A Learning Community of Adults Aged 50+

Spring 2020 Course Catalog
Registration opens February 25, 2020
Courses begin March 9, 2020

Innovation & Outliers
What Drives Change?
Academic Year 2020

Stay Young. Stay Connected. Join Osher@Mizzou.
In This Issue

3  Spring Semester Overview
4  General Information
8  Course Calendar
10  Courses
28  Special Events
34  How to Support Osher
36  Letter from the 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 university research and science-based knowledge, University of Missouri Extension works with people to understand change, solve problems and make informed decisions.

MU Extension addresses a wide range of needs that fall into three grand challenges for the state of Missouri:

- Economic opportunity
- Educational access and excellence
- Health and well-being

We offer in-person and online programming, publications and information in these major interest areas:

- Agriculture and environment
- Business and community
- Health and safety
- Youth and family

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

Learn more at extension.missouri.edu.
Why Join Osher@Mizzou?

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

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

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

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

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

Spring Semester at a Glance

Our theme this Osher academic year is “Innovation and Outliers: What Drives Change?” Choose from the following courses on a myriad of topics during the eight-week semester. In addition, Fridays at Osher will include the Arts Potpourri session (registration required) as well as Brown Bag seminars and the Friday Film Festival (open to all current members).

<table>
<thead>
<tr>
<th>Learn Something New</th>
<th>Politics/Current Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Renewables, Reliability &amp; Rates * (Section I: M, 9:30 a.m.; Section II: T, 5:30 p.m.)</td>
<td>Nominations/Elections for Spring 2020 (T, 10:30 a.m.)</td>
</tr>
<tr>
<td>Wealth Strategies ** (M, 12:30 p.m.)</td>
<td>Wag the Dog: Foreign Policy/Domestic Politics (T, 1:30 p.m.)</td>
</tr>
<tr>
<td>White Oak, Whiskey &amp; Wine * (W, 5:30 p.m.)</td>
<td>Democracy Lab 2 (Th, 2:30 p.m.)</td>
</tr>
<tr>
<td>Conversational French (Th, 10:30 a.m.)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>All Things STEM #</th>
<th>History/Culture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Master Pollinator Steward Program (M, 10 a.m.)</td>
<td>Rome &amp; the Apostle Paul * (M, 9:30 a.m.)</td>
</tr>
<tr>
<td>Advancements in Medicine Series (M, 1 p.m.)</td>
<td>Why We Wear Clothes (T, 10:00 a.m.)</td>
</tr>
<tr>
<td>The World in 2040 (W, 10 a.m.)</td>
<td>War for Missouri, 1861-62 * (W, 10:30 a.m.)</td>
</tr>
<tr>
<td>God in the Equation: Science &amp; Religion (W, 1 p.m.)</td>
<td>Islam: Mercy to Mankind (T, 2:30 p.m.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>In-depth Discussions</th>
<th>Course Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ephemeral Nature/Built Environment * (M, 2:30 p.m.)</td>
<td># Science, Technology, Engineering, Mathematics</td>
</tr>
<tr>
<td>What’s New? American Poetry (T, 12:30 p.m.)</td>
<td>* Four-week session</td>
</tr>
<tr>
<td>TED Talks: Watch &amp; Discuss (Th, 10 a.m.)</td>
<td>** Five-week session</td>
</tr>
<tr>
<td>Eight Great Courtroom Dramas (Th, 1 p.m.)</td>
<td>M: Monday, T: Tuesday, W: Wednesday, Th: Thursday</td>
</tr>
</tbody>
</table>

* Four-week session
** Five-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 apply for a scholarship or if you require disability-related accommodations or special assistance, contact the Osher@Mizzou office at osher@mizzou.edu or 573-882-8189.

If you wish to make a gift to support our programs (including our scholarship fund), go to Osher’s website (osher.missouri.edu) and click on the Support Osher page. Or you may contact Osher’s staff at Osher@Mizzou.edu or 573-882-8189.

Spring Semester Scholarships

Need-based Scholarships: For individuals age 50+ who would like to join at the Premium level but, due to financial constraints, are unable to do so. This spring, scholarships will cover $80 of the $140 Premium membership tuition cost.

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

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

Important Dates

Tuesday, Feb. 25, 2020
Spring Registration Begins

Monday, March 9, 2020
Spring Semester Begins
(8-week Session)

March 11–12 (Noon–Noon), 2020
Mizzou Giving Day

Monday, March 23 – Friday, March 27, 2020
Spring Break (No Osher classes)

Tuesday, May 19, 2020
Summer Registration Begins

Thursday, May 21, 2020
Annual Member Meeting and Volunteer/Donor Recognition Luncheon

Monday, June 1, 2020
Summer Semester Begins
(4-week Session)
All three membership types include the following benefits:

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

Which membership is right for me? Pick from the following three options...

**Premium Membership**

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

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

**Cost:** $140 fee (prorated for Spring), plus $10 re-enrollment fee for the Summer 2020 Semester

---

**Semester Membership**

*Pay “by-the-course”*

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

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

---

**Basic Membership**

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

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

**Cost:** $40 per year
Inclement Weather Policy
If the Columbia Public School System cancels classes due to inclement weather, Osher@Mizzou classes will not meet on that day.

Conduct of Staff, Advisory Council, Instructors, Members and Volunteers
Osher members and Osher instructors are fundamental in partnering with MU Extension to guide and deliver programs relevant to the citizens of Missouri. Extension depends on volunteers to operate with a high standard of ethical conduct.

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

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

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

Photo and Participation Disclaimers
Osher@Mizzou does not collect individual waivers for use of photographs or for liability.

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

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

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

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

Anthony (Tony) Alioto
Cindy Allen
Wayne Anderson
Robert (Robin) Blake
John Blakemore
Brandon Boyd
Nancy Browning
Sarah Calhoun
Kevin Craig
Cory Crecelius
Thomas F. Dillingham
Patti Doyle
Carolyn Dye
Jeanne Dzurick
Judy Elliott
Laura Estes
Sandeep Gautam
Alex George
Hanna Gov-Ari
Andrew Grabau
General Richard Harding, Retired
Travis Harper
Tom Henderson
James R. Hillbrick
Casey Holliday
Jason Ingram
Muaid Ithman
Sarah S. Jones
Sharon Kinden
Aline Kultgen
Sara Landreth
David Leuthold
Timothy Materer
Whit McCoskrie
Douglas Miller
Karen M. Miller
Rashed Nizam
Karen R. Onofrio
Monica Palmer
William Priest
James Quinn
Trent Rash
Sarah J. Read
Alison Robuck
Kit Salter
Christopher Sampson
Mike Seat
Richard Sherwood
Kristin B. Simpson
Jane W. Smith
Hank Stelzer
Meagan Thurman
David Trinklein
Karra Van Landuyt
Jim Windsor
Kristie C. Wolferman

Photo credits:

### Course Calendar

All courses are eight sessions except as noted.

**Osher Café Note:** When possible, the Osher staff will set up tables in Moss B for Osher members who would like to socialize, dine and/or wait in a comfy space between classes.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8:00</strong></td>
<td>Moss A</td>
</tr>
<tr>
<td>8:30</td>
<td></td>
</tr>
<tr>
<td>9:00</td>
<td></td>
</tr>
<tr>
<td><strong>9:30</strong></td>
<td><strong>9:30–11 a.m.</strong></td>
</tr>
<tr>
<td>10:00</td>
<td><strong>10 a.m.–Noon</strong></td>
</tr>
<tr>
<td>10:30</td>
<td>Master Pollinator Steward Program (Various)</td>
</tr>
<tr>
<td>11:00</td>
<td>Pg. 11</td>
</tr>
<tr>
<td>11:30</td>
<td>Noon</td>
</tr>
<tr>
<td>Noon</td>
<td>12:30–2 p.m.</td>
</tr>
<tr>
<td>12:30</td>
<td>12:30–2 p.m.</td>
</tr>
<tr>
<td>1:00</td>
<td>Wealth Strategies Potpourri (Ingram) 5-week session</td>
</tr>
<tr>
<td>1:30</td>
<td>1:30–3 p.m.</td>
</tr>
<tr>
<td>2:00</td>
<td>2:30–4 p.m.</td>
</tr>
<tr>
<td>2:30</td>
<td>2:30–4 p.m.</td>
</tr>
<tr>
<td>3:00</td>
<td>2nd 4 weeks: The Ephemeral Nature of the Built Environment (Salter) Pg. 16</td>
</tr>
<tr>
<td>3:30</td>
<td>2nd 4 weeks: Renewables, Reliability &amp; Rates</td>
</tr>
<tr>
<td>4:00</td>
<td></td>
</tr>
<tr>
<td>4:30</td>
<td></td>
</tr>
<tr>
<td>5:00</td>
<td></td>
</tr>
<tr>
<td>5:30</td>
<td></td>
</tr>
<tr>
<td>6:00</td>
<td></td>
</tr>
<tr>
<td>6:30</td>
<td></td>
</tr>
<tr>
<td>7:00</td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>wednesday</td>
</tr>
<tr>
<td>------------</td>
<td>---------</td>
</tr>
<tr>
<td>8:00</td>
<td>Moss A</td>
</tr>
<tr>
<td>8:30</td>
<td></td>
</tr>
<tr>
<td>9:00</td>
<td></td>
</tr>
<tr>
<td>9:30</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>10–11:30 a.m.</td>
</tr>
<tr>
<td>10:30</td>
<td>10:30 a.m.–Noon</td>
</tr>
<tr>
<td>11:00</td>
<td>11:30 a.m.–Noon</td>
</tr>
<tr>
<td>Noon</td>
<td>Noon</td>
</tr>
<tr>
<td>12:30</td>
<td></td>
</tr>
<tr>
<td>1:00</td>
<td>1–2:30 p.m.</td>
</tr>
<tr>
<td>1:30</td>
<td>1–2:30 p.m.</td>
</tr>
<tr>
<td>2:00</td>
<td>2:00</td>
</tr>
<tr>
<td>2:30</td>
<td>2:30</td>
</tr>
<tr>
<td>3:00</td>
<td></td>
</tr>
<tr>
<td>3:30</td>
<td></td>
</tr>
<tr>
<td>4:00</td>
<td></td>
</tr>
<tr>
<td>4:30</td>
<td></td>
</tr>
<tr>
<td>5:00</td>
<td></td>
</tr>
<tr>
<td>5:30</td>
<td>5:30–7 p.m.</td>
</tr>
<tr>
<td>6:00</td>
<td>2nd 4 weeks: White Oak, Whiskey &amp; Wine (Stelzer)</td>
</tr>
<tr>
<td>6:30</td>
<td></td>
</tr>
<tr>
<td>7:00</td>
<td></td>
</tr>
</tbody>
</table>

All courses are eight sessions except as noted.

**Osher Café Note:** When possible, the Osher staff will set up tables in Moss B for Osher members who would like to socialize, dine and/or wait in a comfy space between classes.
Innovations and Outliers: What Drives Change?

Osher’s theme for the 2019–2020 academic year, Innovation and Outliers: What Drives Change?, was inspired by a few recent Osher classes that gained positive feedback, including the ever-popular TED Talks sessions, led by wonderful instructor Jeanne Dzurick (Thursdays at 10 a.m. this semester!), and the “Advancements in Medicine” series, sponsored by MU Health Care (Mondays at 1 p.m. this semester!). We hope the theme inspires you to act as an innovator — or at least to drive some positive change — in your own lives!

All courses will meet at the Waters-Moss Memorial Wildlife Preservation Area, primarily in the Moss Building and occasionally in the Hillcrest Community Center, unless otherwise indicated. For directions and a map, please see the inside back cover.

Mondays

Renewables, Reliability and Rates: Electric Utility Fundamentals
SECTION ONE*
9:30 – 11:00 a.m., Moss A
Mondays: March 9, 16, 30; April 6 (4 sessions)

You may never think about your electric utility unless the lights go out or you receive a very high bill. Electricity is one of our most critical services, and the operation of electric utilities has gotten more complicated as infrastructure ages, renewable sources are introduced into the generation mix and the methods of assessing charges continue to evolve. Unless you are satisfied with letting other people make decisions that impact the reliability and cost of the electricity you use, it is important that you have a basic level of knowledge that will help you make informed comments and ask probing questions about future decisions. This class will provide a description of key operational and financial issues impacting electric utilities.

Instructor: Jim Windsor retired as assistant director of utilities for the City of Columbia Utilities department after almost 36 years and was responsible for all of the financial and data aspects of the utility. His undergraduate degree is in planning, and his master’s degree is in public administration.

* The instructor will teach two sections of this class during the Osher Spring semester. Both classes will cover the same material.
Rome and the Apostle Paul
9:30 – 11:00 a.m., Moss A
Mondays: April 13, 20, 27; May 4 (4 sessions)

The magnitude and expanse of the Roman Empire in the 1st century would seem to have engulfed this new religion called The Way and later called Christianity. But the zeal of the Christ followers, and especially the newly converted Shaul, the Apostle Paul, dramatically influenced the Roman way of life. This new upstart faith ultimately grew in numbers and geography. Paul's zeal led him from city to city in the Roman Empire and finally to Rome, where his influence, even though a prisoner, reached as high as Caesar’s palace. Rome was never the same after the Apostle Paul. Shaul grew up as a Jew under solid Hebrew instruction, developed a Greek mind and way of thinking and also lived as a full citizen of the Roman Empire. He was able to move about and teach and preach in any setting. Although he died a martyr’s death under Roman rule, his presence and teaching have lasted until the present time.

Instructor: James R. Hillbrick grew up in the Spokane, Wash., area. He graduated with a B.A. from Seattle Pacific University. He earned an M.Div. from Fuller Theological Seminary in Pasadena, Calif. He is the father of three girls and has five grandchildren. He ministered in pastoral roles for 25 years. He retired from the pastorate in 2009, where he served a rural Nazarene congregation in North Idaho for 10 years. Jim enjoys running, swimming, gardening and volleyball.

Master Pollinator Steward Program
10:00 a.m. – Noon, Moss B
Mondays: March 9, 16, 30; April 6, 13, 20, 27; May 4 (8 sessions)

The Master Pollinator Steward Program is a 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 participants to protect our agricultural economy and food supply. A five-part series of MU publications was created for this series.

Instructors: James Quinn is a horticulture specialist for University of Missouri Extension. An “Iowa farm boy,” he started at Iowa State University but completed his B.S. at UC Davis in plant science in 1983 and his M.S. in horticulture at Purdue University in 1987. He 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.

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 museum, 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 an 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.
A Potpourri of Wealth Strategies Topics
12:30 – 2:00 p.m., Moss B
Mondays: March 9, 16, 30; April 6, 13 (5 sessions)

March 9 and 16: Defuse Your Ticking Tax Time Bomb: Your IRA
The wealthy always come out ahead. How can the average person, who has done everything right in accumulating assets for retirement, apply some of the same strategies as the super-rich? Join us as we lay the groundwork and explore strategies that may be unfamiliar to you.

March 30: Live, Quit or Die: Long-term Care Solutions
Extended and long-term care is something we all hope we will never need. However, the expense, both emotionally and financially, can bankrupt a family. Traditional long-term care solutions are expensive and not tax-efficient. Learn how to leverage your retirement accounts in the most tax-efficient way to provide lifetime, unlimited care for you and your spouse.

April 6: Tax-free Retirement: The “Rich Man’s Roth” and How to Apply It in Your Retirement

April 13: Wealth and Estate Panel Discussion
Our panel of industry experts will discuss three case studies and strategies to mitigate risk and to incorporate extended care (long-term care) and tax efficiencies. This will be an open discussion, and participation by the class will be encouraged.

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

Advancements in Medicine Series, sponsored by University of Missouri Health Care
1:00 – 2:30 p.m., Moss A
Mondays: March 9, 16, 30; April 6, 13, 20, 27; May 4 (8 sessions)

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 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 9: Neuromodulation: Alternative Treatments for Depression
In this course, Dr. Muaid Ithman will discuss the prevalence of depression and the different ways doctors are now able to address it. Topics covered will include the impact of depression on a person’s life, what treatment-resistant depression means and current alternative treatments to medications and psychotherapy. Participants will also learn about the impact of two newer therapies, neuromodulation and esketamine, currently offered at MU Health Care.

Instructor: Dr. Muaid Ithman is an associate professor in the Department of Psychiatry at the University of Missouri. He is board-certified in general psychiatry.
and addiction medicine, and his interests include neuromodulation therapy, treatment-resistant depression and catatonia.

**March 16: The Opioid Crisis: How Did We Get Here, and What Do We Do Now?**

Opioid usage has become a hot health care topic due to the increasing rates of overdose deaths linked to opioids. In this course, Dr. Sampson will discuss how opioid use came to be an epidemic, who's at risk and ways to address this national crisis. He also will show how solutions are being implemented in Columbia to combat opioid abuse.

**Instructor: Dr. Christopher Sampson** graduated from the Royal College of Surgeons in Dublin, Ireland, in 2003, and completed his emergency medicine residency at Washington University in St. Louis, where he served as chief resident. He is board-certified in both emergency medicine and emergency medical services. He has been a faculty member at the University of Missouri School of Medicine since 2013, and was part of the team that created the emergency medicine residency program at Mizzou. Currently, he is the program director of the emergency medicine residency and also serves as the medical director for multiple emergency medical services (EMS) agencies in Central Missouri.

**March 30: Irregular Heartbeat: What You Need to Know**

Atrial fibrillation (AFib), also called an irregular heartbeat, is one of the most common heart rhythm disorders. AFib is a condition that can lead to blood clots, stroke, heart failure and other complications. In this course, Dr. Sandeep Gautam and Dr. Hanna Gov-Ari will address the symptoms and risk factors of AFib, the prevention of stroke caused by AFib, and the latest AFib treatment options available at MU Health Care.

**Instructors: Dr. Hanna Gov-Ari** was born and raised in Israel. She completed her medical education at the Technion - Israel Institute of Technology. She then served in the Israeli Defense Force as a medical officer for five years. She and her family relocated to the U.S., where she completed her residency in family medicine at the University of Arkansas Medical Sciences. For the past 12 years, she has been a faculty member in the Department of Family Medicine at the University of Missouri. She is a practicing clinician who also mentors students and residents. Dr. Gov-Ari’s areas of expertise include women’s health and global medicine.

**Dr. Sandeep Gautam** specializes in electrophysiology, a branch of cardiology that focuses on irregular heartbeats or arrhythmias. He is currently the director of cardiac electrophysiology at University of Missouri Health Care. Prior to this, he completed a cardiac electrophysiology fellowship at Brigham and Women’s Hospital in Boston, Mass. Dr. Gautam sits on the editorial board for the Journal of Atrial Fibrillation and has authored nearly 30 peer-reviewed publications and given nearly 40 research presentations throughout the world. In October 2019, he was presented the Coulter Biomedical Accelerator Award for developments in cardiac monitoring.

**April 6: Make Your Wishes Known**

In this course, Dr. Kevin Craig and Dr. Sara Landreth will cover the basics of how senior citizens can prepare an advance directive or written statement made to honor a person’s wishes for medical treatment/health care. The speakers will explain the two main types of advance directive—the “Living Will” and the “Durable Power of Attorney for Health Care”—and how they are used to ensure that patients’ wishes are honored and respected when patients are unable to communicate for themselves. The course will include case studies of when patients’ wishes were not honored as well as when care was more challenging due to the lack of an advance directive or other knowledge of a patient’s wishes. Copies of advance directives will be provided for those who do not have one.

**Instructors: Dr. Kevin Craig** is the medical director of MU Health Care’s Supportive and Palliative Care Program. He is involved in teaching medical and health care students, resident physicians and fellows how to care for patients with serious, life-limiting illnesses, such as cancer, heart disease, lung disease and dementia. He is also the medical director of a local hospice and cares for patients and families receiving hospice care.
WE FIX ARTERIES.

MU Health Care

muhealth.org/arteries
**Dr. Sara Landreth** is an advanced practice registered nurse for MU Health Care’s Supportive and Palliative Care Program and has obtained her doctorate in nursing. She has been a nurse for 11 years, with eight years as a critical care nurse and three years providing palliative care services to patients with serious illnesses. Dr. Landreth also provides nursing education to registered nurses interested in palliative care and is a preceptor for nurses pursuing graduate degrees.


Since 1917, growth studies have been on the rise, playing a major role in understanding human growth and development, including the popular growth charts doctors use for pediatric checkups. In this course, Dr. Sherwood will provide a look into the history of growth studies in the U.S., the value of growth studies to researchers and health care providers, and how the changes in technology have affected our approach to growth as well as insight into some of the individuals who have directed this important work.

**Instructor: Dr. Richard Sherwood** is a biomedical scientist with a specialty in human craniofacial biology, growth and development, and quantitative genetics. He holds degrees in anthropology from UC Berkeley and biomedical sciences from Kent State University and is currently a professor in the Department of Pathology and Anatomical Sciences at the University of Missouri School of Medicine. His research, funded by the National Institutes of Health (NIH), focuses on creating individualized predictive models of craniofacial growth designed to assist health care providers with identifying the optimal timing for treatment.

**April 20: Evolution and Vertebrate Paleontology**

During the past 20 years, remarkable new discoveries of fossils, fossilized soft tissue and new findings on animal mechanics have changed our understanding of how dinosaurs evolved, where birds came from and how crocodilians are able to bite so hard. This course will focus on major, recent paleontological discoveries that sculpt our knowledge of the origins of crocodilians, dinosaurs and birds as well as how scientists figure out how extinct animals like the T. rex functioned. Dr. Holliday will discuss new fossil discoveries and how we find them; technologies, including computerized tomography (CT) scanning and 3-D modeling; and the basics of muscle and bone mechanics.

**Instructor: Dr. Casey Holliday** has a Ph.D. in ecology and evolutionary biology from The Ohio University and is currently a vertebrate paleontologist and an anatomy professor for the University of Missouri School of Medicine. He is known for his interdisciplinary approach to animal biology through the use of imaging technology, engineering approaches, classic anatomical methods and the fossil record to understand biomechanics and how major clades of animals (particularly crocodilians, dinosaurs and birds) found such great success. He was previously a fossil preparator for the Florida Museum of Natural History and Field Museum’s Sue Project as well as a veterinary technician. Originally hailing from the Space Coast of Florida and considering himself a part of the “Jurassic Park” Generation, Professor Holliday seeks to meld natural history, exotic animal biology and engineering to better understand how animals work and to share these discoveries through scientific communication.

**April 27: Chronic Wasting Disease in Deer and Elk: A Perspective on Prion Diseases in Humans and Animals**

Chronic wasting disease (CWD) is a naturally occurring, neurodegenerative disease that affects the brain and nervous system of certain animals, usually deer and elk. The most commonly known version of this disease is bovine spongiform encephalopathy or mad cow disease. Mad cow disease crossed the species barrier in the late 1980s and early 1990s, affecting a number of humans and leading to the slaughter of millions of cows in the U.K. While to date, scientists have found no linkage to chronic wasting disease in deer or elk and the human form of the neurodegenerative disease, the
possibility is a concern. In this course, Dr. Miller will discuss how this disease is transmitted, the linkage to mad cow disease and the effect an outbreak could have on animals.

**Instructor:** As a neuropathologist, Dr. Douglas Miller is concerned with diseases of the nervous system. The main focus of his research deals with various aspects of central nervous system tumors, both in humans of all ages and in animals. His work has been supported by the National Institutes of Health (NIH) and other leading agencies. Dr. Miller has written three books and numerous articles, which have appeared in scientific publications, including Cancer and the Journal of Neurosurgery. His works have been cited more than 11,000 times.

**May 4: Whole Food, Plant-based Nutrition: Preventing and Reversing Diseases**

What we eat greatly affects our health. In this course, Dr. Sarah Calhoun will explore how the foods we consume affect the course of diseases and health conditions, such as heart disease, hypertension, diabetes and cancer. She will show that not only can a whole food, plant-based diet prevent these chronic diseases/conditions, this type of diet can also reverse heart disease, hypertension and diabetes. Discussion will also include tips for how to adopt this new way of eating.

**Instructor:** Dr. Sarah Calhoun is a family physician at MU Health Care. With an interest in whole food, plant-based nutrition, she has been working towards adopting that lifestyle for herself and her family. In December 2019, she received a Plant-based Nutrition Certificate from the T. Colin Campbell Center for Nutrition Studies and eCornell. As an international board-certified lactation consultant, her other clinical interest is breastfeeding medicine.

The Ephemeral Nature of the Built Environment: A Graphic Study

**2:30 – 4:00 p.m., Moss B**

**Mondays: April 13, 20, 27; May 4 (4 sessions)**

It’s unlikely that anyone reading this paragraph has seen a truly “natural” landscape. From agriculture to zoos, from freeways to business districts, humans have defined themselves through modified settings, which are continually being further modified through a cascade of human-design actions and unanticipated outcomes. This class will focus on the “look” of the built environment through select scenes and will consider the following questions: Why the changes? What was wrong with the earlier landscapes? What are the social and financial costs of these alterations? Are there any constants in what we build into our environments? The instructor will create a short class booklet and assign selected landscape readings. There may be an optional, local, half-day field trip.

**Instructor:** Kit Salter writes, “My wife Cathy and I came to Missouri from the National Geographic Society in 1988. I had previously taught geography for 20 years at UCLA and came to MU as an external chair of the Department of Geography. After 14 years as chair, I retired and have since spent time writing and volunteering for Osher@Mizzou. I have taught Osher classes on various aspects of cultural geography and on China. I think this class on the built environment will conclude my teaching career. I look forward to further explaining the significance of using the line “Oh, say can you see?” as a tool to understand this year’s theme, “What Drives Change?”
Nominations and Elections: Spring 2020
10:30 a.m. – Noon, Moss A
Tuesdays: March 10, 17, 31; April 7, 14, 21, 28; May 5 (8 sessions)

During the spring semester, Columbians will have a presidential nominating primary on March 10 and a municipal and local government election on April 7. In addition, Columbians will be following the presidential nominating contest and preparing for the statewide primary election on August 4. This course will cover those topics and also the candidates for president, their backgrounds and their stands on the issues. The course will also review the ups and downs of President Trump’s administration on the national level, of Governor Parson’s administration on the statewide level and of the municipal, county and school district governments on the local level.

Instructor: David Leuthold is a retired professor of political science at the University of Missouri, who specialized in elections and public opinion. He has lived in Columbia for 56 years, trying to understand and interpret Columbia and Missouri governments as well as American government. He has taught several courses at Osher and has always enjoyed the opportunity to study and learn more about the candidates and policy issues so that he can present that information in class.

Why We Wear Clothes: an Historic and Pseudo-Scientific Look at Clothing
10:00 – 11:30 a.m., Moss B
Tuesdays: March 10, 17, 31; April 7, 14, 21, 28; May 5 (8 sessions)

When you woke up this morning, how did you decide what garments to wear? With an extensive PowerPoint presentation, we will consider the human motivation for clothing choices, from “cave-man” to “fast fashion.” Participants will be encouraged to ask questions and share comments and stories from their wardrobe history.

Instructor: Patti Doyle taught costume design in theatre departments from Michigan to Utah to California before settling here at Stephens College, where she taught and designed costumes in the Performing Arts department for some 35 years. She also spent many summers designing costumes at Stephens’ Okoboji Summer Theatre. Throughout her career, Patti has shown a love of history, drama and the arts of color and texture in the clothing people have chosen to wear throughout the ages.

What’s New? American Poetry Forges Ahead Toward Diversity, Inclusion and Social Justice
12:30 – 2:00 p.m., Moss B
Tuesdays: March 10, 17, 31; April 7, 14, 21, 28; May 5 (8 sessions)

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

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

**“Wag the Dog”: Foreign Policy in Domestic Politics, 1845–1972**

1:30 – 3:00 p.m., Moss A

Tuesdays: March 10, 17, 31; April 7, 14, 21, 28; May 5 (8 sessions)

Politicians are frequently influenced by their concern about how their avowed positions and decisions on foreign policy issues will shape the attitudes of voters. The desire to shape voter opinion is a key to understanding how an elected official behaves. Hence, the most important factor in understanding our foreign policy is not the shaping of our international relations to reflect a particular philosophy but the use of policy pronouncements to shape our domestic politics. We will evaluate the historical validity of this assertion through a case study approach, examining a few significant instances in the formulation of U.S. foreign policy and the outcome of each. Lectures, photos, cartoons, maps, film clips and short readings will be used to frame our discussions on the following topics:

- “Perdicarus Alive or Raisuli Dead!” Theodore Roosevelt, Morocco and the Election of 1904.

**Instructor: William Priest** has a B.S. in secondary education from Southeast Missouri State University and an M.A. in history from Washington University in St. Louis (Wash U). He qualified for dissertation research at Wash U, where he taught on the history of nuclear energy in the U.S., modern British history, military history and diplomatic history. He also served as a manuscript specialist for MU’s Western Historical Manuscript Collection and taught social studies at Rock Bridge High School.

**Islam: Mercy to Mankind**

2:30 – 4:00 p.m., Moss B

Tuesdays: March 10, 17, 31; April 7, 14, 21, 28; May 5 (8 sessions)

The class is meant for Osher students interested in learning about the religion of Islam, going beyond the basics. The sessions will take place during the month of Ramadan; as such, Instructor Dr. Rashed Nizam will discuss the inner aspects of fasting as well as various religious and social perspectives. Dr. Nizam will also present on “Hajj, the Muslim pilgrimage,” and “What do you know about Shariah laws?” Dr. Nizam states, “Islam is the message that was delivered by all the prophets of God, from Adam to Muhammad (peace be upon them). Islam is neither named after a person or tribe, nor does it end with an -ism. Islam defines the rights and responsibilities of every individual in regard to their relationship with God and creation. It balances the spiritual and material needs of its followers and helps them gain true happiness in this life and salvation in the next life. Islam is perfect, but all Muslims may not be. Islam should be judged by what Islam teaches rather than by some misguided Muslims’ bad conduct.”
Instructor: Rashed Nizam, M.D., D.O., FCPS, FAAO, is a board-certified ophthalmologist who has resided in Columbia since 1997. He is the founding director of the Mid-Missouri Eye Center in Moberly, a diplomat for the American Board of Ophthalmology and a fellow for the Institute of Clinical Ophthalmology, Kiryu, Japan. He is involved in various interfaith activities, including Faith Voices of Columbia, and sits on the board of the Religious Program Advisory Committee (RPAC) for the Missouri Department of Corrections.

Renewables, Reliability, and Rates: Electric Utility Fundamentals
SECTION TWO* (OSHER AT NIGHT)
5:30 – 7:00 p.m., The Waters House, 2104 Hillcrest Drive
Tuesdays: April 14, 21, 28; May 5 (4 sessions)

You may never think about your electric utility unless the lights go out or you receive a very high bill. Electricity is one of our most critical services, and the operation of electric utilities has gotten more complicated as infrastructure ages, renewable sources are introduced into the generation mix and the methods of assessing charges continues to evolve. Unless you are satisfied with letting other people make decisions that impact the reliability and cost of the electricity you use, it is important that you have a basic level of knowledge that will help you make informed comments and ask probing questions about future decisions. This class will provide a description of key operational and financial issues impacting electric utilities.

Instructor: Jim Windsor retired as assistant director of utilities for the City of Columbia Utilities department after almost 36 years and was responsible for all of the financial and data aspects of the utility. His undergraduate degree is in planning, and his master’s degree is in public administration.

* The instructor will teach two sections of this class during the Osher Spring semester. Both classes will cover the same material.
Wednesdays

The World in 2040
10:00 – 11:30 a.m., Moss A
Wednesdays: March 11, 18; April 1, 8, 15, 22, 29; May 6 (8 sessions)

Join longtime travel writer for the Columbia Daily Tribune and retired MU professor Wayne Anderson for this look into the future. How we live our lives is undergoing major change. Are we ready for that change? Dr. Anderson will discuss the following topics:

March 11: The Future of Grade School Education.
April 1: The Future of Climate Change.
April 8: The Future of Transportation.
April 15: The Future of Housing.
April 29: The Future of Medicine.
May 6: The Future of Artificial Intelligence.

Instructor: Wayne Anderson is professor emeritus of psychology at MU. He retired in 1995; since 1996, he has written a weekly travel column for the Columbia Daily Tribune and has taught Osher courses since 2004.

War for Missouri: The Pivotal Years of 1861 and 1862
10:30 a.m. – Noon, Moss B
Wednesdays: April 15, 22, 29; May 6 (4 sessions)

Part One of the course, 1861, will cover the following topics:

- Events leading up to the outbreak of war in Missouri and its unique circumstances.
- The constitutional convention, led by Missouri Governor Claiborne Jackson and his followers.
- The unique demographics in Missouri regarding population, key resources and geographical challenges confronting leadership at the outbreak of the conflict.
- Leadership on both sides, including their strengths and weaknesses.
- Why Grant’s first major Civil War battle at Belmont, Missouri, was so important.

Part Two, 1862, will cover the following topics:

- The challenges confronting Lincoln as the second year of the war began, including his orders to field commanders.
- The pivotal battles of Pea Ridge, Island No. 10 and Grant’s Western Tennessee campaign.
- How the Union gained control of the important Mississippi River basin, thereby setting conditions for Grant’s successful campaign to seize Vicksburg.
- Why Union control of Missouri was essential for a successful outcome for the North.
- Why the fall of the Mississippi River was so devastating to the Confederacy and made the outcome of the conflict in the West more significant than the more historically studied battles in the East.

Part Three will focus on historical lessons for leaders, including Harry S. Truman, in future conflicts.

Instructor: Whit McCoskrie is a native Missourian who graduated from Virginia Military Institute with a B.A. in economics. He spent 28 years of active and reserve duty as a lieutenant colonel and three decades as a Midwest bank executive. After leaving active duty and upon retiring, Whit taught American military history at MU’s Army ROTC program. He has served as a tour guide at the National Churchill Museum in Fulton and coauthored The Civil War Missouri Compendium, Almost Unabridged (2017) and War for Missouri, 1861, 1862 (2020).
God in the Equation: Science and Religion
1:00 – 2:30 p.m., Moss A
Wednesdays: March 11, 18; April 1, 8, 15, 22, 29; May 6 (8 sessions)

Einstein once said, “When I am judging a theory, I ask myself whether, if I were God, I would have arranged the world in such a way.” However, when confronted by the weirdness of quantum theory, Einstein protested: “Raffiniert is der Herrgott aber boshaft ist er nicht” (“The Lord is subtle, but he is not malicious”). Copernicus, as he pondered Ptolemy’s geocentric astronomy, could not believe that God had created such a grotesque universe. After Copernicus corrected God, the Holy Office condemned Galileo for defending the heliocentric correction. Blaise Pascal shuddered at the thought of infinite space and the possibility of a godless universe. In the 20th Century, Stephen Hawking postulated that the universe may well be self-contained with a boundary condition that there is no boundary, and therefore, no need for a creator god. After the ramifications of natural selection became apparent, believers labeled Darwin the “Devil’s Chaplin.”

In short, science and religion have had, and continue to have, a very complex relationship. This course will examine, through historical examples and contemporary issues, the complexity of the relationship between what are, with economics and politics, the greatest social and intellectual forces on Earth. We will ask whether it is possible to find God in the equation or if the equation cancels God for good.

March 11: Science and Religion: Marriage, Separation, Divorce.
April 1: Did Religion Influence the Scientific Revolution?
April 8: The Trial of Galileo.
April 15: Natural Theology.
April 22: The Devil’s Chaplin.
April 29: Einstein’s Religion.
May 6: Religion and Modern Cosmology.

Instructor: Anthony Alioto recently retired after a 37-year tenure at Columbia College, including the last 16 as the first John Schiffman Endowed Chair in Ethics, Philosophy and Religious Studies. Dr. Alioto’s scholarly writings include A History of Western Science; Saintly Sex: Saint John Paul II, Sex, Gender and the Catholic Church and The Ninefold Path. His latest work is a novel, Exalted Father: The Books of Marduk, a retelling of the Book of Genesis and the story of Abram.

White Oak, Whiskey and Wine
5:30 – 7:00 p.m., The Waters House, 2104 Hillcrest Drive
Wednesdays: April 15, 22, 29; May 6 (4 sessions)

Why is white oak the species of choice for bourbon and wine barrels? Can you tell the difference between a white oak and a red oak? Do you know there will be a barrel shortage in the future? Do you know the difference between the toasting and charring of barrels and the flavor notes each imparts to wine and spirits? Dr. Hank Stelzer will answer these questions and many others as he tells the story of Missouri’s highest-value forest product.

$10 per person materials fee; limited to 25 participants.
April 15: White Oak — Past, Present and Future. Learn what makes white oak the choice for whiskey and wine barrels.

April 22: From Standing Tree to Finished Barrel. We will take you through the entire cooperage process, from standing tree to the finished barrel.

April 29: The White Oak Flavor Profile (and wine tasting!).

May 6: Open Mic The instructor will answer questions and provide information in preparation for the field trip.

(Optional) Saturday, May 9, 9:00 a.m. – Noon: Field Trip to Rudolph Bennett State Conservation Area, Midwest Stave and Barrel 53 in Higbee, Mo. Transportation in vans will be provided. Participants will cover the cost of the box lunches (approximately $10 per person, separate from the required materials fee.).

Instructor: A native of St. Louis, Hank Stelzer is an associate professor of forestry in the MU School of Natural Resources and serves as the Agricultural Systems and Natural Resources Education Director for MU Extension. In the School of Natural Resources, Dr. Stelzer teaches dendrology, forest utilization and forest management. His Extension responsibilities include educating private landowners in all aspects of woodland management and conducting tree care workshops for homeowners in communities across the Show-Me State.

Thursdays

TED Talks – Watch and Discuss
10:00 – 11:30 a.m., Moss A

March 12, 19; April 2, 9, 16, 23, 30; May 7 (8 sessions)

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

*TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where technology, entertainment and design converged, 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 12: How Civilization Could Destroy Itself—and Four Ways We Could Prevent It

Humanity is on its way to creating a “black ball,” a technological breakthrough that could destroy us all, says philosopher Nick Bostrom. In this incisive, surprisingly light-hearted conversation with the head of TED, Chris Anderson, Bostrom outlines the vulnerabilities we could face if (or when) our inventions spiral beyond our control—and explores how we can prevent our future demise.

March 19: America’s Native Prisoners of War

Aaron Huey’s effort to photograph poverty in America led him to the Pine Ridge Indian Reservation, where the struggles of the native Lakota people—appalling, and largely ignored—compelled him to refocus. Five years of work later, his haunting photos intertwine with a shocking history lesson.

April 2: How We Can Turn the Tide on Climate

Witness the unveiling of Countdown, a major global campaign to cut greenhouse gas emissions. TED has partnered with scientists, policymakers, organiza-
tions, activists and more to create an initiative that everyone in the world can be part of. Learn how you can get involved and help turn the tide on climate. This one-hour video includes contributions from U.N. Secretary General Antonio Guterres, Al Gore, Katharine Hayhoe, Jimmy Kimmel and Yuval Noah Harari, among others.

**April 9: A Theory of Everything**
Philosopher-comedian Emily Levine talks (hilariously) about science, math, society and the way everything connects. She's a brilliant trickster, poking holes in our fixed ideas and bringing hidden truths to light. Settle in and let her ping your brain.

**April 16: Dangerous Times Call for Dangerous Women**
Pat Mitchell has nothing left to prove and much less to lose—she’s become a “dangerous woman.” Not “dangerous” as in “feared,” she says, but fearless: a force to be reckoned with. In this powerful call to action, Mitchell invites all women, men and allies to join her in embracing the risks necessary to create a world where safety, respect and truth burn brighter than the darkness of our current times.

**April 23: The Hidden Reason for Poverty the World Needs to Address Now**
Collective compassion has meant an overall decrease in global poverty since the 1980s, says civil rights lawyer Gary Haugen. Yet, for all the world’s aid money, there’s a pervasive hidden problem keeping poverty alive. Haugen reveals the dark, underlying cause we must recognize and act on now.

**April 30: The Secret U.S. Prisons You’ve Never Heard of Before**
Investigative journalist Will Potter is the only reporter who has been inside a Communications Management Unit, or CMU, within a U.S. prison. These units were opened secretly and radically alter how prisoners are treated—even preventing them from hugging their children. Potter, a TED Fellow, shows us who is imprisoned here and how the government is trying to keep them hidden. “The message was clear,” he says. “Don’t talk about this place.” Find sources for this talk at willpotter.com/cmu.

**May 7: A (Not So) Scientific Experiment on Laughter**
“Laughter—I may not be able to produce much of it but I will try to shine a light on it and ask the question: What is it?” True to his mission statement, screenwriter Anthony McCarten tells the TEDx-München audience four jokes in an attempt to conduct a (not so) scientific experiment into the role of laughter as a facilitator of conversations and uniter of people.

**Machines Need an Algorithm for Humor—and This Is What It Looks Like**
Can a computer crack a joke? Can it even have a sense of humor? For computer engineer and aspiring comedian Vinith Misra, this is not just a curiosity. By analyzing data sets in social media, Misra discovers ways to help us connect with each other and make our often frustrating relationship with machines funnier and friendlier.

Instructor: Jeanne Dzurick moved to Columbia several years ago and has been an insurance executive, financial advisor and the business owner of Divorce Consultants, where she worked as a trained mediator with attorneys and their clients to facilitate a fair and mutual agreement regarding asset division and support. Jeanne has a strong desire to share these presentations from some of the world’s greatest innovators and speakers and discuss with their content with other lifelong learners.
Simply for the Pleasure of It: Conversational French

10:30 a.m. – 12:30 p.m., Moss B
Thursdays: March 12, 19; April 2, 9, 16, 23, 30; May 7 (8 sessions)

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

The Case for Eight (More) Great Courtroom Dramas

1:00 – 4:30 p.m., Moss A
Thursdays: March 12, 19; April 2, 9, 16, 23, 30; May 7 (8 sessions)

A courtroom can be as riveting as the Colosseum or the O.K. Corral. Artists tell stories, and stories about the legal system are laced with human vulnerability. They are cinematic not only because they are visual but because the human experience—in all its complexity—is on full display. We will continue the previous Osher course by watching and discussing eight courtroom dramas that were not presented in earlier Osher classes. There will be pre-class handouts to prep the experience, lots of discussion time, and, as per usual, no tests!

Instructor: John Blakemore spent 11 years working at advertising agencies in New York City, Detroit and St. Louis, where he managed the Coca-Cola Export, Gillette International, Buick Motor Division and Ralston Purina accounts in one capacity or another. He also ran his own advertising and public relations firm in Columbia for 11 years. In his second career, he spent 19 years as a professor of mass communication at Stephens College. As department chair, he created majors both in film and in marketing: advertising and public relations. He currently serves on the Osher@Mizzou Advisory, Outreach and Development committees.

Democracy Lab 2

2:30 – 4:00 p.m., Moss B
Thursdays: March 12, 19; April 2, 9, 16, 23, 30; May 7 (8 sessions)

Last fall’s “Democracy Lab” returns with new topics, new insights and more small group interactive dialogue. Talking across partisan lines is especially important in this presidential election year. Short readings will be assigned between classes. Preference for enrollment will be given to those who took the first “Democracy Lab.” A separate introductory class* on dialogue will be offered for those who are new to the class.

*The instructor will offer an introductory session for those who are interested in this class but did not take the first “Democracy Lab.” The introductory session is scheduled for 1:30 p.m. on Thursday, March 12, one hour before the regular start of the class.

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. She received her B.A., cum laude, from Yale University and her Juris Doctorate with the Order of the Coif from the University of Wisconsin.

Class is limited to 35 participants.
Fridays

Potpourri of the Arts
9:30 – 11:00 a.m., Moss A
Fridays: March 13, 20; April 3, 10, 17, 24; May 1, 8 (8 sessions)

March 13: Painting En Plein Air in the French Impressionist Tradition
Painting landscapes in the tradition of the French Impressionists is still alive and well here in Columbia. Oil painter Mike Seat will explain this painting tradition, from late 19th century France to the current day. Visual displays will include works by the great French, American and current-day impressionist painters.

Instructor: Mike Seat is a practicing oil painter of landscapes, still lifes, figures and portraits. He paints and provides private oil painting lessons in his studio at Orr Street Studios in Columbia. Mike also directs life drawing sessions at Columbia College.

March 20: Arts of the Missouri State Capitol
Explore the paintings, sculpture and architecture of the Missouri State Capitol. Discussion will include a history of the current building and its decorative contents, the 1924 Capitol Decoration Commission and the artists who contributed works to the building. A discussion of the Thomas Hart Benton mural and Benton’s commission will also be included. If space is available, the traveling version of the Capitol’s Benton mural will be displayed.

Instructor: Sarah S. Jones serves as an interpretive resource specialist at the Jefferson Landing State Historic Site and the Missouri State Museum. She received her doctorate in art history from the University of Missouri in 2018. Her background includes work in art museums and historic houses in Missouri, Nebraska and New York.

April 3: Celebrating a Milestone: The Missouri Symphony’s 50th Anniversary
This session will look at where The Missouri Symphony has come from, where it is now and where it intends to go in the future. We will touch on significant historical moments in the symphony’s existence as well as what events are planned to celebrate its golden anniversary. Some entertaining musical exercises may also be included to foster audience participation and creative thinking.

Instructors: Trent Rash assumed the executive director position of The Missouri Symphony in August 2019. In this position, he oversees the staff and the day-to-day operations. Trent spent 12 years as an assistant professor of music and musical theatre at Stephens College and was the executive director of the Summer Theatre Institute, the first summer intensive for the B.F.A. performing arts students. Trent attended the University of Missouri, where he received both a B.S. in Music Education and an M.M. in Vocal Performance.

Monica Palmer’s relationship with The Missouri Symphony (MOSY) began when she was still waking up Mid-Missouri as the Monica half of “Chris and Monica in the Morning” on 101.5 KPLA. She quickly fell in love with the passionate MOSY artists, volunteers and supporters. Monica joined the staff as the director of development in August 2019, and she considers it an honor to help develop the resources and support necessary to keep MOSY thriving for generations to come.
April 10: The Unbound Book Festival 2020 – What You Need to Know

In April 2020, the Unbound Book Festival will return to Columbia for its fifth annual event. The festival continues to grow in interesting and exciting ways—now expanding into three days. With programs for fiction, nonfiction, poetry and children’s literature, there is something for everyone. Come and learn about the wonderful authors and poets who will be attending this year’s festival and the panels, readings, conversations and performances we have planned. We’ll run through the program and give you highlights so you can plan your day ahead of time and make the most of this completely free event. And of course, we’ll do our best to answer any questions that you have.

Instructor: Alex George is the founder and 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. His new book, The Paris Hours, will be published by Macmillan in May 2020. He is the owner of Skylark Bookshop in “The District” and also has his own law firm in Columbia.

April 17: The Golden Age of Dutch Art

Having recently achieved independence from Spain, the people of the Dutch Republic experienced unusual prosperity during the 17th century. Manufacturing, commerce and international trade fueled expansion of a vibrant middle class. Increasing discretionary income along with a flowering of intellectual and creative energy and a sense of experimentation promoted a fertile art market, which facilitated the work of Rembrandt, Vermeer, Hals, Steen, Dou, de Hooch, van Ruisdael, Hobbema and others. This presentation will sample the abundant paintings from this period, including the works of female artists Judith Leyster and Rachel Ruysch.

Instructor: Robert (Robin) Blake is a docent at the University of Missouri Museum of Art and Archeology. He returns to continue his popular series of presentations on art history.

April 24: A History of The Nelson-Atkins Museum of Art

When Kansas City’s Nelson-Atkins Museum of Art opened to the public in 1933, it was viewed as a miracle, an oasis of culture in a midwestern town whose image was still largely one of cowboys and steaks. In her new book on the history of The Nelson-Atkins, The Nelson-Atkins Museum of Art: A History, Kristie Wolferman tells the story of how the trustees of the estate of the reclusive widow Mary Atkins and those representing the family of Kansas City Star newspaper editor William Rockhill Nelson joined forces to establish a museum from scratch. Her book then considers all of the highly talented
people who directed and staffed The Nelson-Atkins along the way, their efforts resulting in many bold innovations, among them new collections, grounds and educational programs and offerings. In this session, Wolferman will talk about the history of The Nelson-Atkins from its founding to the present day, a fascinating story about the people, events and circumstances that culminated in an art museum that now holds its own among the finest in the world. Copies of the book, copublished by the University of Missouri Press and The Nelson-Atkins Museum of Art, will be available for sale after the class.

**Instructor: Kristie C. Wolferman** taught middle school history and English for 20 years at Pembroke Hill School in Kansas City, Missouri. She also served as a docent at The Nelson-Atkins for 20 years. The author of *The Osage in Missouri* and *The Indomitable Mary Easton Sibley: Pioneer of Women’s Education in Missouri* (both published by the University of Missouri Press), she lives in Kansas City, Missouri, with her husband and their dog, Nelson.

**May 1: Music in the Court of King Louis XIV**
Music by the French composer Jean-Baptiste Lully (King Louis XIV’s favorite musician) will be featured along with descriptions of Music of the Royal Chapel, Music of the Chamber and Music of the Great Stable.

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

**May 8: The New Testament Gospels as Narrative Art**
The story of Jesus is often told in harmonized versions that draw upon all four gospels. Yet, an understanding of what each of the books—Matthew, Mark, Luke and John—is saying about Jesus is essential to appreciate their themes and artistic craft. Written at various times in the mid-first century for various audiences (Hebrew- and Greek-speaking), the gospels emphasize different qualities in Jesus, such as his zealoussn in Mark and his self-assurance in John. When there are discrepancies in the narratives, such as the different birth accounts of Matthew and Luke, or the different words spoken by the dying Jesus in Mark and John, we will ask how they contribute to the construction of each narrative. The session will emphasize the importance of literary forms, such as parables, dialogues, imagery and aphorisms. The session will begin with a short presentation, with a handout, followed by discussion. It is preferred that you attend with a copy of the New Testament. Any version will do, but the New International Version (NIV) and the New Revised Standard Version (NRSV) are widely recommended.

**Instructor: Timothy Materer** is an emeritus professor of English at the University of Missouri. He is not learned in biblical languages or scholarship but has written six books on modern literature and has received MU teaching awards.
In this course, we will discuss how teamwork and consistency have helped patients improve their joint pain and quality of life through an exciting new program at MU Health. We will provide a brief discussion of the factors contributing to joint pain and common treatment options and then spend the majority of our time talking about how the Integrated Joint Health Program (IJHP) came to be and what it’s already accomplishing. This course will be interactive and engaging and will help participants understand what they can do to keep their joints strong and healthy.

Instructors: Cory Crecelius is an inpatient physical therapist who has worked at the Mizzou BioJoint Center for four years. He helps manage the IJHP and loves seeing how teamwork has helped improve patient care.

Meagan Thurman is the personal trainer for the IJHP. Her group exercise classes help patients build functional strength and get back to the things they love.

March 20: The Marvelous (Purple) Martin
Learn about the extraordinary purple martin that migrates each spring from South to North America and how to attract them. Purple martins are one of the few birds that exhibit social organization and have become dependent on humans for providing housing. Hear one couple’s past eight-year experience of accidentally becoming purple martin landlords and the joy it has brought them.

Instructor: Cindy Allen is a member of the Purple Martin Conservation Association. She recently completed the Booneslick Master Naturalist program, offered through University of Missouri Extension. Her poem “Impatient” was published in the Purple Martin Update. She lives with her husband, Truman, in Howard County, where she has accumulated five martin houses, with a potential for 68 pairs.

April 3: How Mizzou Almost Didn’t Become Missouri’s Land-grant University and a Look at University of Missouri Extension’s Early Years
The creation of the land-grant university is a uniquely American experiment in global higher education. What created land-grant status in the first place, and why is this such a unique feature of American higher education? The presentation and discussion will highlight the challenges to the passage of the Morrill Act of 1862 and the struggle for the University of Missouri to be given its land-grant status some eight years after the passage of the first Morrill Act. The presentation will also include some reflections on the early years of Extension in Missouri, with some surprises about its origins that few Missourians might expect.

Instructor: Tom Henderson was employed throughout the MU system from 1972-2002, mainly in University of Missouri Extension administration. Henderson retired in 2002 as emeritus vice-provost for Extension, subsequently working for MU to reorganize Extension administration and create the first MU Office of Economic Development. He holds a B.S. in Business from Southwest Missouri State University, an M.B.A. from Mizzou and a Ph.D. in Education with an emphasis in Higher Education Administration from Southern Illinois University.

April 10: A Jigsaw Puzzle — Restoring and Preserving Boone County History
In this session, we will review the process and effort we have used to research and digitize the collection of 500,000+ glass plates and film negatives owned by the Boone County Historical Society. We will focus on the resources left by the photographers, the other tools available when photographer records can’t be used and how the collection happened to come to the Historical Society.
Instructor: The Honorable Karen M. Miller recently retired after 24 years as Boone County District Commission. She served as president of the National Association of Counties (2003-2004). One of the 2008 Top 25 Doers, Dreamers and Drivers selected by Government Technology Magazine, she also received Columbia Chamber of Commerce’s Debin Benish Outstanding Business Woman of the Year and the community’s prestigious Athena Award. Karen is a 2011 Alumna of the Greater Missouri Leadership Challenge (GMLC).

April 17: Create Art Based on Sacred Geometry

Express your inner creativity by creating a piece of art based on sacred geometry! After a short presentation on the beauty of sacred geometry, you will enjoy creating a piece of your own. All art supplies will be provided, including templates and blank paper so you can draw your own pattern, if you wish, before adding color. Enjoy the fellowship of other Osher lifelong learners as you create your artwork.

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 24: Give 5 – United Way

Give 5 is the new volunteer program operated by Heart of Missouri United Way that will begin in February 2020. It’s an immersive civic matchmaking program that educates citizens about their Columbia-area community and exposes them to volunteer opportunities that align with their passions and skills. Agency partners will introduce a wide variety of volunteer options that allow the volunteers to give back to their community in a manner that targets our most pressing needs. It’s a program that will help citizens learn about the needs in our community; foster a sense of purpose, relevance and personal identity in volunteering; and provide widespread ownership in our community. The immersive Give 5 program runs for five days, 8:30 a.m. - 4:30 p.m., one day a week for five consecutive weeks. This Brown Bag lunch session will offer a sneak peek into the program. Those in attendance will learn about the following:

- The health danger of isolation, particularly to retirees.
- The significance of social capital and bridging social capital.
- The specific, unique and pressing issues facing Columbia.
- Examples of upstream and downstream problems.
- The importance of volunteerism to agencies, the community and the citizen.
- Unique and varied volunteer opportunities at area agencies.

Instructors: In October 2019, Laura Estes started with United Way as the finance assistant and external engagement manager. Laura worked for Landmark Bank as the Landmark Club, community and sponsorship coordinator for five years, planning and escorting people on trips and building relationships with customers.

Andrew Grabau joined United Way in 2015 as the executive director. Andrew’s career has been devoted to nonprofit work for more than 20 years. In addition to his local work, he currently serves as the statewide chair for Nonprofit Missouri and the United Ways of Missouri.
May 1: Contemporary Issues in War
After 9/11, everything changed. The law of war and constitutional interpretations have changed to address the challenges of defending the nation against a new enemy—a non-state actor who has no permanent address. This lecture will address the recent changes in the law of war, both domestic and international; analyze the wisdom of the changes; and advocate for resolutions to many of the controversies.

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

May 8: Putting Out the Fires of an Inflammatory Lifestyle
Instructor Jane Smith will present on the problems that may be caused by inflammation and how to control these problems.

Instructor: Jane W. Smith has been a student of nutrition and lifestyle as well as being physically active her entire adult life. She raised seven children and worked as a hospital chaplain for 25 years. She now owns Abundant Raw Life: Better Health at Any Age, where she provides health-coaching programs, webinars and online cleanses, both locally and remotely. She believes that people are bio-individual and that everyone benefits from eating more raw fruits, vegetables, nuts and seeds.
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.**
*On hiatus until March 31.*

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, 3:30–4:30 p.m., Hillcrest**

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. Contact Nancy at nancymbrowning@yahoo.com to be placed on a distribution list for club attendees.

Osher Sings! Club
**Mondays, 3:30 – 4:30 p.m., Moss A**

Come and sing along just for the sheer joy of singing — no experience necessary. The group is led and accompanied by Brandon Boyd, MU’s assistant director of choral activities and assistant professor of choral music education, and college students from the MU School of Music will assist Dr. Boyd. Michael Porter remains as the group’s founder and head “lounge lizard.” Join in on the fun!

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

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

Friday Afternoon Film Festival
[Each Friday during the semester]
Films begin at 1:30 p.m., Moss A.

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

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

March 7

**Dear Jeril... Love, Dad (2015)**

*by Wayne Anderson*

Wayne Anderson is a grand and effective example of a cottage industry in mid-Missouri. A man with an unstoppable wanderlust and married to an equally ambitious and skillful traveler—Carla Anderson—the Andersons have graced the pages of the Columbia Tribune for more than 40 (!!) years with narratives about exotic venues, both domestic and foreign. In giving Wayne a slot in 2020’s Osher Saturday Morning Book Talks, I asked him to select a volume of his work that embraced the family, too; for footloose travel is one thing, but to be able to orchestrate it with up to four children in tow—that requires a very special talent on the part of the entire traveling group. In this month’s book, their youngest daughter Stephanie spoke of growing up with a traveling family through a quote from Erma Bombeck, “Vacations always sound so great on paper...The truth is they’re like an Outward Bound experience with diarrhea...we eat food we can’t identify and put our lives in the hands of people we’ve never met before.” This book will afford author Anderson (and maybe some family) to talk about a life of observant travel and creative expression that is part of our mid-Missouri locale “Big Time.”

April 4

**Flight (2019)**

*by Greg Paul Busacker*

Greg Busacker was in a landscape class I taught for Osher some years ago. In discussions of scenes that had made marks in our local lives, he spoke of spending time in his deer stand during the annual hunting season, learning to write Haiku, and shared some of these early poems. In 2017, he produced his first book of poetry, *Edges of a Life* (Compass Flower Press). *Flight* is his second collection of poems, and I offer this short one in anticipation of his Book Talk. “Things Happen,” His wife told him. “You are going to write about it.” / Why? He said. / “Because that is what you do.”/ So, he sat and wrote. And it was like everything he had ever read was at his fingertips. / Countless words in unbelievable configurations and assemblages appeared. Stories came to him, and as he wrote he weaved in his experiences and his dreams”...All because “things happen” and some people take action.” Busacker’s poetry books will be available for purchase.

May 2

**Elements of Life (2018)**

*by Carrie Yonley*

If I could ever trade words for images in these author introductions—presenting a simple series of graphic images graced with captions of simplicity and directness—I would choose that power to describe this book. In *Elements of Life*, author Carrie Yonley has taken full advantage of her training in science, a personal history of hiking back trails and broad travel, and her father’s prescient gift of her first camera when she was seven. This stunningly beautiful book of American scenes at all scales and in all seasons should be picked up and simply drunk in like dreams of pleasure. The quote from the book that best establishes a setting for our May Book Talk exploration comes from Henry David Thoreau (p. 80). “Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of each.” My only ‘edit’—as you anticipate seeing this book—would be to replace Thoreau’s ‘resign’ with ‘surrender in delight’ to the beauty of nature shown by these pages.
Columbia Parks & Rec

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

We hope you will take advantage of the added benefits offered this Osher academic year that include a Parks & Recreation Hillcrest 50+ membership. As long as your Osher membership* is current, you can enjoy the following activities at Parks and Recreation facilities at Waters-Moss: Travel Club, Saturday Morning Book Talks, Spanish Club, Painting Group, Mah Jongg, rug hooking, knitting, karaoke and games, such as Mexican train dominoes, bingo and jigsaw puzzles, as well as potlucks.

Pick up a monthly calendar or visit www.CoMo.gov, then search “Senior/50” or let the Hillcrest front desk know you would like to receive the calendar by monthly email. The Hillcrest front desk can be reached Monday through Friday, 8:30 a.m. to 4:30 p.m., at 573-874-7475.

* If you have questions about your Osher membership, contact the Osher staff at 573-882-8189.

Activities and meeting space

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

Contact Parks and Recreation Main Office at 573-874-7460 for availability and pricing.
Investing In Osher@Mizzou

It’s easy to invest in the future of Osher@Mizzou. Your support means the world to a volunteer-driven organization that strives to build a community of lifelong learners who take classes, engage in clubs and attend events — all for the sheer joy of learning. You may give online, by mail or in person. For more information, please reach out to Osher’s staff at 573-882-8189, or email them at Osher@Mizzou.edu.

2019 Osher Advocates (January through December 2019)

Osher members who support our continuing education program at the level of $500 or more per year qualify as Osher Advocates. Please consider joining this group that allows the program to thrive and continue to grow, while keeping Osher membership fees affordable. We appreciate their leadership and generosity! Contributions received after Dec. 31, 2019, will be acknowledged in the Summer 2020 catalog.

Tom and Barbara Bender*
John and Patti Blakemore*
James and Anne Campbell
Robert and Barbara Churchill*
Gloria Crull
Carolyn Dye*
Jeanne Dzurick
William B. Fisch*
Irene Ganjam
Lawrence M. and Aileen R. Garvin*
Anne and David Gifford*
Dave and Nancy Griggs
Robert Hibbs*
Beverly Kabrick*
Sharon Kinden*
Hanna and David Klachko
Sue Kopfie
Greg and Gail Luce
Carol A. McAllister*
Jack and Terry Meinzenbach
Georgia Morehouse*
Jerry Murrell*
John Parker
Von and Joyce Pittman*
Michael and Rose Porter*
Neil and Lyanne Riley*
Sally Silvers*
Gary and Beth Stangler*
Jim and Kathy Tunink
Curt Vogel
George and Helen Washburn*
Jack Wax*
Nan Wolf*

2019 Friends of Osher (January through December 2019)

Special thanks to the Friends of Osher, who have provided support through monetary contributions above their registration fees ($10 to $499). Contributions received after Dec. 31, 2019, will be acknowledged in the Summer 2020 catalog.

Kathryn Allen
Barbara C. Ball
Don and Joan Bay*
Nerma Bennett
Jane Biers
Robert and Cokie Blake
Danielle and Richard Blanck
Betty Bluedorn
Diane Booth and Jeanne Sebaugh
Carol Braaten
Linda Bradley
Gregory Brown
Nancy Burke
Fortune Campbell
Charlene Carnes
Rosemary Christensen
Thomas Dillingham and Judith Clark*
Gary Coles
Jackie Craig
Julia Cramer
Mark and Susan Dickinson
Meredith Donaldson
Fred Erickson
Phyllis Evans
Barbara Favazza
Theresa Ferrugia
Joseph and Jessica Giacchi
Bill and Jan Goodson
Oliva Graham
Frank and Kathy Green
Nancy Griffin
Gregory Grinch
Maureen Hayes
Joanne Heisler
Kay Henderson
Michael Hess
Maurine Hall-Hildebrand
Allen and Marian Hjelmfelt
Leon Hoskins
Tom and Stacie Houston
Carol Hughley
Wanda Hunker
Janet Jackson
Brent D. Jones
Kaye King
Sandra Knight
Pauline Landhuis
Evelyn Lansche
Brenda Lawson
Tom Lhamon
Kay Libbus
Lois Long
Katie Love, in memory of Dr. Von V. Pittman
Joan Luterman
John Madras
Steve and Martha Matthews*
Elaine McDannold
William and Doyne McKenzie
William Mees
Steven and Teri Miller
Ruth Miluski*
Donald Mueller
Bob and Bonnie Mullen
Karen Neely
Mary Nesladek
Marilou Oliver
Claude and Lena Pecquet
James Preston, Jr.
Donna Reed
Jon Rhodes
Karen Ridge
Deborah Rogers
Joyce Sandin
Mary Sandy
Birgit Scherer-Wiedmayer
Barbara Schneider
Deborah and Marc Scholes
Sarah Seat
Valerie Shaw
Karl and Mahree Skala
Yvonne Skouby
Carol Slusher
Beverly Smull*
Joyce Snow
John Stewart
Sue Tillema
Wynn Volkert
Jo Ann Wait
Liona Weiss
Caroll Wilkerson, in memory of Dr. Von V. Pittman
Lanelle Young
Elizabeth and Ken Zindle

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

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

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

- **Give online.** Online giving generally takes less than five minutes. Go to [osher.missouri.edu](http://osher.missouri.edu) and click on the Support Osher page. The DONATE NOW button will take you to the secure, dedicated, online donation portal. There, you may 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.

Make Charitable Contributions from Your IRA

For those age 70½ 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.
How old do you feel? Most of us who attend Osher classes look a lot older than we “are.” That’s actually a compliment. Our chronological age—the age of our bodies—is at least a decade older than how we see ourselves. I’m 70 years old, but if you ask me how old I feel, I’d say about 50. I think all of us at Osher feel younger and think of ourselves as younger than we look. How can you feel old when you are stretching your mind? When you’re meeting new people? When you’re learning about the interesting lives that your fellow Osher learners have been leading?

Imagine for a moment what Osher would look like if everyone looked the age they felt. You’d be sitting in a classroom of middle-age people, who could pass for the parents of high-school kids rather than the grandparents they actually are. Gray hair would turn brown, black or blond. Hairlines would reclaim the tops of our balding heads. Wrinkles and crinkles would morph into smooth, glowing skin, and our bodies would lose flab and infirmities. I imagine that some of us would actually look like we were in our early 30s. Who knows?

That may sound silly, but that transformation would do more than provide us some entertainment. It would change the way we are treated by younger people. Ageism is real. Ask anyone who was laid off in their 50s how hard it can be to find a new job. That whole “OK Boomer” attitude discounts the perspective of older people. Sure, it’s just a popular phrase, but it wouldn’t be funny if it didn’t resonate with a common stereotype of old people as being out-of-touch bumbling.

You know the truth—that old people have as much to contribute to society as young people, that old people aren’t “others.” We are just in a different part of the same lifecycle that younger people, will (hopefully) one day experience. The Gerontological Society of America has done extensive work on how to reframe our nation’s conversation about the needs and contributions of older adults. They recommend, “The field of aging needs to advance a set of core ideas that creates the shifts in public understanding essential to building the political will to create a more age-integrated society.”

I’m not exactly sure what the “field of aging” actually is, but I think we are all somewhere in that field. We Osher learners are living proof that aging can be a revitalizing phase of life. And that programs can be created and sustained that meet the mental, social and emotional needs of older adults. I know we each attend Osher for our own benefit, but collectively we are reframing what aging looks like.
STEP 1

Tell us who you are.

Name: ____________________________
Address: __________________________
City: __________ State: _______ Zip: _______
Phone: ____________________________
Email: ____________________________

STEP 2

What membership would you like? Please select one.

- **Premium $140**
  - Enroll in unlimited number of courses
  - Lasts the entire school year
  - Includes all perks of a Basic Membership all year long
  - $10 re-enrollment fee for subsequent semesters

- **Semester $20 + Per-course fees**
  - Pay “by-the-course”
  - Lasts one semester
  - Includes all perks of a Basic Membership only during the semester you are enrolled

Did you know? Osher@Mizzou offers need-based scholarships. See page 4 in the Spring 2020 Course Catalog for our scholarship options.

STEP 3

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

**Monday**

- ($40) Renewables, Reliability & Rates (Section 1)
- ($40) Rome & the Apostle Paul
- ($60) Master Pollinator Steward Program (Limit 30)
- ($40) Wealth Strategies
- ($60) MU Health Care Series
- ($40) The Ephemeral Nature of the Built Environment

**Tuesday**

- ($60) Why We Wear Clothes
- ($60) Nominations & Elections for Spring 2020
- ($60) What’s New? American Poetry Forges Ahead (Limit 30)
- ($60) Foreign Policy in Domestic Politics, 1845-1972
- ($60) Islam: Mercy to Mankind
- ($40) Renewables, Reliability & Rates (Section 2) (Osher@Night)

**Wednesday**

- ($60) The World in 2040
- ($40) War for Missouri, 1861-62
- ($60) God in the Equation
- ($50) White Oak, Whiskey & Wine (Limit 24 - Osher@Night)

**Thursday**

- ($60) TED Talks: Watch & Discuss
- ($60) Conversational French
- ($60) 8 Great Courtroom Dramas II
- ($60) Democracy Lab II (Limit 35)

**Friday**

- ($60) Potpourri of the Arts

Would you like to add a donation? $ _______

Total Fees and Donations (Semester Members $20 + course fees from above)
BEFORE YOU FINISH...
How did you first hear about Osher?

- Friend/colleague
- Website
- Spotted a course catalog at a local business
- Was a member of Osher in another state
- "This Week @ Osher" weekly newsletter

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

- **Office Volunteer:** Help take registrations, answer the phone, check members in, make coffee.
- **Class Host:** Be a host for one or more of your classes. Introduce the instructor; assist the instructor in the classroom as needed. Write the course(s) you are interested in hosting here:
  _____________________________________
  _____________________________________

- **Instructor:** Teach a class for Osher@Mizzou. Write your suggested topic here:
  _____________________________________

- **Serve on a Committee:** Osher is a program that thrives thanks to the devoted work by our Advisory Council and its standing committees.

STEP 5

**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

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

  Card Number: ____________________________ Exp: _______

  Name on card (please print): ____________________________

  Signature: ____________________________

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

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

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

**For office use only**

<table>
<thead>
<tr>
<th>Customer ID</th>
<th>Receipt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check #</td>
<td>Date</td>
</tr>
</tbody>
</table>

**Note:** We occasionally take pictures or record video segments of Osher classes and participants for internal and external communication regarding Osher@Mizzou. If you would prefer that we NOT include you in photos or identify you individually in photos that may eventually appear in brochures, press releases or in other forms, please notify one of the Osher staff. We cannot control how photos and video taken by the media at public sessions are used, but Osher will do its best to honor your request for Osher publications and presentations.
Directions and parking
Courses are held in the Moss Building at the Waters-Moss Memorial Wildlife Area at 1905 Hillcrest Drive in Columbia, Mo., unless otherwise noted.

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

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

Thank You
Bernard Osher Foundation

Barbro and Bernard Osher

Directions:
Located about ¼ mile from the Stadium/Old Highway 63 intersection. Turn on Hillcrest Drive. The Moss Building (Osher@Mizzou) and the Hillcrest Community Center will be on the left. The Moss building entrance is located on the east side.

Parking is conveniently located.
Visit osher.missouri.edu to view our catalog online.
Osher Lifelong Learning Institute at the University of Missouri
344 Hearnes Center
University of Missouri
Columbia, MO 65211