

# PILLAR INSTITUTE



*LEARNING FOR THE FUN OF IT*

## Spring 2023 Class Catalog



### **PILLAR Office and Classroom**

Enter the mall at the mall entrance between Dillard's and Aladdin Rug Gallery,  
on the north side of Chapel Hills Mall, off Jamboree and walk straight ahead to PILLAR.

1710 Briargate Blvd., Suite 847, Colorado Springs, CO 80920

719-633-4991 [info@PillarInstitute.org](mailto:info@PillarInstitute.org)

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

### **PILLAR Office Hours**

Monday, Tuesday, Wednesday 10:30am-3:30pm

Thursday 10:30am - 1:00pm

Closed Friday

## Director's Letter

**Welcome to PILLAR**, the Pikes Peak region's only institute for lifelong learning for the past 23 years! Each year over 300 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**

---

**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, volunteer, and social opportunities.

***PILLAR is a 501(c)3 nonprofit.***

---

## 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 Individual PILLAR Membership**

[Membership | Pillar Institute](#)

---

## Important Class Registration Information

- Pre-registration is required for all classes, as some classes have maximums.
  - Check the times and locations of each class, as some are at different times or locations.
  - All classes are in-person only. If you need to participate via Zoom or video, please email the director at [director@pillarinstitute.org](mailto:director@pillarinstitute.org)
  - You can 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.
  - Please check the PILLAR website for the most current class schedule, as class schedules can change.
  - The PILLAR website also has the cancellation and withdrawal policy. "If a participant cannot attend the live or virtual class, they may transfer to another class of the same value or donate the class fee."
  -
- 

## PILLAR Sponsors and Partners



Turning 65 and have questions about Medicare?

**Humana.**

Call a licensed Humana sales agent today.  
Colorado Springs Humana Office  
8033 N. Academy Blvd.  
Colorado Springs, CO 80920  
(719) 532-7700  
9 am - 5 pm, Monday - Friday

1040\_090808000000

**January 2023**

**Tuesday, January 3, 1:00pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

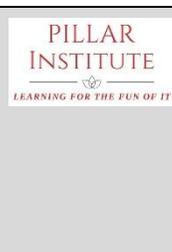
Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, January 4, 3:00pm - 4:30pm**

**#1000 PILLAR Open House and Art Show**

Come and see your friends and meet PILLAR instructors. Register for classes. Print catalogs will be available for \$3. Make an offer on the art. Refreshments will be served.

	<p><b>Monday, January 9 – Monday, February 13</b> <b>Silent Auction Fundraiser Benefiting PILLAR</b></p>  <p>Silent Auction Fundraiser</p>
--	---

**Monday, January 9, 1:00 - 2:30pm**

**#1001 Philosophical Discussion: Communication**

**Moderator: Daryl Kuiper**

When do words really mean what they say? How important are words anyway? Is it important to be understood, to communicate? How can you better ensure that you are being understood? Is being understood more important in verbal or in written communication? How can you better understand another person? These are struggles our society faces, and, sometimes, it is good to revisit our part in the problems so that we can minimize them. Come share with us, if you get my DRIFT!!

*Philosophy is the love of knowledge. Daryl will act as moderator, but your views will be the substance of the discussion. You will either gain new insights or have your existing ones strengthened. This class will be an open discussion, so bring your opinions and ideas! A topic paper will be emailed to you to review before the class. The purpose of this paper is to stir your philosophical juices.*

**Daryl Kuiper**, MA in Mathematics from the University of Nebraska, and a BA in Mathematics from the University of Colorado. He has been a teacher, business owner, plumbing inspector supervisor, and a school administrator.

**Members \$20 / Non Members \$40**

---

**Tuesday, January 10, 11:15am - 12:45pm**

**#1002 The Biden Administration's Foreign Policy: Juggling Competing Priorities at a Critical Inflection Point**

**Instructor: Dr. Schuyler (Sky) Foerster**

Russia's invasion of Ukraine represents a significant turning point in international politics, but it is not the only issue on the Biden Administration's plate. There are emerging powers like China, significant global challenges like climate change, and pressing priorities in the Middle East, Africa, and Latin America. Will the Biden Administration have the capacity to manage these competing priorities along with the growing challenge of finding an acceptable end to the war in the Ukraine?

**Schuyler Foerster, PhD** in politics and strategic studies from Oxford University and master's degrees from the Fletcher School of Law and Diplomacy, Tufts University, and The American University. He is a graduate of the USAF Academy. He retired as a colonel in the U.S. Air Force. He is professor emeritus at the USAF Academy, where he previously served as the Brent Scowcroft Professor of National Security Studies, and he currently teaches as a visiting professor at Colorado College and at Masaryk University in the Czech Republic. Dr. Foerster has invested over twenty-five years in civic education on global issues, as President of the World Affairs Council of Pittsburgh for twelve years, and as the volunteer president for the Colorado Springs World Affairs Council, on whose board he continues to serve.

**Members \$30 / Non Members \$50**

---

**Tuesday, January 10, 1:00pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

**Wednesday, January 11, 11:15am - 4:00pm**

**#1003 Special Event: Four Mini PILLAR Classes and Lunch**

**Must register by January 9.**

**Special Event Pricing: Members \$30 / Non Members \$50 - for all four classes including lunch**

**11:15am - 11:45am ~ The History of New Orleans**

**Instructor: Julia Hargrove**

New Orleans is a rich gumbo of cultures: Spanish and French creoles, Cajuns, the descendants of slaves from Africa, the Choctaws and other Native American tribes, and Vietnamese immigrants from the mid-1970's. Come with me on a trip to historic New Orleans and "laissez les bon temps rouler!"

**12:00pm - 12:30pm ~ Lunch**

**12:45pm - 1:15pm ~ Nature and the Fibonacci Sequence**

**Instructor: Sandy Halby**

Galileo said "Mathematics is the alphabet with which God has written the Universe." This is visually evident when we view pinecones, sunflowers, and even hurricanes and see the Fibonacci sequence. Let's take a quick look at some places in nature where God has written beautiful patterns with the predictable mathematics sequence called Fibonacci.

**1:30pm - 2:00pm ~ Beginning Genealogy**

**Instructor: Melody Wilson**

What is genealogy and how do you begin to figure it out? Join Melody as she explains where to start.

**2:15pm - 2:45pm ~ Discussion: Can we fix our Education System?**

**Instructor: Daryl Kuiper**

For many years now, the citizens of our country have put more money into education than any other country with less than desirable effects. Doing more of the same reminds me of that definition of insanity. So, let's talk about options to consider, changes to be made. We might not solve it all in 30 minutes, but it should be a start.

**2:45pm - 4:00pm ~ PILLAR Brainstorming Session**

Let's have a brainstorming session on the various issues facing PILLAR. Bring your ideas for new classes, fundraisers, etc. All are welcome.

**Thursday, January 12, 10:00am - 11:30am (note time)**

**#1005 Cowboy Poetry – A Truly Unique Genre**

**Instructor: Sandy Halby**

Green grass, a good horse, partners on the rodeo circuit, trailing cattle to their summer range high in the mountains, drought, rattlesnakes, and broken-down trucks are part of the cowboy life and detailed in some poem somewhere. Let's look at some of those cowboy poems, penned by a cowboy with a stubby pencil who wants to get it down before they are gone. We will learn about the thoughts of a cowboy poet and the description of the cowboy way of life. We will talk about some of the famous cowboy poets like Baxter Black and some of the not so famous ones, too!

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

**Check in at the front desk. This class will be in the basement classroom.**

**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.

**Members \$20 / Non Members \$40**

---

**Monday, January 16, 23, 30, and February 6, 1:00pm - 3:00pm (2 hour class)**

**#1010 Beginning Bridge - A four-part class**

**Instructor: Bob Sompii**

Learn to play the fascinating worldwide card game that appeals to all ages. This beginning class will cover bidding, card play, defense and scoring. This class is, learn as you go and have fun! **Max: 16**

**Bob Somppi, PhD** in technical management from Rensselaer Polytechnic and **MS** in Mechanical Engineering from Western New England College. He retired from Giant Industries and really likes bridge. Bob is a Ruby Life Master and a certified ACBL bridge instructor.

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

---

**Tuesday, January 17, 11:15am - 12:45pm**

**#1011 Water: What's the Issue?**

**Instructor: Daryl Kuiper**

Water has always been THE issue in the West. Now with the heavy population increase and the prolonged twenty-year drought, we need to consider our options before it is too late. You will learn some facts, discuss the issues, and formulate some solutions. We will review water history in Colorado. Where does Colorado Springs get its water? What has been done, what can be done, and what else can we do to solve the water issue?

**Daryl Kuiper, MA** in Mathematics from the University of Nebraska, and a BA in Mathematics from the University of Colorado. He has been a teacher, business owner, plumbing inspector supervisor, and a school administrator.

**Members \$30 / Non Members \$50**

---

**Tuesday, January 17, 1:00pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, January 18, 11:15am - 12:45pm**

**#1012 Women of the Santa Fe Trail**

**Moderator: Judy Casey**

The Santa Fe Trail was a major international trade route in the 1800s. It was a convergence of Native American, settler, and Mexican cultures and spanned 800 miles from Independence, Missouri to Santa Fe, New Mexico. The trail was pivotal in US history. This early commercial route changed the lives of the women who set foot on it and they in turn shaped the West. Join us for a discussion after a video.

**Judy Casey, MA** in Education from the University of Massachusetts at Amherst. She is a retired literacy specialist, elementary school principal, and a community volunteer.

**Members \$20 / Non Members \$40**

---

**Wednesday, January 18, 1:30pm - 3:00pm**

**#1013 Goodbye Osteoporosis: How to Build Stronger Bones**

**Instructor: Erin Eleuterio**

Learn how to build stronger bones to combat osteoporosis and osteopenia. We'll discuss ways to optimize bone health through lifestyle and finish class with bone building exercises. *Note: Wear comfortable clothes and shoes. You will be learning via lecture and movement.* **Max: 10**

**Erin Eleuterio, BS** in Kinesiology from California State University-Long Beach. She has worked as an exercise physiologist, older adult exercise instructor, and a health coach for nearly twenty years. She is trained in the Wellcoaches Health Coach curriculum and is a certified Functional Aging Specialist. Erin teaches exercise classes over Zoom, at Senior Centers, and Senior Living Facilities. She worked as an Account Manager for the SilverSneakers Fitness Program for nine years, consulting with fitness professionals on how to increase exercise adherence with older adults and make exercise programs fun and meaningful.

**Members \$20 / Non Members \$40**

---

**Thursday, January 19, 11:15am - 1:15pm (2-hour class, bring your lunch)**

**#1014 Research Strategies for Writers**

**Instructor: Steven Veatch (the instructor will teach via Zoom into the classroom)**

Whether you're writing fiction, nonfiction, essays, or a memoir, you're going to do some amount of research. Research not only improves your writing, it also boosts your credibility with your readers. In this class, you will learn about a variety of research methods. You will review how to work with historical sources, such as old diaries, historic newspapers, and archives. You will learn how to use genealogical resources such as census records, city directories, and other public documents. You will also master how to spot faulty information and verify your facts. You learn about research methods for nonfiction writing. This is a good class for those who want to write about or research family history.

**Steven Veatch, MS** in Earth Science from Emporia State University in Kansas. Steven Wade Veatch was born in Denver and grew up in the Pikes Peak region. His family came to Cripple Creek in the 1890s from England and worked in the district's mines. The other side of the family established a ranch in the wilderness near Boulder in 1865. They later moved to the Caribou mining camp where his great-grandfather attended Caribou's first school session in 1872. Steven is a geoscientist and was an Adjunct Professor of Earth Science at Emporia State University in Kansas. He is an award-winning writer of over 100 articles about science, nature, and history and is known for his articles, books, and presentations on local history. He is a member of the Colorado Springs Mineralogical Society and a 2015 National Rockhound and Lapidary Hall of Fame inductee.

**Members \$30 / Non Members \$50**

---

**Tuesday, January 24, 11:15am - 12:45pm**

**#1020 Space for the Developing World**

**Instructor: Jamil Brown**

We often hear about satellites and space from the perspective of how it is aiding countries and economies like the United States, European Union, China, and Russia. What about the rest of the world? Specifically, the developing world? How are satellites and space technologies being used to support economic development in the developing world? This class aims to give another look at how countries and economies across the globe are using space.

**Jamil Brown, MBA and MS** in International Relations from Troy University. He is a national security researcher and practitioner. Jamil previously served as a fellow for the US Air Force Academy Institute for Future Conflict. In his previous role as an Air Force Academy instructor and fellow, he was responsible for leading the Dean's future conflict and innovation education support efforts. In his current role he continues to coordinate future conflict research opportunities. Jamil has served as a satellite operator, space operations planner, and USAF Weapons School instructor.

**Members \$30 / Non Members \$50**

---

**Tuesday, January 24, 1:00pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, January 25, 11:15am - 12:45pm**

**#1021 Famous Women Mathematicians - Who You May Not Have Heard Of ...**

**Instructor: Sandy Halby**

Mathematics is not just a man's field. There have been many talented women mathematicians throughout history. From Hypatia to Maryam Mirzakhani, from Ada Lovelace to Dorothy Vaughn, let's take a look at some of these women who contributed to math and science through their work in the field of mathematics. We'll learn about their lives and talk a little bit about their discoveries and work.

**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.

**Members \$30 / Non Members \$50**

---

**Wednesday, January 25, 1:30pm - 3pm**

**#1022 Using Investigative Genetic Genealogy to Help Law Enforcement Solve Cold Cases**

**Instructor: Melody Wilson**

This class will explain what is involved in using DNA and genealogy as law enforcement tools. We will discuss types of cases that have been solved with genetic genealogy; institutions offering degrees and certificates for investigative genetic genealogy; about the new Board of Certification for Investigative Genetic Genealogy; labs that offer genetic testing for law enforcement use; which genealogy websites allow law enforcement use; and the Department of Justice policy on the use of investigative genetic genealogy.

**Melody Wilson, MS** in Computer Science/Computer Systems Security from Colorado Technical University (CTU). She was the Adjunct Instructor at CTU. She created course material and lab exercises for three undergraduate evening courses on Security Architecture, Intrusion Detection, and Virtual Private Networks.

**Members \$30 / Non Members \$50**

---

**Thursdays, January 26, February 2, 9, 16, 11:15am - 12:45pm**  
**#1023 Beginning Mah Jongg Lessons: 4 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 (2022 version) and NMJL rules. We'll start with the very basics and progress to full-on play by the 4th session. You must attend all 4 sessions. **Max: 3**

**Sandy Halby, BS** in Mathematics from the University of Alaska. She is a military vet 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**

---

**Tuesday, January 31, 11:15am - 12:45pm**

**#1030 Forensic Pathology 101: Gunshot Wounds & JFK**

**Instructor: Dr. Deb Johnson**

This is the third in the Forensic Pathology 101 series, but the first two classes are not necessary in order to get a lot out of this one. Whether you are thinking of writing a murder mystery or just enjoy reading or watching them and would like to know more about how real counterparts of “Quincy” figure out what to put on a death certificate, you are sure to learn something new, and hopefully more about how not to die.

Discussion will touch briefly on firearms, ammunition, and ballistics. We will also delve more deeply into characteristics of gunshot wounds and determination of range of fire and type of weapon from the appearance of the wound. This information helps to determine manner of death (homicide vs suicide vs accident). Then we'll apply what we've learned to a few cases, including the controversial assassination of JFK in Dallas in 1963.

**Deborah G. Johnson, MD** from CU Denver School of Medicine, an MS in Physical Chemistry from CU Boulder, and a BS in Chemistry Texas Tech Lubbock. She had a post-graduate residency in anatomic, clinical pathology at CU Health and The Children's Hospital, forensic pathology fellowship Office of the Medical Investigator, University of New Mexico. For twenty-seven years she was employed as a forensic pathologist/Medical Examiner at various locations. She is self-employed as a consultant in her own business, Pikes Peak Forensics, PC, founded 2003. There she served as Clinical Laboratory Improvement Amendments (CLIA) medical director at Chematox in Boulder (2010 - 19). She has also worked extensively for the Colorado Public Defender's Office since 2017.

**Members \$30 / Non Members \$50**

---

**Tuesday, January 31, 1:00pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**February 2023**

**Wednesday, February 1, 11:15am - 12:45pm**

**#1031 BEING an Alzheimer's Caregiver: A Powerful Journey**

**Instructor: Cyndy Noel**

Learning to care for a loved one who has Alzheimer's can be challenging. I will share about my own journey: the struggles, rewards, and all that I learned about life along the way. Included in this class will be the value and support that mindfulness provides.

**Cyndy Noel, MA** in Counseling and Human Services from UCCS and BA in Psychology from UCCS. She has her Certification Mindfulness Facilitation from UCLA, Semel Institute. Cindy volunteers at Pikes Peak Mental Health and Pikes Peak Hospice as a Counselor.

**Members \$20 / Non Members \$40**

---

**Wednesday, February 1, 1:30pm - 3:00pm**

**#1032 Geopolitics of Russia and the USA, Part I**

**Instructor: Dr. Jim Poole**

The relationship between nations is not so much about politics as it is about Geopolitics. Geopolitics is the study and practice of the relationship between geography, demographics, the economy, culture, the history of a nation, and politics, and how these affect a nation's relationship with other nations.

This talk will go over the basics of the geography, history, culture and economics of Russia so we can better understand the current issues facing Russia and how they may react. Did you know Russia has eleven time zones, that 60% of their land is permafrost, that Russia has 190 ethnic groups, and at least 135 distinct languages? Understanding Russian geography, history and culture gives us an idea as to why their relationship with the US and its Western European neighbors continues to be problematic.

**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. Jim retired in 2015 and spends a lot of time traveling, reading, and studying geopolitics, and photography, his real true passions.

**Members \$30 / Non Members \$50**

---

**Thursday, February 2, 1:00pm - 4:00pm (3-hour class)**

**#1034 Special Event: The Future of Technology! A Presentation and Discussion**

**Instructor: Doug Stowell (video presentation) and Dr. Henry Gertzman (classroom discussion leader)**

Remember the book *1984* and THAT was the future! Do you remember the year 2000, the new Millennium, and THAT was the future! We've lived through all of those futures, so, what's the next future? One thing we know is that the pace of technological change has accelerated! Let's look ahead, maybe eight to ten years. We'll take a quick look back, just to set the stage. Remember how you did things prior to the smartphone? Now, what's likely to happen by, say, 2030, driven by technology? We'll look ahead at autos, airplanes, railroads, space travel, highways, healthcare, education, climate and environment, energy generation, etc.

Following the video (100-minutes long) and a short break, those who wish can stay (up to 60-minutes) to participate in a discussion of Stowell's ideas.

**Douglas W. Stowell, MBA** in Market Research from Case Western Reserve University in Cleveland, Ohio. Douglas enjoys personality testing as an avocation. He received 5 years of OLLI instruction at Furman University, Greenville, SC, including three years Zoom and Video teaching at 22 other OLLI groups.

**Henry Gertzman PhD** in Nuclear Physics from 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.

**Special Event Pricing: Members \$20 / Non Members \$20**

**Tuesday, February 7, 11:15am - 12:45pm**

**#1040 Greek Street Photography: Everyday life in Blue and White (presenters will be coming to us in the classroom via Zoom)**

**Moderator: Aaron Casey**

Street photography is a genre of photography conducted for art or inquiry and featuring unmediated chance encounters and random incidents in public places. It celebrates and records everyday life. Street photography in Greece is – simply put – stunning, arresting. Pure white homes, cobalt blue seas, and the people who live their everyday lives against this backdrop. Our presenter, a Greek street photographer captures it all. Join us for this fascinating masterclass.

Then join our April 14-23, 2023, trip to the region. We'll visit the mainland's ancient ruins, Santorini's stunning seascapes –and yes, train our own lens!

**Aaron Casey, MPA** from the University of Texas at Austin. He has explored the history, culture, and art of a variety of peoples and places worldwide. He has lived in France, Zimbabwe, and the United Kingdom, and has deep experience as well in Ghana, Brazil, and South Africa. In recent years he has collaborated with Indigenous communities globally, including here in the USA with Washington state's Suquamish tribe.

**Members \$30 / Non Members \$50**

---

**Tuesday, February 7, 1:00pm - 3:30pm**

**Tournament Style-Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, February 8, 11:15am - 12:45pm**

**#1041 Israel, Netanyahu, and the Silent War Against Iran**

**Dr. Brent J. Talbot**

In Israel, the return of Prime Minister Netanyahu has increased the likelihood of conflict with Iran. Israel has already been engaged in years of clandestine attacks against Iranian nuclear infrastructure, and with the dissolution of the "Iran Deal" (The Joint Comprehensive Plan of Action, or JCPOA) war becomes more likely--especially as Israel relations with Gulf-Arab states have improved and they share Israel's concern over Iranian nuclear weapons pursuits.

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

**Members \$30 / Non Members \$50**

---

**Wednesday, February 8, 1:30pm - 3:00pm**

**#1042 Geopolitics of Russia and the USA, Part II**

**Instructor: Dr. Jim Poole**

The relationship between nations is not so much about politics as it is about Geopolitics. Geopolitics is the study and practice of the relationship between geography, demographics, the economy, culture, the history of a nation, and politics, and how these affect a nation's relationship with other nations.

This discussion will cover Russia from the end of WWII with special emphasis on Russian leadership, politics, economics and the war in Ukraine. This talk will go over the basics of the geography, demographics, history, culture, politics and economics of Russia since the end of WWII so we can better understand the current issues

facing Russia and how they may react. Did you know Russia borders fourteen countries, not all of which are friends, discover how 800 years of history makes developing a democracy in Russia difficult, did you know Russia has been invaded seventeen times in the last eight hundred years, five hundred years of history makes developing capitalism in Russia problematic or why Russia continues to have autocratic leaders.

**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. Jim retired in 2015 and spends a lot of time traveling, reading, and studying geopolitics, and photography, his real true passions.

**Members \$30 / Non Members \$50**

---

**Thursday, February 9, 1:00pm - 3:30pm (2.5 hour class)**

**#1043 Can You Pass the Test for US Citizenship?**

**Instructor: Dr. Henry Gertzman**

Before they can become U.S. citizens, naturalization applicants must pass two oral tests. The first test will demonstrate their ability to read, write, speak and understand the English language. The second test will demonstrate their knowledge and understanding of U.S. history and government. For the latter test they will be asked ten questions from a list of a hundred civics test questions. To pass, they must answer at least six of the ten questions. In today's class, we will each try to answer all of these hundred questions. We will discuss all of the hundred answers. Will you learn something new? Yes, and we will have time to talk about a few interesting issues that may arise.

**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.

**Members \$30 / Non Members \$50**

---

**Monday, February 13, 1:00pm - 2:30pm**

**#1050 Philosophical Discussion: Evil**

**Moderator: Daryl Kuiper**

Let's discuss EVIL. Can it ever be helpful? Does discussing it taint us? Is it a real thing? Like to talk? This class is for you because we all can share our ideas. Maybe we can learn a thing or two.

*Philosophy is the love of knowledge. Daryl will act as moderator, but your views will be the substance of the discussion. You will either gain new insights or have your existing ones strengthened. This class will be an open discussion, so bring your opinions and ideas! A topic paper will be emailed to you to review before the class. The purpose of this paper is to stir your philosophical juices.*

**Daryl Kuiper, MA** in Mathematics from the University of Nebraska, and a BA in Mathematics from the University of Colorado. He has been a teacher, business owner, plumbing inspector supervisor, and a school administrator.

**Members \$20 / Non Members \$40**

---

**Tuesday, February 14, 10:00am - 11:00am**

**#1051 Health by Chocolate: Indulge and Be Well**

**Instructor: Dawn Franz**

Hooray! Chocolate can actually be good for us. You will taste the quality through sampling chocolate and learn how to use chocolate to enhance your food and your health!

**Location: Natural Grocers, 7298 North Academy Blvd., Colorado Springs, CO 80920**

**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.

**Members \$20 / Non Members \$40**

---

**Tuesday, February 14, 1:00pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, February 15, 11:15am - 12:45pm**

**#1052 The Development of American City Parks: From Downing to Olmstead**

**Instructor: Eric Metzger**

In the 1840s, Andrew Jackson Downing became one of the main proponents for the development of park systems in American cities. In his periodical, *The Horticulturist*, Downing pushed for the creation of a large park in New York City that would provide for the “exercise and refreshment of her jaded citizens,” and would contain, among other things, water works and walking paths set within green fields. Downing proposed to use the concept of the Picturesque to construct a beautiful setting in the middle of the city for the benefit of all of its citizens.

After Downing’s untimely death in 1852, his partner Calvert Vaux, and Frederick Law Olmstead submitted the winning design bid for the development of Central Park in New York City and Olmstead went on to form his own landscape design firm. With the assistance of his two sons, Olmstead created the premier landscape design firm in the country, and that firm designed the first American city park systems-setting the template for park system design for decades to come.

In this presentation, Mr. Metzger will demonstrate Downing’s influence on the development of park systems in America and on Olmstead’s adoption of the Picturesque in the creation of what would become America’s great city parks.

**Eric Metzger, MA** in Museum Administration from Harvard University, BA in Anthropology from the University of Colorado at Boulder. Eric served as the Treasurer for the Massachusetts Archaeological Society, Gene Winter Chapter, and as a board member there as well. He is currently a board member for the Historic Preservation Alliance of Colorado Springs. He is also the Executive Director at McAllister House.

**Members \$30 / Non Members \$50**

---

**Wednesday, February 15, 1:30pm - 3:00pm**

**#1053 Quantum Computing and Our Global Economy**

**Instructor: Royal Aubrey Davis, LL.M., JD**

Quantum computing has the potential to be one of the most disruptive technologies of our era. Many scholars have commented that quantum computing can completely decrypt all of our existing computer-based security tools in less than a decade, which could have significant impacts on the finance, trade, and defense sectors. However, both the technology and the underlying policy implications are widely misunderstood. This lecture will seek to increase understanding of the underlying technologies and what we presently know regarding the potential impacts that quantum computing will have on our global economy.

**Royal “Aubrey” Davis, LLM (Master of Laws)** in International Law from Army Judge Advocate General’s School at UVA and a JD from Gonzaga University School of Law. Aubrey has thirty-two years of combined military experience on four continents. Most recently the Chief, Cyberspace Law at Air Combat Command, Langley AFB, Virginia. Presently, Aubrey is an Assistant Professor and Deputy Director of Law and Emerging Technologies for the Law, Technology, and Warfare Research Cell (LTWRC) at the United States Air Force Academy.

**Members \$30 / Non Members \$50**

---

**Thursday, February 16, 12:00pm – 3:00pm**

**#1054 Special Event: Film and Lunch: The Rebellious Life of Mrs. Rosa Parks**

We will start with an Italian lunch and then watch the first feature documentary about Civil Rights icon Rosa Parks which delves deep into her historic role in the Montgomery Bus Boycott and her work both before and after this event. Through interviews with people who knew her, powerful archival footage and her own words, the film tells the story of Parks’ extensive organizing, radical politics, and lifelong dedication to activism.

Based on the bestselling biography by Jeanne Theoharis and executive produced by award-winning journalist Soledad O’Brien, this crucial documentary on the “mother of the Civil Rights movement,” Rosa Parks, is a comprehensive telling of the icon’s lifelong dedication to activism. The film chronicles her historic role in the Montgomery Bus Boycott, her work in politics alongside Congressman John Conyers in Detroit, and the many causes along the way, such as voting rights and reparations, that she fearlessly championed until her death in 2005.

Directors Yoruba Richen and Johanna Hamilton expertly weave together interviews from many great academics and activists such as Bryan Stevenson, Patrisse Cullors and Ericka Huggins, along with personal stories from her family, and remarkable footage of Mrs. Parks herself, to dispel myths and to illuminate her decades-worth of extensive organizing, strategizing, and activism in the pursuit of Black liberation. Fiercely dedicated to correcting the frequent minimizing of her accomplishments and the erasure of her radical politics, this powerful documentary recognizes that Black women’s work in the Civil Rights movement is often overlooked, and celebrates one of America’s greatest heroes to ensure that her legacy lives on. **Running Time: 97 minutes**  
**Special Event Lunch: Members \$25 / Non Members \$25 (must register by February 14)**

---

**Tuesday, February 21, 11:15am - 12:45pm**

**#1060 The Ku Klux Klan in 1920’s Colorado: It is the #2 State**

**Instructor: Katherine Sturdevant (the instructor will teach via Zoom into the classroom)**

The Ku Klux Klan was born in the South in 1866 as a resistance movement against Post-Civil War Reconstruction. Its next large-scale revival spread across the Midwest and West, largely as a nativist response to immigration. Thus, it found a home in Colorado, which was second in membership only to Indiana. Its impact here is an amazing and cautionary tale.

**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 Pikes Peak Library District. Her first two books teach using historical method in family history. As a social historian, Kathy emphasizes past people’s authentic experiences.

**Members \$30 / Non Members \$50**

---

**Tuesday, February 21, 11:15am - 12:45pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, February 22, 11:15am - 12:15pm**

**#1061 Signs and Symptoms of Stroke**

**Instructor: Katja Henderickson**

Learning the signs and symptoms of a stroke can help save lives. In this interactive presentation you will become knowledgeable about what to do when a stroke is happening, how to prevent it, and what can be done for treatment. This class is taught by a registered nurse who is the stroke coordinator for UC Health.

**Katja Henderickson, RN** is UC Health's Stroke Program Coordinator.

**Members \$20/ Non Members \$40**

---

**Wednesday, February 22, 12:30pm – 2pm**

**#1062 Movie Time and Lunch**

**Moderator: Sandy Halby**

Join us for a movie and lunch. Popcorn and soda will also be provided.

**Members \$10 / Non Members \$10**

---

**Thursday, February 23, 11:15am - 12:45pm**

**#1063 Cyberspace and Space**

**Instructor: Jamil Brown**

The internet, also known as cyberspace, has a long and storied relationship with satellite and space operations. This class will look at that relationship, where things stand today, and what the future of the cyberspace and space relationship looks like.

**Jamil Brown, MBA and MS** in International Relations from Troy University. He is a national security researcher and practitioner. Jamil previously served as a fellow for the US Air Force Academy Institute for Future Conflict. In his previous role as an Air Force Academy instructor and fellow, he was responsible for leading the Dean's future conflict and innovation education support efforts. In his current role he continues to coordinate future conflict research opportunities. Jamil has served as a satellite operator, space operations planner, and USAF Weapons School instructor. He has an undergraduate degree in economics. He also holds graduate degrees in international relations and business administration.

**Members \$30 / Non Members \$50**

---

**Thursday, February 23, 1:30pm - 3:00pm**

**#1064 *Red Wings, Eastern Skies: Aviation Development in Russia's Far East***

**Presenter: David Bachler**

David Bachler, the author of *Red Wings, Eastern Skies: Aviation Development in Russia's Far East*, will examine the aviation investment, struggles, and achievements in Russia's Far East, including the building of lucrative international Arctic air routes. The author will show in this presentation his experience as a military pilot, a Russian historian, and an airline captain for over four decades.

**Lt. Col. David Bachler, USAF, Ret, MA**, in History from University of Colorado and Master of Arts in History from University of Hawaii at Manoa. He is a Command Pilot with over 3,400 military flight hours. David is United States Air Force Academy Assistant Professor of History and course director for upper

division Russian History courses. He also is a United Airlines Boeing 737 Captain with over 4,000 commercial flight hours.

**Members \$30 / Non Members \$50**

---

**Tuesday, February 28, 10:00am - 11:30am**

**#1070 Tour of Blue Star Recycling**

**Tour Leader: Bill Morris**

In 2009, Blue Star Recyclers was founded in Colorado Springs to provide adults with disabilities in our community with meaningful and competitive employment. Thirteen years later they have grown to become Colorado's largest electronics recycler, with an employment model replicated in the US and abroad. Learn how Blue Star transforms waste into local opportunity and positive impact for everyone. **Max: 6**

**Location: Blue Star Recycling, 100 Talamine Court in Colorado Springs 80907**

**Bill Morris** has spent 25 years in the telecom industry and founded Blue Star Recycling 13 years ago.

**Members \$20 / Non Members \$40**

---

**Tuesday, February 28, 1pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**March 2023**

**Wednesday, March 1, 11:15am - 12:15pm**

**#1071 The History and Beauty of Red Rocks**

**Moderator: Judy Casey**

If you have ever been to Red Rocks amphitheater, you have experienced the beauty of nature, as well as the beautiful acoustics. The walls of Red Rocks Amphitheatre are sandstone and are higher than Niagara Falls and are part of the geological Fountain Formation which was deposited approximately 280 million years ago. A 15-mile drive from Denver, Red Rocks has been designated as a National Historic Landmark by the National Park Service and Department of the Interior. The Red Rocks Amphitheatre is probably the greatest single project of the Civilian Conservation Corps (CCC) and one of the most memorable accomplishments of the New Deal's public works programs. Bring your stories of Red Rocks for the discussion after a video.

**Judy Casey, MA** in Education from the University of Massachusetts at Amherst. She is a retired literacy specialist, elementary school principal, and a community volunteer.

**Members \$20 / Non Members \$40**

---

**Wednesday, March 1, 1:00pm - 3:30pm (2.5 hour class)**

**#1072 The Most Important Scientific Discoveries About Our Universe Made During YOUR Lifetime**

**Instructor: Dr. Henry Gertzman**

Many exciting discoveries about our Universe have been made during our lifetime. These include knowledge about the Big Bang, Cosmic Microwave Background, gravitational lensing, dark matter, the twenty closest stars to the Sun, star clusters and superclusters, rotational motion of the Milky Way, colliding galaxies, the Deep and Ultra Deep Fields, composition of the Universe, energy budget of the Universe, cosmic inflation, and the large-scale structure of the Universe. We will end with twenty-seven Most Important Things to Remember.

**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.  
**Members \$30 / Non Members \$50**

---

**Thursdays, March 2, 9, and 16, 11:15am - 12:45pm**  
**#1073 The Constitution: Love it or Leave it (a three part class)**

**Instructor: Daryl Kuiper**

In a three week adventure, we will have three open discussions as to the original intent of the writers of the Constitution and the present understanding of this, our founding document. Each week, we will read and discuss one of the three branches of government that this document formed. We will discuss needed changes, a total overhaul, or just ditching it. We will look at the federalist and antifederalist papers for further insight. Join in for vigorous and enthusiastic discussions. Impress your friends with your new-found knowledge. Let's do our best for future generations. [Bring or download a copy of the Constitution.](#)

**Daryl Kuiper, MA** in Mathematics from the University of Nebraska, and a BA in Mathematics from the University of Colorado. He has been a teacher, business owner, plumbing inspector supervisor, and a school administrator.

**Members \$50 / Non Members \$75 - for all three classes**

---

**Tuesday, March 7, 11:15am - 12:45pm**  
**#1080 The History of the Fremont Forest Experiment Station (aka Fremont Experimental Forest)**

**Instructor: Eric Swab**

The instructor will give an illustrated history of the early forest service, explain the development of the science of reforestation, and tell the history of the station on Pikes Peak.

**Eric Swab, MFA** in Fine Arts in Sculpture from the Rhode Island School of Design. He performs historic research for the U.S. Forest Service as a volunteer. Eric is a meticulous researcher of history regarding anything related to Colorado's Pike Peak region and its Front Range. *The Granite Attraction* is Eric's third book following his works on the Mount Manitou Incline: *The Manitou Incline: From Utility to Attraction* and the history of trail maker Fred Barr: *Fred Barr – Pikes Peak Entrepreneur*.

**Members \$30 / Non Members \$50**

---

**Tuesday, March 7, 1:00pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, March 8, 11:15am - 12:45pm**

**#1081 The History of the El Paso Canal**

**Instructor: John Haney**

General Palmer, Colorado Springs founder and first "developer" of Colorado Springs, sought to sell lots and create a lush resort on ground that was nothing more than dry desert. To this end, he constructed the El Paso Canal. The presentation will show how the canal contributed to the city's early growth and development and what it is used for in today's world.

**John Haney, MS** in Urban Planning from the University of Arizona. His career was as a Commercial Property Manager at Pikes Peak Area Council of Government. He founded and currently is on the board of the Pikes

Peak Historical Street Railway Foundation. He is on the board of the Historic Preservation Alliance of Colorado Springs. He is the co-author of three books about trolleys.

**Members \$30 / Non Members \$50**

---

**Wednesday, March 8, 1:30pm - 3:00pm**

**#1082 Readers Theatre presents St. Patrick's Day**

Wear your green and don't step on the leprechauns as PILLAR Readers Theatre celebrates Ireland and St. Patrick's Day! **Please join us as our Pillar Readers Theatre players recreate the Golden Age of Radio.**

**Members \$5 / Non Members \$5**

**Wednesday, March 8, 2:30pm-4:00pm**

**#1083 After Readers Theatre Performance Refreshments: Green Beer and Irish Fare.**

**Members \$10 / Non Members \$10**

**Monday, March 13, 1:00pm - 2:30pm**

**#1090 Philosophical Discussion: What is a Country? Can Ours Survive? Should It?**

**Moderator: Daryl Kuiper**

Ever wonder about the future of our country? What really is our country? What makes a nation? It is Power, a common language or religion, a belief in democracy or capitalism? Ever think about our present status? How could we do better? These are just some of the issues we will take up in this philosophical discussion. Come join us. A lively interchange of ideas is sure to ensue.

*Philosophy is the love of knowledge. Daryl will act as moderator, but your views will be the substance of the discussion. You will either gain new insights or have your existing ones strengthened. This class will be an open discussion, so bring your opinions and ideas! A topic paper will be emailed to you to review before the class. The purpose of this paper is to stir your philosophical juices.*

**Daryl Kuiper, MA** in Mathematics from the University of Nebraska, and a BA in Mathematics from the University of Colorado. He has been a teacher, business owner, plumbing inspector supervisor, and a school administrator.

**Members \$20 / Non Members \$40**

---

**Tuesday, March 14, 11:15am -12:45pm**

**#1091 Hinduism**

**Instructor: Martin Cook (the instructor will teach via Zoom into the classroom)**

"Hinduism" is a term used by British colonialists to attempt to grasp the enormous religious diversity of India. Despite that diversity, there are a number of concepts and themes widely distributed across India such as karma, atman, samsara, moksha/nirvana and caste and caste-duty or varna dharma.. This course will explain and explore these concepts. In addition, it will explain the key concepts of the great Indian classic book, *The Bhagavad-Gita*, in which the god Krishna explains to Prince Arjuna why he must fight a civil war to regain his throne, despite his personal aversion to killing, especially of family members and revered teachers on the opposing side. We will conclude by exploring the various paths to enlightenment available to devout Indians (fulfilling caste obligations, meditation and withdrawal from society, and worship of a personal god).

**Martin Cook, PhD and MA** in Philosophy and Religion from University of Chicago. His work experience includes Admiral Stockdale Professor of Military Ethics at the US Naval War College and Professor and Deputy Department Head of Department of Philosophy at the US Air Force Academy. Dr. Cook has taught comparative religion at the US Air Force Academy and at Ashesi University in Ghana.

**Members \$30 / Non Members \$50**

**Tuesday, March 14, 1:00pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, March 15, 10:00am - 11:00am**

**#1092 Michael Garman Museum Tour**

The Michael Garman Museum is the home of Magic Town, a 1/6-scale miniature city, complete with dozens of different scenes, hundreds of characters, and magical elements. With an eye for the true character of individuals and how they live, Michael has forever captured in sculpture the people who shaped America. **Max: 10**

**Location: 2418 W Colorado Ave, Colorado Springs, CO 80904**

**Members \$20 / Non Members \$20 (Registration must be made by March 13)**

---

**Wednesday, March 15, 1:00pm - 2:30pm**

**#1093 The Tragic Life of Rosemary “Silver Dollar” Tabor**

**Instructor: Steven Antonuccio**

Rosemary “Silver Dollar” Tabor was the daughter of Colorado Silver Baron Horace Tabor and Baby Doe Tabor. Losing his fortune after the silver crash, Horace Tabor died of appendicitis and left his wife and daughter penniless. The beautiful Silver Dollar Tabor aspired of being an actress and moved to Colorado Springs in 1914 to work as a supporting actress in the film “The Greater Barrier.” This remarkable film was discovered by Colorado film historian Dave Emrich in the Library of Congress. In 1990, he had it transferred to video and portions of this rare film, directed by Otis Thayer, will be shown during the program. This film was shot in several locations in Colorado Springs and is a time capsule of the Pikes Peak region in 1914. Rosemary “Silver Dollar” Tabor was tragically murdered in Chicago at the age of thirty-six.

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

**Check in at the front desk. This class will be in the basement classroom.**

**Steven Antonuccio, MLS** from Emporia State. Bachelor of Science 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.

**Members \$20 / Non Members \$40**

---

**Tuesday, March 21, 11:15am - 12:45pm**

**#2000 Space Education**

**Instructor: Jamil Brown**

We all talk about space but rarely do we talk about how and where to get educated about satellites and space operations. This class will serve as a high-level overview of satellites and space in general. Then we will dive into what space education opportunities exist in the local area.

**Jamil Brown, MBA and MS** in International Relations from Troy University. He is a national security researcher and practitioner. Jamil previously served as a fellow for the US Air Force Academy Institute for Future Conflict. In his previous role as an Air Force Academy instructor and fellow, he was responsible for leading the Dean’s future conflict and innovation education support efforts. In his current role, he continues to coordinate future conflict research opportunities. Jamil has served as a satellite operator, space operations planner, and USAF Weapons School instructor. He has an undergraduate degree in economics.

**Members \$30 / Non Members \$50**

---

**Tuesday, March 21, 1:00pm - 3:30pm**

**Tournament Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, March 22, 11:15am - 12:45pm**

**#2001 Geography is Destiny, Part I**

**Instructor: Julia Hargrove**

Why are the nations in the Northern Hemisphere generally more prosperous and politically stable than those in the Southern Hemisphere? Why was a “window on the West” so important to Peter the Great and Russia? What part do geography and climate play in disease and human mortality? Does geography influence the development of different cultures? What is the relationship between geography and natural resources? We will explore many of these questions as we look at the way geography influences human destiny.

**Julia Hargrove, MA** in American History from the University of Texas at Austin. She was a high school teacher for thirty years and was a professional writer of educational materials.

**Members \$30 / Non Members \$50**

---

**Wednesday, March 22, 1:30pm - 3:00pm**

**#2002 Abstract Art - “I Just Don’t Get It”**

**Instructor: Sandy Halby**

“Picasso, Pollack, Kandinsky, and Dali to name a few, I just don’t get their abstract art. Some of it might be pretty to look at, but I don’t understand it!” Let’s use this time to learn more about some of these abstract artists, learn about their backgrounds and take a look at their art, and try to get some insight into their paintings! Bring your own knowledge and preferences to this interactive class and help me learn there’s more to art than Charlie Russell and Xu Beihong!

**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.

**Members \$30 / Non Members \$50**

---

**Thursday, March 23, 11:15am - 12:45pm**

**#2003 Forensic Pathology 101: Pediatric Deaths Part 1: SUID (Sudden Unexpected Infant Death) – Current Thinking About its Risk Factors and its Relationship to Co-sleeping**

**Instructor: Dr. Deb Johnson**

This is the fourth in the FP101 series, but the first three classes are not necessary to get a lot out of this one. Each year, there are about 3400 sudden unexpected infant deaths in the US. These deaths occur among infants less than one year old and have no immediately obvious cause. About 27% of them are ultimately determined to be accidental as the result of strangulation or suffocation in bed. Thus, any discussion of SUID needs to include a discussion of the current thinking about the practice of co-sleeping with one’s infant.

First we’ll look briefly at the role of the medical examiner in determining infant death. Then we will go over the basics about SIDS and sleep-related SUID, review the basics of asphyxia and its different types, co-sleeping benefits, current understanding of co-sleeping risks, death certification-caused problems in epidemiology research, and better strategies for reducing infant sleep-related death. We will also examine several cases from my autopsy log over the years.

**Deborah G. Johnson, MD** from CU Denver School of Medicine, an MS in Physical Chemistry from CU Boulder, and a BS in Chemistry Texas Tech Lubbock. She had a post-graduate residency in anatomic, clinical pathology at CU Health and The Children's Hospital and a forensic pathology fellowship at Office of the Medical Investigator, University of New Mexico. For twenty-seven years she was employed as a forensic pathologist/Medical Examiner at various locations. She is self-employed as a consultant in her own business, Pikes Peak Forensics, PC, founded in 2003. There she served as Clinical Laboratory Improvement Amendments (CLIA) medical director at Chematox in Boulder (2010 - 19). She has also worked extensively for the Colorado Public Defender's Office since 2017.

**Members \$30 / Non Members \$50**

---

**Tuesday, March 28, 11:15am - 12:45pm**

**#2010 What is a Memory Screen and Why is it Important?**

**Presenter: UCCS Aging Center**

This is an opportunity to learn about an early cognitive screen that provides a baseline assessment of cognition. The screen helps to determine if memory or thinking difficulties are typical or a signal of a more serious problem. A baseline assessment is also very helpful for comparison if memory concerns arise in the future.

**FREE Members / \$10 Non Members**

---

**Tuesday, March 28, 1:00pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, March 29, 11:15am - 12:45pm**

**#2011 Geography is Destiny, Part II**

**Instructor: Julia Hargrove**

This class is the second half of the continuing investigation into the many ways that geography influences human destiny.

**Julia Hargrove, MA** in American History from the University of Texas at Austin. She was a high school teacher for thirty years and was a professional writer of educational materials.

**Members \$30 / Non Members \$50**

---

**Wednesday, March 29, 1:30pm - 3:00pm**

**#2012 Election 2024: The Early Bird Edition**

**Instructor: Phil McDonald**

Political junkies (like me) are always looking forward to the next election. Accordingly, bring on 2024! In this class, we will rub the crystal ball and do our best to forecast the political developments of 2024. We will identify the major players and issues that will define the politics of the next presidential election. Come join the fun!

**Phil McDonald, MSE** from Drake University. Phil retired after a 30-year career of teaching government, United States history, and psychology classes. He served as Adjunct Professor of Government and Psychology for Upper Iowa University and was nominated for Who's Who among American Teachers.

**Members \$30 / Non Members \$50**

---

**Thursday, March 30, 11:15am - 12:45pm**

**#2013 Oil Painting Basics**

**Instructor: Don Rossi**

This class will focus on the basics of composition and painting with oil. We will go over techniques, composition, color mixing, palettes, brushes and color matching using oils and some acrylics. Art is a discipline that can be learned by anyone even if you believe that you have two left hands. This class is lecture only. No actual painting will be done.

**Don Rossi, MS** 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.

**Members \$30 / Non Members \$50**

---

**April 2023**

**Tuesday, April 4, 11:15am - 12:45pm**

**#2020 A Hundred Years of Warner Bros!**

**Instructor: Sandy Halby**

Warner Bros. was founded one hundred years ago on April 4, 1923. We all recognize the iconic WB logo from Looney Tunes; the many, many films Warner Bros. produced; and the entertainment venues and video games from the company. Warner Bros. today is home to Wizarding World and the Harry Potter movies, Game of Thrones, and Hanna-Barbera, to name a few immediately recognized brands. Let's learn a bit more about this studio's history, the stars that walked through its sound stages and across its screens, and what might be coming in the future!

**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.

**Members \$30 / Non Members \$50**

---

**Tuesday, April 4, 1:00pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

**Wednesdays, April 5, 12, and 19, 11:15am - 12:45pm**

**#2021 An Invitation to a Peaceful Death (a 3-part series)**

**Instructor: Sandra Felt**

Organizing our legal and personal affairs to ease our death for both ourselves and our loved ones can be a daunting challenge. The Five Wishes model together with this simple 3-session workshop will walk you through ways to understand and document your personal preferences with group support and even a bit of humor. Participants are strongly encouraged to attend all three sessions. Five Wishes booklets and other useful handouts will be provided.

**Sandra Felt, MSW** in Social Work from Syracuse University. She has been a psychotherapist, a presenter of conference workshops and is a Certified Conscious Dying Coach and Licensed Clinical Social Worker. Sandra has been in private practice in Colorado Springs for the past forty years and has helped numerous survivors heal from traumatic experiences. She is the author of *Beyond the Good Girl Jail: When You Dare to Live from Your True Self*. Her current focus is helping people make peace with aging, dying, death, and grief.

**Members \$50 / Non Members \$75 - for all three classes**

**Wednesday, April 5 - Class #1**

How do you want to be treated medically?

Choosing a Medical Power of Attorney, we trust (wish 1)

How the medical system works – quality vs. quantity of life (wishes 2 & 3)

The challenge of calming our fears

**Wednesday, April 12 - Class #2**

What will help you feel peaceful?

Training our “love circle” to provide the care we want (wish 4)

Emphasizing choices to do it our own way

The challenge of letting go of our need to control

**Wednesday, April 19 - Class #3**

How do you want to be remembered?

The legal issues of death – will, death certificate, burial/cremation (wish 5)

Permission to live fully from our true self until we die

The challenge of completing our life with no regrets

**Wednesday, April 5, 1:30pm – 3:00pm**

**#2022 Geopolitics: China**

**Instructor: Dr. Jim Poole**

The relationship between nations is not so much about politics as much as it is about Geopolitics. Geopolitics is the study and practice of the relationship between geography, demographics, the economy, culture, the history of a nation and politics, and how these affect its relationship with other nations.

This talk will go over the basics of the geography (not as boring as it sounds), history, culture, and economics of China, so we can better understand the current issues facing China and how they may react. Did you know China is considered one of the cradles of civilization with the first written record dating back to 1250 B.C. It has the 3rd and 6th longest rivers (Yangtze and Yellow) in the world. It has the fastest aging population in the world. Will China become the largest economy in the world by the end of the decade, as so many think? Also, we will find out about the relationship that China has with its neighbors, such as Taiwan, Japan, Australia, Africa, etc. Also, what is this Belt and Road initiative? How is it working out? What is the future relationship between China and the US? How does Mexico play into this?

**Jim Poole, PhD** in Applied Statistics from University of Northern Colorado, MS in Economics, MS in Geology. Dr. Poole spent 5 years working as a geologist and 35 years in various roles working for major banks. Jim retired in 2015 and spends a lot of time traveling, reading, and studying geopolitics, and photography, his real true passions.

**Members \$30 / Non Members \$50**

---

**Thursday, April 6, 10:00am – 11:30am**

**#2023 North End Walk: Wood Avenue**

**Tour Leader: Katie Rizzo**

During this walk, we'll explore together the Wood Avenue area in the Old North End section of Colorado Springs. We'll walk past several old homes and discuss a bit of history and/or architecture of the home. This walk will be approximately 1.5 miles in length. The instructor will provide handouts on the homes that will be provided at the start of the walk. Bring your local history knowledge, some water, and your walkin' shoes!

**Location: Tour will begin at the northwest corner of Wood Avenue and Uintah St.**

**Katie Rizzo, MPA** in Public Administration from the University of Oklahoma. She spent 10 years as a middle school teacher – four of those years at an international school in Damascus, Syria. Additionally, she’s worked as an academic advisor for an online college and as a career counselor for the US Army. She has also lived in Japan and Australia.

**Members \$20 / Non Members \$40**

---

**Monday, April 10, 1:00pm-2:30pm**

**#2030 Philosophical Discussion: Ethical Issues, Role Play, and Learn**

**Moderator: Daryl Kuiper**

*Philosophy is the love of knowledge. Daryl will act as moderator, but your views will be the substance of the discussion. You will either gain new insights or have your existing ones strengthened. This class will be an open discussion, so bring your opinions and ideas! A topic paper will be emailed to you to review before the class. The purpose of this paper is to stir your philosophical juices.*

Through the philosophical classes that I have presented, we have discussed many ethical issues in theory. Those with enough chutzpah can try to put into action, during this role playing class, what we have discussed. The list of ethical dilemmas that will be presented is designed around everyday encounters. Frequently, it is the small decisions we make that truly define our moral character. Role playing is good practice no matter what you do: sports, speaking, music, etc. It lets you simulate your actions for further review before it really counts. It can be fun too. You can just observe the rest of us role playing or you can join in. Either way you will have fun and you will learn on top of it: a win-win. Let's play. First timers are invited.

**Daryl Kuiper, MA** in Mathematics from the University of Nebraska, and a BA in Mathematics from the University of Colorado. He has been a teacher, business owner, plumbing inspector supervisor, and a school administrator.

**Members \$20 / Non Members \$40**

---

**Tuesday, April 11, 11:15am - 12:45pm**

**#2031 Argentina’s Tango: Its Myriad, Multicultural Roots (presenters will be coming to us in the classroom via Zoom)**

**Moderator: Aaron Casey**

The Argentine Tango originated in the streets of Buenos Aires, Argentina, in the late 19th century. The roots of this dance lie in African candombe, Cuban habanera, as well as waltzes and polkas. It was a popular dance among European immigrants, former slaves, and the working and lower classes. It remains Argentina’s iconic dance. Our presenters will sketch its history and significance, and show off some moves.

Join us for this fascinating masterclass and then join our September 1-10, 2023, trip to the region. We’ll visit winelands, experience ranch culture, and yes, dance the tango!

**Aaron Casey, MPA** from the University of Texas at Austin. He has explored the history, culture, and art of a variety of peoples & places worldwide. He has lived in France, Zimbabwe, and the United Kingdom, and has deep experience as well in Ghana, Brazil, and South Africa. In recent years he has collaborated with Indigenous communities globally, including here in the USA with Washington state’s Suquamish tribe.

**Members \$30 / Non Members \$50**

---

**Tuesday, April 11, 1:00pm - 3:30pm**

**Tournament-Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, April 12, 1:30pm - 3:00pm**

**#2033 “Just in Case”**

**Instructor: Chuck Cabell**

“My Dad, who was usually a very well-organized man, died suddenly at the age of 67, leaving us all to scramble to make sure our Mom was well taken care of, that the house payments would continue to be made, and that we contacted everyone who should be contacted.”

In this class, we will discuss whom to notify (such as extended family), powers of attorney, prepaid funeral homes or cemeteries, newspapers (obituary), businesses, and associations like colleges. We also don’t want to forget about investments, military documents, passwords, personal property, recurring payments, and simple things like how to turn on/off a stereo or phone. There are many more places to notify or change. It can be overwhelming. Come and let’s discuss what you should take care of “Just in Case.”

**Charles Cabell, Jr.**, a 1958 graduate of West Point, has a DPA (Public Administration) from the University of Southern California and an MS in Astronautics from Air Force Institute of Technology. He served 30 years in the U.S. Air Force and is a Retired Brigadier General.

**Members \$20 / Non Members \$40**

---

**Thursday, April 13, 11:15am - 12:45pm**

**#2034 Increasing STEM Awareness & Education**

**Instructor: Jamil Brown**

Understanding STEM (Science, Technology, Engineering, and Math) is becoming increasingly important. This class is a presentation of a report accomplished two years ago that looks at the state of STEM education in the country, its role in developing a space-minded professional cadre, and where national leaders can potentially go in order to improve STEM awareness and education.

**Jamil Brown, MBA and MS** in International Relations from Troy University. He is a national security researcher and practitioner. Jamil previously served as a fellow for the US Air Force Academy Institute for Future Conflict. In his previous role as an Air Force Academy instructor and fellow, he was responsible for leading the Dean’s future conflict and innovation education support efforts. In his current role he continues to coordinate future conflict research opportunities. Jamil has served as a satellite operator, space operations planner, and USAF Weapons School instructor. He has an undergraduate degree in economics. He also holds graduate degrees in international relations and business administration.

**Members \$30 / Non Members \$50**

---

**Tuesday, April 18, 11:45 - 12:45pm**

**#2040 Revolutionary War Women’s Service: Camp Followers, Spies, and a Remarkable Impersonation**

**Instructor: Katherine Sturdevant (the instructor will teach via Zoom into the classroom)**

Women served America in its War for Independence in the many ways that women always have played wartime roles. For many, however, this backyard war front made them more vulnerable, spurring them to greater activist activism than their previous experiences or ability to foresee. The lengths to which some would go even challenged the assumptions of General Washington and provide heroic examples of early American “cross-dressing.”

**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 Pikes Peak Library District. Her first two books teach using historical method in family history. As a social historian, Kathy emphasizes past people's authentic experiences.

**Members \$30 / Non Members \$50**

---

**Tuesday, April 18, 1:00pm - 3:30pm**

**Tournament Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**Wednesday, April 19, 1:30pm - 3:00pm**

**#2041 The History of the Pauline Chapel**

**Instructor: Sarah Woods**

This lecture will share the history of Pauline Chapel built by Julie Penrose in 1919. The discussion will focus on Mrs. Penrose's motivation for building the chapel, the meaning behind the name 'Pauline,' and the many works of art and religious relics found inside.

**Sarah Woods, MLIS**, Master of Library Science specializing in Archives & Records Management from Indiana University, Bloomington, IN. She was a member of the Society of American Archivists, the American Alliance of Museums, and the American Association for State & Local History. She cofounded the Pikes Peak Archives & Museum Network with another archivist in the Pikes Peak region. Sarah has worked in academic archives, historic house museums, and has presented at professional conferences.

**Members \$30 / Non Members \$50**

---

**Thursday, April 20, 11:15am-12:15pm**

**#2042 Supporting Your Back and Spine Health**

**Instructor: Carrie Kirk, MSN, RN**

Presentation includes basic spine anatomy, risk factors for injury, minimizing risk of back injury, common injuries and ways to maintain a healthy spine. Discussion points include exercises and key ways to optimize back health with Q&A at the end.

**Carrie Kirk, MSN, RN** has been a Registered Nurse for fifteen years with experience in Intensive Care and Emergency Departments in roles such as Clinical Nurse Educator and Clinical Resource Nurse. She now serves as the UC Health Colorado Springs Inpatient Spine Program Coordinator at both Memorial Central and Memorial North Hospitals. She has a passion for empowering the community with knowledge on how to prevent spinal injuries and maintain a healthy spine.

**Members \$20 / Non Members \$40**

---

**Tuesday, April 25, 1:00pm - 3:30pm**

**Tournament Style Mah Jongg Play**

Every Tuesday afternoon, we will play Mah Jongg with the 2022 National Mah Jongg League card. Points will be added up for each term. **\$2 per session. Pay at the door.**

---

**PILLAR has partnered with Adam and Son Auto Repair and Service for a practical fundraiser. PILLAR will receive 80% from the oil change packages and 5% from other car services! There are two locations. To purchase an oil change package, go to <https://adamandson.com/our-social-impact-programs/trifecta-program/> and choose **PILLAR in the dropdown.****

**Briargate Location**  
**2773 Briargate Blvd**  
**844-750-0443**

**Austin Bluffs Location**  
**4365 Austin Bluffs Pkwy**  
**833-647-1321**



## TRIFECTA PROGRAM

Partnering with PILLAR Institute

Visit our website [AdamAndSon.com](http://AdamAndSon.com) to purchase your package today, just click on *Trifecta* under *Our Social Impact Programs*

\*Limit 2 packages per household\*

	3 Pack Oil Change		5 Pack Oil Change	
	Includes: 3 Oil Changes and 1 Tire Rotation		Includes: 5 Oil Changes, 2 Tire Rotations and 1 set of Wiper Blades	
ADAM & SON — AUTO REPAIR AND SERVICE —	Semi-Synthetic Customer Price: \$100	Full Synthetic Customer Price: \$120	Semi-Synthetic Customer Price: \$175	Full Synthetic Customer Price: \$225
Regular Retail Price:	\$180	\$240	\$348	\$448
Savings to the customer:	\$80	\$120	\$173	\$223
PILLAR Institute Receives:	\$80	\$96	\$140	\$180
Stranded Motorist Fund Receives:	\$20	\$24	\$35	\$45



## TRIFECTA PROGRAM

This program is named the "Trifecta" because it is a win, win, win.

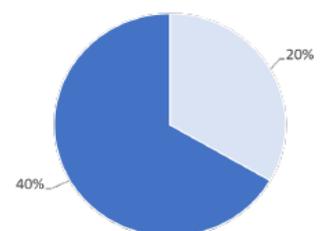
- Adam & Son Auto Repair provides high-quality auto services for a fraction of the cost—a win for the customer
- 80% of the purchase price goes directly to *PILLAR Institute*—a win for our Partner Organization
- The remaining 20% goes to *Stranded Motorist Fund*—a win for people in need within our community!

Adam & Son will also donate to *PILLAR Institute* 5% per visit (up to \$100) of any other services or repairs we perform for you! Even after you have used up your Oil Pack and you continue to support Adam & Son, we will keep donating to *PILLAR Institute* as long as it is operating and is still in need!

Adam & Son founded *Stranded Motorist Fund* as a 501(c)3 non-profit to help the most vulnerable people in our community who can't afford to fix their cars. Often these are domestic violence victims, low-income or homeless veterans, and single moms. With proof of financial hardship and based on funding available, Adam & Son repairs—and in some cases provides—cars at a greatly reduced rate or no cost at all.

100%  
of your purchase goes toward helping causes and clubs in **our** community

Your Contribution



■ Stranded Motorist Fund ■ PILLAR Institute