Spring 2017 Open House: Curiosity Never Retires

Wednesday, January 4
Drake Hall, 2545 Research Blvd. (Northwest corner of Drake and Research), Fort Collins, Colo.

Join us from 1-4 p.m. for the Osher Spring Open House to meet instructors, mingle with Osher members, share comments and questions about the membership and program fee structure, explore the new Osher website, register for classes, enter the Value Added Draw, and enjoy refreshments and snacks. You are encouraged to invite guests who may be interested in becoming a member and joining the unstressed curious minds of Osher.

RSVP no later than December 29 for the Open House by enrolling in #OSHR 1095 100.

Announcements:

- We are moving ahead with plans for Osher’s Cuba trip — “Art, Architecture, and the Environment in Cuba” (OSHR 1128), April 4-13, 2017 (see page 43 for a detailed description).
Engaging Your Intellectual Curiosity

The Osher Lifelong Learning Institute at Colorado State University is a unique learning community for curious minds of all ages with special attention to those ages 50 and better. Osher offers the excitement and joy of stress-free learning.

There are no prerequisites, no tests, no degree requirements, and no performance anxieties. In partnership with the Bernard Osher Foundation, Osher at Colorado State University was established in 2006 as one of 119 such institutes nationwide. Designed to challenge and inform, courses are small, engaging, interactive and affordable. Join us today and take part in Osher’s ever-evolving educational offerings and opportunities!

**Why belong to Osher?** People who are active, engaged in their communities, and who continue learning throughout their lives feel more productive and purposeful and are healthier and happier. Osher provides continuous opportunities to seek knowledge, get together to share it, ask questions, exchange ideas, stay current and explore new insights.

**Who belongs to Osher?** Our members are people like you with a desire to learn, to seek intellectual stimulation, to experience new and creative ways of self-expression, to explore new ideas with peers, to take an active part in shaping the world around us and to build new friendships.

**What do Osher members share?** There is a common bond of intellectual curiosity; awareness of the experiences of their generation; opportunities to meet new friends, make contacts and develop connections; social events; field trips; and frequent lecture series and trips.

**Join Today Because You’re Worth It!**

Want to learn more? Call (970) 491-7753 or visit our website at www.osher.colostate.edu.
Become an Osher Member

Osher Membership and Program Fees
The Osher Lifelong Learning Institute is a member-based, member-driven program. As such, membership is required to participate in our many exciting courses, fieldtrips and lectures. Benefits to you, our valued member, include:

- Easy to navigate website;
- Simplified registration process with annual membership and course costs calibrated to the number of class sessions;
- Cost neutral or cost savings to the overwhelming majority of Osher participants.

Osher Membership
- $35 annual, rotating membership fee. Memberships will run for a year from the date of membership initiation.
- Eligibility to register for Osher courses, perks, and special programs.
- Free access to one perk lecture/tour within the membership year.

Course, Perk, and Special Program Fees
- Course fees will be based on a charge of $5/class hour; for example, a 6-week class meeting for two-hours/week = $60, and an 8-week class meeting for two-hours/week = $80.
- Registration for a single course will continue to include access to the Value-Added Draw for the session of the enrolled course.
- Registration for multiple courses will continue to be an option.
- Registration for perks will be available at a $5/perk charge.
- Special programs will be charged according to their unique costs.

Please contact Osher at (970) 491-7753 if you have questions!

All courses and perk series programs offer enrollments on a first-come, first-served basis, subject to space availability.

Guides for Course Schedules, the Value-Added Draw, and Driving Directions
To save printing costs and still provide useful information, please consult www.oshер.colostate.edu or call (970) 491-7753 for calendar formatted course schedules, complete listing of all program offerings, guides for using the Value-Added Draw, and driving directions for all Osher courses and programs.
Drop and Refund Policy for Osher Membership and Programs
Osher membership and program fees are nonrefundable. Extenuating circumstances to drop a course may be considered by an Appeals Committee on a case-by-case basis. If a course or perk is canceled by Osher, a refund will be processed. Credit card refunds require 10 business days; check refunds may take up to eight weeks and will be mailed to the address on file.

Tuition Assistance
If financial hardship is preventing you from taking one of our Osher courses, please complete a Tuition Assistance Application. Funds are limited; assistance will be given until the money is exhausted. Therefore, you’re encouraged to apply as early as possible regardless of when your desired class begins. Applications will be reviewed within 7 to 10 working days of receipt. You will then be notified by telephone regarding the outcome of your request. You may receive financial assistance only once during a calendar year. Thank you for your cooperation and understanding. Visit www.osher.colostate.edu or call (970) 491-7753 if you have questions or need an application form.

Gift Certificates Available
Looking for the perfect gift for a friend or relative? Give the gift of learning! We have membership gift certificates available for any occasion. Call (970) 491-7753 for more information.

Severe Weather Policy
The Osher Lifelong Learning Institute follows the University’s severe weather policy in regard to canceling classes due to weather. It is important that we have your phone number so we can contact you.

Support Your Osher Lifelong Learning Institute
Your tax-deductible contributions will support and sustain the Osher program. Please make a generous donation when completing the Membership and Registration form or call (970) 491-7753.

University Holidays
The Osher and Online offices will be closed for the following University holidays:

- January 2, 2017
- January 16, 2017
- May 30, 2017
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Understanding the Religions of Asia: India, China, and Japan
#OSHR 1030 100

Hinduism and Buddhism from India, Confucianism and Daoism from China, and Shinto from Japan evolved from ancient eras quite differently than the Abrahamic religions of Western culture. We will compare these religions as it’s done in a philosophy class – examine what religion was like before and when they were born, and look at how they developed over time. We will discuss their unique and common views and practices. Join us to explore the dynamic and diverse panorama of primary religious traditions in India, China, and Japan.

Instructor: Sally Purath earned a B.A. in social sciences, certification to teach language arts, and a M.Ed. at CSU. She also has extensive training in Asian humanities. Sally taught for 26 years in the Poudre School District, specializing in the humanities of Asia, Europe, Africa, Middle East, and Latin America. She has studied religion and culture in Japan, China, India, Peru, and Europe and has led National Endowment for the Humanities institutes and other workshops for Poudre School District teachers.


Time: 10 a.m.-Noon

Dates: Mondays, Jan. 9, (no class Jan. 16) 23, 30, Feb. 6, 13, 20 (6 weeks)

Course Limit: 30 participants

Cost: $60

Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

The Anthropology of Cloth – Cultural Considerations
#OSHR 1054 100

I don’t just dye fabric in an indigo blue dye-pot; I look in the dye-pot and see world history, science, fashion, medicine, ritual, and your latest pair of jeans! It’s an entire world to explore and share. Textiles surround and swaddle us from birth to death, a part of the social fabric, bringing meaning to our physical, emotional, and spiritual lives. Although textiles are often relegated to academic backwaters, the social significance of textiles cannot be underestimated. To study cloth is to study society. From the most ancient fragments of cloth to the newest smart fabrics and e-textiles, we will discover the stories that cloth can tell through use, meaning, and significance. Join me for a romp through material culture, including touching textiles and maybe even some hands-on fun!

Instructor: Currently adjunct faculty at CU Boulder teaching exhibit design and development, Judy Newland has worked in the museum field for more than 15 years at a variety of university museums. She taught a variety of graduate seminars including Exhibit Design and Development,
Museums and Popular Culture, Material Culture, and the Anthropology of Art. Her museum research aims to understand and advance a collaborative exhibit development process. Her textile history research includes archaeological textile fieldwork in Peru and cultural textile practices around the world. She has a special interest in weaving in the Southwest and is a practicing weaver and sustainable natural dyer.


Time: 1-3 p.m.
Dates: Mondays, Jan. 9, (no class Jan. 16) 23, 30, Feb. 6, 13, 20 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Life Transitions
#OSHR 1309 100

This class is for anyone experiencing a major life transition to include, but not limited to: retirement, empty nest, widow, divorcée, or physical limitations. This is an interactive and collaborative class where participants will be encouraged to share their experiences so we may learn from each other. Exercises and activities will be provided along with group discussions. The objectives for this course include: 1) Teaching participants how to be comfortable in the transition phase of their lives; 2) Transforming participants’ beliefs about transitions from one of fear to one of opportunity; 3) Developing a concrete vision and establishing goals for a smooth transition into the next phase of their lives; and 4) Identifying the roadblocks that are getting in the way.

Instructor: Laura Garrett is a licensed professional counselor and has been in the counseling profession for more than 26 years. She is a life transition coach and author of two self-help books. Ms. Garrett works efficiently in helping clients identify their fears and the roadblocks that get in the way of living a happy and fulfilling life.

Time: 3:30-5:30 p.m.
Dates: Mondays, Jan. 9, (no class Jan. 16) 23, 30, Feb. 6, 13, 20 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Margaret Thatcher was Great Britain’s first female Prime Minister and someone whose distinctive ideologically-based policies have become known as Thatcherism. This course will examine how a provincial grocers’ daughter rose to be the longest-serving 20th century British Prime Minister, but was removed from office by her own party despite having led it to victory in three elections. It will attempt to answer several key questions: How was it possible for a lower middle-class woman to become the head of a party normally led by upper-class men? In what ways did her gender affect Thatcher’s policies and leadership style? What was Thatcherism? Why did her own party remove her from office? Was Britain’s recent decision to leave the European Union part of Thatcher’s legacy?

Instructor: Hal Smith taught history for 40 years at the University of Houston-Victoria, the University of Montana, and the University of Missouri-Kansas City and was made a Fellow of the Royal Historical Society of Great Britain for his historical research. A social historian with a special interest in women’s history, he is the author or co-author of six books (two of which won awards), and has been teaching courses on British history since 1976.

Time: 1-3 p.m.
Dates: Mondays, Jan. 23, 30, Feb. 6, 13, 20, 27 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Appreciating Opera

Do you wish you could attend an opera and understand it, enjoy it, and, perhaps, even discuss it? This course provides an introduction to the origins and development of opera, focusing on classic operas and recordings from the past and the present. You will learn about what to listen for, singing lines, phrasing, and interpretive qualities, as well as enjoy the glories of the human voice.

Instructor: Sandy Kern, Ph.D., has been an opera buff since the age of 17 when he had the opportunity to sell libretti (the stories and texts of the operas) at the old Metropolitan Opera House. As part of that experience, he heard more than 100 opera performances. Sandy is now retired from the Physics Department at Colorado State University.

Time: 5:30-7:30 p.m.
Dates: Mondays, Jan. 30, Feb. 6, 13, 20, 27 (5 weeks)
Course Limit: 14 participants
Cost: $50
Location: Instructor’s home. Details provided after registration.
Selected Wildlife Treasures: A Colorado Naturalist’s Primer
#OSHR 1859 100

Some of Colorado’s wildlife lives in other states, other countries, and even other continents; some of Colorado’s wildlife lives nowhere else but here. Whether global, continental, regional, or local, every wildlife species possesses its own story of life and death and of connectedness. Knowing specific details about a species — a bird that through migration links three continents and three oceans or a mushroom that founded a major religion — can enrich the experience of finding and engaging it. When that happens, life itself becomes a destination. “Wildlife Treasures” will present natural history stories about a blend of animals, fungi, and plants, all of which can be easily found in the state we and they call home.

Instructor: Kevin J. Cook is a lifelong naturalist who has been a professional writer since 1974 and a professional speaker since 1976. When working, he walks among the trees to engage wildflowers and birds that he might learn about them to enrich the lives of others. When relaxing, he walks among the trees to engage wildflowers and birds that he might learn about them to enrich his own life.

Time: 10 a.m.-Noon
Dates: Mondays, Mar. 20, 27, Apr. 3, 10, 17, 24 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Antarctica
#OSHR 1046 100

Photographs and maps from Antarctica and the surrounding ocean and first-hand stories from 17 expeditions to the continent document this course. Topics include (1) geography, glaciers, mountain ranges, the Southern Ocean, climate and climate change; (2) wildlife; (3) territorial claims and the Antarctic Treaty; (4) U.S. bases and expedition logistics; (5) explorations led by early explorers including Roald Amundsen, Robert F. Scott, Ernest Shackleton, and Richard E. Byrd; (6) geology, paleontology, and plate tectonics; (7) wildlife; (8) and tourism with an overview of cruises and a virtual tour of the Antarctic Peninsula by cruise ship.

Instructor: Jim Collinson graduated from Augustana College in 1960 and earned a Ph.D. in geology from Stanford University in 1966. He taught geology at The Ohio State University from 1966 until 1995 when he retired, but continued working in the Byrd Polar Research Center until 1999. His areas of research include the study of sedimentary rocks, paleontology, and Antarctic geology. He conducted field research in many parts of Antarctica between 1969 and 1999, working closely with vertebrate paleontologists. Since retirement he has served as a lecturer on cruise ships to Antarctica for 8 seasons.
Life Skills
#OSHR 1312 100
This class is for anyone who is striving for a happy and fulfilling life but continues to confront roadblocks that are getting in the way of their aspirations. This is an interactive and collaborative class where participants will be encouraged to share their experiences so we may learn from each other. Exercises and activities will be provided along with group discussions. This course is designed to teach participants seven fundamental life management skills that will empower them to trust and have confidence in their decisions enabling them to create and embrace their own authentic life. The skills to be taught are self-esteem building, stress and anger management, feeling identification, communication and conflict resolution skills, as well as cognitive reframing.

Instructor: Laura Garrett is a licensed professional counselor and has been in the counseling profession for more than 26 years. She is a life transition coach and author of two self-help books. Ms. Garrett works efficiently in helping clients identify their fears and the roadblocks that get in the way of living a happy and fulfilling life.

Reading: Garrett, Laura, Creating Your Own Fairytale Life: 7 Keys to Your Happily Ever After, ISBN: 9780692442456
Time: 3:30-5:30 p.m.
Dates: Mondays, Mar. 20, 27, Apr. 3, 10, 17, 24 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
How Agricultural, Urban, and Environmental Stakeholders Collaboratively Address Using the Poudre River

#OSHR 1655 100

This course will look at how different water users are collaboratively working together to make the Poudre River the world’s best example of a working river that is also healthy. Members of the Poudre Runs Through It (PRTI) Study/Action Work Group will lead a six-part series covering: 1) similar and differing perspectives from the agricultural, urban, environmental/ecological, business, and recreational water sectors, 2) how water users are working together, and 3) how the issues on the Poudre River relate to what’s going on regionally and nationally. The course will also include discussions about the role of values, interests, and trade-offs in addressing water issues.

Instructor: Julie Kallenberger of the CSU Water Center serves as coordinator for this course. The PRTI Study/Action Work Group is comprised of about 25 local citizen experts representing a diversity of interests who were selected to study the Poudre River and formulate cooperative actions based on what they learn. This group has been meeting since October 2012, and continues to build relationships and to put into action the initiatives they have identified, including their annual Poudre River Forum which draws from all the communities and interests along the Poudre.

Readings: Resources found on the PRTI website under the Poudre River Resources tab http://cwi.colostate.edu/ThePoudreRunsThroughIt

Time: 10-Noon
Dates: Tuesdays, Jan. 10, 17, 24, 31, Feb 7, 14 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

The Supreme Court: Its Decisions and Their Lasting Impacts

#OSHR 1156 100

The Supreme Court of the United States is the most mysterious of the three branches of government. Its deliberations are held in private and its decisions are read from the bench or published without discussion. In this course, we will consider major Supreme Court decisions and their effect on how we live our lives or conduct our business. As time will allow, issues such as judicial review, free speech, personal liberty, freedom of the press, criminal law, affirmative action, and political issues will be considered from the prospective of landmark Supreme Court cases. The history of the parties in the litigation and the aftermath of the decisions will be discussed.

Instructor: Jim Couch earned a Ph.D. in psychology from the University of Massachusetts-Amherst and was a faculty member and administrator at James Madison University for 29 years. After retiring from JMU, he entered law school and graduated from the University of Wisconsin-
The Supreme Court: Its Decisions and Their Lasting Impacts #OSHR 1156 100
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Madison. As a psychologist and attorney, he has had a long-time love affair with Constitutional Law, seeing how Supreme Court decisions affect the lives of us all. After 10 years practicing law as a prosecutor and then as solo practitioner, he retired to Colorado to assume one of the best jobs in the world, to wit, grandfather.

Time: 1-3 p.m.
Dates: Tuesdays, Jan. 10, 17, 24, 31, Feb 7, 14 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Spanish for Tourists
#OSHR 1203 100

This course is designed for students with no previous knowledge of the Spanish language. It is interactive and perfect for those taking a tour to a Spanish-speaking country. In this course, students will be introduced to grammar, articles, pronouns, nouns, adjectives, and verb conjugation (mostly in the present tense). Additionally, the course will address: common travel phrases; structures for asking and answering simple questions; vocabulary and dialogue for travel assistance, hotel registration, ordering food at a restaurant, and other tourist situations. Role plays, oral practice drills, and short dialogues to practice speaking with others will be utilized throughout the course.

Instructor: Magali Carmenaty is a teaching professional with more than 40 years of experience. She has served as an administrator (principal, assistant principal, dean of students) at the elementary, middle, and high school levels. She has taught Spanish, ESL, and subject courses to students and adults of varying ages, at day and adult night schools in such places as Puerto Rico, New York, and California.


Time: 1-3 p.m.
Dates: Tuesdays, Jan. 17, 24, 31, Feb. 7, 14, 21 (6 weeks)
Course Size: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Shaping U.S. Foreign Policy: Putting the Pieces Together (Great Decisions)

#OSHR 1016 100

Are you fascinated by foreign societies, but too busy to travel abroad? This course offers the learning experience of travel without the hassle of a passport. Learn about distant and intriguing countries through the examination of international affairs and global issues. Offered in partnership with the League of Women Voters of Larimer County, this class – part of the Great Decisions program – features group interactions to enhance understanding of foreign policy issues and their global impact. Discussions focus on readings and materials published by the Foreign Policy Association. Participants are encouraged to present additional research within the seminar/discussion format. Topics include:

- Geopolitics of Energy/U.S. Foreign Policy and Petroleum
- European Union/The Future of Europe
- Trade and Politics
- Nuclear Security

**Facilitator:** Kay Easley, M.S., Chair, and members of the International Relations Team of the League of Women Voters, Larimer County.

**Reading:** Great Decisions 2017 briefing book published by Foreign Policy Association. This book can be purchased at the first class from League of Women Voters. Cost: $25.

**Time:** 10 a.m.-12:30 p.m.

**Dates:** Tuesdays, Jan. 24, 31, Feb. 7, 14, 21, 28, Mar. 7, (no class Mar. 14) 21 (8 weeks)

**Class Size:** 18 participants

**Cost:** $100

**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Art and Politics: Transcending Hate

#OSHR 1752 100

This course will explore the close alliance of visual art and its engagement with politics throughout western history up to and including present day artists/activists. The class will also investigate political artists such as Goya, Picasso, and, more recently, Shepard Fairey and analyze how various art forms dovetailed with politics in the tumultuous 20th century and beyond. Topics covered in the class will range from racism, censorship, feminism, class, gender, and sexuality to immigration.

**Instructor:** Lisa Hatchadoorian is the executive director of the Fort Collins Museum of Art. She has a B.A. in art history and music and an M.A. in curatorial studies of contemporary art. She
Art and Politics: Transcending Hate #OSHR 1752 100

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has more than 15 years’ experience in arts administration, writing about art, curating and leading arts institutions across the country.

Time: 4-6 p.m.

Dates: Tuesdays, Jan. 31, Feb. 7, 14, 21, 28, Mar. 7 (6 weeks)

Cost: $60

Class Size: 30 participants

Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Britain in the 20th Century and Beyond

#OSHR 1162 100

Within little more than a century Britain experienced dramatic changes and challenges. This course will examine British history from the time of its great empire, through two world wars, a major depression, the creation of a welfare state, and beyond to Brexit.

**Instructor:** Henry Weisser earned a Ph.D. from Columbia University. He was a professor emeritus of history at Colorado State University for 39 years teaching various topics including British history. He lived in Britain on several occasions.


**Time:** 10 a.m.-Noon
**Dates:** Tuesdays, Mar. 21, 28, Apr. 4, 11, 18, 25 (6 weeks)
**Cost:** $60
**Class Size:** 30 participants
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

History and Current Understanding of Gender Bias

#OSHR 1173 100

This class will review the history of gender bias around the world and determine some clear definitions of gender bias. The course will survey the current status of gender bias in various societies and discuss some possible solutions for advancing this persistent and important issue. The format of the class will involve readings from multiple articles, some lecture notes and guest presenters from our local community.

**Instructor:** Fred Fuller, M.A., L.M.F.T., has a marriage and family counseling practice in Fort Collins for many years, is a graduate of Denver Seminary and an ordained minister. He has a career-long interest in this subject and deeply believes in the value of embracing all challenging ideas as a rich path to understanding and meaning. For him, teaching is a rewarding tool for communicating this value.

**Time:** 1-3 p.m.
**Date:** Tuesdays, Mar. 21, 28, Apr. 4, 11, 18, 25 (6 weeks)
**Course Limit:** 30 participants
**Cost:** $60
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Ice Axes and the Imagination: Writing Poetry in the Anthropocene

#OSHR 1315 106

In the age of human influence over nature, do you find yourself moving away from the natural world, or going deeper into the wild? How has your relationship to nature changed throughout your life? Is the natural world a source of inspiration, or a place of retreat from an ever-increasing world of screens? How does wilderness inform your writing? Through readings, guided writing exercises, and discussions, we will explore nature’s beauty and stillness, absence and abundance, extinction and evolution, and its intersections with social justice, personal truths, and the ever-changing world. We will endeavor to find the wilderness that activates our imagination and clarifies our thoughts. New writers are welcome.

Instructor: Chloé Leisure holds an M.A. from Northern Arizona University and an M.F.A. in Poetry from Colorado State University. A former CSU English Instructor, she currently teaches community and elementary school enrichment creative writing classes. Leisure was the 2014 Fort Collins Poet Laureate and is the author of the chapbook, The End of the World Again.

Time: 1-3 p.m.
Date: Tuesdays, Mar. 28, Apr. 4, 11, 18, 25, May 2 (6 weeks)
Course Limit: 15 participants
Cost: $60
Location: Pathways Hospice, 305 Carpenter Road/CO 392, Fort Collins, Colo.

Course enrollment is on a first-come, first-served basis and is subject to availability. Register today!
Ink Drawing Techniques
#OSHR 1724 100

Develop your own subject preferences by exploring line and tonal techniques with pens and washes. At an individual pace, students will experiment with contour line, crosshatching, and washes to enhance personal goals and subjects. Traditional and contemporary methods will be demonstrated and followed by individual instruction.

**Instructor:** Joe Osmann, M.F.A., has taught art history and studio art for 40 years. His approach is student centered and interactive. Attracted to the visual arts at an early age, his life's work has been devoted to the exploration and application of the power of visual literacy and design.


**Time:** 10 a.m.-Noon.
**Date:** Wednesdays Jan. 11, 18, 25, Feb. 1, 8, 15 (6 weeks)
**Course Limit:** 30 participants
**Cost:** $60
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

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**Exploring Art through Modern Masters:**
**Manet, Monet, Van Gogh, and Picasso**
#OSHR 1723 100

Many art museum and gallery visitors feel that the visual art of the last 150 years is more difficult to understand than the art of earlier periods. By studying the works of Manet, Monet, Van Gogh, Picasso, and more recent artists, this course will provide guidelines for appreciating the connections of modern art to contemporary cultural changes as well as exploring the debt modern artists owe to earlier periods of artistic expression. The idea that a museum or gallery visitor must have an extensive knowledge of art is erroneous. Modern art can be approached as we often do with instrumental music – as a vivid experience that evokes emotion without direct representation of the physical world. Participants will have opportunities to observe and discuss their own perceptions of art works. Observing original works of art offers a refreshing contrast to the constant blur of mass produced imagery we are bombarded with every day.

**Instructor:** Joe Osmann, M.F.A., has taught art history and studio art for 40 years. His approach is student centered and interactive. Attracted to the visual arts at an early age, his life’s work has been devoted to the exploration and application of the power of visual literacy and design.
Exploring Art through Modern Masters: Manet, Monet, Van Gogh, and Picasso #OSHR 1723 100

(continued from previous page)

Time: 1-3 p.m.
Date: Wednesdays, Jan. 11, 18, 25, Feb. 1, 8, 15 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

WEDNESDAY continued

Drawing FUNdamentals

#OSHR 1795 100

“A drawing is simply a line going for a walk.” Paul Klee (1879-1940). German-Swiss artist

This fun course will have you excited about drawing. Participants will learn various techniques in graphite pencils and in pen and ink, while exploring drawing fundamentals. Learn how to draw what you see. Delve into the basics of using line, value, shape, and shading to create realistic drawings. Composition and proportion will also be discussed and used in drawings. Participants will learn how to use a grid to enlarge and transfer images to larger paper. Examples of drawings through the ages will be presented. This is a beginning level course.

Instructor: Carol Marander is an artist living and working in Fort Collins, Colorado. She graduated with honors from Colorado State University where she majored in sculpture and painting. She worked as a graphic designer for many years at Colorado State University while pursuing her fine art. Carol’s paintings have been in numerous juried exhibitions locally and nationally. She is a signature member of the Pastel Society of America and the Colorado Watercolor Society. Carol is excited about sharing her love of drawing with her students.

Time: 1-3 p.m.
Date: Wednesdays, Jan. 11, 18, 25, Feb. 1, 8, 15 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
What Makes Us Happy – Examining the Research on Happiness

#OSHR 1343 100

We would all believe that we know what makes us happy. Yet, recent studies by Lybomirsky, Diener, Seligman, and others indicate that few of us really understand what will make us happy. It turns out that having more money, winning the lottery, getting a new job, or looking younger, probably won’t make us substantially happier. Being happier or more satisfied with our lives more often hinges on simple things we have overlooked or misunderstood. There are more than 3,000 research studies in the last ten years on the various aspects of what makes people happy. This five-week class will examine a range of that research and will seek to identify and experiment with the factors and behaviors that are keys to lasting happiness. The only aspect of this topic that will not be covered is chronic long-standing depression.

Instructor: Bob Richburg, Ph.D. has been a professor in the School of Education for four decades. He taught classes in teaching methods and how the brain learns, and he directed an award winning program, Project Promise, which enabled non-traditional age professionals to earn their teaching certification and a master’s degree in a year. He is now retired enjoying reading, tending flowers, and playing golf. These and other interests and people make him happy.

Time: 10 a.m.-Noon
Date: Wednesdays, Jan. 18, 25, Feb. 1, 8, 15 (5 weeks)
Course Limit: 30 participants
Cost: $50
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Whiskey Is For Drinking; Water Is For Fighting: How Colorado Citizens Have Organized Their Water Commonwealth

#OSHR 1611 100

How does water get to your tap? People must organize themselves for self-governance to capture, deliver, and use water. This course will describe how citizens have organized to operate their irrigation systems, obtain water for their cities, organize their groundwater wells in conjunction with surface supplies, resolve their conflicts, and confront issues of economic growth in an arid environment. Outcomes of conflicts have led to a system of citizen self-governance.

Instructor: Dr. David Freeman is professor emeritus at CSU. He has had 47 years of experience of teaching and research in the domain of social conflict. Grist for his analytical mills has come from social development experiences – mostly focused on water resources organizations and social conflict in India, Pakistan, Sri Lanka, and the Western United States. He has published widely in
Whiskey Is For Drinking; Water Is For Fighting: How Colorado Citizens Have Organized Their Water Commonwealth #OSHR 1611 100
(continued from previous page)

the refereed literature regarding the analysis of social conflict’s variety of forms, and has taught at the university level in the domain of terrorism – domestic and international – since 1968.


Time: 4–6 p.m.
Date: Wednesdays, Jan. 25, Feb. 1, 8, 15, 22, Mar. 1 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Cinema du Jour
#OSHR 1410 106

Come enjoy film and post-film discussions in the quaint and comfortable ambiance of the Lyric Cinema Café. We will watch movies with unique story lines and observe filmmaking techniques that often vary from the standard studio fare. After each cinematic adventure, we’ll gather together with fellow Osher participants for intriguing discussions of these thought-provoking films.

Please note: Movies may be subtitled and carry various ratings.

Instructor: Joannah L. Merriman, M.A., is a community educator, writer, and psychotherapist. She is happy to be returning as facilitator for Cinema du Jour, and always looks forward to welcoming long-time participants as well as new registrants. A life-time film enthusiast, she enjoys lively discussions with like-minded movie-goers, and always makes sure she has the most recent edition of Video Hound’s Golden Movie Retriever, her favorite film reference book, in her own home theater.

Time: Noon–3 p.m.
Dates: Wednesdays, Feb. 1, 8, 15, 22 (4 weeks)
Class Size: 35 participants
Cost: $60
Location: Lyric Cinema Café, 300 East Mountain (Northeast corner), Fort Collins, Colo.
The Mexican-American War: A Conflict That Tore Apart Two Nations

#OSHR 1179 100

One of the least remembered and understood wars of the United States is the one fought with Mexico from 1846 to 1848. Yet, the Mexican-American War not only changed the direction of our history, it continues to reverberate today in our relations with our southern neighbor, often not for the better. This course will examine the backgrounds and causes of this war as well as examining the short-term and long-term effects of the war.

Instructor: David McKibbin is a retired professor of history from the University of Northern Iowa.


Time: 10 a.m.-Noon
Date: Wednesdays, Mar. 22, 29, Apr. 5, 12, 19, 26 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

The U.S. Constitution and Individual Rights and Liberties

#OSHR 1178 100

Most U.S. citizens cherish their claims to individual freedom – sometimes even when there is no Constitutional basis for those claims. This course will consider not only the textual basis for individual rights and liberties that are in the Constitution, but the nearly 225 years of interpretation and application that have seen those rights and liberties contract and expand.

Instructor: Bob Hoffert has been affiliated with CSU in various roles since 1976. His area of academic interest is political philosophy.

Time: 10 a.m.-Noon
Date: Wednesdays, Mar. 22, 29, Apr. 5 (no class Apr. 12 and 19), 26, May 3, 10 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Mysteries of Human Behavior
#OSHR 1305 100

Have you ever wondered, what makes us who we are? Why we do what we do? This course is designed to explore and explain the science and psychology behind being human. Each session will cover a different topic relevant to the human experience: from the power of thoughts to social interactions to how the brain works. Through this course, you will learn about your family, your friends, your neighbors, and yourself. It is hoped that these lessons will extend beyond the classroom and into your lives, leading to more insight, knowledge, and well-being. Sessions will include both instructional and interactive components. No previous knowledge of psychology is needed.

Instructor: Kirsten L. Graham, M.S., M.S.Ed., is the assistant director of the Aging Clinic of the Rockies and an advanced doctoral student in Colorado State University’s Counseling Psychology Ph.D. program. Before coming to CSU, Kirsten earned her bachelor’s degree from Rutgers University and her first master’s degree from Fordham University. Kirsten has taught several introduction to psychology and counseling skills courses, as well as lectures and workshops on various psychological topics including anxiety disorders, personality, and positive psychology. Kirsten’s primary clinical and research interests include older adults, positive psychology, and cognitive processes.

Time: 1-3 p.m.
Dates: Wednesdays, Mar. 22, 29, Apr. 5, 12, 19, 26 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Register early to reserve your space.
Why is THAT in an Art Museum?
Making Sense of Western Art

#OSHR 1414 100

Ever wonder why certain images and objects are considered to be art and how they landed in a museum? Or are you going to be visiting a museum and want to make more sense out of what you will see? This course is a quick overview of the major types and periods of Western art from prehistoric to post-modern. We will focus on art’s historical development: at each time period we will ask why did they do that kind of art, and why did it change. We will make sense of how Western art developed so you can plug in your favorite and least favorite artists and better understand what they were trying to do. You will also receive a one-sheet guide to take to museums.

Instructor: Sally Purath earned a B.A. in social sciences, certification to teach language arts, and a M.Ed. at Colorado State University. She also has extensive training in Asian humanities. Sally taught for 26 years in Poudre School District, specializing in the humanities of Asia, Europe, Africa, Middle East, and Latin America. She has studied religion and culture in Japan, China, India, Peru, and Europe and has led National Endowment for the Humanities institutes and other workshops for Poudre School District teachers.


Time: 1-3 p.m.

Dates: Wednesdays, Mar. 22, 29, Apr. 5, 12, 19, 26 (6 weeks)

Course Limit: 30 participants

Cost: $60

Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Watercolor Painting That Pops!

#OSHR 1766

We all marvel at paintings that captivate our attention. But have you ever wondered why some paintings manage to dazzle us while others do not? Dive into the world of watercolor and learn how to harness light and shadow, when to apply value contrasts, and when to soften strokes. Discover how to provide subtle movement across shapes by simply varying warms and cools – all while leading the eye toward what’s important. These are the secrets to making good art. The immediacy of watercolor allows greater spontaneity, fluid movement, and a freshness you don’t see in other mediums. Join the class and soak up these important fundamental painting principles.

This class will have a series of exercises to help students realize immediate success. The instructor will be providing demonstrations prior to each exercise, and will also offer one-on-one instruction to students as everyone paints. Novice to intermediate level.

Instructor: Randy Hale attended Art Center College of Design in Pasadena, Calif., where he developed a solid understanding of design and composition. A successful commercial career followed in product design, project management, and sales. Pitching creative concepts provided a strong foundation in working successfully with people. Randy is currently involved with art groups throughout the country. He has served as president of the Colorado Watercolor Society and works on boards organizing national exhibitions. Not only does Randy do painting demonstrations, he is an active workshop instructor and juror of art shows.

Section 100

Time: 10 a.m.-Noon

Dates: Thursdays, Jan. 12, 19, 26, Feb. (no class Feb. 2) 9, 16, 23, Mar. (no class Mar. 2) 9 (7 weeks)

Course Limit: 18 participants

Cost: $70

Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Section 101

Time: 10 a.m.-Noon

Dates: Thursdays, Mar. 23, 30, Apr. (no class Apr. 6) 13, 20, 27, May (no class May 4) 11, 18 (7 weeks)

Course Limit: 18 participants

Cost: $70

Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
World Religions Middle East and Europe

#OSHR 1059 100

As the world gets smaller, we must do our best to increase our understanding of the religious traditions of others, and of our own, if we are to do what we can to bring about a peaceful world. We will seek, not to compare religions, but to understand them on their own terms, in order to gain a better perspective on the wide range of beliefs and practices that exist in humanity. In this course we will focus on the religions of the Middle East and Europe: Judaism, Christianity, and Islam.

**Instructor:** Rabbi Hillel Katzir has been the spiritual leader of Temple Or Hadash in Fort Collins since 2015, and was leader of a synagogue in Maine for eleven years prior to that. He is very involved in interfaith activities, including the Interfaith Council of Fort Collins, the Interfaith Alliance of Colorado, and Together Colorado. He passionately believes in cross-cultural education, and in bringing people of different backgrounds together, because “it is so much harder to hate when the ‘Other’ has a name and a face.” Rabbi Katzir has previously taught this and similar courses several times in other venues.


**Time:** 10 a.m.-Noon

**Dates:** Thursdays, Jan. 12, 19, 26, Feb. (no class Feb. 2) 9, 16, 23 (6 weeks)

**Course Limit:** 30 participants

**Cost:** $60

**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

That’s My Story – I’m Sticking With It

#OSHR 1346 100

One benefit of growing older is that we all have interesting stories to tell. Pick an event and put those words on paper for this class. You don’t have to be an accomplished writer. Our goal will be to find your voice and finish your stories (anywhere from 5-20 pages) by the end of the six-week session. Each week, we’ll discuss writing techniques and read examples by accomplished authors. Writing will be done outside of class. The instructor will provide one-on-one feedback and encouragement.

**Instructor:** Sara Hoffman has been a writer for most of her life. She was an adjunct journalism professor at Colorado State University for 20 years, and has taught writing classes for OSHER, Poudre School District, and regional businesses. She has worked as a journalist off and on for more than 40 years. She has both a bachelor’s and a master’s degree in journalism. This fall, she is self-publishing a historical-fiction novel about her grandmother.
Painting Big, Bold, and Brave

#OSHR 1770

Watercolor is best served up in splashy, spontaneous strokes. It yearns to be transparent and luminous. How do we harness and control the medium, and still let the water do the work? We need to be fearless as we dive into the business of making bold, confident brush strokes. Break out and away from rigid preconceptions. Allow yourselves the freedom to just jump in and paint with abandon. This class will take you on a journey of discovery as we tackle a variety of subjects and styles — all with the mission of loosening up, having fun, and not worrying about how others might perceive our work. Yes, we will do critiques. Yes, we will learn how to handle challenges. But it will be a lot of fun — and guess what? Your paintings will suddenly take on a more confident appearance as you embrace the joy of painting.

There will be demonstrations by the instructor that illustrate each of the structured lesson topics, as well as plenty of one-on-one help from the instructor during class painting time. Intermediate level and above.

Instructor: Randy Hale attended Art Center College of Design in Pasadena, Calif., where he developed a solid understanding of design and composition. A successful commercial career followed in product design, project management, and sales. Pitching creative concepts provided a strong foundation in working successfully with people. Randy is currently involved with art groups throughout the country. He has served as president of the Colorado Watercolor Society and works on boards organizing national exhibitions. Not only does Randy do painting demonstrations, he is an active workshop instructor and juror of art shows.

Section 100

Time: 1-3 p.m.

Dates: Thursdays, Jan. 12, 19, 26, Feb. (no class Feb 2) 9, 16, 23, Mar. (no class Mar. 2) 9
(7 weeks)

Course Limit: 18 participants

Cost: $70

Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Section 101

Time: 1-3 p.m.
Dates: Thursdays, Mar. 23, 30, Apr. (no class Apr. 6) 13, 20, 27, May (no class May 4) 11, 18 (7 weeks)
Course Limit: 18 participants
Cost: $70
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Our Towns: Writing from the “Towns” We Inhabit

#OSHR 1321 106

From Thornton Wilder’s Our Town to Richard Hugo’s “triggering towns” of the imagination to everywhere we have lived, those places live in us and can fuel our writing. When Emily Webb asks in Our Town, “Does anyone ever realize life while they live it... every, every minute?” her words point to the transience of life and our attendant need to tell the stories of our rooted and uprooted selves. Participants are encouraged to write poetry, creative nonfiction (including memoir), and fiction. Each week we’ll write during the class session and draw ideas from the effective pieces of writing we’ll discuss. Each week’s writing prompts will point to exploring your experience in both prose and poetry. New writers are welcome.

Instructor: Veronica Patterson’s poetry collections include How to Make a Terrarium (Cleveland State University, 1987); Swan, What Shores? (NYU Press Poetry Prize, 2000), Thresh & Hold (Gell Poetry Prize, 2009), and it had rained (CW Books, 2013), and two chapbooks – This Is the Strange Part (Pudding House, 2002) and Maneuvers: Battle of the Little Bighorn Poems (Finishing Line, 2013). She is a writer, freelance editor, and teacher.


Time: 2-4 p.m.
Date: Thursdays, Jan. 12, 19, 26, Feb. 2, 9, 16 (6 weeks)
Course Limit: 15 participants
Cost: $60
Location: Pathways Hospice, 305 Carpenter Road/CO 392, Fort Collins, Colo.
Great Rivers of Earth: Geology, and Natural and Human History
#OSHR 1806 100

If you are interested in learning about the great rivers of Earth and their connection with human life and civilizations, this may be the course for you. Although rivers contain an extremely small component of Earth’s total water volume, they are especially important to humans and to biological diversity. In this course, we will begin by examining the morphology of large rivers, their geologic settings, variability and complexity in space and time, and the ability of rivers to erode, transport and deposit sediments and nutrients. Our examination of some of Earth’s great rivers will include their origin, hydrology, evolution from mountain source to delta, and attempts by humans to stabilize them.

Instructor: Frank G. Ethridge, professor emeritus at Colorado State University, worked as a geologist with the U.S. Army Corps of Engineers, the Texas Highway Commission, and Chevron Oil Co. He taught geology at Southern Illinois University and Colorado State University for a total of 35 years. During this time, Frank also conducted geology courses and led field trips for geological societies and petroleum companies. He and his graduate students completed a number of research projects on modern rivers and ancient river deposits. Frank has a long-term interest in the variability and complexity of modern rivers and has lectured on this topic.


Time: 1-3 p.m.
Dates: Thursdays, Jan. 19, 26, Feb. 2, 9, 16, 23 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

International Current Events Roundtable
#OSHR 1051 106

International current events present us with unending and transforming circumstances. This format is designed as a participatory dialogue that meets weekly for six weeks for a two-hour discussion and analysis of on-going world events. There will be a moderator, but no single presenter or lecturer. If you are interested in learning and sharing ideas, concepts, and interpretations related to worldwide current events, and willing to participate actively over a six-week time period, this roundtable is for you!

continued on Page 33
If you have registered for at least one course during a session, you are eligible to participate in that session’s Value-Added Draw. If there is space available in your rank order listing of courses below, indicate the total number of Value-Added Draw courses for which you would like to register.

Entries must be received by January 4, 2017 online or at Drake Hall, 2545 Research Blvd., Fort Collins, CO 80526. The draw will be held January 6, 2017.

If you have registered for at least one course during a session, you are eligible to participate in that session’s Value-Added Draw courses.
Membership and Registration Form

Course Number and Title

Select Perk Lectures/Tours ($5 per Perk)

Perk Number and Title

Cost

Select Special Programs

Special Program Number and Title

Cost

Select Special Programs

Program Registration

Please note that all Osher programs are available on a first-come, first-served basis subject to space availability.
### Membership and Registration Form

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Please note that all Osher programs are available on a first-come, first-served basis subject to space availability.

### Program Registration

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### Membership

- Members receive one free perk lecture/tour during the year of their annual membership.
- Members are eligible to register in all Osher courses, perks, and special programs.
- Members express a commitment to Osher’s lifelong learning program.

www.osher.colostate.edu
If you have registered for at least one course during a session, you are eligible to participate in that session's Value-Added Draw. If there is space available in your rank order listing of courses below, indicate the total number of Value-Added Draw courses for which you would like to register. 

Entries must be received by January 4, 2017 online or at Drake Hall, 2545 Research Blvd., Fort Collins, CO 80526. The draw will be held January 6, 2017. 

Rank Order Preference of Courses by Number and Title

Confirm (office use only)
Instructor: John E. Roberts is a 34-year veteran of the U.S. Department of State and the U.S. Peace Corps and has taught a variety of Osher courses for the past nine years. As the roundtable moderator, he brings a rich set of life experiences and a keen interest in international affairs. He describes himself as “a student, a teacher, and an internationalist.”

Reading: Daily news items from newspapers, Internet, international news magazines, e.g., “The Economist,” “Foreign Affairs,” “Christian Science Monitor,” etc.

Time: 1:30-3:30 p.m.
Dates: Thursdays, Mar. 2, 9, 23, 30, Apr. 6, 13 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Community Foundation of Northern Colorado, 4745 Wheaton Drive, Suite 100, Fort Collins, Colo.

World Religions – Asia
#OSHR 1068 100

As the world gets smaller, we must do our best to increase our understanding of the religious traditions of others, and of our own, if we are to do what we can to bring about a peaceful world. We will seek, not to compare religions, but to understand them on their own terms in order to gain a better perspective on the wide range of beliefs and practices that exist in humanity. In this course, we will focus on the religions that originated in Asia (Hinduism, Buddhism, Taoism, Shinto, etc.).

Instructor: Rabbi Hillel Katzir has been the spiritual leader of Temple Or Hadash in Fort Collins since 2015, and was leader of a synagogue in Maine for eleven years prior to that. He is very involved in interfaith activities, including the Interfaith Council of Fort Collins, the Interfaith Alliance of Colorado, and Together Colorado. He passionately believes in cross-cultural education, and in bringing people of different backgrounds together, because “it is so much harder to hate when the ‘Other’ has a name and a face.” Rabbi Katzir has previously taught this and similar courses several times in other venues.

Time: 1-3 p.m.
Dates: Thursdays, Mar. 23, 30, Apr. 6, 13, 20, 27 (6 weeks)
Course Limit: 30 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Journey Through a Book

#OSHR 1327 100

You’ll never read a book the same way after taking this class. We’ll discuss the inner workings of a novel and of several short stories or essays. We’ll gain fresh insight into how authors build suspense or pull readers into stories. We’ll uncover the “secret weapons” writers use, the unique voices they create, and the techniques they employ for dialogue and characterization. A great class for anyone who loves to read or is interested in becoming a better writer. Just be warned: Books get heavier when you read them not only for pleasure, but also for their guts.

Instructor: Sara Hoffman has been a writer since she learned to write. This fall, she’s publishing her first book, *Finding Baby Ruth*, a historical fiction novel based on the true story of her grandmother. She’s been a member of a local writers’ critique group for nearly 10 years. She’s taught journalism and writing classes for more than 30 years.


Time: 10 a.m.–Noon

Dates: Thursdays, Apr. 13, 20, 27, May (no class May 4) 11, 18, 25 (6 weeks)

Course Limit: 30 participants

Cost: $60

Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Course enrollment is on a first-come, first-served basis and is subject to availability. Register today!
Conflict Within Consensus: American Democracy

#OSHR 1185 100

One of the central paradoxes of American democracy is that there is a broad, deep, and persistently shared set of democratic values, principles, and assumptions that both unify the American people and generate America’s most significant political conflicts. This course attempts to shed light on this riddle: why is what Americans share the basis of what divides them?

**Instructor:** Bob Hoffert has been affiliated with CSU in various roles since 1976. His area of academic interest is political philosophy.

**Time:** 10 a.m.-Noon
**Dates:** Fridays, Jan. 13, 20, 27, Feb. 3, 10, 17 (6 weeks)
**Course Limit:** 30 participants
**Cost:** $60
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

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Great Drives Through Colorado’s Nature

#OSHR 1864 100

Colorado sprawls across three major landforms: Great Plains, Rocky Mountains, and Colorado Plateau. Each landform has its own physical character and its own lifescapes. Those lifescapes represent various combinations of grasslands, shrublands, and treelands plus animals that associate with them. Much of Colorado’s wildlife can be seen from the road if you know what to look for, where to look for it, and which roads to take. Whether a grove of quaking aspens or a family of swift foxes, everything has its place and some road goes there. “Great Drives” will take you on a dozen leisurely drives through the landscapes and lifescapes that are the true nature of Colorado.

**Instructor:** Since 1976, Kevin J. Cook has worked as a seasonal naturalist with the National Park Service, a wildlife technician for the Colorado Parks and Wildlife, a technical editor for the U.S. Fish and Wildlife Service and the USDA Forest Service, an instructor for the Rocky Mountain Conservancy field seminars program, and a nature writer whose work reached a national circulation of about 3 million readers. Through his writing, lecturing, and teaching, he has helped both the public and the bureaucracy understand that nature is more than aesthetically pleasing but is absolutely essential for our own well-being.

**Time:** 10 a.m.-Noon
**Dates:** Fridays, Jan. 13, 20, 27, Feb. 3, 10, 17 (6 weeks)
**Course Limit:** 30 participants
**Cost:** $60
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Death Comes for the Dinosaurs and Trilobites and Diatoms and...

#OSHR 1670 100

Today, statements like “999 of every 1,000 species that have lived on Earth are extinct” are commonplace in paleo-biologic literature. During the Phanerozoic Eon (550 million years ago to Present), 35 biotic mass extinctions have altered life on Earth. In this class, we will explore the “Big 5” mass extinctions (End Ordovician, Late Devonian, Permo/Triassic, Late Triassic, and Cretaceous/Tertiary) along with a few others, focusing on the questions of when, who, where, and how countless species have been exterminated. Did these events occur in cycles (every 26 million years or every 62 million years or some other long-term cycle)? Were extinctions caused by amplified earthly processes or were astronomical ones involved, like asteroid/comet swarms, cosmic ray showers, nemesis stars, dark matter, or Planet X? Our explorations will simultaneously generate understanding and mystery.

Instructor: William Cornell earned B.S. and M.S. degrees in geology at the University of Rhode Island and a Ph.D. from UCLA. He taught geology at the University of Texas at El Paso, with stints as department chair, assistant dean of the College of Science, as “pre-med” advisor, and taught in the Osher Program at UTEP for 15 years. He received a number of teaching and service awards from UTEP. In 2007, he received the Silver Beaver Award from the Boy Scouts of America. He is a master naturalist in the Fort Collins Natural Areas Department.


Time: 1-3 p.m.
Dates: Fridays, Jan. 13, 20, 27, Feb. 3, 10, 17 (6 weeks)
Class Limit: 25 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

How “Black Death” Changed the World

#OSHR 1647 100

In the 1340s, Black Death (bubonic plague) devastated Europe and killed more than 25 million people in less than five years. Even after the worst was over, bubonic plague persisted with smaller outbreaks until the 1600s. With so many dead, medieval society never fully recovered. The plague caused enormous changes in religion, art, societal structure, politics, and economics systems, all of which changed western civilization forever. This class will discuss the cause of bubonic plague and how it spread so quickly. We will follow the course of the epidemic from Italy, then through
France, England, and Scandinavia. We will explore how the plague affected religious practices and persecution, changed political systems, and transformed the European economic system. We will also learn how art and literature reflected the horror and transformations that were occurring.

Instructor: Holly Manley has a B.S. in microbiology/medical technology and an M.S. in technical communication, both from CSU. She has worked in medical laboratories and taught microbiology and other healthcare related courses for the last ten years.

Time: 1-3 p.m.  
Dates: Fridays, Feb. 3, 10, 17, 24, Mar. 3, 10 (6 weeks)  
Class Limit: 25 participants  
Cost: $60  
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

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Classical Civilizations and Their Legacies Today  
#OSHR 1084 100

A “Duo” of diverse viewpoints will discuss six classical civilizations and their ongoing impact on today’s world. In subsequent weeks they will address: 1) Ancient and Classical Rome, emanating from classical Greece; 2) The Middle and Dark Ages; 3) Islam and the Ottoman Empire; 4) The European Renaissance and Reformation; 5) The Birth and Demise of several Non-European Civilizations in Africa, Asia, and Latin America; and 6) European Expansionism and Colonialism. Each week will consist of a 25-minute stage-setting, two 25-minute appraisal and assessment sessions, and a 25-minute open discussion with questions/comments/answers.

Instructors: John E. Roberts has a M.S. from Cornell University, and has served 34 years with the U.S. Department of State and the U.S. Peace Corps as an undisciplined, semi-professional in 19 different countries. He has taught International Studies at CSU and separately with Osher since 1999.

Dan Ward is a former Naval Officer (submarines), Certified Financial Planner, earned a Ph.D. in nuclear physics, and is a usurper of various academic disciplines. He has taught numerous courses in science, math, finance, geopolitics, ancient history, engineering, and current events.

Time: 10 a.m.-Noon  
Dates: Fridays, Mar. 24, 31, Apr. 7, 14, 21, 28 (6 weeks)  
Class Limit: 25 participants  
Cost: $60  
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
If You Can’t Get Rid of the Family Skeleton, You Might As Well Make It Dance – George Bernard Shaw

#OSHR 1331 100

How do we make skeletons dance? Thinking in terms of systems is the first step. The 1950s ignited a paradigm shift in therapy from the “individual” to the “family system.” Among the new thinkers Murray Bowen developed a framework for mapping family dynamics. His theory is intuitive and easy to learn. Standing the test of time, it offers a way to see the big picture of family relationships, work teams, or world events. This is because the model works with all human systems: individuals, families, companies, and governments. Participants will learn to map relationships and brainstorm how to change system dynamics. Complimentary theories will be included for perspective. Famous people will be given as examples with the opportunity, but no pressure, to make a personal genogram.

Instructor: Carolyn Bartlett is a Licensed Clinical Social Worker in independent mental health practice. Her expertise includes individual and couples therapy using psychodynamic and family systems perspectives, as well as a working knowledge of eclectic treatment strategies. She is especially interested in the common boundary of traditional and transpersonal psychology, as well as the importance of the larger social context in understanding human behavior and mental health. She enjoys teaching and has authored and published articles about applied psychology, including the Bowen Family Model. Articles and information can be found on the web: www.insightforchange.com.


Time: 10 a.m.-Noon

Dates: Fridays, Mar. 24, 31, Apr. 7, 14, 21 (5 weeks)

Class Limit: 25 participants

Cost: $50

Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Course enrollment is on a first-come, first-served basis and is subject to availability. Register today!
Mindfulness: What Is It? And How Can It Help Me?

#OSHR 1347 100

You’ll start your weekend off right when you enroll in this relaxing course. Seems like everyone is talking about mindfulness these days! Recent clinical research on mindfulness practices has shown benefits that may offer an increased ability to transform stress, improve mental clarity, and help with concentration. This course is designed to explore mindfulness meditation and supportive yoga breath. Each week we will practice new techniques to develop tools to implement mindfulness into your daily life.

Each session will begin with an overview of the research, the multiple physical and mental health benefits, offer background on mindfulness and yoga breath practice, and engage participants in “hands-on” practice of these techniques. Audience participation will be invited in a “learning circle” format. A “start where you are” philosophy is embraced and no previous experience is required. Practice sessions will range from 5-15 minutes, followed with time to share experiences and learn from each other.

Instructor: Debora Colbert, Ph.D., is the co-founder and co-director for Center for Mindfulness at CSU. She also serves as the director of Professional Development at The Institute of Learning and Teaching (TILT) and has worked in higher education more than 19 years. Debora collaborates with faculty to develop high quality programs for faculty and students regarding teaching and learning theory and best practices. She has been practicing mindfulness meditation for many years, been a yoga practitioner for the past seven years, and promotes diversity and inclusivity in sharing the powerful effects of mindfulness practices in higher education. Debora teaches “Calm within Guided Meditation” and “Mindfulness in the Classroom” workshops for faculty and staff. She holds a Ph.D. in Organizational Performance and Change from CSU.

Time: 1-3 p.m.
Dates: Fridays, Mar. 24, 31, Apr. 7, 14, 21, 28 (6 weeks)
Class Limit: 25 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
A Case Study: Using Conflict Management and Citizen Deliberation Tools Applied to Environmental and Political Perspectives About Fracking

#OSHR 1188 100

Do you want to set aside the media hype and polarizing debate about the science and politics of hydraulic fracturing? Are you willing to take a calm, methodical, thoughtful look through some new lenses at the tensions and complexities which bracket the fracking issue? After some background in the science and politics of fracking, each week the course will examine a different conflict management and/or citizen deliberation process tool by applying them to key voices and issues in the hydraulic fracturing controversy. Students will learn which tools and lenses are most helpful to them in arriving at their own views, posing questions about the issues, to fellow citizens and government officials, and learning from others. This course is NOT designed to offer “answers” or “solutions” to the tangle of fracking issues. It will use a fracking case study for uncovering and polishing some new lenses and tools to equip individual citizens to clarify and communicate their own views and values and to have more constructive conversations about complex issues at the intersection of science, policy, and politics.

Instructor: Richard Alper is a retired environmental and land use attorney with extensive training and experience in conflict management and dialogue and deliberation. He currently teaches these subjects in the University College at the University of Northern Colorado and the University of Wyoming. Mr. Alper is a graduate of Georgetown University Law School (1974), took postgraduate courses in environmental law at the George Washington University School of Law (1986) and in environmental mediation at the Vermont Law School (1994), and is a community associate/adviser to the CSU Center for Public Deliberation.

Time: 1-3 p.m.
Dates: Fridays, Mar. 24, 31, Apr. 7, 14, 21, 28 (6 weeks)
Class Limit: 25 participants
Cost: $60
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Spring 2017 Open House: Curiosity Never Retires  
#OSHR 1095 100

Join us from 1-4 p.m. for the Osher Spring Open House to meet instructors, mingle with Osher members, share comments and questions, register for classes, enter the Value Added Draw, and enjoy refreshments and snacks. You are encouraged to invite guests who may be interested in becoming a member and joining the “unstressed” curious minds of Osher.

RSVP no later than December 29 for the Open House by enrolling in #OSHR 1095 100.

**Time:** 1-4 p.m.  
**Date:** Wednesday, Jan. 4  
**Class Limit:** 250 participants  
**Cost:** Free  
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

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Food for Life: Healthy Basics  
#OSHR 1336 100

Diet-related diseases are major threats to Americans. Most people in the United States are now overweight or obese, putting them at an increased risk for diabetes, high blood pressure, and heart disease. Discover the relationship between diet and disease as well as the power of healthful foods to defend against certain diseases and help the body heal from illness. Learn how to break unhealthful dietary patterns and make good food choices. Get tips on how to plan a weekly or monthly menu to get the most out of a limited budget while meeting optimal nutritional needs. In our classes, attendees do all of this while enjoying a cooking demonstration and tasting delicious, healthful dishes in a supportive group setting.

**Instructor:** Sapna Von Reich is a certified Physicians Committee for Responsible Medicine (PCRM) ‘Food for Life’ instructor. She recently received a certification in Plant Based Nutrition: Cornell University, NY. She is originally from India. She is a well-known Indian vegetarian food instructor in Northern Colorado. She believes the food we eat can have a positive influence against many modern diseases like diabetes and cancer.

**Time:** 10 a.m.-Noon  
**Dates:** Mondays, Jan. 23, 30, Feb. 6, 13, 20 (5 weeks)  
**Class Size:** minimum 12 participants, maximum 25 participants  
**Cost:** $100  
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Food for Life: Cancer Prevention and Survival

#OSHR 1351 100

Certain diet patterns seem to have a major effect in helping cancer survivors live longer, healthier lives. Numerous studies have shown that a diet built from plant foods offers the most cancer-fighting protection of any diet plan. Reviews by the American Institute for Cancer Research showed that as much as 40 percent of cancer risk may be related to diet. The Food for Life: Cancer Prevention and Survival classes offer a unique opportunity to acquire knowledge about the link between diet and cancer, experience the benefits of plant-based nutrition, and learn the practical cooking skills needed to help you on your journey to better health. Attendees do all of this while enjoying a cooking demonstration and tasting delicious, healthful dishes.

**Instructor:** Sapna Von Reich is a certified Physicians Committee for Responsible Medicine (PCRM) ‘Food for Life’ instructor. She recently received a certification in Plant Based Nutrition: Cornell University, NY. She is originally from India. She is a well-known Indian vegetarian food instructor in Northern Colorado. She believes the food we eat can have a positive influence against many modern diseases like diabetes and cancer.

**Time:** 10 a.m.-Noon

**Dates:** Mondays, Mar. 27, Apr. 3, 10, 17, 24 (5 weeks)

**Class Size:** minimum 18 participants, maximum 25 participants

**Cost:** $100

**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Rail Transportation in Northern Colorado

#OSHR 1880 100

This course will offer a series of five lecture/discussion classes on railroad terminology; the transportation situation of North-Central Colorado in 1862; the Colorado Central; the Greeley, Salt Lake and Pacific; the Colorado and Southern; the Great Western; the Union Pacific; the Laramie, Hahns Peak and Pacific; the Denver, Laramie and Northwestern; the Denver, Utah and Pacific; the Fort Collins Municipal Railway; and contemporary railroads open to the public. The sixth class meeting will be a field trip to six railroad facilities in Fort Collins, Loveland, and Berthoud.

**Instructor:** Kenneth Jessen is in his third year teaching for OSHER. His subjects center on Colorado history. He contributes two articles a week to the Loveland Reporter-Herald and several articles a year for Colorado Central Magazine. His published books include a variety of subjects: ghost towns, railroads, gunfights, strange events and people, plus histories of Estes Park and Rocky Mountain National Park. Jessen is also an active member of many historical societies, a
life member of the Colorado Railroad Museum and a quarter of a century member of the Rocky Mountain Railroad Club. Jessen has appeared on seven “Colorado GetAways” programs and once on CBS’ “Sunday Morning” with Charles Osgood.

**Time:** 1-3 p.m.

**Dates:** Mondays, Apr. 17, 24, May 1, 8, 15, 22 (6 weeks)

**Class Size:** 30 participants

**Cost:** $60

**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

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**Art, Architecture and Environment in Cuba**

#OSHR 1128 106

Osher’s first travel course will be to Cuba, April 4-13, 2017. The trip will be centered in Havana with special tours, lectures, and programs that explore Cuban art, the exceptional architectural treasures of the city, and Cuba’s unique environmental challenges and responses. Side trips to the sugar growing east and to Las Terrazas and the Matanzas are planned. There will be double and single room occupancy options. The course package will include hotel, eight lunches, three dinners daily, all breakfasts, flights from and to Miami, transfers to and from hotel, guide and special program specialists, CSU program leader, air conditioned motor coach, health insurance, tips and taxes, and visa fees. Additional details are available by contacting the Osher Office at (970) 491-7753.

**CSU Trip Guide:** Professor Maria del Mar Lopez Cabrales is from CSU’s Department of Languages, Literatures, and Cultures.

**Date:** April 4-13, 2017

**Class Limit:** Minimum 18, Maximum 24 participants

**Cost:** TBD

**Location:** Miami/Cuba (please check website for additional details)
Register and learn about cutting-edge research, scholarship, and special interest topics through the Osher Perk Series at CSU. Perk Lectures/Tours have a charge of $5/Perk. Please note: this fee is nonrefundable.

**Conversations that Bridge Age, Gender, Culture and Belief Gaps (Perk Lecture Series)**

#OSHR 3102 100

This interactive two-hour workshop will help participants encourage and enrich conversations and therefore, relationships. Participants will learn and practice listening and questioning skills that can break through barriers including: electronic device addictions, different cultures, histories, and world views. We will learn and practice: seeking to understand first, listening with fresh ears, making room for others to talk, and helping others express their thoughts and feelings.

**Speaker:** Bill Hunter has been a management trainer and facilitator for more than 40 years. For the last 17 years, he led Vistage CEO peer groups, helping them learn from each other.

**Time:** 4–6 p.m.

**Dates:** Monday, Jan. 9

**Cost:** $5

**Class Size:** 35 participants

**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

**Gravity Defying Homes and Architectural Oddities (Perk Lecture Series)**

#OSHR 3120 100

Man is rarely satisfied to live only within the ordinary and conventional. Architects respond to these impulses by letting their imaginations run wild. They have created truly amazing and, frankly, “weird” buildings – homes which are upside down; UFO-shaped homes; tilted homes; homes in trees; gangster houses; narrow houses; just strange and odd, crooked, forest spirals; or homes shaped like kettles, paper bags, baskets, teapots, and glacial stones. Some buildings seem to dance while others seem rigid, some are fit for the lady who lived in a shoe and others could house a village. And if time permits, we can consider amazing staircases you might add to your home.

**Speaker:** Robert Meroney is an emeritus professor and senior research scientist/scholar in Civil and Environmental Engineering at Colorado State University. He was formerly director of the Colorado State Wind Engineering Program and Wind Tunnel Laboratory. In retirement Dr. Meroney is a Master Naturalist with the Fort Collins Natural Areas Program and tirelessly investigates his expansive interests.
GMO: Savior or Scary? (Perk Lecture Series)
#OSHR 3126 106

GMOs (Genetically modified organisms) increasingly have been in the news, especially as they relate to our food supply. There are strongly held views both for and against them, making it difficult for a lay person to sort out fact from fiction. This presentation will describe how GMOs differ from traditional food staples. In Europe, there have been bans on the growing and importing of GMO foods. In the United States, much of the corn and soybean crops are GMO, making it difficult to completely avoid the consumption of foods that are GMO free. Labeling could assist the consumer avoid foods containing GMO ingredients if they so choose. Concerns about GMOs have focused on their effects on the consumer and the environment. These concerns, as well as possible benefits, will be enumerated and examined.

Speaker: Jud Harper joined the CSU faculty in 1970, where he headed the Department of Agricultural Engineering and developed a program in food engineering. In 1981 he became vice president for research. In 1984, he was also assigned to oversee CSU’s new computing initiative. Judson Harper was interim president of Colorado State in 1989. He is currently Vice-President Emeritus for CSU.

Time: 4-6 p.m.
Dates: Wednesday, Jan. 18
Cost: $5
Class Size: 35 participants
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Major Domestic and International Economic Issues (Perk Lecture Series)
#OSHR 3166 100
Discussion of major domestic and international economic issues that impact economic development, stock markets, job growth, security of the nation, and frailty of the global economy since the 2007-08 ‘great recession’ will be the center pieces of this perk. Political factors with economic impacts such as Brexit and the EU that impact economic conditions, the role of the Fed on economic growth (monetary policy), and the ability, and willingness, of Congress to contribute to economic growth via fiscal policy will be considered. Example topics will include the impact of a strong U.S. dollar, job growth, role of oil prices, and cybersecurity. Questions and discussion will be encouraged.

Speaker: Ted Weston is a retired CSU business professor who previously has given Osher presentations on both International Economics and Financial Planning for Retirement.

Time: 1-3 p.m.
Dates: Friday, Jan. 27
Class Size: 35 participants
Cost: $5
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Three Generations of Imbeciles Are Enough – Carrie Buck and the History of Eugenics in the U.S. (Perk Lecture Series)
#OSHR 3144 100
The Supreme Court case of Buck v. Bell authorized the sterilization of U.S. citizens confined to institutions by holding the Virginia sterilization statute constitutional. The history of the Buck v. Bell case will be discussed along with the history of the eugenics movement from its origins in the U.S., through its use as a defense in the Nuremberg trials, and finally in the Supreme Court case of Skinner v. Oklahoma. Prominent America business leaders and politicians will be noted as supporters of eugenic principles. Questions will be raised as to whether tenants of the eugenics movement are still alive in today’s society.
Speaker: Jim Couch is a retired professor of psychology having taught at James Madison University for 29 years during which he completed a sabbatical investigating the history of the eugenics.

Time: 4-6 p.m.
Dates: Thursday, Feb. 2
Class Size: 35 participants
Cost: $5
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Stories from a Career in Oncology: One Medicine, One Cancer, One Cure (Perk Lecture Series)
#OSHR 3131 106

This presentation is filled with stories from Dr. Steve Withrow’s career in oncology at the CSU Flint Animal Cancer Center. The audience will learn what it took for an internationally prominent animal cancer center to develop. With Dr. Withrow’s wonderful humor and his passion for research in cancer, most will feel his excitement about the future of comparative oncology.

Speaker: Dr. Stephen Withrow graduated from the University of Minnesota in 1972 and completed an internship and surgical residency at the Animal Medical Center in New York City. Postdocutrate training in surgical oncology and musculoskeletal biology occurred at the Mayo Clinic (Rochester) and Massachusetts General Hospital (Boston). He has been at CSU’s Veterinary Teaching Hospital since 1978. He has received numerous teaching, service and research awards, is the author of over 250 scientific articles and 1 textbook (in its 5th edition), and is also the past president of the Veterinary Cancer Society.

Time: 3-4:30 p.m.
Dates: Monday, Feb. 20
Cost: $5
Class Size: 35 participants
Location: Pathways Hospice, 305 Carpenter Road/CO 392, Fort Collins, Colo.
Take a Hike! (Perk Lecture Series)
#OSHR 3128 100

Have you ever wanted to hike a 14ner? Colorado has 54 peaks at least fourteen thousand feet above sea level. Most of them are just hikes at altitude, not technical, meaning that the use of climbing gear such as ropes and “protection pieces” are not required. Most of them have fairly well-marked routes to the summit. The keys to a successful summit hike are relatively simple. One must have a good level of aerobic conditioning, a fair degree of knowledge of Colorado weather, and a dose of common sense. Proper clothing and footwear are essential.

**Speaker:** Bill Moellenhoff grew up in St. Louis, MO, graduated from the University of Missouri, and accidentally climbed Longs Peak at age 16 for his first 14ner. He and his wife completed all of the 14ners in 1998.

**Time:** 1-3 p.m.
**Dates:** Wednesday, Feb. 22
**Class Size:** 35 participants
**Cost:** $5
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Health, Well-Being and Longevity around the World: Learning to Thrive from Other Societies (Perk Lecture Series)
#OSHR 3151 100

Just as some people are healthier than others, some societies enjoy better health, well-being and longevity than do others, and this is not simply because they can afford good nutrition and advanced medical care. The United States spends far more money than other developed nations on healthcare, and yet Americans die younger and suffer from more chronic diseases than citizens of countries that spend a fraction of what we do on healthcare. This session will take you to the Netherlands, Japan, Greece and many other countries to learn from them about lifestyle practices, economic policies, and social priorities that help their citizens thrive.

**Speaker:** Lin Wilder has worked in the behavioral health field for 20 years, is a licensed professional counselor, and is the director of the Community Impact Team at the Health District of Northern Larimer County, which seeks to improve health in our community.

**Time:** 3:30-5:30 p.m.
**Dates:** Thursday, Feb. 23
**Class Size:** 35 participants
**Cost:** $5
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
The Sky Has Never Been the Limit (Perk Lecture Series)

#OSHR 3179 100

The Universe is vast, and filled with an enormous diversity of planets, stars, galaxies, and clusters of galaxies. There is also mystery, fascination, and things very nearly beyond imagination. Fortunately, there has been a great deal of imagining going on; not to mention an enormous amount of photographing from space and other telescopes. Join us for a tour de force through all the myriad wonders of what has prompted a sense of awe in virtually anyone wondering about it. Combined with the stories – some profound, and a few humorous – it becomes clear why the sky has never been the limit.

**Speaker:** Dan. S. Ward, is among the awe struck whenever he sees, reads about, or contemplates the sky and everything behind it. He has a Ph.D. in physics (with a bent toward astrophysics and astronomy), is a former professor/teacher at CSU, and has taught a variety of courses with Osher.

**Time:** 4–6 p.m.

**Dates:** Monday, Feb. 27

**Class Size:** 35 participants

**Cost:** $5

**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Recent Advances in Astronomy and Astrophysics (Perk Lecture Series)

#OSHR 3174 100

The presentation will consist of a review of recent discoveries and advances in astronomy and astrophysics, including gravity waves, exoplanets, and supermassive black holes.

**Speaker:** Dr. Roger Culver taught astronomy and astrophysics at CSU for 50 years before retiring last August.

**Time:** 1–3 p.m.

**Dates:** Wednesday, Mar. 1

**Class Size:** 35 participants

**Cost:** $5

**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Page to Stage: The Director’s Process (Perk Lecture Series)
#OSHR 3156 106

Using a scene from N. Richard Nash’s *The Rainmaker*, the speaker will walk and talk the participants through the various responsibilities of a stage director in putting a dramatic text “on its feet” via theatrical means. Topics covered in this lecture/demonstration will include text analysis and scoring, research and concept development, casting concerns, and in-practice rehearsal techniques.

**Speaker:** Dr. Laura Jones has been directing for the stage for 45 years. She has continued to learn and subsequently teach (for more than 20 years in the CSU School of Music, Theatre and Dance) that directors are judged on BOTH process and product.

**Time:** 4:30-6 p.m.
**Dates:** Thursday, Mar. 2
**Class Size:** 35 participants
**Cost:** $5
**Location:** University Center for the Arts, Room 142, 1400 Remington Street, Fort Collins, Colo.

Passage of the 14th Amendment; Liberty and Justice for ALL (Perk Lecture Series)
#OSHR 3136 100

Senator Justin Smith Morrill (author of the Morrill College Land Grant Act) was also an instrumental participant and eyewitness to the passage of the incredibly important 14th Amendment to the Constitution which effectively has brought the most ‘equality, liberty and justice for all’ into our Constitutional order. Still, today, the Supreme Court uses this law to ascertain the liberties and rights of all individuals.

**Speaker:** Guy J. Kelley currently teaches at Front Range Community College (Larimer Campus). Guy is a retired associate general counsel for Hewlett-Packard Company. He is a regent emeritus having served on the nine-member Board of the University of Colorado system from 1993 to 1999, chairing the Board from 1994 to 1995. Guy is on the board of the Friends of the Library, Morgan Library, and Colorado State University (since 1998). He is also a member of the Fort Collins Civil War Roundtable.

**Time:** 1-3 p.m.
**Dates:** Tuesday, Mar. 7
**Cost:** $5
**Class Size:** 35 participants
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Climate Change: Simple, Serious, Solvable (Perk Lecture Series)
#OSHR 3064 100

*Climate Change is Simple:* The Earth’s climate is determined by the balance of heat coming in from the Sun and heat emitted back out to space. CO₂ absorbs outgoing heat and warms the climate. *Climate Change is Serious:* A warmer climate will include rising seas, drier soils, more fires, and forced migrations of millions of people. Warming will last for many centuries after CO₂ emissions cease. *Climate Change is Solvable:* Decarbonizing the global economy is certainly feasible from an engineering and an economic perspective, though mustering the needed political will is challenging.

**Speaker:** Scott Denning is Monfort Professor of Atmospheric Science at CSU. He’s author of more than 100 peer-reviewed papers and a former editor of the Journal of Climate.

**Time:** 10 a.m.-Noon.
**Date:** Wednesday Mar. 8
**Class Limit:** 35 participants
**Cost:** $5
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Book Discussion: *Known and Strange Things* by Teju Cole (Perk Lecture Series)
#OSHR 3123 100

Teju Cole’s book of essays offers powerful, subtle, and fresh ways to incorporate art, people, and historical events into our lives. Often, the incorporation inspired by his essays are more stimulating of our own novel conjectures than simply absorbing of his. It is the kind of book that invites and deserves discussion.

**Facilitator:** Bob Hoffert has been affiliated with CSU in various roles since 1976. His area of academic interest is political philosophy.

**Time:** 3-5 p.m.
**Date:** Wednesday, Mar. 8
**Course Limit:** 35 participants
**Cost:** $5
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Music of the Ages: The New Horizon Band (Perk Series)
#OSHR 3140 100

Join the New Horizon Band for music, fun, and a vivid affirmation of lifelong living and learning. All band members are over the age of 50 (sometimes referred to as Osherites). Some of them have continued to play all of their life, some played in their youth, and some have never played previously. This is a musical organization with local bands throughout the U.S. and Canada. They will share with you a sense of their own activities as well as music they’re preparing for their fall and winter concerts. For more information, visit www.northerncoloradonhb.org.

**Director:** Glenn Shull has taught music for 35 years from elementary through the university level. In addition to teaching, twelve of those years were supervising instrumental music for the Poudre School District. Glenn has been recognized for his work by many organizations and associations and was included into the “Colorado Music Educators Hall of Fame.”

**Time:** 3:30-5:30 p.m.
**Date:** Thursday, Mar. 9
**Class Limit:** 35 participants
**Cost:** $5
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

The Enduring Legacy and Myths of U.S. Role in World War II (Perk Lecture Series)
#OSHR 3105 106

This perk offers an examination of the American role in the war and of the myths it created as well as the major achievements of American society both in the war and as a result of the war.

**Speaker:** Henry Weisser was a professor of history at Colorado State University for 39 years and is now a professor emeritus. He earned a Ph.D. from Columbia University. He has visited many World War II sites over the years and taught World War II history at CSU.

**Time:** 3-4:30 p.m.
**Dates:** Monday, Mar. 20
**Cost:** $5
**Class Size:** 35 participants
**Location:** Pathways Hospice, 305 Carpenter Road/CO 392, Fort Collins, Colo.
Game of Thrones: What Will Happen Next? (Perk Lecture Series)
#OSHR 3111 100

*Game of Thrones* (the television series) and *The Song of Fire and Ice* (novels: five published and others yet to come) have mesmerized a host of fans like none before them. The television series has attracted a record numbers of viewers, has won Emmy, Hugo, Peabody, and Golden Globe Awards by the dozens (40 in 2015, 2016), and has an enthusiastic fan base. The novels, begun in 1991, have sold more than 60 million copies worldwide. But one of the more fascinating aspects is that neither is complete. The television series has two more seasons, while novels six and seven (and perhaps, eight) are still being written. Accordingly, the fans are searching everywhere for clues about where each of these stories are going. And just to add a little intrigue, the novels and television series are taking “slightly” different routes to their respective conclusions. This perk is a discussion group led by a longtime fan.Speculation will abound…even as we attempt to avoid any true spoilers. And, there is room for a LOT of speculation!

**Speaker:** Dan. S. Ward, also known as: HRH Daniel, First of His Name, Portrayer of Dragons, King of the First Men (and Women), Protector of the Realm, and so forth and so on…and, as it happens, also has a Ph.D. in physics, has taught several courses at Osher, and is impatiently waiting for season seven and book six.

**Time:** 4-6 p.m.
**Date:** Monday, Mar. 27
**Course Limit:** 35 participants
**Cost:** $5
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Issues on Aging: *Being Mortal* Group Discussion (Perk Lecture Series)
#OSHR 3133 100

A facilitated discussion about some of the issues raised in the book *Being Mortal* by Atul Gawande. The objective is to encourage participants to think about what is important to them as they age and how to navigate their future on their own terms. Handouts and information regarding community resources will be provided. Issues to be considered are: process of aging and dying; independence and dependence; late life choices and making your choices known – hard conversations; and courage to act on the truth we find.

**Speaker:** Janet Seeley, M.D., Ph.D., is an Allergy and Respiratory Disease specialist. She practiced in Larimer County 20 years before retiring in 2009. One of the most rewarding aspects of her job was putting patients and their families in the “driver’s seat” by helping them ask questions, understand their chronic illness, and develop a written care-management plan. She now volunteers with Sharing the Care (SharingTheCareCampaign.com), focusing on empowering
issues on aging: being mortal group discussion (perk lecture series)
#oshr 3133 100 (continued from previous page)

seniors (including herself) and their families to understand the aging process, talk about what matters most to them, and document their end-of-life wishes based on those values. she also chairs the summitstone health partners board.

**time:** 1-3 p.m.
**date:** tuesday, apr. 4
**course limit:** 35 participants
**cost:** $5
**location:** drake hall, 2545 research blvd. (northwest corner of drake and research), fort collins, colo.

book discussion: *hero of the empire: the boer war, a daring escape, and the making of winston churchill* by candace millard (perk lecture series)
#oshr 3159 100

it should come as no surprise that winston churchill was an ambitious, young go-getter long before he became sir winston churchill, but you might be surprised by how interesting his young life was. the son of lord randolph churchill (who ascended to the position of leader of the house of commons and chancellor of the exchequer before dying at the age of forty-five), winston churchill set off as a young man to find glory on the battlefield, with an eye toward ultimately emulating his father’s success in politics. the young winston played a part in four wars on three different continents, the last of which was the boer war. his experience as a prisoner in that war is the jumping off point of this book, and author millard puts her narrative gifts to work as she describes his harrowing escape, setting the man in his time, and illustrating the man to describe his times.

**facilitator:** patty richardson is a retired high school teacher of gifted and talented students and a facilitator for the seven habits of highly effective people.

**time:** 3:15-4:45 p.m.
**date:** wednesday, apr. 5
**course limit:** 15 participants
**cost:** $5
**location:** drake hall, 2545 research blvd. (northwest corner of drake and research), fort collins, colo.
Think You Have a Walk-In Closet?! Take a Look at CSU’s Avenir Museum of Design and Merchandising (Perk Lecture Series)
#OSHR 3115 106

The Avenir Museum is CSU’s renowned collection of 20,000 historically and culturally significant artifacts of dress and textiles, with an impressive facility at the University Center for the Arts that serves as a tremendous research and teaching resource for CSU students and community scholars. Join us to visit fascinating “backstage” areas not ordinarily open to the public, as well as galleries featuring exhibitions of recent donations of historic apparel and textiles, bridal apparel across centuries and cultures, a seasonal tribute to 100+ years of floral prints, and student-designed and constructed recycled-materials couture. That walk-in closet you’ll get to see? It’s big. This tour involves walking and standing; there is no seating in the backstage areas.

Speaker: Doreen Beard (CSU 1980) spent many years working in the Pacific Northwest in historic site, museum, and university arts administration. She returned to Colorado in late 2013 to become the first director of CSU’s Avenir Museum of Design and Merchandising.

Time: 10 a.m.-Noon
Date: Thursday, Apr. 6
Course Limit: 20 participants
Cost: $5
Location: Avenir Museum of Design and Merchandising – 216 E Lake Street (just east of the University Center for the Arts/UCA). Two-hour limit City of Fort Collins street parking is available in the immediate neighborhood, but it can be scarce, so please plan accordingly (parking lots are by CSU-permit only).

Invite your friends
to become Osher members!
Optimizing the Aging Brain and Mind with Lifestyle Activities? (Perk Lecture Series)

Starting with an overview of what happens in the aging brain in “normal” aging and dementia, this perk will share research linking physical activity and fitness to brain health in older adults. It will also show results of a six-month intervention with walking and dance, and will discuss the role of employment and space in our neurocognitive health.

**Speaker:** Agnieszka (Aga) Burzynska is a neuroscientist and psychologist. Currently an assistant professor in the Department of Human Development and Family Studies at CSU and is affiliated with the Molecular, Cellular and Integrative Neurosciences program. Her research aims to optimize the aging outcomes, with the focus on neurocognitive health. Aga completed her Ph.D. at the Max Planck Institute for Human Development in Berlin, Germany. She grew up at the Polish seaside.

**Time:** 3–5 p.m.
**Date:** Tuesday, Apr. 11
**Course Limit:** 35 participants
**Cost:** $5
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

The Art, Science and Practice of Radio Control (RC) Aeromodelling (Perk Lecture Series)

This perk will investigate intriguing aspects of building and flying radio controlled model airplanes. This will include the safety aspects, the challenges, the skills involved, the enjoyment, the technical and educational aspects, competitions, and a few words about the activities and events of the LoveAir RC Club in Fort Collins. Model planes will be displayed as part of the presentation.

**Speaker:** Dr. Fred Smith is an emeritus professor of Mechanical Engineering at CSU and has been building and flying RC Model Airplanes since the early 1970s.

**Time:** 3–4:30 p.m.
**Date:** Monday, Apr. 17
**Course Limit:** 35 participants
**Cost:** $5
**Location:** Pathways Hospice, 305 Carpenter Road/CO 392, Fort Collins, Colo.
Art Exhibitions Unmasked: Back of the House/Front of the House at the Gregory Allicar Museum (Perk Lecture Series)

#OSHR 3141 106

What happens behind the scenes at an art museum? Join the Director and Chief Curator, Linny Frickman, for a tour of the Gregory Allicar Museum of Art, including areas utilized for the storage and preparation of art exhibitions. How does an art exhibition come together? How are works of art stored when not exhibited? When a work of art is identified for use in an exhibition, what preparations must be made? What is art conservation and how does it play into exhibition preparations? This tour will cover these and other issues associated with curating and organizing art exhibitions.

**Speaker:** Linny Frickman has taught Modern and Contemporary Art History at CSU since 1987 and is the founding director and chief curator at the University Art Museum.

**Time:** 4:30-6 p.m.
**Dates:** Monday, May 1
**Class Size:** 35 participants
**Cost:** $5
**Location:** University Center for the Arts, Gregory Allicar Museum of Art, 1400 Remington Street, Fort Collins, Colo.

The Saint Nazaire Raid (Perk Lecture Series)

#OSHR 3116 100

On March of 1942, an amphibious attack on the heavily defended dry dock at St. Nazaire in German occupied France was initiated by the British. Royal Navy and British commandos were committed to deprive major German warships of a safe haven repair port on the Atlantic coast. Overcoming German resistance, a destroyer loaded with explosives was rammed into the dry dock. Port installations and the dry dock proper were destroyed. The dock remained inoperable for the rest of the war. German casualties were devastating. The commandos incurred heavy loses as they fought to return to England or attempted an overland escape. Many were forced to surrender when their ammunition was expended. This perk will explore the operation that became known as “The Greatest Raid of All.”

**Speaker:** Dr. Isaac Eliachar is a retired physician who headed the laryngotracheal reconstruction section at the Cleveland Clinic Foundation. Since his retirement, he has actively pursued his interests in World War II and post-war history, teaching history courses at the Palm Springs Air Museum and for the Osher Institute at Cal State San Bernardino, Palm Desert Campus.
Gravestones, Tombs, Urns, and Caskets (Perk Lecture Series)  #OSHR 3161 106
Gravestones exist to document the life statistics and passing of an individual. Sometimes they are an opportunity for a memorial or prayer. But frequently they are the last opportunity for a person to make a personal statement, complaint, or remark that denotes their unique character and personal life interpretation. This presentation looks at some of the strange, thoughtful, and often humorous final last words of our predecessors. The headstones chosen range from the rich and famous to the dark and infamous. There is also a list of great epitaphs, and photos of creative caskets, unusual urns, and strange grave markers.

Speaker: Robert Meroney is an emeritus professor and senior research scientist/scholar in Civil and Environmental Engineering at Colorado State University. He was formerly director of the Colorado State Wind Engineering Program and Wind Tunnel Laboratory. In retirement, Dr. Meroney is a Master Naturalist with the Fort Collins Natural Areas Program.

Time: 1-3 p.m.
Date: Wednesday, May 3
Course Limit: 35 participants
Cost: $5
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

Personality Through the Lens of the Enneagram (Perk Lecture Series)
#OSHR 3176 100
The Enneagram transpersonal model reveals the positive motivation that drives behavior while providing a map for understanding personality differences. With roots in several traditions, it offers a genuine depth psychology. Yet this system is intuitive and easy to learn. Insights derived from it are applicable to self-understanding, enhancing relationships, and appreciating diversity. It has the potential to nurture emotional intelligence and spiritual growth. In this perk, participants will receive an overview of the system, a quick description of each personality style’s unique gifts,
neurotic traps, and growth paths. Discussion and questions will follow. Additional information is available at: www.insightforchange.com

**Speaker:** John Reynolds, LCSW, and Carolyn Bartlett, LCSW, are independent psychotherapists. They have enjoyed learning about and teaching the Enneagram since 1991.

**Time:** 1-3 p.m.
**Date:** Thursday, May 4
**Course Limit:** 35 participants
**Cost:** $5
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.

### Everything You Need to Know About Politics: Or, Why the U.S. at Its Best Beats All the Rest (Perk Lecture Series)

#OSHR 3139 100

Plato first wrote about it; Aristotle commented on it; Muslims, Chinese, and Hindus talk about it; Alexander Hamilton and James Madison understood it, Eleanor Roosevelt urged FDR to practice it; and currently NATO employs it in dealing with Vladimir Putin. The “it,” to which reference is made, is the constant requirement in political affairs to compensate for, and protect against, the basic human flaws which are the enemy of civilization – greed and the abuse of power. This lecture will trace the efforts by our species, especially Americans, to handle this problem.

**Speaker:** After serving in the Air Force, and working at Think Tanks such as the Hudson Institute and the Stanford Research Institute, Professor Bob Lawrence taught political science at the University of Kansas, Texas Tech., University of Arizona, CU, and CSU.

**Time:** 10 a.m.-Noon
**Date:** Monday, May 8
**Course Limit:** 35 participants
**Cost:** $5
**Location:** Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
The Dieppe Raid (Perk Lecture Series)
#OSHR 3107 100

This presentation will describe and discuss the August 1942 disaster-prone allied attack on the German-occupied port of Dieppe in France. The raid was executed under USA and Soviet pressures to open a Western Front. It was intended to boost morale and display the British commitment to attack Hitler’s “Fortress Europe.” However, the assault was repelled. Casualties and losses were overwhelming. Allied commanders ordered evacuation within less than ten hours of the raid’s initiation. None of the raid’s objectives were met and the operation demonstrated the Allies were not ready to carry out an effective invasion of France at that time. The lesson learned by the Allies and the conclusions reached by Hitler will be discussed.

Speaker: Dr. Isaac Eliachar is a retired physician who headed the laryngotracheal reconstruction section at the Cleveland Clinic Foundation. Since his retirement, he has actively pursued his interests in World War II and post-war history, teaching history courses at the Palm Springs Air Museum and for the Osher Institute at Cal State San Bernardino, Palm Desert Campus.

Time: 10 a.m.-Noon
Dates: Tuesday, May 9
Cost: $5
Class Size: 35 participants
Cost: $5
Location: Drake Hall, 2545 Research Blvd. (northwest corner of Drake and Research), Fort Collins, Colo.
Breaking the Last Taboo: Death (Perk Lecture Series)

Death is not the opposite of Life. It is the opposite of Birth. Both birth and death are universal life experiences. However, we don’t plan for, prepare for, or even talk about death and the process of dying. This perk addresses: the physiology of dying; the psychological aspects of death/dying; the practical preparations for the inevitability of dying; the differences between bereavement and personally dying. Talking about death and dying is breaking “the last taboo” and challenges the “denial of death.”

Speaker: Dr. Lloyd Thomas is a licensed psychologist in clinical psychology, University of Southern California, 1970. He was the director of Mental Health Services for Montgomery Co. in Upstate N.Y. He taught “Behavioral Medicine” for Albany Medical College and has been on the staff of four different hospitals specializing in treating cancer patients and their families.

Time: 3-4:30 p.m.
Date: Monday, May 22
Course Limit: 35 participants
Cost: $5
Location: Pathways Hospice, 305 Carpenter Road/CO 392, Fort Collins, Colo.