

**OSHER LIFELONG LEARNING INSTITUTE AT TOWSON UNIVERSITY
WINTER LECTURE SERIES 2016-2017**

Lectures to be held at 7400 York Road, Room 101

All lectures begin at 10:30 a.m. with coffee and cookies at 10 a.m.

**Tuesday, December 13, 2016
Dietary Guidelines Made Simple**

Robin Minor

Do you know that nutrient needs differ by age, gender and several other factors? Do you know which vitamins and minerals you need the most each day? The USDA issued new Dietary Guidelines for Americans just this year, but changes from past guidelines were minor. Participants will learn their nutritional targets and will leave with a helpful handout as well as new knowledge about how to use nutrition fact panels and other resources to help them make better food choices.

Robin Minor is assistant professor of biology at the Community College of Baltimore County with a Ph.D. in Human Nutrition from the University of Florida. As a teacher she observed that people have many common misconceptions about simple dietary guidelines. It is her goal to help spread good sense about food practices.

**Thursday, January 12, 2017
A History of Spices**

Gerald (Jerry) Kahan

The story of spices spans the history of Western Civilization. Via images and lecture, Jerry will take us on a journey of the spice trade beginning with ancient times when transporting spices from far-away lands was bound to prove difficult and expensive. This journey forms the basis of a saga filled with exotic lands, myths, legends, brave souls and numerous adventures. The lecture will conclude with a brief history of McCormick and Company, which became a part of this saga in the 1890s.

Jerry Kahan was active in engineering, research, and the application of mathematical techniques in the food industry from 1967 until his retirement from McCormick & Company in February, 2005. He is currently President of the McCormick Retiree Association. For 10 years, he was an associate adjunct professor at Loyola College in Baltimore. Mr. Kahan holds two Bachelor's Degrees and two Master's Degrees and has authored or co-authored eleven articles and three books.

**Tuesday, February 7, 2017
From the Pencil of a Pioneer Girl**

Ann Dahl

To mark the 150th anniversary of the birth of Laura Elizabeth Ingalls (later Wilder), February 7, 1867, this lecture will discuss why Mrs. Wilder penned her "Little House" series, why the books instantly became and have remained so popular, and reflect on the timeless values in these books. It will also include snippets from Mrs. Wilder's newspaper articles for adults, (the "writing before the writing" that made her world-famous), brief descriptions from her 1930 autobiography that she greatly expanded upon in the books, and a few examples of the letters that she wrote. There will be a display of pictures of the real sites and a collection of supplemental books on the subject.

Ann Weller Dahl, a Laura Ingalls Wilder scholar, taught for 31 years at Calvert School in Baltimore where she wrote detailed reading guides to the classic "Little House" books for the school's homeschooling division. She has presented at many local and national venues including a two-day seminar on "Laura Ingalls Wilder and the American Frontier" at the Herbert Hoover Presidential Library in Iowa and at the National Convention of the International Association of Torch Clubs in Wilmington, DE. She has taught classes and lectured for seniors at several Baltimore institutions and given workshops for undergraduates at Goucher, Loyola, and the College of Notre Dame of Maryland, as well as two graduate workshops for Ashland University in Ohio.

OSHER WINTER LECTURE SERIES 2016-2017 (continued)

Thursday, February 9, 2017

Getting the Last Word: How to Write Your Own Obituary

Fred Rasmussen

A serious subject – yes, but never fear! Fred Rasmussen will bring to you humorous “tales from the crypt,” gathered over his many years of writing obits for the *Baltimore Sun*. He will also explain what material you need to gather and leave behind to make it easier for your loved ones when you make your final departure. Your survivors will be grateful to you for your good planning!

Fred Rasmussen is one of the *Baltimore Sun*'s obituary writers. His fellow staffers call him the “Crypt Keeper.”

Thursday, February 16, 2017

The Harlem Renaissance: Artists, Writers, Dancers, Musicians, and Filmmakers: An Overview

Jacqueline Copeland

One of the most captivating and intellectually productive eras in American history, the Harlem Renaissance of the 1920s, was fueled by the creativity of African Americans in art, literature, dance, music, and film. Fats Waller, Lena Horne, Zora Neale Hurston, Langston Hughes, Aaron Douglas, Alain Locke, and Oscar Micheaux are prominent African American participants who might be unknown to you. Or you may not know that influential whites, like Charlotte Osgood Mason, Carl Van Vechten, and Nancy Cunard, were crucial to the development of the Harlem Renaissance. Explore this historic period in American history which still resonates today.

Jacqueline Copeland has taught art history courses in colleges and universities throughout Illinois, Minnesota, and Maryland for over 30 years. Locally she has taught at MICA, JHU, and Towson University. A museum professional with over 25 years in senior management, Copeland recently retired from the Walters Art Museum. The recipient of many local and national awards, Copeland is currently in her 9th year of teaching at Towson University, and serves as an independent Art and Museum Consultant.

Free and Open to Osher Members

Bring a guest/prospective member (no charge)

These lectures are supported by a Capacity Building Grant from the Bernard Osher Foundation.

You may express your appreciation for this winter series with a tax deductible gift to Osher.

Flyers are available on the back table.

