

# PILLAR Class Catalog

Summer 2022 In-person, Zoom, and Video classes  
*...For People Who Love to Learn...*



## PILLAR Office and Classroom

Enter the mall between Dillards and Aladdin Rug Gallery on the north side of Chapel Hills Mall and walk straight ahead to PILLAR.

1710 Briargate Blvd., Suite 847, Colorado Springs, CO 80920  
719-633-4991      info@PillarInstitute.org  
<https://www.PillarInstitute.org/>

## PILLAR Office Hours

Monday	9:30am-3pm
Tuesday	9:30am-3pm
Wednesday	9:30am-12pm
Thursday	9:30am-12pm
Friday	Closed

## 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.

As PILLAR looks forward, it will be refocusing on its main mission and vision of lifelong learning, volunteerism, and socialization. Now is the time to come back to the classroom and be present for the instructors who are giving so much of their time and expertise for us to learn. Hybrid classes served a purpose for a while, but they are a lot of work for a very small staff and they are hindering good classroom interaction and engagement. Therefore, going forward our focus will be on the in-person class, which is preferred by the majority of our instructors and participants. We will still offer Zoom and video for some classes, but we will focus our energies on the in-person class. As an incentive to come back to the classroom, PILLAR will offer a **Summer Inflation Special** of \$20 for PILLAR members to take in-person classes. PILLAR has always been about learning and social engagement with one another and that is what our focus will be going forward.

*Vickie Heffner*  
PILLAR Executive Director

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**PILLAR Mission Statement:** To provide lifelong learning opportunities for engaged adults.

**PILLAR Vision Statement:** PILLAR Institute believes in enhancing adult brain health through active learning opportunities.

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## PILLAR Membership

PILLAR is a membership organization. Although PILLAR membership is not required to take classes, purchasing a membership will provide a discounted class fee.

**\$75 for a 12-Month PILLAR Membership**  
[Membership | Pillar Institute](#)

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## Important Class Registration Information

- Pre-registration is required for all classes.
- Register early for in-person classes, as in-person classes will be limited in size.
- Each class is approximately 90 minutes.
- 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.

**To attend classes in the PILLAR classroom, proof of vaccination is required. Masks are optional.**

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Cover Image from [Geralt from Pixabay](#)

**Wednesday, June 29, 2-4pm**

**#3000 PILLAR Open House**

Wine, cheese and crackers, and desserts will be served. Come and see your friends. Register for classes. Bring your vaccination cards if you haven't attended class before. Masks are optional.

**FREE**

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**Summer 2022 Classes**

*July 2022*

**Tuesday, July 5, 10am**

**#3001 History and Mesa Verde National Park**

**Instructor: Katherine Sturdevant**

*(instructor will teach via Zoom into the classroom)*

Mesa Verde National Park has been the object of many competing interpreters, protectors, and exploiters since European newcomers first wondered at its remarkable "cliff dwellings." Its features have survived misnaming and renaming, pothunters and archaeologists, and competition among enthusiastic clubwomen who adopted it as their project. This last phenomenon even spawned an artificial recreation of the place that remains controversial but still does remain. The park serves as an archaeological and historical attraction, surrounded by lesser known relics, above and below ground, of regional cultures about which we have barely scratched the surface.



**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 Community College's Senior History Professor and started teaching with what became PILLAR when PPCC 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 methods in family history. As a social historian, Kathy emphasizes past people's authentic experiences.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Tuesdays in July, 12:30-3pm**

**#3002 July Mah Jongg Play (This is not a class.)**

Ready to play Mah Jongg at PILLAR on Tuesdays? Every Tuesday afternoon, we will play Mah Jongg. There will be Beginner and Intermediate Tables. Bring your friends. Bring some change. If you need Mah Jongg lessons, another Beginner Mah Jongg class will be taught in September.



**To play: \$10 Members/\$20 Nonmembers for the whole month of July**

**To watch: FREE**

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**Wednesday, July 6, 10am**

**#3003 The History of New Orleans Part II**

**Instructor: Julia Hargrove**

This is a continuation of the class: History of New Orleans held in the spring.

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. Thus, we have Andrew Jackson and the pirate Jean Laffite,



zydeco and jazz, jambalaya and beignets, Mardi Gras and Super Bowls, Catholicism and Voodoo, Jim Bowie and Marie Laveau. Come with me on a trip to historic New Orleans and “laissez les bon temps rouler!”

**Julia Hargrove, MA** in American History from the University of Texas at Austin. She was a high school teacher for 30 years and was a professional writer of educational materials.

**In-Person \$20 Member/\$30 Nonmember**

**Zoom and Video \$30 Member/\$40 Nonmember**

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**Thursday, July 7, 10am**

**#3004 The Glenwood Canyon Highway**

**Instructor: Judy Casey**

*(instructor will teach via Zoom into the classroom)*

The Glenwood Canyon Highway is one of the most scenic highways in the United States. It was completed in 1992 and remains an architectural and engineering feat. A discussion will follow a video presentation.



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

**In-person only \$20 Members/\$30 Nonmembers**

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**Monday, July 11, 1pm (note time)**

**#3005 Philosophical Discussion: The Legal System**

**Moderator: Daryl Kuiper**

We will discuss the legal system. How well do you think our legal system works? What are good laws? What are bad laws?



*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.

**In-person only \$10 Members/\$20 Nonmembers**

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**Tuesday, July 12, 8am (note time)**

**#3006 Special Event: The Royal Carriages of Egypt - Zoom only class**

**Moderator: Aaron Casey**

Our class offers a fascinating peek into 19th and 20th century Egyptian history and culture via a dialogue with curators at Cairo’s Royal Carriages Museum! This museum showcases a unique collection of royal carriages from the reign of Khedive Ismail (1863-1879) to the reign of King Farouk (1936-1952). Khedive Ismail founded the museum, which houses a great variety of beautiful carriages, including those offered as gifts by visiting foreign dignitaries. One of the museum’s most distinguished objects is the Grand Alay Carriage, characterized by the finest of workmanship and highly elaborate decoration. It was the gift of Emperor Napoleon III of France and his wife, Empress Eugenie, to Khedive Ismail at the Suez Canal’s inauguration in 1869. In 1942, for the opening of parliament, King Farouk ordered that the Alay carriage be restored to its original glory. The Grand Alay display also features horse-riding equipment, the uniforms of Carriage Service employees, and oil paintings of the era.



**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.

**Zoom \$30 Members/\$40 Nonmembers**

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**Wednesday, July 13, 10am**

**#3007 The Great Trek West of the Mormons: The Rise and Expansion of the Church of Jesus Christ of the Latter-Day Saints**

**Instructor: Dr. Michael LeMay**

This class will follow the migrations of the Mormons, explore the founding of the Mormon Church, the Doctrines of Polygamy and the Celestial Marriage, and the Mormon Articles of Faith, and conclude with Mormons and politics today.



**Michael LeMay, Professor Emeritus** at California State University at San Bernardino, PhD in Political Science and History from the University of Minnesota, a BS and MA in Political Science and History from the University of Wisconsin. He is a retired professor who taught for 35 years at the University of Wisconsin, Frostburg State, and California State University at San Bernardino. He has written 36 books.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Thursday, July 14, 10am**

**#3008 The Second Amendment: What It Meant When It Was Written, and What It Means Today**

**Instructor: Tom Menza, JD**

When this country was formed, it was with the idea that individual states would run their own affairs with minimal federal interference. Yet, there was a need for a central government to conduct certain common affairs, such as, a monetary system, a postal system, standardized trade tariffs, and a common defense. But there was no federal army. So, the states would provide their militia. When the Bill of Rights was codified, this state right to have a militia was key to the Second Amendment. However, as the country went from rural to urban, the need for protection was questioned. We will discuss today's issues of public safety vs. individual rights and the history of the Second Amendment.



**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.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Tuesday, July 19, 10am**

**#3010 The Priceless Art of the Fabergé Eggs**

**Instructor: Sandy Halby**

Alexander III and Nicholas II are perhaps two of the most famous Russian Tsars. They are almost as famous as the fabulous Fabergé Eggs they commissioned as Easter gifts for their wives and mothers. Let's learn about the creator of the eggs, Peter Carl Fabergé, his House of Fabergé, and the priceless and beautiful "Imperial Eggs" he created.



**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.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Wednesday, July 20, 10am**

**#3011 The War in Ukraine: Perspectives from Ethics, International Law, and the Just-War Tradition**

**Instructor: Dr. Martin Cook**

*(instructor will teach via Zoom into the classroom)*

The ongoing war Russia is conducting in Ukraine challenges a number of well-established international norms. This class will examine those challenges in some detail. We will review the prohibition of wars of aggression and capturing territory by force as they are enshrined in the Charter of the United Nations. We will examine the ways in which Russia is conducting its war in light of the Just-War Tradition both as an ethical tradition and as instantiated in International Law. And we will critically assess whether Russia's conduct rises to the standard of genocide as defined in the Genocide Convention of 1949. Also, we will examine the various justifications Russia has offered for fighting this war in the first place.



**Martin Cook, PhD & 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.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Thursday, July 21, 10am**

**#3012 The Ghosts of Gilman**

**Instructor: Steven Veatch**

*(instructor will teach via Zoom into the classroom)*

If you are a history buff and just enjoy poking around ghost towns, you'll have the time of your life in this presentation on Gilman by Steven Veatch. Gilman is an abandoned mining town in southeastern Eagle County, Colorado. Miners established the town in 1886 during the Colorado Silver Boom, and it became a center of lead and zinc mining in Colorado. Veatch will present historic and recent field trip photos of Gilman. You will see the old hospital, general store, geology lab, miner's hall, and other town buildings. You will feel a sense of astonishment and discovery as you tour this mining camp that turned into a company town. Veatch's remarkable photographs will leave you feeling like the residents had left only a week before, as so many artifacts remain. Today, this is private property and off limits to the public. Do not miss this program that examines an interesting part of Colorado's mining past through NEW photos.



**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 Veatch's great-grandfather attended Caribou's first school session in 1872.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

**Tuesday, July 26, 10am**

**#3015 What the Dead can Teach the Living? – or Dead Men Do Tell Tales**

**Instructor: Dr. Deborah Johnson**

You come across a dead body, but how do you know it's dead? What do you do next? Who do you call? (Not ghostbusters!) Will this person need an autopsy? What is involved in an autopsy?



None of us will avoid death; but we can avoid doing so prematurely by examining why and how people do. We will look at some interesting cases where the death was totally unexpected or not what it first appeared to be and examine cases “ripped from the headlines” that have raised lots of questions.

**Deborah G. Johnson, MD** from CU School of Medicine, Denver, CO and an MS, BS in Chemistry from CU Boulder, 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, UNM. For 27 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 CLIA medical director at Chematox in Boulder (2010 - 2019). She has also worked extensively for the Colorado Public Defender’s Office since 2017.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

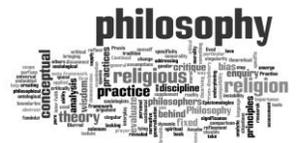
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**Wednesday, July 27, 10am**

**#3016 Religion and Philosophy: Distinct or Not?**

**Instructor: Daryl Kuiper**

Are religion or philosophy subsets of the other? Are they distinct, having nothing in common? Let’s dig into some of the most troubling issues that face both religion and philosophy and maybe gain some new insight.



**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. He also has had seminarian training.

**In-person only \$20 Members/\$30 Nonmembers**

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**Thursday, July 28, 10am**

**#3017 The Next Space Race: Cislunar Space Operations**

**Instructor: Major Jamil Brown**

Cislunar space has recently become more important in the space community and warrants more discussion as space exploration moves forward. This topic of discussion provides room to explore new economic opportunities, national security implications, and milestones on the path toward further space exploration. Attention has been increasing so much that in 2019, NASA and the US Space Force signed an agreement to cooperate on cislunar operations. What is cislunar? What does this mean for the US Space Force? What does this mean for Coloradoans? This class aims to provide an overview of cislunar space operations and what it could potentially mean for you.



**Major Jamil Brown, MBA** in Strategic Leadership from New England College, and MS in International Relations from Troy University. He is a space operations officer working at US Space Command. He focuses on space & technology policy and their impact on organizational development. Previously, he served as a Fellow at the US Air Force Academy Institute for Future Conflict. He is also a graduate of the US Air Force Weapons School and spent time as a satellite operator, space operations planner, and instructor.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

*August 2022*

**Monday, August 1, 10am**

**#3020 Digestive Health 101: Addressing the Root Causes of Digestive Discomfort**

**Instructor: Dawn Franz**

Today, 70% of Americans experience digestive-related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression, and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.



**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.

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

**In-person \$20 Members/\$30 Nonmembers**

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**Tuesday, August 2, 10am**

**#3021 Special Event: The Royal Carriages of Egypt**

**Moderator: Aaron Casey**

This class is the recording of the Zoom class held earlier this quarter. It will offer a fascinating peek into 19th and 20th century Egyptian history and culture via a dialogue with curators at Cairo's Royal Carriages Museum! This museum showcases a unique collection of royal carriages from the reign of Khedive Ismail (1863-1879) to the reign of King Farouk (1936-1952). Khedive Ismail founded the museum, which houses a great variety of beautiful carriages, including those offered as gifts by visiting foreign dignitaries. One of the museum's most distinguished objects is the Grand Alay Carriage, characterized by the finest of workmanship and highly elaborate decoration. It was the gift of Emperor Napoleon III of France and his wife, Empress Eugenie, to Khedive Ismail at the Suez Canal's inauguration in 1869. In 1942, for the opening of parliament, King Farouk ordered that the Alay carriage be restored to its original glory. The Grand Alay display also features horse-riding equipment, the uniforms of Carriage Service employees, and oil paintings of the era.



**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.

**In-person \$20 Members/\$30 Nonmembers**

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**Tuesdays in August, 12:30-3pm**

**#3022 August Mah Jongg Play (This is not a class.)**

Ready to play Mah Jongg at PILLAR on Tuesdays? Every Tuesday afternoon, we will play Mah Jongg. There will be Beginner and Intermediate Tables. Bring your friends. Bring some change. If you need Mah Jongg lessons, another Beginner Mah Jongg class will be taught in September.



**To play: \$10 Members/\$20 Nonmembers for the whole month of August**

**To watch: FREE**

**Wednesday, August 3, 10am**

**#3023 Caregiving - A Journey that Transforms**

Is it the responsibility of the caregiver to fix the problems created by disease? Or is it the responsibility of the caregiver to heal relationships? How do the actions of the caregiver and their care receiver change/transform each other and their relationships? Is it better to fight, surrender or embrace the changes being created? Join us as we explore the process of change caregivers and care receivers go through as they live through the initiation rites of debility, chronic illness and dementia.



**Kent Mathews, MSW** from Arizona State University and his BSED from Concordia Teachers College. He is an experienced educator and program manager for the Family Caregiver Support Center at the Pikes Peak Area Council of Governments' Agency on Aging.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Thursday, August 4, 10am**

**#3024 On Stage: With Music!! How Best to be "Offed."**

**Instructor: Marti Booth**

"In operas everyone dies." That's not actually true though. What is true is that in drama a tragic death often elicits a composer's most beautiful music and the opera becomes really popular. Think about it. On stage what would be your favorite way to go? Gun or knife, being strangled or buried alive, dying by "natural causes" like tuberculosis? Or perhaps poison, being burned at the stake or freezing to death. Jumping from a parapet, having your head chopped off, or being thrown into the very fires of Hell? And what brings forth the loveliest music? You choose. Do you cry? Or is it ridiculous? Let's view some great scenes on DVD, listen to some great music, and talk about it.



**Marti Booth, MA** in Music History and Theory from Radcliffe and Harvard. She was the 2008 recipient of the Pikes Peak Arts Council Lifetime Achievement Award. She taught vocal music at Harrison High School, Colorado College, and UCCS.

**In-person only \$20 Members/\$30 Nonmembers**

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**Thursday, August 4**  
**Deadline to order Palisade Peaches**



**Monday, August 8, 10am**

**#3025 *The Breakfast Club* - Viewed, Discussed, & Critiqued (with a continental breakfast included)**

**Moderator: Sandy Halby**

Five high school students meet in Saturday detention and discover how they have a lot more in common than they thought. Let's view and critique *The Breakfast Club*.

**In-person only \$5 Members/\$10 Nonmembers**



**Monday, August 8, 1pm (note time)**

**#3026 Philosophical Discussion: Ethical Medical Issues**

**Moderator: Daryl Kuiper**

We will discuss ethical medical issues such as life support, euthanasia, in vitro, life prolonging and embryo enhancing procedures, etc.



*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.

**In-person only \$10 Members/\$20 Nonmembers**

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**Tuesday, August 9, 10am**

**#3027 Banned & Challenged Books in the U.S. Today**

**Instructor: Melanie Wehrle**

Attempts to ban or challenge books in the US have risen in the past year. Across the country there has been news coverage of folks calling for specific books to be banned or removed from schools and libraries. Why is this happening now? What is it about a book that causes individuals or organizations to want to ban it? Did you know that there is a difference between a book being banned and one being challenged? Come learn about the impact of banning or challenging a book on the larger communities' access to information. In this internet age, books continue to have power to expand or limit an individual's world.

**Read  
Banned  
BOOKS**

**Melanie Wehrle, MLIS** from the University of Denver and a **BS** in Accounting from Southern Illinois University. She is retired from Pikes Peak Library District where she was the district's Older Adult Librarian for 5 years.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

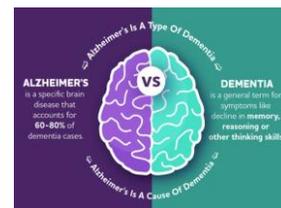
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**Wednesday, August 10, 10am**

**#3028 Understanding Dementia and Alzheimer's**

**Instructor: Don Rossi**

In this class, we will explore dementia and Alzheimer's disease from a medical and psychological perspective and from the viewpoint of the patient and the caregiver. As we live longer, the probability of cognitive impairment increases greatly. What happens to our brains when this occurs? Is there anything we can do to slow it down or prevent it altogether? I hope to investigate some of the myths as well as some of the most recent medical data regarding cognitive decline and present it in a way that is understandable to the average adult.



**Don Rossi, MS** in Economics, and International Business from Rensselaer Polytechnic Institute. 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.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Thursday, August 11, 10am**

**#3029 Shop 'til You Drop: From the General Store through Amazon.com ~**

**A History of Shopping in America**

**Instructor: Phil McDonald**

This is a class about where and why we "shop till we drop." We will follow shopping trends from the 18th and 19th century general stores through the on-line retail outlets of



the 2020s. Along the way, we'll visit iconic downtown department stores, suburban shopping malls, and the on-line behemoth Amazon.com.

**Phil McDonald, MSE** from Drake University. Phil retired after a 30-year career of teaching government, U.S. 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.

**In-person only \$20 Members/\$30 Nonmembers**

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**Tuesday, August 16, 10am**

**#3030 Visions of Mary, Mother of Jesus: Are They Holy Hysteria or Holy Apparitions?**

**Instructor: Sandy Halby**

A Marian apparition is a reported supernatural appearance by Mary, the mother of Jesus. Apparitions are often accompanied by other alleged supernatural phenomena, such as medical cures. But are they real? Or hysteria? The Roman Catholic Church formally recognizes 10 of them as valid. Let's explore some of the fascinating supernatural stories of Marian Apparitions and how they are recognized by the Catholic Church.



**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 MENSAs group and active in the Pikes Peak Beekeepers Association.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Wednesday, August 17, 10am**

**#3031 Inflation - Causes and Outcomes**

**Instructor: Dr. Jim Poole**

The course will address the history of inflation in the US since World War II, the causes of inflation, and the results with special emphasis on the current inflationary environment in which we find ourselves.



**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.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Wednesday, August 17, 3pm (note time)**

**#3032 1350 Distillery Tour and Tasting**

Join us as we learn the distilling process and tour 1350 Distilling. We'll learn about their unique spirits and how they name them. They will also tell us about their charitable arm – Angel Battalion. We'll end our time tasting some of their amazing liquors.



**Location: 1350 Distilling, 520 E Pikes Peak Ave, Colorado Springs, CO 80903**

**In-person \$20 Members/\$30 Nonmembers**

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**Thursday, August 18, 10am**

**#3033 Overturning Precedent at the Supreme Court: The Pledge of Allegiance versus the Constitution**

**Instructor: Judge Richard Hall**

We will explore the case of compelling mandatory participation in reciting the Pledge of Allegiance in schools. This is a case where the Supreme Court reversed itself (only 3 years after the first decision), and Justices admitted they were “wrong” the first time.

We will see comparisons to the present-day polarization of social behavior — all from a legal point of view rather than a “sociologist” point of view. This is a prime example of how a Supreme Court case gets reversed if some of the people on the Court get replaced. This is a topic where interesting human factors controlled the outcome. Join us as Judge Hall reviews this interesting Supreme Court case.

**Richard Hall, JD** in Law from the University of California at Berkeley. He was a Judge for 46 years in the municipal, county, and district courts.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Saturday, August 20**  
**The 19th Annual Palisade Peach Fundraiser**  
**Pickup at Chapel Hills Mall**  
**Time TBD**



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**Tuesday, August 23, 10am**

**#3035 The Art of Navajo Weaving**

**Instructor: Dr. Jeff Oram-Smith**

The history, techniques, and patterns of Navajo weaving will be presented. Participants will learn to critically evaluate Navajo weavings to determine authenticity and quality. Many examples will be available for hands-on participation.



**Jeff Oram-Smith, MD**, was Chief Medical Officer of the Penrose-St. Francis Healthcare System between 2008-2013. In 1998, he and his wife started Table Rock Trading Company, a charitable business buying and selling Navajo weavings, the proceeds of which are used to support organizations on the Navajo reservation.

**In-person only \$20 Members/\$30 Nonmembers**

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**Wednesday, August 24, 10am**

**#3036 Cruise Ship Vacationing**

**Instructor: Dr. Michael LeMay**

In this class, you will learn about the pros and cons of cruise ship vacationing. The presentation will cover topics such as: the advantages of cruise ship vacations, the types of cruises, major cruise lines, regions and destinations, typical costs, food, shore excursions, cabin location considerations, and booking your cruise. Photos of river and ocean cruises will make this presentation come alive, and you will be all set to take a cruise.



**Michael LeMay, Professor Emeritus – California State University at San Bernardino, PhD** in Political Science and History from the University of Minnesota, a BS and MA in Political Science and History from the University of Wisconsin. He is a retired professor who taught for 35 years at the University of Wisconsin, Frostburg State, and California State University at San Bernardino. He has written 36 books.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Thursday, August 25, 10am**

**#3037 Through History with Thugs, Mercenaries, and Assassins**

**Instructor: Julia Hargrove**

What’s this? Vikings forming the elite guard that protected the Byzantine emperor? Christian soldiers fighting on behalf of a Muslim empire? Highway robbers in India so vicious that their name has become an international byword for brutality? Swiss guards



protecting the Pope in the Vatican? Egyptian slaves revolting and ruling the empire? Murderers for hire to bump off your political opponents? Yes, all of this and more happened, as you will see in this class.

**Julia Hargrove, MA** in American History from the University of Texas at Austin. She was a high school teacher for 30 years and was a professional writer of educational materials.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Tuesday, August 30, 10am**

**#3040 Your Final Gift to Your Loved Ones**

**Instructor: Robert (“Bud”) Warner**

Your gift is peace of mind because you have crafted a comprehensive end-of-life plan that outlines what your loved ones need to know and do following your death. It is a gift based on the realization that one of the most important things we can do during our lives is to plan for the end of our lives. After extensive research, Bud wrote a plan for his family which he entitled, “My Last and Best Gift to Those I Love.” His wife, Emily, saw the value in it and convinced him to share it with others. His plan is the focus of this class.



Attending this class would benefit most anyone, ranging from those who have done little or no planning to those who have done extensive planning but are seeking to reassure themselves they have not overlooked something important. A printed copy of Bud’s 35-page plan will be distributed in the classroom and instructions will be given on how to access a free online download of the editable digital version.

*Disclaimer: No end-of-life legal/estate planning, financial/tax implications, or health care directives advice is included. Those areas require expert advice from professionals.*

**Robert (Bud) Warner, MA** in Personnel Measurement Psychology from Ohio State University. He is a retired Air Force Colonel, a church volunteer and has volunteered at Pikes Peak Hospice for several years.

**In-person only \$20 Members/\$30 Nonmembers**

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**Wednesday, August 31, 10am**

**#3041 Walking Tour of Downtown Colorado Springs**

**Instructor: Jim Furfari**

Join us for a stroll through history in downtown Colorado Springs. We will start at the D&RG train station where most newcomers got their first glimpse of a few shacks dotting a treeless plain that heralded their arrival to the Fountain Colony. During our walk, we’ll pass some of the surviving buildings that give a glimpse into life during our city’s first half century and identify locations of treasures lost during periods of modernization. Throughout, we’ll discuss the impacts of the people and events that shaped Colorado Springs into the city we know today. The tour will start in front of the Old Depot on Sierra Madre and will cover 1.5 miles with a short uphill walk from Sierra Madre to Cascade.



**Jim Furfari, BS** in Electrical Engineering from the United States Air Force Academy. His work experience includes being an U.S. Air Force pilot, an MCI project manager, and working for Colorado Springs Utilities. He has been a tour guide at Glen Eyrie Castle since 1994.

**Location: Meet in front of the Old Depot, 10 S Sierra Madre St, Colorado Springs, CO 80903**

**\$20 Members/\$30 Nonmembers**

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*September 2022*

**Thursday, September 1, 10am**

**#3042 The Ladies of the Colorado Mining Communities**



**Instructor: Judy Casey**

*(instructor will teach via Zoom into the classroom)*

The ladies living in Colorado's remote mining towns in the 19th century had to be a hardy bunch of women. High altitude and mule train groceries proved to be just a few of the challenges. A discussion will follow a video presentation.

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

**In-person only \$20 Members/\$30 Nonmembers**

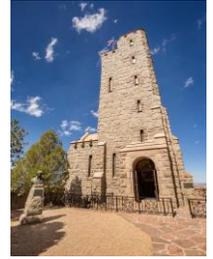
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**Tuesday, September 6, 10am**

**#3045 Will Rogers Shrine of the Sun**

**Instructor: Sarah Woods**

This presentation provides an in-depth exploration of the history of Will Rogers Shrine of the Sun on the 85th anniversary of the Shrine's dedication in 1937. You will learn about the Shrine's construction, its unique characteristics, its relationship to Will Rogers, and its enduring legacy on Cheyenne Mountain.



**Sarah Woods, Master of Library Science** specializing in Archives and 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 co-founded 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.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Tuesdays in September, 12:30-3pm**

**#3046 Mah Jongg Play (This is not a class.)**

Ready to play Mah Jongg at PILLAR on Tuesdays? Every Tuesday afternoon, we will play Mah Jongg. There will be Beginner and Intermediate Tables. Bring your friends. Bring some change. If you need Mah Jongg lessons, another Beginner Mah Jongg class will be taught in September.



**To play: \$10 Members/\$20 Nonmembers for the whole month of September**

**To watch: FREE**

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**Wednesday, September 7, 10am**

**#3047 Is the International Order Fundamentally Shifting?**

**Instructor: Dr. Martin Cook**

*(instructor will teach via Zoom into the classroom)*

After World War II, the United States led the development of a new system of international order, usually called the Liberal International Order or The Rules-Based International System. The central goal of this system was to prevent future international order by enshrining the absolute prohibition of aggression (acquiring territory of another sovereign nation by military means) and ensuring that prohibition by means of collective security (agreeing that the major powers would cooperate to repress aggression should it be attempted). The major institution meant to guarantee that order was The United Nations, supplemented in the European theater by NATO, and backed in economics by institutions such as the International Monetary Fund.



Recent years have experienced a number of direct challenges to the assumptions of that order both in fact and in principle. The major challenges have come from a resurgent China, a newly aggressive Russia, and movements within the Islamic world to recover a distinctive Islamic view of world order.

This lecture will examine the creation of the Liberal Order and the reasons for it. Then, we will examine each of the challengers in some detail: both what they are doing in practice that challenges the Order, and also the intellectual underpinnings of those challenges in terms of reasserting their own distinctive accounts of how in their view, their traditions should be respected and played out in reshaping what had seemed the settled assumptions of the post-WWII Liberal Order. We will see that each has a legitimate historical claim to an alternative vision of how their distinctive traditions should be respected and allowed to reshape or even reject the Liberal Order.

Finally, we will consider the implications of these movements. Can and should the Liberal Order, more or less unchanged, reassert itself and is it capable of doing so? If not, can the world adjust to a more multipolar system in which different visions can exist side by side? Or is significant conflict such as preceding the last major reshuffling of the international system in the wars of religions in Europe after the Reformation and the eventual creation of the Westphalian international system in 1648 just inevitable?

**Martin Cook, PhD & 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.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

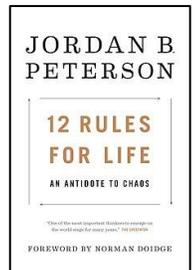
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**Thursdays, September 8, 15, 22, 10am**

**#3049 Book Discussion: *12 Rules for Life: An Antidote to Chaos* by Jordan Peterson (3-part class)**

**Instructor: Daryl Kuiper**

Jordan Peterson's essays in ethical principles, psychology, philosophy, mythology, and religion for today's world is a 2018 self-help book by the Canadian clinical psychologist Jordan Peterson.



In this book we are counseled on how to live with one foot in Chaos and the other foot in Order.

Jordan Peterson advocates for a life based on meaningfulness not happiness. We will discuss this book once a week for three weeks in an open forum setting. We will discuss four chapters at a time.

Please read the appropriate chapters prior to each session. **c. 2018. PPLD 12 copies, print and audio books.**

**Week one:**

1. "Stand up straight with your shoulders back."
2. "Treat yourself like you are someone you are responsible for helping."
3. "Make friends with people who want the best for you."
4. "Compare yourself to who you were yesterday, not to who someone else is today."

**Week 2:**

5. "Do not let your children do anything that makes you dislike them."
6. "Set your house in perfect order before you criticize the world."
7. "Pursue what is meaningful, not what is expedient."
8. "Tell the truth – or, at least, don't lie."

**Week 3:**

9. "Assume that the person you are listening to might know something you don't."
10. "Be precise in your speech."

11. "Do not bother children when they are skateboarding."
12. "Pet a cat when you encounter one on the street."

**In-person only \$30 Members/\$40 Nonmembers for all three classes**

**Mondays, September 12, 19, 26, Oct. 3, 10am (note time)**

**#3050 Beginning Mah Jongg Lessons: 4 Weeks of Individual Lessons**

**Instructor: Sandy Halby**

Learn American Mah Jongg, 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 people**



**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.

**In-person \$60 Members/\$75 Nonmembers - for all four sessions**

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**Monday, September 12, 1pm (note time)**

**#3051 Philosophical Discussion: Life**

**Moderator: Daryl Kuiper**

We will discuss: what life means. Are there differences in the legal meaning vs scientific meaning vs religious meaning? How do we determine if something is alive? How much is a life worth?



*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.

**In-person only \$10 Members/\$20 Nonmembers**

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**Tuesday, September 13, 10am**

**#3052 Special Event: Music from the Far North: Celebrating Emerging Artists!**

**Moderator: Aaron Casey**

*(instructor will teach via Zoom into the classroom)*

This event offers a special peek at an empowered group of millennials using new technologies to embrace and promote Indigenous Arctic traditions. Youth in Nunavut, Canada's newest territory, are making a big mark on the global creative scene.

Nunavut is the size of Mexico yet is home to only 25,000 people. Nearly all who live in this territory, in Canada's far northeast, are of Inuit heritage. Older Inuit recall the days of the 'residential schools' they were obliged to endure and many other indignities and persecutions. Young Inuit are embracing the chance to tell their forebears' stories through music, art, and performance. Some young Inuit have taken the traditional practice of 'throat singing' and applied it to the modern era. These innovative youth feature their music in clubs throughout Canada and the world, on Instagram, and on so many other platforms.



**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.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

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**Wednesday, September 14, 10am**

**#3053 The Failure of Our Post-World War II Diplomatic and Military Policies**

**Instructor: Tom Menza, JD**

American people and resources helped defeat our German and Japanese enemies in WWII. As the main power within an alliance that included Great Britain, we emerged as the premier world power and displaced the British in this role as their empire was ending. Presidents and Congress tried to use this power to benefit other people needing help. One such example was the Marshall Plan that kept Germany and other countries in Europe from famine right after the war. And we needed to help preserve Europe from Soviet westward expansion. As the scope of our power was realized by both executive and congressional leadership, our policies became more expansive and not always in the best interest of the American people, such as our decision to go to Vietnam. Sometimes we were needed for humanitarian reasons. And it was necessary to support Israel. But interfering in other nations' civil wars and internal conflicts with the rationale of thwarting communism and then nation building continued up to our recent misadventure in Afghanistan.



**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.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmember**

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**Thursday, September 15, 1pm (note time)**

**#3054 PILLAR Reader's Theatre Performance: Baseball**

Please join us as our Pillar Reader's Theatre players recreate the Golden Age of Radio. The theme for this production is that great American pastime, Baseball!

This presentation will feature the classic: Abbott and Costello's "Who's on First" routine, a Father Knows Best radio show entitled "Aunt Martha and the Ball Game", as well as a few other surprises! PLAY BALL!

**In-person FREE Members/\$10 Nonmembers**

**Zoom and Video FREE Members/\$10 Nonmembers**

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**Tuesday, September 20, 10am**

**#3055 Colorado's Rivers**

**Instructor: Katherine Sturdevant**

*(instructor will teach via Zoom into the classroom)*

Colorado is the source of all or most (depending on whom you ask) of the major rivers that take water to the West, Southwest, and Mexico. Most Colorado rivers also make possible that region's development and harbor its wildlife and scenery. Because of its central location in the arid West, Colorado's water causes some of its greatest controversies and Colorado's name is even applied to a doctrine of western water law. Colorful people founded some of its most interesting community experiments as irrigation colonies along its water sources, including Colorado Springs. Floods have been some of its most dramatic phenomena. Colorado's rivers are key to Colorado's history.



**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 Community College's Senior History Professor and started teaching with what became PILLAR when PPCC 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 methods in family history. As a social historian, Kathy emphasizes past people's authentic experiences.

**In-person \$20 Members/\$30 Nonmembers**

**Zoom and Video \$30 Members/\$40 Nonmembers**

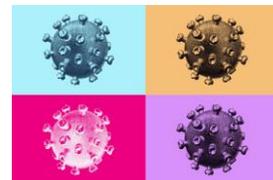
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**Wednesday, September 21, 10am**

**#3056 The Cost of COVID: A Price Too High to Pay?**

**Instructor: Phil McDonald**

The physical toll of this once-in-a-lifetime pandemic has been enormous: 1,000,000 deaths and counting. But the psychic costs have been daunting as well. Rates of anxiety and depression have skyrocketed. Untold hundreds of thousands of young people have been left behind by well meaning, but misguided, educational practices. Fractures in an already splintered society have been exacerbated, and a once robust economy has been utterly trashed. Is this the best we could have done? What could we have done better? I'm as frustrated by these events as you are. So, consider this class as group therapy and come share your perspective on this life-altering event.



**Phil McDonald, MSE** from Drake University. Phil retired after a 30-year career of teaching government, U.S. 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.

**In-person \$20 Members/\$30 Nonmembers**

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**Wednesday, September 21, 1pm (note time)**

**#3057 Medicare 101**

**Presenter: Chris Schweiger, Humana**

**FREE**



**Friday, September 23, 2-4pm**

**#3058 PILLAR Open House**

Wine, cheese and crackers, and desserts will be served. Come and see your friends. Register for classes. Bring your vaccination cards. Masks are optional.

**FREE**



## DAY TRIPS

**Saturday, July 23**

**#3013 Day Trip: *Cinderella* and Colorado Railroad Museum**

*Cinderella* is one of Rodgers and Hammerstein's most beloved musicals. Before the performance, you will enjoy a private tour of the Colorado Railroad Museum.

Includes a fully escorted tour aboard a luxury motor coach, a visit to the Colorado Railroad Museum, excellent seats for the performance, and a full lunch of salad, entrée, beverage, dessert, tax, and gratuity.



**Location: Bus leaves from the Chapel Hills Mall. More details to come.**

**Deadline to register: June 30. Registering through PILLAR gives PILLAR a donation. Cost \$195.**

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**Thursday, September 8**

**#3048 Day Trip: A Walk on the Wild Side: Keenesburg Wildlife Refuge and Blue Mountain Vineyards**

Walk down the world's longest footbridge while scouting for large cats and bears lounging in the shade or splashing in the pond. With over 9000 acres of sanctuary lands, the Wild Animal Sanctuary is an attraction not to be missed.



After lunch, we will visit the Blue Mountain Vineyards for a private wine tasting and a stroll through their beautiful gardens.

**Location: Bus leaves from the Chapel Hills Mall. More details to come. Masks and vaccination cards are required.**

**Deadline to register: July 28. Registering through PILLAR gives PILLAR a donation. Cost \$195.**

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**Saturday, November 26**

**#4500 Day Trip: *My Fair Lady* and the Denver Botanical Gardens "Trail of Lights"**

Enjoy the holidays with a performance of *My Fair Lady* and a visit to the Denver Botanical Gardens Trail of Lights.



**Location: Bus leaves from the Chapel Hills Mall. More details to come. Masks and vaccination cards are required.**

**Deadline to register: October 27. Registering through PILLAR gives PILLAR a donation. Cost: \$195**

## TRAVEL

**October 20-30, 2022**

### **A Trip to Egypt**

Egypt, a country linking northeast Africa with the Middle East, dates to the time of the pharaohs. Millennia-old monuments sit along the fertile Nile River Valley, including Giza's colossal Pyramids and Great Sphinx as well as Luxor's hieroglyph-lined Karnak Temple and Valley of the Kings tombs.

#### **This trip includes:**

- Air and ground transportation fares
- 8 nights accommodation
- Daily breakfast and 4 lunches
- Local sight-seeing guided tours
- Historical tours and cultural events
- Evening excursion opportunities
- Shopping
- Fine dining
- ...and so much more!

\$3600 per person sharing; subject to availability. An initial non-refundable deposit of \$500.00 is due now to secure your participation in this special-access program.

Subsequent payments are:

2nd Payment: July 20, 2022 | Amount Due: \$1100

3rd Payment: August 20, 2022 | Amount Due: \$1000

4th Payment: September 10, 2022 | Amount Due: \$1000; early birds pay \$700

**If you are interested in going on this trip, please contact PILLAR at 719-633-4991 and we will email you a flyer.**





Date Received: \_\_\_\_\_

# 19<sup>th</sup> Annual PILLAR Palisade Peach Fundraiser

**10 pound box of approximately 16-18 Palisade Peaches - \$30**

**1/2 box of approximately 8-9 Palisade Peaches—\$15**

**9 oz. jar of Colorado Fruit Jam - \$15**

**16 oz. jar of Mild, Medium, Habanero Palisade Peach Salsa - \$15**

*PILLAR is a 501(c)3 nonprofit. A portion of your purchase may be tax deductible.*

**All made or grown in Palisade, Colorado, using only the freshest Colorado ingredients.**

**Deadline to order is August 4<sup>th</sup>.**

**All orders are prepaid only.**

**There will be a limited supply of extra peaches and jam products at the pickup location.**

**Pickup: Saturday, August 20th.** Place (Chapel Hills Mall) and Time TBD. We will contact you the week before pickup about place, date, and time. (If you can't make August 20, come to the PILLAR office for pickup on Monday, August 22.)

**Please return the bottom half of this order form with a check to:**

**PILLAR Institute for Lifelong Learning**

**1710 Briargate Blvd, Suite 847, Colorado Springs, CO 80920 719-633-4991**

**Or order on our website with a credit card: <https://www.pillarinstitute.org/peaches>**

## Order Form

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

**Payment:** Check # \_\_\_\_\_ Cash Receipt # \_\_\_\_\_ Credit Card \_\_\_\_\_

### **Put the quantity wanted on the line**

\_\_\_\_ 10 lb. box of peaches @ \$30 = \$ \_\_\_\_\_

\_\_\_\_ 1/2 box of peaches @ \$15 = \_\_\_\_\_

\_\_\_\_ Jam/Salsa @ \$15 = \_\_\_\_\_

\_\_\_\_ Donate a box of peaches to a food bank @ \$30 = \$ \_\_\_\_\_

\_\_\_\_ Donate a jam/salsa to a food bank @ 15 = \$ \_\_\_\_\_

\_\_\_\_ Cash Donation \$ \_\_\_\_\_

**TOTAL \$ \_\_\_\_\_**

**Jam Choices on the PILLAR website.**

### **Inventory - Product Sold**

**Jam/Salsa Name & Qty**


## PILLAR Encore! - Video Classes

Our catalog of recorded classes grows term by term. Most recordings are \$25 or less. After you register for the class, you will immediately receive a link to the class recording by clicking on the word: **DOWNLOAD** in your confirmation email. You can view the video on your computer or tablet anytime during the term. So, if you missed a class, here is your chance to watch the class on video. Video classes will change every quarter.

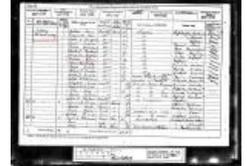
**Register here:** [Video Class Store](#) or sign into your PILLAR account and look for Video Classes in the drop-down menu.

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### **1850 Census: A Turning Point in the United States History**

**Instructor: Barbara Headle**

Why was this Census a turning point in the country's history? This class uses the 1850 Census to examine the reasons why, at this particular point in the country's history, Congress determined that there was a need to count women and children by name and to create a special Slave Schedule.



**Barbara Headle, MA** in American History at California State University-Northridge. She is a Senior Instructor in History and a lecturer in the Humanities and Geography and Environmental Sciences departments at UCCS.

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### **Ancient Egypt: Land of the Pharaohs**

**Instructor: Richard Harwood**

This class will include a history of ancient Egypt from its founding as one of the world's first great civilizations in 3,200 BCE through the conquest of Egypt by Alexander the Great and later by the Romans in 32 BCE. The presentation will highlight many of the most famous monuments of ancient Egypt such as the pyramids on the Giza Plateau, Karnak and Luxor Temples, Abu Simbel, and the tombs of kings and noblemen. Emphasis will be placed on some of the most famous Egyptian pharaohs including Ramesses the Great, Tutankhamun, and Cleopatra. The speaker will also discuss some of his work in and around the famed Valley of the Kings, and what it is like to work on an archaeological excavation.



**Richard S. Harwood, JD** in Law from Duke University School of Law. He retired from a career in trust banking and is now the Associate Director of the University of Arizona Egyptian Expedition. He spent twenty-five years doing archaeological excavations in Egypt and Sudan.

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### **Honey Bees**

**Instructor: Sandy Halby**

What is the value of Honey Bees? How do they construct their hive? Why are the honey bees vanishing?



**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.

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## **Hummingbirds**

### **Instructor: Linda Groat**

Just in time, our favorite "jewels with wings" should be migrating back to Colorado very soon! Discover some of the extraordinary things that hummingbirds do on every ordinary day!



**Linda Groat** is the Program Coordinator for Colorado Parks and Wildlife at Mueller State Park. She has been with CPW since 1998. Her career as a naturalist for 40 years has taken her to many places around the country working for small nature centers to large national parks. Originally from Michigan, she attended Michigan State University. She is a birding enthusiast and leads many of the hikes and explorations at Mueller State Park, and coordinates the public events at the park.

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## **Introduction to Mindfulness Meditation**

### **Instructor: Chris Wurster**

Mindfulness is the practice of paying attention to our moment-to-moment experiences. Through meditation, we can learn to concentrate and calm the mind and to cultivate the skills of mindfulness. We start to become familiar with our own habitual mind patterns. By seeing more clearly, we can learn to respond to life's challenges more wisely and become less reactive. By meeting all of our experiences in a kind, non-judgmental way and learning not to over-identify with our thoughts and emotions, we may start to notice a new sense of ease and calm in the body and mind. This practice allows us to see through our mind's conditioning, which in turn, allows us to live more often in the present moment.



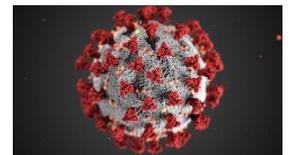
**Christopher Wurster, BS** in Retailing from Syracuse University. He is a certified meditation teacher and has earned the Mindfulness Meditation Teacher Certificate taught by Jack Kornfield and Tara Brach in partnership with the Greater Good Science Center at the University of California Berkeley. He has been leading mindfulness classes and meditations since May 2020.

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## **Long Haul COVID 19 and Virus Evolution**

### **Instructor: Dr. Phoebe Lostroh**

COVID-19, caused by SARS-CoV-2, caught medical science unprepared despite prior experience with SARS, MERS, and less clinically-threatening human coronaviruses. What vaccines and specific pharmaceuticals are in development to bring the pandemic to an end? These three classes will provide a microbiologist's perspective on these topics, will introduce the biology and epidemiology of COVID-19, and then focus on vaccines and treatments.



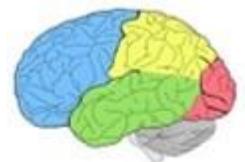
**Phoebe Lostroh, PhD** in Microbiology and Molecular Genetics from Harvard University, BA from Grinnell College in Biology. She is currently an Associate Professor at Colorado College.

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## **Natural Hacks for Memory Support**

### **Instructor: Dawn Franz**

While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.



**Dawn Franz, RD** in Nutritional Science with a minor in Biochemistry from the University of Arizona. She has been a Nutritional Health Coach for Natural Grocers since 2007.

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## **The History of the Alexander Film and Aircraft Company**

### **Instructor: Steven Antonuccio**

This presentation is a detailed history of the Alexander Film and Aircraft Company that moved to Colorado Springs in 1927. At one time, the Alexander Film Company was the largest producer of theatrical advertising in the United States and had over 600 employees in Colorado Springs.



**Steven Antonuccio** - Master of Library Science (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 20 years and was a Library Branch Manager for the Pueblo City County Library District for 6 years.

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## **The Magic Early Years of Colorado Springs: Instant Civilization**

### **Instructor: Katherine Sturdevant**

For Colorado Springs' sesquicentennial, it is appropriate that we view how an eastern railroad promoter came, saw, and conquered our region's resources to make a successful, utopian community investment. His supporting cast of fellow business investors, cultural leaders, and a "princess bride" shared the enthusiasm and excitement of post-war frontier discovery and town building with little sense of the negative social issues at the time or in the future. It seemed a time and place of possibilities. This is an extended version of a shorter session for the Pikes Peak Library District's Regional History Symposium in May that is also intended for their published anthology.



**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 Community College's Senior History Professor and started teaching with what became PILLAR when PPCC 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 methods in family history. As a social historian, Kathy emphasizes past people's authentic experiences.

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## **What is Mah Jongg?**

### **Instructor: Sandy Halby**

Mah Jongg, the Chinese tile game that gained popularity in the 1920's in the United States, is once again spreading across our nation. You will learn about the game, its rich history, and just a little about how the game is played.



**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.

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