for writing in the fourth quarter.

**Limit of  
20 students**

**Instructor: Kit Salter** is a geographer with four+ decades of college teaching and associated writing at UCLA, Mizzou and the National Geographic Society. He was educated at Oberlin College and the Univ. of California, Berkeley.



## TUESDAYS

### Master Pollinator Steward Program

[8 Sessions]

10:00 a.m. – Noon, Moss B

Tuesdays: March 12, 19; April 2, 9, 16, 23, 30; May 7

The Master Pollinator Steward Program is an unbiased, research-based curriculum, which includes hands-on activities and classroom presentations. Pollinators — such as bees, birds, butterflies, bats and insects — play a crucial role in the production of most fruits and vegetables. They also support healthy ecosystems that clean the air, stabilize soils and support wildlife. Studies show that pollinator populations are in decline because of a loss of feeding and nesting habitats, pollution and the misuse of pesticides. This program trains how to protect our agricultural economy and food supply with a series of classes. A five-part series of MU publications was created for this class series.

Limit of  
25 students

**Instructors:** **James Quinn** is horticulture specialist for University of Missouri Extension. A self-described “Iowa farm boy,” he started at Iowa State University but completed his B.S. at UC Davis in plant science and his M.S. in horticulture at Purdue University. James was a greenhouse grower for nine years in Michigan. Since moving to Missouri in 1996, he’s been involved

in a range of agriculture projects, including leading MU’s effort with this pollinator program.

**Travis Harper** is a regional agronomy specialist with University of Missouri Extension. He has been a beekeeper for nearly 30 years and has taught beekeeping classes and workshops throughout Missouri.

**Kristin B. Simpson** has been the collections manager for the Enns Entomology Museum at the University of Missouri for 30 years. She gives tours of the museums, puts together special displays and loves getting out and meeting the public with specialized educational opportunities.

**David Trinklein** is an associate professor of plant sciences and State Floriculture Specialist at the University of Missouri. His appointment includes both teaching and extension responsibilities. He teaches courses in greenhouse management, herbaceous ornamental plants, high tunnel vegetable production, interior plants and undergraduate seminar. His extension responsibilities include greenhouse management and the Missouri Master Gardener Program. His research interests include bedding plant variety trials and high tunnel production.

### TED Talks – Watch and Discuss

[8 Sessions]

10:30 a.m. – Noon, Moss A

Tuesdays: March 12, 19; April 2, 9, 16, 23, 30; May 7

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

#### March 12: *The Moral Roots of Liberals and Conservatives*

Psychologist Jonathan Haidt studies the five moral values that form the basis of our political choices, whether we’re left, right or center. In this eye-opening talk, he pinpoints the moral values that liberals and conservatives tend to honor most.



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

**March 19: *The Harm Reduction Model***

Why do we still think that drug use is a law-enforcement issue? Making drugs illegal does nothing to stop people from using them, says public health expert Mark Tyndall. So, what might work? Tyndall shares community-based research that shows how harm-reduction strategies, like safe-injection sites, are working to address the drug overdose crisis.

***Everything You Know about Addiction is Wrong***

What really causes addiction — to everything from cocaine to smartphones? And how can we overcome it? Johann Hari has seen our current methods fail firsthand, as he has watched loved ones struggle to manage their addictions.

He started to wonder why we treat addicts the way we do — and if there might be a better way.

**April 2: *What Really Matters at the End of Life***

At the end of our lives, what do we most wish for? For many, it's simply comfort, respect, love. BJ Miller is a hospice and palliative medicine physician who thinks deeply about how to create a dignified, graceful end of life for his patients. This moving talk asks big questions about how we think on death and honor life.

**April 9: *The Currency of the New Economy is Trust***

There's been an explosion of collaborative consumption — web-powered sharing of cars, apartments, skills. Rachel Botsman explores the currency that makes systems like Airbnb and Taskrabbit work: trust, influence, and what she calls "reputation capital."

**April 16: *How We'll Earn Money in a Future Without Jobs***

Machines that can think, learn and adapt are coming — and that could mean that we humans will end up with significant unemployment. What should we do about it? In a straightforward talk about a controversial idea, futurist Martin Ford makes the case for separating income from traditional work and instituting a universal basic income.

***Poverty Isn't a Lack of Character; It's a Lack of Cash***

"Ideas can and do change the world," says historian Rutger Bregman, sharing his case for a provocative one: guaranteed basic income. Learn more about the idea's 500-year history and a forgotten modern experiment where it actually worked — and imagine how much energy and talent we would unleash if we got rid of poverty once and for all.

**April 23: *Battling Bad Science***

Every day there are news reports of new health advice, but how can you know if they're right? Doctor and epidemiologist Ben Goldacre shows us, at high speed, the ways evidence can be distorted, from the blindingly obvious nutrition claims to the very subtle tricks of the pharmaceutical industry.

***Three Kinds of Biases that Shape Your World View***

What shapes our perceptions (and misperceptions) about science? In an eye-opening talk, meteorologist J. Marshall Shepherd explains how confirmation bias, the Dunning-Kruger effect and cognitive dissonance impact what we think we know — and shares ideas for how we can replace them with something much more powerful: knowledge.

**April 30: *Why We Make Bad Decisions***

Dan Gilbert presents research and data from his exploration of happiness, sharing some surprising tests and experiments that you can also try on yourself. Watch through to the end for a sparkling Q&A with some familiar TED faces.

**May 7: *Space X's Plan to Fly You Across the Globe***

What's up at SpaceX? Engineer Gwynne Shotwell was employee number seven at Elon Musk's pioneering aerospace company and is now its president. In conversation with TED curator Chris Anderson, she discusses SpaceX's race to put people into orbit and the organization's next big project, the BFR (ask her what it stands for). The new giant rocket is designed to take humanity to Mars — but it has another potential use: space travel for earthlings.

**Instructor: Jeanne Dzurick** moved to Columbia several years ago and has been an insurance executive, financial advisor and was owner of her own business, Divorce Consultants, as a trained mediator working with attorneys and their clients to facilitate a fair and mutual agreement regarding asset division and support. Jeanne has a strong desire to share and discuss with other lifelong learners these presentations from some of the world's greatest innovators and speakers.

**Simply for the Pleasure of It:  
Conversational French**

[8 Sessions]

11:00 a.m. – 1:00 p.m., Hillcrest C

Tuesdays: March 12, 19; April 2, 9, 16, 23, 30; May 7

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

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



**Advancements in Medicine Series,  
sponsored by University of Missouri  
Health Care**

[8 Sessions]

1:00 – 2:30 p.m., Moss A

Tuesdays: March 12, 19; April 2, 9, 16, 23,  
30; May 7

Every day, MU Health Care physicians and researchers work hard to improve lives, find cures and advance the field of medicine. We invite you to hear from eight MU Health Care innovators who are changing the face of health care here in mid-Missouri, and beyond. At the end of each session, there will be a Q&A for participants to ask any questions and discuss what they've learned. MU Health Care treats patients from each county in the state. With over 600 physicians in more than 80 specialties and subspecialties, MU Health Care treats the simplest and most complex medical conditions as the region's only academic health system.

**March 12: Tumor Detection Utilizing Blood in Lung Cancer Screenings**

Lung cancer is the leading cause of cancer-related deaths, and while screenings of high-risk, long-term smokers can reduce death rates by 20 percent, limitations in the screenings have led to false positives and unnecessary interventions. This course will explore how the integration of blood-based biopsies into traditional lung screenings can more accurately identify lung cancer at a curable stage and better differentiate between cancerous and benign tumors. Participants will not only learn about the screenings themselves, but also discover the effects they're having on cancer treatment and outcomes.

**Instructor: Dr. Jussuf T. Kaifi** is a surgical oncologist with an expertise in robotic surgery for tumors in the chest. He is the chief of the Division for Cardiothoracic Surgery and co-director for clinical trials at MU Health Care's Ellis Fischel Cancer Center. He has dedicated his clinical practice and translational research to improve cancer outcomes of thoracic cancers.



# Health Care

**March 19: Rewriting Human Evolution and Health through Fossil Evidence and Technology**

Our understanding of how humans have evolved is changing dramatically. Walking upright on two legs is the hallmark of the human lineage and has set the stage for all subsequent human innovations, including language, technology and culture. It's also the underlying cause of many of the health concerns we face today – bad backs, foot pain, hernias and more. Stepping away from traditional studies of the ligaments, fossils from the torso have shed new light on the evolution of human body form, posture and movement. This course will explore how the application of 3D technologies, as well as recent paleontological fieldwork in Africa, are yielding new insights on how diet and environment have shaped our evolution and health.

**Instructor: Dr. Carol Ward** is a Curators' Distinguished Professor and director of anatomical sciences at the University of Missouri. Recognized internationally for her research on ape and human evolution, she currently co-directs the West Turkana Paleo Project, a non-profit organization searching for fossils of early human ancestors and their environments in Kenya.

**April 2: Trauma Systems: Preventable Death and the Lessons of War**

From Napoleon's army to Iraq and Afghanistan, combat casualty care has significantly influenced how we care for civilian injuries. Regardless of whether it's on the battlefield or here in rural Missouri, the key to minimizing preventable death is getting the right patient to the right place in the right amount of time. In this course, participants will gain historical perspective on the development of trauma systems across the United States, as well as learn about the impact of having a trauma center in our community. Participants will also complete the Stop the Bleed® course, a hands-on training that empowers citizens to identify and mitigate life-threatening bleeding.

**Instructor: Dr. Jeffrey Coughenour** is the medical director of MU Health Care's Frank L. Mitchell, Jr., MD, Trauma Center. His areas of expertise include trauma, general surgery and surgical critical care.

#### **April 9: Hyperpolarized Gas MRI**

MRI is a valuable imaging technique frequently used to view the brain, spine, joints, abdomen and pelvis. Because the lung is filled with air, it's much harder to view with traditional MRI techniques. However, with the use of inhaled contrast agents called hyperpolarized noble gases, it's now possible to see the airspaces of the lung with clearer views of reduced air flow and defects. This course explores how using hyperpolarized gas for MRI has created a number of ways to evaluate the structure and function of the lung to better treat those with asthma and cystic fibrosis (CF).

**Instructor: Dr. Talissa Altes** is the chair of the Department of Radiology at the University of Missouri School of Medicine. Dr Altes is a pediatric radiologist. She recently received a fellowship award from the International Society for Magnetic Resonance in Medicine in recognition of her research into the use of hyperpolarized gas in MRI.

#### **April 16: Tumor Immunology**

Recent research has shown cancer cells must learn how to evade a body's immune defense mechanisms in order to grow and spread. While our immune system's role is to recognize and destroy cancerous cells and tumors, we've recently learned the immune response against many cancers is ineffective once a tumor reaches the point of diagnosis. However, with new advancements in immunology, immune systems can potentially be reactivated to destroy tumors. In this course, participants will learn about the types of foreign markers that appear from malignant tumors, how the immune system recognizes and responds to these, how tumors evade immune systems and how immunology is being used to treat cancer.

**Instructor: Dr. Kevin Staveley-O'Carroll** is the chair of the University of Missouri School of Medicine Hugh E. Stephenson Jr., MD, Department of Surgery and director of MU Health Care's Ellis Fischel Cancer Center. He is one of the few surgeons in this country who has a fully

funded research effort and one of the very select few who is funded by both the NIH and the VA. In addition to his roles in administration and research, he maintains a busy liver, pancreas and foregut surgery practice.

#### **April 23: The Relationship Between Nutrition and Cancer**

This course will focus on research linking certain foods and specific patterns of eating to the development and progression of cancer. Highlighting recent advances in science and clinical research, participants will gain a well-rounded perspective on the delicate approach to the balancing of quality of life with quantity of life. Participants are guaranteed to leave with practical applications and food for thought, as they navigate the endless sea of food choices.

**Instructor: Dr. Mark Hunter** is the director of women's cancer at University of Missouri Health Care's Ellis Fischel Cancer Center. His research interests focus on the development of technologies related to the prevention, detection and treatment of cancers specific to women.

#### **April 30: BioJoint – An Innovative Solution to Joint Pain**

This course is designed to show that when doctors put science behind traditional surgical solutions for joint pain, they can create a whole new set of opportunities for patients. With an exploration into stories of both wear-and-tear pain and traumatic injuries, participants will learn how natural, biological solutions for joint pain, combined with medical advancements in technology, are helping redefine the way people deal with and recover from joint pain.

**Instructor: Dr. James Cook** is the director of the Mizzou BioJoint® Center, director of the Thompson Laboratory for Regenerative Orthopaedics at the University of Missouri and director of the Division of Research for the Department of Orthopaedics at the Missouri Orthopaedic Institute. His areas of expertise include orthopaedic research, regenerative medicine, sports medicine, tissue engineering and osteoarthritis.

### May 7: *Merging Science and Holistic Medicine for a New Approach to Cancer Therapy*

This course will discuss discoveries in green nanotechnology and their role in providing scientific support for Ayurvedic medicine, one of the world's oldest holistic ("whole-body") healing systems. Most cancer drugs rely on a "one gene, one target, one disease" approach, despite the fact that cancer is a very complicated multi-target and multi-gene disease. With it becoming increasingly clear that various chemo and radiation-based treatments trigger negative impacts within the tumor microenvironment, phytochemicals used in Ayurvedic medicine are being used to target multiple molecules, creating an immune response and offering cancer patients a more effective treatment. With advancements in the production of phytochemicals, an otherwise limited resource, Nano-Ayurvedic Medicine has become a whole new strategy for treating cancer.

**Instructor: Dr. Kattesh Katti** is known as the "father of green nanotechnology" and is a Curators' Professor of Radiology and director of the Institute of Green Nanotechnology at the University of Missouri School of Medicine. He is internationally renowned as a leader in the interconnecting fields of chemistry, radiopharmaceutical sciences, nanotechnology/green nanotechnology and nanomedicine for biomedical applications, specifically for molecular imaging and therapy of living subjects.

### Four Operas Exploring Paths Into and Out of Love and Life

[8 Sessions]

1:30 – 3:00 p.m., Moss B

Tuesdays: March 12, 19; April 2, 9, 16, 23, 30; May 7

This course will feature viewings of performances of four modern operas, composed between 1922 and 2017. The operas – Leos Janacek's *The Cunning Little Vixen*; Samuel Barber's *Vanessa*; Daniel Catan's *Il Postino*; George Benjamin's *Lessons in Love and Violence* – each portray characters experiencing the consequences, both negative and positive, destructive and creative, of love and desire. (Indeed – exactly which opera does not portray those experiences?) Each opera runs about two hours, so we will view each in two parts in two successive classes. This will leave time for questions and discussion, as well as for brief introductions before the viewings.

**Limit of 25 students**

**Instructor: Thomas F. Dillingham, Ph.D.**, retired from the Stephens College English/Creative Writing Department in 2001, after 30 years of teaching. Subsequently, he taught at Central Methodist University, retiring in 2006 as emeritus associate professor of English. He taught a variety of literary genres and periods, and published essays and reviews on 18th Century British literature, modern and contemporary poetry, mythology and science fiction.



## WEDNESDAYS

### Developing Effective Stories for Climate Change Policy

[8 Sessions]

9:00 – 10:30 a.m., Moss B

Wednesdays: March 13, 20; April 3, 10, 17, 24; May 1, 8

Competing stories underlie and drive public action. As recent reports make clear, no public issue requires immediate action more than climate change and its accompanying effects. While those hesitant about or resistant to the climate change “story” may not support equated actions, studies indicate that “stories” about specifics directed toward existing personal concerns can resonate and generate more support and participation. This course will (1) review the role of stories in public action; (2) outline particular problems posed by and responses proposed to climate change related to water and food availability/accessibility; energy sources/returns/new demands; physical/mental health; internal/external migrations; infrastructure; crime; institutional adjustments; and economies; and (3) discuss possible narratives to persuade those not otherwise engaged in potential action to join those actively involved to address those issues and/or overcome continuing opposing narratives. Participants will exchange ideas about the best “stories” regarding those issues and how to tell them so that the issues can be met most effectively. In a policy action exercise, they will also brainstorm a plan/design for a “time dollars” program as a possible response to future community problems related to climate change.

**Instructor: Mike Connelly** has had careers in academe, state policy administration and policy consulting as well as board memberships on local, state and national levels. His most recent consulting work with the National Institute of Corrections focused on making agencies and their staffs aware of and resilient in the face of coming climate change impacts. He has a Ph.D. in political science from the University of Missouri.

### Storied

[8 Sessions]

10:00 a.m. – Noon, Moss A

Wednesdays: March 13, 20; April 3, 10, 17, 24; May 1, 8

This course will be a storytelling “concert series,” featuring nearly all original stories performed by

Larry Brown. Ten to 12 stories will be presented in each session, around a central theme, with some time for explanations and discussion.

**Instructor: Larry Brown** is a retired MU assistant professor of human geography, having earned a Ph.D. in policy studies, an M.A. in geography, a Masters of Divinity, and a B.A. in sociology. Larry is a professional storyteller and an ordained minister with standing in the Christian Church (Disciples of Christ). He is a frequent presenter on topics of cultural and political geography, Missouri history, and religious studies.



### The Lives and Music of Robert Schumann and Claude Debussy

[8 Sessions]

1:00 – 2:30 p.m., Moss A

Wednesdays: March 13, 20; April 3, 10, 17, 24; May 1, 8

This music history course will feature the study of music composed by two remarkable musicians: Robert Schumann and Claude Debussy. Lectures will detail composer biography, musical styles, genres, instrumentation and forms as this course will include the detailed study of two prominent works: *Liederkreis*, op. 24 by Robert Schumann and the *String Quartet in G Minor*, op. 10 by Claude Debussy. These works will be featured in the upcoming chamber music concert on May 3, 2019, sponsored by the Odyssey Chamber Music Series.

**Instructor: Alison Robuck** teaches at Central Methodist University and for the Missouri Symphony Conservatory, and is president of the Midwest Double Reed Society and vice president for Odyssey Chamber Music Series. She has performed for the Missouri Symphony Orchestra, the Heartland Festival Orchestra, Sinfonia da Camera and the Champaign-Urbana Symphonia, among others. She has performed solo and chamber concerts in Prague and was invited to perform oboe recitals at the International Double Reed Society conventions in New York, Tokyo, and Columbus, Georgia.

## THURSDAYS



### Changing the World One Starfish at a Time [8 Sessions]

9:00 – 10:30 a.m., Moss B

Thursdays: March 14, 21; April 4, 11, 18, 25;  
May 2, 9

You (as Osher students) have diverse life experiences that you bring to the table. I challenge you in this course, “how will you make a difference in the world?” I recognize that difference-making occurs through ripples. Knowing this, how will you use your “positionality” to effect change in our community, country and world? We will use the Community Engagement Professional Competency Model and text by Dr. Lina Dostilio (University of Pittsburgh) to frame our role in the change-making process. The MU Family Impact Center model will be used as a case study to examine the application of the competency model to an applied setting. This course will be highly interactive, student-driven and research-based (with high attention paid to practical experiences that each student brings). You will leave the course with a “change the world” project in hand. Won’t you come with me on a journey to “Change the World, One Starfish at a Time?”

**Instructor: Jenny Flatt** is director of the MU Family Impact Center, a campus-community “place based engagement center” and subsidiary of MU Extension and Engagement. Jenny has been with MU Extension and Engagement for 11 years. Jenny’s formal training derives from the University of Missouri in psychology, sociology, curriculum and instruction, and educational leadership. Jenny is a life-long learner and is more interested learning collaboratively around “big ideas” than obtaining titles and degrees. Having said that, Jenny completed an Ed.D. in educational leadership with MU in 2012.

### Pathways to 2050

[8 Sessions]

11:00 a.m. – 12:30 p.m., Moss A

Thursdays: March 14, 21; April 4, 11, 18, 25;  
May 2, 9

Instructor Wayne Anderson will cover the following topics about future possibilities.

- **March 14:** Food of the future: restoring and recreating what we eat. Will we adjust to worms and bugs at meal time?
- **March 21:** Global warming: will we survive the consequences?
- **April 4:** Life in the bioengineered society of the future: will all our children be perfect?
- **April 11:** What’s new in medicine?: will IBM’s Watson replace M.D.s?
- **April 18:** Will we all become cyborgs?: what is happening with artificial body parts and computers being introduced into our bodies and brains?
- **April 25:** The end of college as we know it?: will we need a new degree every 15 years to keep up?
- **May 2:** The end of illness and illiteracy around the world: will the Gates and Winfrey fulfill their promises?
- **May 9:** The end of malls: can drones and robots really replace us?

**Instructor: Wayne Anderson** is professor emeritus of psychology at MU; he retired in 1995. Wayne was a team member for the International Center for



## THURSDAYS continued

Psychosocial Trauma from 1995 to 2011, making 26 trips into trauma zones; from 1995 to 2012, he taught an MU honors class in human sexuality and taught a capstone course in criminal justice at Columbia College; since 1996 he's written a weekly travel column for the *Columbia Daily Tribune* and has taught two courses per year for Osher since 2004.

### Existentialism and Choices for Life

[8 Sessions]

11:30 a.m. – 1:00 p.m., Moss B

Thursdays: March 14, 21; April 4, 11, 18, 25; May 2, 9

The class will discuss decisions that all or most humans have to make in life and how the alternatives would affect them thereafter. Decisions include whether to believe in God and practice some religion; how to face death, that of others and their own; whether to be faithful or opposed to various individuals and groups; resort to violence or practice non-violence; do or ignore what conscience commands; and, in the end, deciding what is the meaning of life, if it has any. The instructor will encourage the members of the class to explore alternatives and reflect on what to believe. He will explain his own views and those of several authors that have been labeled "Existentialists," especially Søren Kierkegaard and Jean-Paul Sartre, but including, as time will allow, Friedrich Nietzsche, Martin Heidegger, Albert Camus and Simone de Beauvoir. Each week he will provide (by e-mail) literature that addresses the topics of the ensuing session for those who wish to explore the issues further.

**Instructor: Jack Kultgen** obtained a B.A. in Philosophy at University of Texas in 1946 and a Ph.D. in 1952 at the University of Chicago. He's taught at Oregon State, Southern Methodist and, for 40 years, the University of Missouri, with courses in logic, philosophy of science, ethics and social issues – one was called Existentialism; another was cross-listed in Peace Studies. Jack has published five books and 50+ papers in journals. Jack retired in 2007 but still teaches and writes.

### Order in the Court! Presenting Eight Great Courtroom Dramas

[8 Sessions]

1:00 – 4:00 p.m., Moss A

Thursdays: March 21; April 4, 11, 18, 25; May 2, 9, 16

A good legal dispute is the stuff of which great dramas are made, with all their rebuttals, arguments and surprise witnesses. There's something intrinsically

cinematic about a courtroom after all: there's tension, mystery, strong characters, powerful words and usually some dramatic final summations. I'll be presenting eight excellent courtroom dramas of all time. Some of them can also be classified as legal thrillers. They are all highly rated by film critics and top-notch film websites. Six just happen to be on the list of the American Bar Association Journal. What better recommendation can there be than that? I rest my case!

**Instructor: John Blakemore** spent 22 years in the advertising agency business in New York, St. Louis and Columbia. He started a second career at Stephens College, where he taught for 19 years. He was chair of the Mass Communication Department and was instrumental in creating the Advertising, Marketing and Public Relations major and Film major. He has served on numerous boards over the years and now serves on the Osher@Mizzou Advisory, Outreach and Development committees.

*Class starts on Thursday, March 21, and goes one week beyond the end of the semester*





### Exploring the Invisible Bonds and Hidden Boundaries that Shape Our Paths

[8 Sessions]

2:00 – 3:30 p.m., Moss B

Thursdays: March 14, 21; April 4, 11, 18, 25; May 2, 9

This course will look at the ways in which our families, friends and culture shape and affect the choices we make in life. We will consider these issues through the lens of three memoirs: *Hillbilly Elegy* by J.D. Vance, *Heartland* by Sarah Smarsh, and *Becoming* by Michelle Obama. Classes will use interactive and structured small group dialogues as we explore each book, and you will be able to reflect on your own life as well.

Limit of  
30 students

**Instructor: Sarah J. Read** has more than 25 years of experience in resolving complex issues as an attorney, mediator, facilitator and consultant. Sarah is a frequent speaker and writer on issues related to civic engagement, and has led several dialogue-based courses at Osher. Ms. Read received her B.A. degree, cum laude, from Yale University and her Juris Doctorate degree with the Order of the Coif from the University of Wisconsin.

### Storied, RCV\* (\*Revised Condensed Version)

[7 Sessions]

5:30 – 7:00 p.m., University of Missouri campus, Tate Hall, Room 215

Thursdays: March 14, 21; April 4, 11, 25; May 2, 9

(No class on April 18, or during Spring Break)

This course will be a shorter “storytelling concert” version of the Tuesday morning course, “Storied,” featuring many of the same stories. Eight to ten stories will be presented in each session, with some time for explanations and discussion.

**Instructor: Larry Brown** is a retired MU assistant professor of human geography, having earned a Ph.D. in policy studies, an M.A. in geography, a Masters of Divinity, and a B.A. in sociology. Larry is a professional storyteller and an ordained minister with standing in the Christian Church (Disciples of Christ). He is a frequent presenter on topics of cultural and political geography, Missouri history, and religious studies.



This is our first venture into “Osher at Night,” an initiative that will benefit lifelong learners who are unable to attend classes during the day. Osher staff will provide a clear map for parking and meeting location. Give it a try!



## FRIDAYS

### Potpourri of the Arts

[8 Sessions]

9:30 – 11:00 a.m., Moss A

Fridays: March 15, 22; April 5, 12, 19, 26;  
May 3, 10

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



**Coordinator:** Carolyn Dye

### March 15: A Closer Look at the Novels of Anne Bronte

Anne, the youngest Bronte sister, published two novels in her short lifetime. Though overshadowed by her elder sisters' more famous novels, Anne Bronte's novels feature a writing style, topics and characterizations that are compelling and highly readable. *Agnes Grey* is a short but very powerful look at the life of a governess in 19th century England. In it the heroine Agnes Grey faces numerous difficulties, but with spirit, hard work and perseverance, ultimately resolves them and finds both spiritual and personal love. This is an amazing first novel for 27-year-old Anne Bronte. *The Tenant of Wildfell Hall*, Anne's second novel, is written in epistolary and diary style. It is an insightful, harrowing, and moving account of a woman who leaves an abusive marriage and successfully makes her own way in the misogynistic world of 19th century England. Both novels feature female protagonists very much like Anne herself, young women of modest means, but high intelligence, quiet determination and deep inner resources. We will also delve into the imaginary world of Gondal, the shared-world adventures, that served Anne and Emily Bronte as both imaginative outlet and literary training ground.

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

### March 22: A Day in the Life of a Missouri Contemporary Ballet Dancer

Go in-depth with professional dancers to learn what it is like to work for Missouri Contemporary Ballet. Experience a condensed version of what a normal class entails, as well as a full explanation of rehearsals and what goes into the creation and execution of each performance. As the artistic/executive director of Missouri Contemporary Ballet, Karen Grundy's unique experience is reflected in her fresh and innovative style, which combines her classical ballet and modern dance training with a twist from the productions of Las Vegas, resulting in work that's accessible to all.

**Instructor:** Born and raised in Las Vegas, **Karen Grundy** began dance training at the age of 3. By age 8, she was training in modern dance with Ronnie Greenblatt, who trained under Martha Graham. Karen's extensive classical ballet and jazz training was under the direction of Inez Mourning and Belinda DeBecker. Her love of contemporary ballet was discovered in working side by side with L. J. Ballard as a dancer and as an assistant choreographer. Grundy has taught master classes throughout the country, and in 2000, Karen was recruited to teach at Columbia Performing Arts Centre, where she taught for nine years. She then moved forward with her ultimate dream of building a company. Missouri Contemporary Ballet launched in 2006 and has since grown from a handful of dancers and annual performances to a multi-level operation with members, apprentices and trainees, as well as a not-for-profit school and numerous outreach programs.

### April 5: An Introduction to the Unbound Book Festival 2019

Unbound is a book festival that celebrates literature of all kinds. This year's fourth annual festival is scheduled from April 18-20, 2019. Events will take place at various venues around Columbia, including a keynote address by Booker Prize winning author George Saunders on Friday night at 7:30 p.m. at the Missouri Theater. There will be a full day of events on the campus of Stephens College on Saturday. Nationally acclaimed writers and poets across many genres will come from around the country to talk about their writing. With programs for fiction, nonfiction, poetry and children's literature, there is something for

## FRIDAYS continued

everyone. Come and learn about the exciting array of authors and poets who will be attending this year's festival and the creative panels and conversations we have planned. You'll learn about some of the new events for this year and get hints and suggestions about how to plan your day in order to make the most of the event.

**Instructor: Alex George** is the founder and artistic director of the Unbound Book Festival. He is the author of six novels, including *A Good American*, which was a national and international bestseller, and *Setting Free the Kites*, both of which were published by Penguin. He also has his own law firm and is the owner of Skylark Bookshop that opened in downtown Columbia in August 2018.

### **April 12: Vicariously Accompany Sharon Kinden on her Road Scholar Hands-On Glass in Chihuly's Seattle Adventure**

With no previous experience in working with glass, Sharon will take you into the Pratt Center "hot shop" where heat waves radiate off the 2,000-degree molten glass which she will gather on her blowpipe as she makes a glass paper weight and black and gold blown globe. Through photos, watch as she creates glass beads and a colorful fused plate. Next, you will travel to Tacoma, Chihuly's hometown, with stops at the Tacoma Art Museum, his six glass displays at Union



Station, his Bridge of Glass spanning a major highway, and the Museum of Glass. More glass studios and glass galleries will culminate at Chihuly's Garden and House of Glass in Seattle Center. If you aren't familiar with Dale Chihuly's stunning glass creations, you will be after this class. If you are familiar with Chihuly, you will race home to make travel plans for Seattle..

**Instructor:** Known for her thrilling travel tales and stunning photos in Osher's "Travels With Sharon" series, **Sharon Kinden** loves to travel. Having visited 77 foreign countries and all seven continents, but only 26 U.S. states, she is now focusing on more domestic travel.

### **April 19: Documentary Short Film *Baby Brother* – A Screening and Discussion**

Local filmmaker and MU professor Kamau Bilal's short documentary film, *Baby Brother*, premiered last year during the Sundance Film Festival in Park City, Utah, and appeared on *The New York Times*' website as part of its Op-Docs series. Osher students will watch the stunning 14-minute film and hear from this up-and-coming artist, recently named one of the "25 New Faces of Independent Film" by *Filmmaker Magazine*. Kamau's previous short film, *Crown Candy*, co-directed with True/False Film Fest's David Wilson, premiered at DOC NYC and won the grand jury prize at the St. Louis International Film Festival, an Academy Award qualifying event.

**Instructors: Kamau Bilal** teaches film production classes at MU, where he is infusing a new generation of filmmakers, "with a desire to reject the expensive industrial process, currently known in our industry, with the hope that average people alike will be given the time and space to speak in the language of cinema."

### **April 26: Caravaggio, Bad Boy Genius of Baroque Art**

This session will focus on the life and work of the Italian baroque artist, Michelangelo Merisi (Caravaggio), who lived from 1571 until 1610 and is considered by some art historians to be one of the greatest painters in the Western tradition of art. The presentation will touch on his chaotic personal life but will primarily focus on his art. We will examine his secular and religious paintings with attention to his innovative realism, depiction of dramatic action, use of lighting (chiaroscuro and tenebrism) and portrayal of intense psychological states. We will discuss the controversies provoked by his commitment to realism in art and his profound influence on other artists.

**Instructors: Robert (Robin) Blake** is a docent at the MU Museum of Art and Archeology. Previously, he gave a presentation at an Osher session on Representations of Medicine in the History of Art. He has studied art history at the university and has visited many art museums in the U.S. and Europe. He has personally seen 25 of the approximately 50 original paintings by Caravaggio (his favorite artist) that are known to exist.

### **May 3: The Pursuit of Happiness in the Founding Era**

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”—*Declaration of Independence* (1776). Scholars have struggled to understand what the American founders meant when they included the unalienable right to the pursuit of happiness in the *Declaration of Independence*. Eighteenth-century political philosophers often made a distinction between “fleeting” and “temporal” happiness, and “real” and “substantial” happiness. The first is a happiness rooted in emotion, disposition or circumstance. The second is happiness in the classical sense of eudaimonia – well-being or human flourishing that results from living a life of virtue. To pursue “real” and “substantial” happiness was a theological, political and scientific endeavor. It assumed human free will, required a

political status of liberty, and relied on the scientific processes of observation and experimentation in order to identify the principles that would enable a human, or government, to be truly happy. This session will consider the pursuit of happiness across a variety of 18th-century intellectual traditions, and explore its usage in two key legal texts of the founding era, William Blackstone’s *Commentaries on the Laws of England* and the *Declaration of Independence*. Special thanks to the University of Missouri Press for partnering with Osher on these author visits.

**Instructors: Carli N. Conklin**, J.D., Ph.D., is an associate professor at the University of Missouri School of Law and an associate professor of Constitutional Democracy at the Kinder Institute on Constitutional Democracy. She is the author of *The Pursuit of Happiness in the Founding Era: An Intellectual History*, published by University of Missouri Press.

### **May 10: Hot Summer Nights Music Festival**

The Missouri Symphony has produced and presented a summer festival in Columbia for the past 37 years, and this is the 16th year it has been named Hot Summer Nights Music Festival. This has grown into the largest music festival in a three-state region, with more than 20 concerts in five weeks. The Festival is anchored by the Missouri Symphony Orchestra, a fully professional Symphony Orchestra comprised of musicians from across the U.S. Last year the orchestra’s 60 musicians came from 11 states. Come hear about the 2019 line-up of classical, pops, silent movie and community concerts, beginning June 1st. Maestro Trevor will also present some of the challenges and interesting facets of being a professional orchestra conductor.

**Instructors: Kirk Trevor**, internationally-known conductor, recording artist and teacher, is a regular guest conductor in the world’s concert halls. Kirk was appointed music director of the Missouri Symphony in 2001. He is widely recognized as one of the leading conducting teachers in the world. His International Workshop for Conductors, held in Europe, is in its 29th year and draws more than 50 young conductors each year to study with him.

# SPECIAL EVENTS

## THE BROWN BAG SEMINAR SERIES

### Brown Bag Seminar Series

[8 Sessions]

11:30 a.m. – 1:00 p.m., Moss A

Fridays: March 15, 22; April 5, 12, 19, 26;  
May 3, 10

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

**Coordinator:** Carolyn Dye

### March 15: Growing Up in the Orthodox Jewish Neighborhood of Borough Park in Brooklyn, New York, in the '40s and '50s

Be transported back in time and place by touring the Ultra Orthodox Jewish neighborhood of Borough Park in Brooklyn, New York, in the 1940s and 50s with Joan Luterman, who grew up there.

**Instructor: Joan Luterman** is a retired medical social worker from University of Missouri Health Care who is also a charter (and ongoing) member of Congregation Beth Shalom in Columbia.

### March 22: Alzheimer's and Dementia: Effective Communication Strategies

Attendees will learn how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages and identify strategies to connect and communicate.

**Instructor: Elyse Murrell, MSW**, is a nonprofit manager with more than five years of experience working with older adults and people affected by dementia. She received her Master of Social Work degree from Washington University in St. Louis in 2014. Elyse began her tenure at the Alzheimer's Association as a graduate intern, continuing as a volunteer and contractor until being hired as the education and outreach manager in 2016.

### April 5: The Beauty of Sacred Geometry

Sacred geometry is in us and all around us. Are you aware of it? We will embark on a fascinating journey into the beauty of sacred geometry in nature. Main reference: *The Hidden Geometry of Flowers* by Keith Critchlow.



**Instructor: Karen R. Onofrio, M.D.**, EEM-CP, artist and retired pathologist, continues to deepen her knowledge and understanding of the human body and human spirit. She is an Eden Energy Medicine Certified Practitioner, Usui Reiki Master, Free Soul Instructor, HealthRhythms trained facilitator, Level 1 Practitioner of the Art of Raising Frequency and Healing Touch Level 1 student. She takes Wisdom Healing Qigong classes from Master Mingtong Gu.

### April 12: What's Cooking at the Agriculture Park?

Learn about the new public-private partnership that is developing the 10-acre Agriculture Park in Columbia. Like a big onion, this project has lots of layers to it. Join in to learn how to get involved in this community effort and see what's on tap for the opening 2019 season at the Ag Park!

**Instructor: Adam Saunders** is co-founder of the Columbia Center for Urban Agriculture and campaign director of the Build This Town: Campaign for the Agriculture Park. Learn more at [BuildThisTown.org](http://BuildThisTown.org) or contact Adam at: [Adam@ColumbiaUrbanAg.org](mailto:Adam@ColumbiaUrbanAg.org).

### April 19: Our Toxic Burden: Toxins in our Food and Environment and What You Can Do to Protect Yourself

Given the high levels of toxicity in our environment and food systems, it is important to undertake specific detoxification programs as well as to make detoxing a continual part of our daily, monthly or seasonal regimes in order to live a long and healthy life. In this class you will learn of the impact of toxins on our bodies and current natural medicine protocols to jumpstart a detox and to help restore or maintain your health and vitality.

**Instructor: Caya J. Tanski, ND (CTN)**, CCH, CHom, CBP, is a nationally-certified naturopathic doctor and classical homeopath who will guide you through up-to-date natural and functional medicine protocols to optimize your gastrointestinal health.

### **April 26: Refugee Relocation and Acclimation in Missouri**

City of Refuge executive director, Garret Pearson, will give an overview of the Refugee Resettlement Process in Missouri and how community members may work to develop a sense of belonging for them in our community.

**Instructor: Garrett Pearson** is the executive director of City of Refuge. Born and raised in Texas, he received an undergraduate degree from Texas A&M University and studied counseling at Southern Seminary in Louisville, Kentucky. Previously working as an event planner and fundraiser, he joined City of Refuge to oversee operations and advancement. Garrett is passionate about empowering others and desires to develop a sense of belonging for every refugee who is placed in or relocates to mid-Missouri.

### **May 3: How to Enhance an Already Healthy Diet and Lifestyle**

Maybe you've recently been awakened to the fact that eating well and adding some other healthy practices can be very beneficial to your health. On the other hand, maybe you have recently decided that you really must start taking better care of yourself and enjoy hearing about new ideas that work. Wherever you fit on the continuum of moving from less health to more health and vibrancy, this class could be for you. We'll look at several practices, all relatively easy to incorporate into your daily regimen, and discuss the benefits and burdens of each of them. The instructor will bring some healthy snacks to sample, as well.

**Instructor: Jane W. Smith** has been a student of nutrition and healthy living all of her adult life. She raised seven children and then was a hospital chaplain for more than 20 years. She now owns the business, Abundant Raw Life, where she provides health-coaching programs, webinars and on-line cleanses.

### **Friday Afternoon Film Festival**

[Each Friday during the semester]

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

Fridays: March 15, 22; April 5, 12, 19, 26; May 3, 10



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

### **May 10: Navigating the Medicare System**

This class will provide important information to Medicare recipients and their families. Participants will learn how to access and use "CLAIM," Missouri's state health insurance assistance program for Medicare. Trained CLAIM counselors provide free, unbiased advocacy, education and assistance to persons with Medicare and those who help them to make informed decisions about Medicare and related health insurance needs. CLAIM is a federally-funded, volunteer program to help answer your Medicare questions.

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

## SPECIAL EVENTS: EXTRAMURAL

### Osher Clubs

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

#### El Club de Español

Tuesdays, 2:00–4:30 p.m., Hillcrest C

Habla español? Osher's Spanish club is for participants who have studied the present and the preterite tenses in Spanish. Beginners meet from 2 to 3 p.m. and advanced speakers from 3 to 4:30 p.m. Call club organizer Judy Elliott at (573) 424-4244 if you plan to participate.

#### Diversity Book Club

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

Nancy Browning, professor emeritus of cultural diversity at Lincoln University, facilitates this monthly book discussion centered on diversity issues. Plan to have read the book in advance and come ready for discussion. Books are decided by the group and will be announced via Osher's e-newsletter. The club will not meet in March 2019.

#### Osher Sings Club

Mondays, 3:30–4:30 p.m., Moss A

Come and sing along just for the sheer joy of singing — no experience necessary. The group is led and accompanied by two enthusiastic MU music students, and Osher member Michael Porter remains as the group's founder and head 'lounge lizard.' Join in on the fun!

#### Travel Club

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

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



CONCIERGE LIVING  
FOR ADULTS 55+

THE VILLAGE OF  
**BEDFORD WALK**

JES I PRIME SENIOR LIVING



THE LIFESTYLE YOU WANT  
IN A COMMUNITY YOU'LL LOVE

Call to learn more today!

**573.303.7252**

or visit [www.thevillageofbedfordwalk.com](http://www.thevillageofbedfordwalk.com)

## Osher Saturday Morning Book Talks

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

March 2

### ***The Bad Break (2018)* by Jill Orr**

**Sponsor:** Prospect Park Books

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

April 6

### ***Amah and the Silk-Winged Pigeons (2017)* by Jocelyn Cullity**

**Sponsor:** Inanna Publications, Toronto, Canada

Author Jocelyn Cullity has written a truly poetic cultural vision of the very significant Indian Rebellion of 1857. Her novel is set primarily in the major city of Lucknow (Lakhnau) which has long been a cultural and educational center of north-central India in Uttar Pradesh state. Her narrative is woven around the tensions between strong caste and economic traditions in the region and the ever-growing demands made by the British East India Company in the mid-19th century. Ever more profitable returns

on tea and the spice trade made this region and its capital city (current population nearly 3,000,000) highly important to the British. Amah (a female royal bodyguard of Ethiopian Muslim descent) is central to the voices that call for resistance to continual British demands. At one point (p. 104), she sits atop a hill with the divorced wife of the earlier king of the region overlooking the city "where kingfishers swoop, [seeing] the stables that are now English offices, the empty Imambarah College, the new post office, and the silent meadows where no animals roam..." This is a very personal novel addressing the powerful rush of power and pain so often associated with colonialism.

May 4

### ***Dickinson Unbound: Paper, Process, Poetics (2012)* by Alexandra Socarides**

**Sponsor:** MU College of Arts and Science

Join us for an unprecedented exploration into the dynamics of the creation of the poems of Emily Dickinson (1830-1886). Author Alexandra Socarides has not only parsed sentences in looking for the heart of meaning in Miss Dickinson's poetry, she has played intellectual detective in determining—and presenting to her readership—the unique accumulation of writing sites, visionary sights and the actual flow of paper and paper pieces to move this reclusive author's poems toward a potential for publication. Dickinson saw almost nothing of her poetry published before she died at age of 55 in 1886, but her poetry has seen extraordinary popularity posthumously in anthologies, New England collections and academic works on American poetry. Textbooks looking for regional signatures of place find much from this author whose world was seen more in her mind than in her own travel through physical space. Come to this late spring Osher Saturday Morning Book Talk to spark your own engagement of seasonal change and watch the power of poetic imagery stretch your minds.

## COLUMBIA PARKS AND RECREATION 50+



Columbia Parks and Recreation welcomes Osher@Mizzou members to an exciting new spring session at Waters-Moss Memorial Wildlife Area that includes Hillcrest

Community Center, Moss Building and Waters House.

We hope you take advantage of the added benefits offered this Osher academic year (September 2018 through June 2019) that include a 2019 Parks & Recreation Hillcrest 50+ membership. As members, you can enjoy the following activities at Waters-Moss: painting groups, Mah Jongg, adult coloring, rug hooking, knitting, Karaoke and games, such as Mexican train dominoes, bingo and jigsaw puzzles, as well as potlucks.

Pick up a monthly newsletter/calendar in the racks inside our buildings *or* visit [www.CoMo.gov](http://www.CoMo.gov), then search "Senior/50" *or* let the Hillcrest front desk know you would like to receive the calendar by monthly email. The Hillcrest front desk can be reached Monday–Friday, 8:30 a.m.–4:30 p.m., at 573-874-7475.

### 50+ travel opportunities

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

### 50+ Explorers

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

### 50+ Tours

Hop on board the White Knight chartered motor coach and join Columbia Parks and Recreation for fun and relaxation. Escorted day and overnight trip costs will vary depending on length and included activities. Quality, safety and pacing are important

to planning our trips. A monthly newsletter lists trips currently available for booking. Call for all the details (573-874-7475).

The New Theatre Restaurant in Overland Park, Kan., has unique surroundings, a food buffet that is fresh and tasty, and true professional entertainers. The upcoming shows in 2019 include these extraordinary, all-star musical productions:

**Wednesday, May 1 – *Buddy – The Buddy Holly Story***, payment due April 1

**Wednesday, July 17 – *Joseph and the Amazing Technicolor Dreamcoat***, payment due June 15

### Activities and meeting space

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





# INVESTING IN OSHER@MIZZOU

**Thanks so much to our wonderful donors!** Their support means the world to a volunteer-driven organization that strives to build a community of lifelong learners who take classes, engage in clubs and attend events – all for the sheer joy of learning.

## OSHER ADVOCATES – DONATIONS AND PLEDGES

(January through December 2018)

Osher members who support our continuing-education program at the level of \$500 or more per year qualify as **OSHER ADVOCATES**. Please consider joining this group that allows the program to thrive and continue to grow, while keeping Osher membership fees affordable. We appreciate their leadership and generosity! *Contributions and pledges received after December 31, 2018, will be acknowledged in the Summer 2019 Catalog.*

Don and Joan Bay*	Anne Gifford*	Peter and Pat McDonald
Tom and Barbara Bender*	Dave and Nancy Griggs	Georgia Morehouse*
John and Patti Blakemore*	Susan Heinsz	Jerry Murrell*
James and Anne Campbell	Joanne Heisler	Michael and Rose Porter*
Ron and Judy Carter*	Tom and Sandra Henderson	Neil and Lyanne Riley*
Robert and Barbara Churchill*	Robert Hibbs*	Sally Silvers*
Thomas Dillingham and Judith Clark*	Beverly Kabrick*	Gary and Beth Stangler*
Gloria Crull	Sharon Kinden*	Karen Touzeau
Carolyn Dye*	Sue Kopfle	Paul Wallace and Robin Remington*
Jeanne Dzurick	Don and Linda Ladd*	George and Helen Washburn*
William B. Fisch*	Greg and Gail Luce	Jack Wax*
Irene Ganjam	Steve and Martha Matthews*	Nan Wolf*
Lawrence M. and Aileen R. Garvin*	Carol A. McAllister*	

## FRIENDS OF OSHER (January through December 2018)

Special thanks to the **FRIENDS OF OSHER**, who have provided support through monetary contributions above their registration fees (\$10 to \$499). Contributions received after December 31, 2018, will be acknowledged in the Summer 2019 Catalog.

Kathryn Allen	Barbara Favazza	Elizabeth Ann Morgan
Barbara C. Ball	Bette Fletcher	Bob and Bonnie Mullen
Jerry Benedict	Val Germann	Mary Nesladek
Jane Biers	Joseph and Jessica Giacchi	Carolyn Oliver
Robert and Cokie Blake	Bill Goodson	John Parker
Diane Booth and Jeanne Sebaugh	Olive Graham	Warren and Debbie Prost
Gregory Brown	Frank and Kathy Green	Karen Ridge
Larry Campbell	Nancy Griffin	Deborah Rogers
Charlene Carnes	Jean Gurucharri ( <i>in honor of Robert G. Silvers</i> )	Kit and Cathy Salter*
Reba Cassin	Maurine Hall-Hildebrand	Joyce Sandin
Rosemary Christensen	Perk and Marilyn Hoecker	Dr. and Mrs. Donald J. Schilling
Gary Coles	Geri Holiman	Sarah Seat
Roger M. Cooley	Sandra Knight	Yvonne Skouby
Patrick and Sally Cronan	Pauline Landhuis	Beverly Smull*
Doreen Dabney	Evelyn Lansche	Joyce Snow
Mark and Susan Dickinson	Joan Luterman	Gary Tatlow
Barbara Downey	Tony Marshall	Elizabeth Tidwell
Fred Erickson	Elaine McDannold	Sue Tillema
Jennifer Erickson	Wayne and Pat Merrill	Curt Vogel
Phyllis Evans	Ruth Miluski*	Harvey Wax

\* These generous donors gave foundational gifts in 2017 that established the **Osher Advocate** program, and are known as **FOUNDERS**. Thank you for your leadership!

## NOTE FROM THE OSHER DEVELOPMENT COMMITTEE

### **I cannot imagine what my life would be like without Osher classes. Can you?**

I truly appreciate how much Osher gives all of us who attend classes: Knowledge. A forum for discussion. New friends. New skills. A book club! A choir. Connectedness. Belonging to a group of interesting folks who are curious, driven, and enjoying their lives.

Osher@Mizzou is membership-driven, meaning it runs on “member fuel.” This year we will serve more than 600 members. And next year, and the year after that. With your help, we’ll certainly serve more friends and neighbors. Your generosity can help us meet our needs as we continue growing.

Our fundraising goal this year is \$25,000 (which accounts for nearly 12% of the operating budget for the year). Your financial investment in Osher will allow us to expand our programs and better serve our community of lifelong learners. Your contributions also help to fund our scholarship program (see page 7 for details) whereby people can join at a cost they can afford, and we do not have to turn away a single person due to lack of funding.

Every gift counts; every dollar you give makes a difference here at Osher@Mizzou. Your donations are needed to ensure long-term continued success and stability, and to make sure classes and the opportunities members enjoy today will be available for others tomorrow.

For more details on how to make your gift, please see page 34. Or you can simply write in your gift amount on the Spring Semester registration form on page 37. Questions? The Osher staff and volunteers can assist. Stop by, email [osher@mizzou.edu](mailto:osher@mizzou.edu) or call (573) 882-8189.

We are so fortunate to have such an active Osher program in Columbia. The future is bright, and it is so because of members like you.

Live Love Laugh @ Osher@Mizzou,

Michael J. Porter,  
Chair, Development Committee



# HOW TO JOIN THE OSHER ADVOCATES & FRIENDS OF OSHER

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

- **Pick a donation level.** Any one-time gift above \$10 qualifies you as a Friend of Osher; move up to the \$500 level to join the Osher Advocates.
- **Give online.** Online giving generally takes less than five minutes. Go to **osher.missouri.edu** and click on Give to Osher@Mizzou (top right of the webpage). Type in your amount and add notes on the gift fund in the NOTES field. There's also an option to set up monthly automatic donations.
- **Give by mail.** Mail your check, payable to 'University of Missouri' to Osher@Mizzou, University of Missouri, 344 Hearnes Center, Columbia, MO 65211. In the MEMO field, please indicate that your gift is for Osher@Mizzou. If it is a tribute, please specify the name of the person you'd like to honor.
- **Give in other ways.** If you are interested in contributing in other, even more substantial or specific ways, such as creating an endowed lecture series or another endowed program, we would love to meet with you to explore ideas.

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

### Photo credits:

Cover image, *Flower Trail*, Aaron Brunhofer / Wikimedia Commons / Creative Commons CCO 1.0 Universal Public Domain Dedication; Cover Image, *Chihuly*, Bill Dickinson / Flickr / CC BY-NC 2.0; Cover image, *Sea Daisy (Borrchia Frutescens) and Pollinators* / Flickr / CC BY 2.0; p. 11, *Israel in Egypt*, Edward Poynter / Wikimedia Commons / Public Domain; p.15, *Falcon Heavy Demo Mission*, Space X / Space.com / Public Domain CCO 1.0 Creative Commons; p. 20, *Unknown Starfish Species, Lazy Lagoon, Near Bagamoyo, Tanzania*, Paul Shaffner / Wikimedia Commons / CC BY 2.0; p. 24, *The Sun*, Dale Chihuly / Wikimedia Commons / Public Domain; p. 30, *Buddy Holly Publicity Picture for Brunswick Records*, Buddy Holly Brunswick Records / Wikimedia Commons / Public Domain.





## MESSAGE FROM ADVISORY COUNCIL CHAIR JACK WAX



### This Spring, Grow Your Telomeres Along with Your Garden

If you are planning on getting older or if you care about someone else who is planning on aging, you should read *The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer* by Elizabeth Blackburn, Ph.D., and Elissa Epel, Ph.D. I know that book reviews are supposed to be critical. So don't consider what follows as a book review; it's a recommendation.

*The Telomere Effect* will increase your understanding of what's behind the aging process and give you a new perspective on maintaining good health as the years tick by. It will also give you practical, simple ideas for making lasting changes in your lifestyle (and community) that will lead to long and strong telomeres for everyone.

What is a telomere? I had never heard of telomeres before hearing one of the co-authors, Elizabeth Blackburn, speak at a national Osher conference. Dr. Blackburn is not a TV-talking-head, anti-aging guru with a book to hawk. She's a serious scientist who won the Nobel Prize in Physiology or Medicine in 2009. Before her discoveries, the only thing that scientists knew was that telomeres covered the ends of all chromosomes. No one knew what they did.

By studying the chromosomes of pond scum, Dr. Blackburn eventually determined that telomeres were composed of noncoding DNA, which is not the DNA that carries our genetic code. It turns out that these caps of DNA protect chromosomes when they replicate themselves. They determine how quickly your cells age and die. Short telomeres translate into weak protection, resulting in rapid aging and increased odds of developing diseases associated with aging, such as cancer and heart problems.

She also determined that some people – i.e., those with good genes – are born with long telomeres. But an exciting thing about telomeres is that they can change length, reflecting at the cellular level what's going on in our lives and the world around us. Think on that a second. We are talking here about the connection between the environment we live in – be that an emotional, intellectual or physical one – and how it impacts our cells. Which, in turn, impacts the health of our mind and bodies.

Here's the upshot of all this. **If you live a healthy life, manage stress, meditate and have a supportive network of family or peers, your telomeres will reflect this.** They'll lengthen, and when your cells replicate, there will be less mayhem inflicted on your chromosomes and fewer defects. Conversely, eat junk food, stress out, isolate yourself and don't bother exercising, and your telomeres will shrink. Bad things will be more likely to happen to your body and mind.

Don't take my word for any of this. Just go read a copy of *The Telomere Effect* to get a full understanding of telomeres' effect on your health and aging process. I don't know of any other book that provides such solid science-based evidence for changing our world in ways that affect our communities, our lives and even our molecules.

– Jack Wax, Osher Advisory Council Chair

## STEP 1

Tell us who you are.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

Yes, please contact me about Osher volunteer opportunities.

## STEP 2

What membership would you like? Please select one.

Premium \$140 (or \$10 re-enroll)	Semester \$20 + Per-course fees
<ul style="list-style-type: none"> <li>• Enroll in unlimited number of courses</li> <li>• Lasts the entire school year</li> <li>• Includes all perks of a Basic Membership all year long</li> <li>• \$10 re-enrollment fee for subsequent semesters</li> </ul>	<ul style="list-style-type: none"> <li>• Pay "by-the-course"</li> <li>• Lasts one semester</li> <li>• Includes all perks of a Basic Membership only during the semester you are enrolled</li> </ul>

**\$140 Premium**  **\$10 Re-Enroll** *(Returning)*  
Unlimited courses all school year, re-enroll each semester for \$10

**\$20 Semester + \$ \_\_\_\_\_ (Course Fees)**  
Pay "by-the-course" this semester only

**\$40 Basic**  
No courses. Includes Osher Clubs, Brown Bag Seminar Series, Friday Afternoon Films & Saturday Morning Book Talk. Good until the end of the current school year.

**Would you like to add a donation?**

\$ \_\_\_\_\_ We appreciate your support!

\$ \_\_\_\_\_ **Total Fees and Donations**  
(Semester Members \$20 + course fees from below)

## STEP 3

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

### Monday

- (\$60) Bridge for Beginners (**Limit 20**)
- (\$40) Egypt, the Nile and Exodus
- (\$60) Our Choices, Children, Future (**Limit 30**)
- (\$60) Adaptive Distribution Theory
- (\$60) Writing in the 4th Quarter III (**Limit 20**)

### Tuesday

- (\$60) Master Pollinator Steward Program (**Limit 25**)
- (\$60) TED Talks
- (\$60) Conversational French
- (\$60) Advancements in Medicine
- (\$60) Four Operas - Love & Life (**Limit 25**)

### Wednesday

- (\$60) Stories for Climate Change Policy
- (\$60) Storied
- (\$60) Schumann & Debussy

### Thursday

- (\$60) Changing the World
- (\$60) Pathways to 2050
- (\$60) Existentialism & Life Choices
- (\$60) Eight Great Courtroom Dramas
- (\$60) Bonds, Boundaries that Shape our Paths (**Limit 30**)
- (\$60) **Osher Evening Course: Storied - Revised & Condensed**

### Friday

- (\$60) Potpourri of the Arts

\$ \_\_\_\_\_ (Course Fees) **Continued on back...**  
Semester members add to total in STEP 2



**STEP 4**

*Total due and payment information.*

**Payment by check or money order:**

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

**Osher@Mizzou**  
**344 Hearnes Center**  
**Columbia, MO 65211**

**Payment by credit card:**

Mail your completed enrollment form to the address to the left, or register over the phone by calling 573-882-8189.

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

**Method of payment**

**Total Fees:** \_\_\_\_\_

- Cash (*accepted at office*)
- Gift Certificate [Gift ID: \_\_\_\_\_]
- Check (*payable to **University of Missouri***)
- Credit card
  - Type:  Visa    Mastercard    Discover    American Express

Card Number: \_\_\_\_\_ Exp: \_\_\_\_\_

Name on card (please print): \_\_\_\_\_

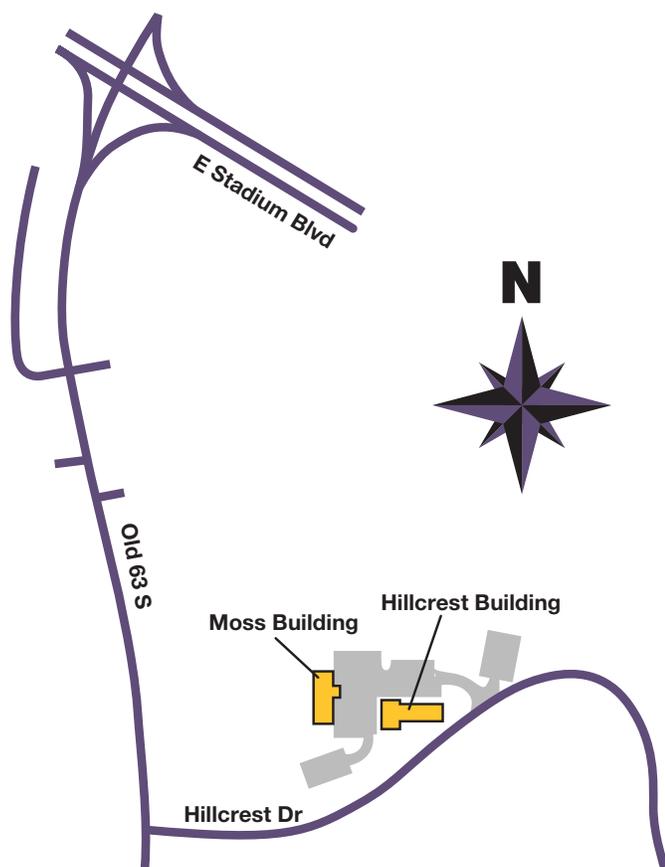
Signature: \_\_\_\_\_

**For office use only**    Customer ID \_\_\_\_\_    Receipt \_\_\_\_\_  
 Check # \_\_\_\_\_    Date \_\_\_\_\_

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

## DIRECTIONS AND PARKING

Courses are held in the Moss Building at the Waters-Moss Memorial Wildlife Area at 1905 Hillcrest Drive in Columbia, Mo., unless otherwise noted.



### Directions:

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

Parking is conveniently located.

Visit [osher.missouri.edu](http://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](mailto: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



Issued in furtherance of the Cooperative Extension Work Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director, Cooperative Extension, University of Missouri, Columbia, MO 65211 • MU Extension provides equal opportunity to all participants in extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability, or protected veteran status • 573-882-7216 • [extension.missouri.edu](http://extension.missouri.edu)



Extension  
*University of Missouri*

Non-profit  
U.S. postage  
PAID  
University of  
Missouri

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



Osher@Mizzou

CURIOSITY  
NEVER  
RETIRES