

# PILLAR INSTITUTE



*LEARNING FOR THE FUN OF IT*

## January and February 2024 Class Catalog



### New PILLAR Location

6385 Corporate Dr., Suite 200, Colorado Springs, CO 80919

719-633-4991

<https://www.PillarInstitute.org/>

**PILLAR Office Hours: Monday, Tuesday, Wednesday, Thursday 9:30am-12:30pm, Closed on Friday**

## **New PILLAR Location: New Altitude Q&A**

### **Where is PILLAR located now?**

PILLAR is located on the New Altitude floor of the Resource Exchange Building across from Furniture Row. You can take I-25, Nevada Ave., or Woodman Rd. to get to Corporate Drive.

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### **Where do I park?**

You must park on the north side of The Resource Exchange building. The south doors are usually locked as that floor is The Resource Exchange. The north entrance will have you enter directly into the New Altitude floor without having to climb stairs or use the elevator. That is the floor on which our office is located and our classes are held.

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### **Where is the new PILLAR office in New Altitude?**

Take the first hallway to the right as you enter the main lobby (not the first lobby) and follow the Redwood signs. PILLAR is the last office on the right before Redwood. You do not need to check in with the receptionist.

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### **Where are the classes held?**

At New Altitude there are six conference rooms. We will try to use the same room (Pinon) all of the time, but sometimes, due to class size or someone else having the room, we will be in another room. Check to make sure you know in what room the class is being held. Class sizes will be limited to the room capacity.

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### **What time are classes at New Altitude?**

At New Altitude, we will reserve the conference room for two hours from 10am - 12pm. That means the class will start at 10 minutes after the hour so that we can get the computer running. Use those ten minutes as getting your coffee time. So morning classes will begin at **10:10am** and go to 12:00pm. Afternoon classes will begin at **1:10pm** and go to 3:00pm. Zoom classes and classes outside of New Altitude will begin at 10am. Do not arrive earlier than 10am or 1pm in the assigned conference room. You are welcome to wait in the lobby.

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### **What about coffee and snacks?**

Coffee and tea are free at New Altitude. Each conference room has a Keurig. If you want bottled water or snacks, PILLAR has them in the office for fifty cents.

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### **Important Class Registration Information**

- Pre-registration is required for all classes and tours as all classes have maximums.
  - Check the times and locations of each class as some are at different times or locations.
  - Register for classes online yourself at <https://www.PillarInstitute.org/learn>, call the office at 719.633.4991, mail in a registration, or come in when the office is open.
  - Most classes are at the 2019 pricing of \$25 for members and \$40 for nonmembers.
  - The most current class schedule is on the website and weekly emails. Make sure you are on the PILLAR email list. Classes are subject to change due to instructor illness or weather.
  - Print catalogs are \$3. A mailed print catalog is \$5. Call or come by the office to request one.
  - Cancellations: As each conference room is reserved and paid for, registrations cannot be canceled at the last minute. Please read the cancellation policy below.
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### **The Pillar Institute Cancellation and Refund Policy**

**PILLAR Cancellations:** PILLAR Institute reserves the right to cancel, combine, or reschedule classes to adjust for enrollment, technical difficulties, weather, instructor illness, or other unavoidable circumstances. If it is necessary for PILLAR Institute to cancel a class for any reason, all registered participants will be informed as soon as possible. If possible, the class will be rescheduled. If the class cannot be rescheduled, then the class fee can be transferred to another class within the same term, donated, or refunded.

**Participants Cancellations:** If a participant cannot attend a previously registered class, they will need to cancel the class with the office by email or phone call (do not leave a message) 72 business hours before the class is to be held to receive a class credit.

**Registration Minimums:** Since each conference room is reserved and paid for by the number of people registered, classes may be canceled if the minimum registrations are not made. If the class is canceled by PILLAR, registered participants will receive a class credit.

**Membership:** There are no refunds on membership.

**Day Trips and Special Events:** Daytrip and special event fees are non-refundable as fees are paid in advance to secure buses, performers, admissions, food, books, etc. However, day trip and special event fees are transferable to another person.

**Participants will be charged currently acceptable fees for all returned checks and chargebacks of credit cards.**

**Amended and Adopted by PILLAR's Board of Directors – 1-4-2024.**

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*Cover photo by kjwathne (Pixabay)*

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### **Director's Letter**

*Welcome to PILLAR*, the Pikes Peak region's only institute for lifelong learning for the past 25 years! Each year over three hundred lifelong learning opportunities are created for and by adults with no homework, no tests, and no papers. *Just learning for the fun of it!* PILLAR offers lifelong learning in a variety of subjects including history, science, philosophy, literature, art history, music appreciation, global affairs, and more.

*Vickie Heffner*  
**PILLAR Executive Director**

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**PILLAR's Mission:** To provide lifelong learning, volunteer, and social opportunities for engaged adults.

**PILLAR's Vision:** PILLAR Institute for Lifelong Learning seeks to stimulate adult brain health through interactive learning, volunteering, and socializing opportunities.

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### **PILLAR Membership**

**PILLAR is a membership organization. Although PILLAR membership is not required to take classes, it does provide a discount per class and free member events.**

**\$100 for a 12-Month PILLAR Membership**

Click here: [Membership | Pillar Institute](#)

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### **PILLAR Sponsors and Partners**



## **Mah Jongg Tuesdays**

### **Tuesday afternoons, 1:00pm - 3:00pm, is Mah Jongg Play.**

Every Tuesday afternoon, we will play Mah Jongg with the 2023 National Mah Jongg League card. Points will be added up for each term and a prize given at the end of each term. No registration needed. \$2 per session. Pay at the door.

**Location: PILLAR office**

### **Friday, January 12, 10:10am - 12:30pm**

#### **#1000 A Taste of PILLAR: Three Mini PILLAR Classes**

##### **10:10am - 10:50am What's Up At The White House?**

###### **Instructor: Julia Hargrove**

Let's find out! Follow Jackie Kennedy on her televised tour of the restored White House. Hear John-John end the Cuban Missile Crisis. Attend a meeting with Kennedy and his top advisors. Have lunch with some of the world's most important leaders. March fifty miles with members of the Kennedy family. Be present at a press conference (in rhyme) during which you will learn "What's Up At The White House?"

**Julia Hargrove: MA** in American History from the University of Texas at Austin; **BA** with a double major in History and English from WSC (now WSCU) in Gunnison, Colorado. She was a high school teacher for thirty years and was a professional writer of educational materials.

##### **11:00am - 11:40am**

###### **Souvenir Spoons**

###### **Instructor: Bill Wright**

Sterling silver souvenir spoon collecting was a major hobby at the turn of the 20th Century. Many of us saw them hanging in our grandparent's kitchen. This program will tell of the history of spoon collecting and the instructor will have some exquisite examples on display.

**William (Bill) Wright: MSA** in Management Engineering from George Washington University and a **BS** in Mechanical Engineering from Virginia Tech. Bill has thirty-seven years of federal service as an engineer for the US Navy and as a VA Hospital Administrator. He retired as a Federal Senior Executive Service (SES 4) member.

##### **11:50am - 12:30pm**

###### **Xu Beihong**

###### **Instructor: Sandy Halby**

Xu Beihong is one of the most famous artists in China and is well known throughout Asia, but practically unheard of in the United States. After the founding of the People's Republic of China in 1949, he served as the President of the Central Academy of Fine Arts and the Chairman of the Chinese Artists' Association. We will take a look at his life, his work, and his continuing legacy in China.

**Sandy Halby: BS** in Mathematics from the University of Alaska. She is a military veteran and retired from the federal government as a civil servant. Currently, she is president of a local Mensa group and active in the Pikes Peak Beekeepers Association.

**\$25 PILLAR Members and Nonmembers for all three mini classes. Bring a friend for only \$25!**

**Tuesday, January 16, 10:10am - 12:00pm**

**#1005 2024 - A Year of Anniversaries!**

**Instructor: Sandy Halby**

2024 – wow! Who would believe it’s been 50 years since Nixon resigned? And 50 years since Happy Days debuted on ABC and we met Richie, Ralph and Potsie? It’s been 40 years since Rubic came out with his famous cube! This year is also the centennial of the first Macy’s Thanksgiving Day parade. Let’s take a look at 2024 and see what other historic anniversaries we have to celebrate – or perhaps try to forget – during this upcoming year!

**Sandy Halby: BS** in Mathematics from the University of Alaska. She is a military veteran and retired from the federal government as a civil servant. Currently, she is president of a local Mensa group and active in the Pikes Peak Beekeepers Association.

**\$25 PILLAR Members / \$40 Nonmembers**

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**Wednesday, January 17, 10:10am - 12:00pm**

**#1006 Geopolitics of the Middle East**

**Instructor: Jim Poole**

What are the real geopolitics of the situation in the Middle East, not what one sees on the news, but the strategies and goals that countries and organizations involved are employing? Why aren’t the other countries in the Middle East coming to the aid of the Palestinians? Is Israel after a tactical or strategic victory? Who is going to step in once the war is over? What is the significance of Jordan? These are some of the questions that will be addressed in this talk.

**Jim Poole: PhD** in Applied Statistics from University of Northern Colorado, **MS** in Economics, **MS** in Geology. Dr. Poole spent five years working as a geologist and thirty-five years in various roles working for major banks.

**\$25 PILLAR Members / \$40 Nonmembers**

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**Thursday, January 18, 10:10am - 12:00pm**

**#1007 UNESCO Saves World Cultures**

**Instructor: Julia Hargrove**

You probably are aware of the United Nations Educational, Social, and Cultural Organization's World Heritage Sites such as the Taj Mahal, Machu Picchu, Timbuktu, and Angkor Wat. What you might not know about is UNESCO's efforts to save unique cultural skills and arts. The Intangible Cultural Heritage of Humanity, founded by UNESCO in 2009, supports skills such as flamenco dancing, silk making, Chinese calligraphy, and bell casting. Come learn about these and other amazing skills that are being preserved for future generations!

**Julia Hargrove: MA** in American History from the University of Texas at Austin; **BA** with a double major in History and English from WSC (now WSCU) in Gunnison, Colorado. She was a high school teacher for thirty years and was a professional writer of educational materials.

**\$25 PILLAR Members / \$40 Nonmembers**

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**Tuesday, January 23, 10:10am - 12:00pm**

**#1010 Captain Jack (Nicaagat) and the Meeker Massacre**

**Instructor: Steven Antonuccio**

This is a history program on Ute Warrior Chief Captain Jack, also known by his Ute name, Nicaagat. Nicaagat was loyal to the United States after he went to Washington, D.C., to sign the 1868 treaty when he was twenty-eight years old. He fought on the side of the United States in the Sioux Wars under General Crook as his chief Indian scout. Nicaagat was sold into slavery as a young boy to a Mormon family who mistreated him. While living with this family, he became fluent in English, learned how to read and write, and was baptized in the Mormon faith. After a brutal beating, he managed to escape by stealing one of their horses and was able to make it back to the Ute nation. Because of his bravery as an adult, he became the Ute Warrior Chief at the White River Ute Reservation in Northwestern Colorado.



A brilliant military leader, he could speak five languages fluently and would have been awarded the Congressional Medal of Honor for his bravery in the Sioux Wars had he been a soldier and not an Indian scout. After the Sioux Wars, he returned to the Ute Nation to live a peaceful life with his family in retirement, hunting and taking care of his prized stable of horses. Unfortunately, Nathan Meeker was appointed the Indian agent and made it mandatory for the members of the Ute nation to learn farming. He plowed up their horse pastures for farmland and cut the rations for any tribe member who didn't participate in farming. After a series of conflicts between Meeker and the Utes, Nathan Meeker called in the United States army. When the cavalry crossed the border into the Ute nation, with the Utes knowing what happened at Sand Creek, the result was the Meeker Massacre. Captain Jack and his two hundred Ute warriors held off the army for three days. This presentation will include a PowerPoint program and will feature the book *The Utes Must Go* by Colorado Historian Peter Decker.

**Steven Antonuccio: Master of Library Science (MLS)** from Emporia State and a **BS** in Communications from the University of Colorado. He worked as a Media Specialist for Pikes Peak Community College, managed Cable Channel 17 for the Pikes Peak Library District for twenty years, and was a Library Branch Manager for the Pueblo City County Library District for six years.

**\$25 PILLAR Members / \$40 Nonmembers**

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**Wednesday, January 24, 10:00am - 12:00pm**

**#1011 IGP: The Rise of Artificial Intelligence**

**Instructor: Don Rossi**

Artificial Intelligence (AI) is a wide-ranging branch of computer science concerned with building smart machines capable of performing tasks that typically require human intelligence. AI is a machine's ability to perform the cognitive functions we associate with human minds, such as perceiving, reasoning, learning, interacting with an environment, problem solving, and even exercising creativity. But what does this mean for humanity? We will try to address this question and others as we explore this disruptive technology.

**Location: Inn at Garden Plaza, 2520 International Cir, Colorado Springs, CO 80910**

**Don Rossi: MS** with majors in Economics and International Business from Rensselaer Polytechnic Institute and a **Fine Arts Degree** from Paier School of Art. He was a Senior Program Manager for the Aerospace Division of Honeywell International in Phoenix. He managed Research and Development programs for current and next-generation technology. He is a board certified Six Sigma Black Belt.

**\$25 PILLAR Members / \$40 Nonmembers**

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**Thursday, January 25, 10:00am - 12:00pm (Note Time)**

**#1012 Zoom only class: The Underground Railroad**

**Instructor: Katherine Sturdevant**

Colorado might seem pretty far west to be part of the storied Underground Railroad routes for enslaved people fleeing the South. How much the Underground Railroad would impact early Colorado, however, had more to do with timing than geographic proximity. Black men and women used the new territory to escape and help others escape to parts further north. More impactfully for Colorado, individuals from enslaved backgrounds found ways to capitalize on the Pikes Peak Gold Rush and other movements west. Business opportunities and the resulting ability to assist more people to escape slavery made for some remarkable early Black Coloradans.

**Katherine Scott Sturdevant: MA, BA** in History from San Francisco State University, **PhD Candidate** in Public History at UC Santa Barbara. She is Pikes Peak State College's Senior History Professor and started teaching with what became PILLAR when PPSC first offered lifelong learning classes. She has won awards in teaching and diversity. Kathy serves as a speaker, writer, editor, and consultant for community history organizations such as the Colorado Springs Pioneers Museum and the Pikes Peak Library District. Her first two books teach about using historical methods in family history. As a social historian, Kathy emphasizes past people's authentic experiences.

**Zoom only: \$25 PILLAR Members / \$40 Nonmembers**

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**Tuesday, January 30, 10:10am - 12:00pm**

**#1015 Understanding Great Structures**

**Instructor: Carl Reese**

We are surrounded by manmade structures of all types such as bridges and high rises, but do we really understand how they work? We will look at common structural materials (concrete, for instance) and structural forms (arches, beams) used in modern construction. How are these forms and materials used to carry load and ultimately transfer weight to the ground? We will see a few examples of great structures and what made them great for their time.

**Carl Reese: MS** in Computer Science from Colorado Technical University and a **BS** in Computer Science from University of Pittsburgh.

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**Wednesday, January 31, 10:10am - 12:00pm**

**#1016 How the Israel-Hamas War Will Impact the Future of the Middle East**

**Instructor: Brent Talbot**

The current war in Israel has been going on since October 2023 with little progress toward peace. Let's take a look at why Hamas chose this particular time to attack, as well as what's currently happening. Additionally, this war in Gaza will have severe ramifications across the Middle Eastern region. What will the aftermath be?

**Brent Talbot: PhD** in International and Comparative Politics from University of Denver with a concentration in International Security, and an **MS** in International and National Security Studies from Brigham Young University. Brent is a Professor of Military and Strategic Studies at the Air Force Academy.

**\$25 PILLAR Members / \$40 Nonmembers**

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**Thursdays, February 1, 8, 15, 22, 10:00am - 12:00pm**

**#1017 Beginning Mah Jongg Lessons: Four Weeks of Individual Lessons**

**Instructor: Sandy Halby**

Learn American Mah Jongg, which is a fun game to play and great for your brain! This series of classes is Beginning Mah Jongg using the National Mah Jongg League card (2023 version) and NMJL rules. We'll start with the very basics and progress to full-on play by the fourth session.

**Max: 3**

**Location: PILLAR office**

**Sandy Halby: BS** in Mathematics from the University of Alaska. She is a military veteran and retired from the federal government as a civil servant. Currently, she is president of a local Mensa group and active in the Pikes Peak Beekeepers Association. Sandy also plays in Mah Jongg tournaments.

**Members \$75 / Non Members \$100 - for all four sessions**

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**Tuesday, February 6, 10:10am - 12:00pm**

**#1020 Thomas Edison: Inventor Extraordinary**

**Instructor: Dick Fairley**

Thomas Edison was the most prolific inventor the United States and the world has known. He filed for the first of his 1,093 patents in 1869 and filed for his last one in 1931, one week before his death. Some of his best-known inventions include the first phonograph, the first practical lightbulb, the first electric utility company, the kinescope, a motion picture camera, and improvements to alkaline batteries. He also made major contributions to telegraphy, and he established the first modern research and development laboratory. In this presentation, we will hear a playback of the first sound ever recorded, made on a crude machine he invented and named the phonograph. I will present illustrations and explanations of his first phonographs and some of his other inventions. I will also profile Edison and some of his colleagues and competitors, including Alexander Graham Bell, Emile Berliner, Nicola Tesla, and George Westinghouse. Edison became a founder of General Electric Corporation and Tesla contributed to the founding of George Westinghouse's Westinghouse Corporation. It was a period of intense competition.

Not everything Edison attempted was successful. I will present two of his biggest failures. After great effort and expense, he lost his defense of direct current (DC) electricity for industrial and domestic applications to Nicola Tesla and alternating current (AC). Tesla developed the technology for AC, which was adopted for reasons I will present. I will briefly mention Tesla's lasting inventions with no math. A second significant setback was Edison's loss of the market for alkaline-battery-powered automobiles to Henry Ford's Model Ts, which were powered by combustion engines. It determined the future direction for petroleum-based transportation.

**Dick Fairley: PhD** in Computer Science and Systems Engineering from UCLA. He worked as an engineer, university professor, consultant, and as a jazz disk jockey at KRCC.  
**\$25 PILLAR Members / \$40 Nonmembers**

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**Tuesday, February 13, 10:00am - 11:00am (Note Time)**  
**#1025 Heart Health: Where to Start to Love Your Heart**  
**Instructor: Dawn Franz**

Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with three simple dietary strategies and three supplements that will pump up your heart health.

**Location: Natural Grocers, 7298 North Academy Blvd.**

**Dawn Franz: BS** in Nutritional Science with a minor in Biochemistry from the University of Arizona. She has been a Nutritional Health Coach for Natural Grocers since 2005.  
**\$10 PILLAR Members and Nonmembers**

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**Tuesday, February 13, 1:10pm - 3:00pm (Note Time)**  
**#1026 The 1619 Project: A New Origin Story**  
**Instructor: Durthy Washington**

In 2019, Pulitzer Prize-winning journalist Nikole Hannah-Jones created The 1619 Project to commemorate four hundred years of African American history, much of it omitted, distorted, or erased from traditional history textbooks.

This class introduces participants to three contemporary African American poets highlighted in *The 1619 Project*—Rita Dove, Natasha Trethewey, and Clint Smith—whose works explore significant events in American (U.S.) history: the Birmingham church bombing (September 15, 1963); the passage of the Voting Rights Act (August 6, 1965); and the aftermath of Hurricane Katrina (August 29, 2005). By reading and discussing the works of these three award-winning poets, participants will gain a deeper understanding of Hannah-Jones's important work and its impact on our perspectives of history, democracy, and social justice.

Note: This class explores some of the concepts discussed in Durthy's book, *Culturally Responsive Reading: Teaching Literature for Social Justice* (Teachers College Press, 2023) available on Amazon.

**Durthy A. Washington: MA, MS**, a former English professor, is the founder of LitUnlocked, LLC, and author of *Culturally Responsive Reading: Teaching Literature for Social Justice* (Teachers College Press, 2023). Her book has been endorsed by Pulitzer Prize-winning author Junot Díaz and selected as a Reading Group Guide by the Colorado State Library's Book Club Resource. Durthy's classes focus on helping readers access and analyze literature through her LIST Paradigm, a guided approach to critical reading that "unlocks" literature with four keys to culture: Language, Identity, Space, and Time.

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**Wednesday, February 14, 10:10am - 12:00pm**  
**#1027 Safeguarding Your Retirement Nest Egg: Smart Investing for the Golden Years**  
**Instructor: Don Rossi**



What is your risk tolerance? How should that fit into your investment philosophy? Should you factor inflation and Required Minimum Distributions into your planning? Will you outlive your money? How can you determine that? We will be discussing RMD's, risk v. return, inflation, Warren Buffett's approach, investment strategies, and other ways to retain the wealth that you worked a lifetime to accumulate.

**Don Rossi: MS** with majors in Economics and International Business from Rensselaer Polytechnic Institute and a **Fine Arts Degree** from Paier School of Art. He was a Senior Program Manager for the Aerospace Division of Honeywell International in Phoenix. He managed Research and Development programs for current and next-generation technology. He is a board certified Six Sigma Black Belt.

**\$25 PILLAR Members / \$40 Nonmembers**

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**Thursday, February 15, 10:10am - 12:00pm**

**#1028 The Great American Solar Eclipse of April 8, 2024. Where Can You Go to See it in Totality?**

*[Note: In Colorado Springs, it will be a Partial Eclipse, with 2/3rds of the sun being hidden from sight.]*

**Instructor: Henry Gertzman**

- Where can the Great American Eclipse be seen on April 8, 2024?
- What types of eclipses are there; how often do they occur; and why are they so rare?
- What does an eclipse map look like for North America and for the World?
- Do eclipses ever repeat themselves?
- How will the sun appear during totality? What will you see?
- How should you protect your eyes?
- What weather concerns might affect your ability to see the eclipse?
- Is this the very last total solar eclipse?
- Where can you see the Great American Eclipse, April 8, 2024?

**Henry Gertzman: PhD** in Nuclear Physics from the University of Rochester and a **BS** in Physics from MIT. He is retired from the National Center for Atmospheric Research in Boulder. He specializes in teaching astronomy, cosmology, and nuclear particle physics, along with various other offbeat topics for PILLAR.

**\$25 PILLAR Members / \$40 Nonmembers**

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**Wednesday, February 21, 1:00pm - 3:00pm**  
**#1031 PILLAR's 25th Anniversary Party!**  
**Celebrate PILLAR turning 25 years old this year.**  
**RSVPs required.**

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**Thursday, February 22, 10:10am - 12:00pm**

**#1032 The Philippines: China's Territorial Conflict in the South China Sea and Potential U.S.**

**Involvement**

**Instructor: Dr. Bill Berry**

The most contentious national security issue between the United States and China continues to be over Taiwan. However, another major flash point is China's efforts to intimidate the Philippines over conflicting territorial claims in the South China Sea (SCS). The Philippines and the U.S. have a long established security relationship to include the 1951 Mutual Defense Treaty (MDT), which remains in effect. The most serious disputes between the Philippines and China involve the Second Thomas Shoal and Scarborough Shoal in the SCS. Chinese Coast Guard and armed militia craft have rammed Philippine naval and commercial vessels and used water cannons to disrupt efforts to resupply Philippine Marines on Second Thomas Shoal and to block Filipino fishermen's access to Scarborough Shoal. American national security officials, including President Biden, have warned Chinese counterparts that the MDT would apply if China conducts military operations against the Philippines in the SCS. This course will address the U.S.-Philippines national security relationship and recent efforts to enhance that relationship to deter China and support Philippine interests.

**William Berry: PhD** in International Relations with a focus on East Asian Politics from Cornell University. He was a career Air Force Officer, retiring with the rank of colonel. He served in several East Asian assignments.

Dr. Berry also taught at the Air Force Academy, the National War College, and the Asian Pacific Center for Security Studies.

**\$25 PILLAR Members / \$40 Nonmembers**

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**Monday, February 26, 1:10 - 3:00pm (Note Time)**

**#1035 The Music of Andrew Lloyd Weber, From *Cats* to *Jesus Christ Superstar***

**Instructor: Tom Menza, JD**

We know his music from the many and wonderful shows such as *Cats*, *Evita*, *The Phantom of the Opera*, *Jesus Christ Superstar*, and more. His then wife, Sarah Brightman, was cast as Christine in *The Phantom of the Opera*. His coworker Timothy Rice wrote the lyrics for many of Andrew Lloyd Weber's musicals. Both are British and first published their works in their home country. But their work on Broadway and throughout our country's traveling musicals and even school plays remains very popular today.

**Tom Menza: JD** in Law from Denver University, **MA** from University of Colorado at Boulder. He is a local attorney and former course director and assistant professor of World History and Modern Asia at the United States Air Force Academy.

**\$25 PILLAR Members / \$40 Nonmembers**

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**Wednesday, February 28, 10:10am - 12:00pm**

**# 1037 Good Grief: Skills to Ease Difficult Losses**

**Instructor: Sandra Felt**

Grief is an intense emotional response to leaving something meaningful or losing someone we love. All of us experience grief at one time or another, and some losses are definitely harsher and more dreaded than others. While we can't prevent or control grief, let's develop a few skills that both help us to soften grief's overall impact and help us to trust that we are truly doing okay. Maybe we can even avoid a few common pitfalls of grieving.

**Sandra Felt: MA** in Social Work from Syracuse University. She is a certified Conscious Dying Coach, a licensed psychotherapist in private practice in Colorado Springs, and the author of *Beyond the Good-Girl Jail: When You Dare to Live from Your True Self*. She enjoys helping others create peace with aging, dying, death, and grief. Website: TrueSelfMatters.com.

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**Thursday, February 29, 10:10am - 12:00pm – change of date**

**#1030 How to Fight Disinformation**

**Instructor: Dr. Thomas Drohan**

This class breaks down how influencers exploit information and how we can fight back with critical thinking. We will see how influencers' strategies work.

**Thomas Drohan, Brig Gen ret.:** PhD in Politics, Princeton University and MA in Political Science from University of Hawaii. He is an Air Force Academy professor emeritus of military and strategic studies and a non-resident senior fellow for the Mitchell Institute of Aerospace Studies. Tom is also an instructor for the US Army Network Engagement Team on cognitive warfare.

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