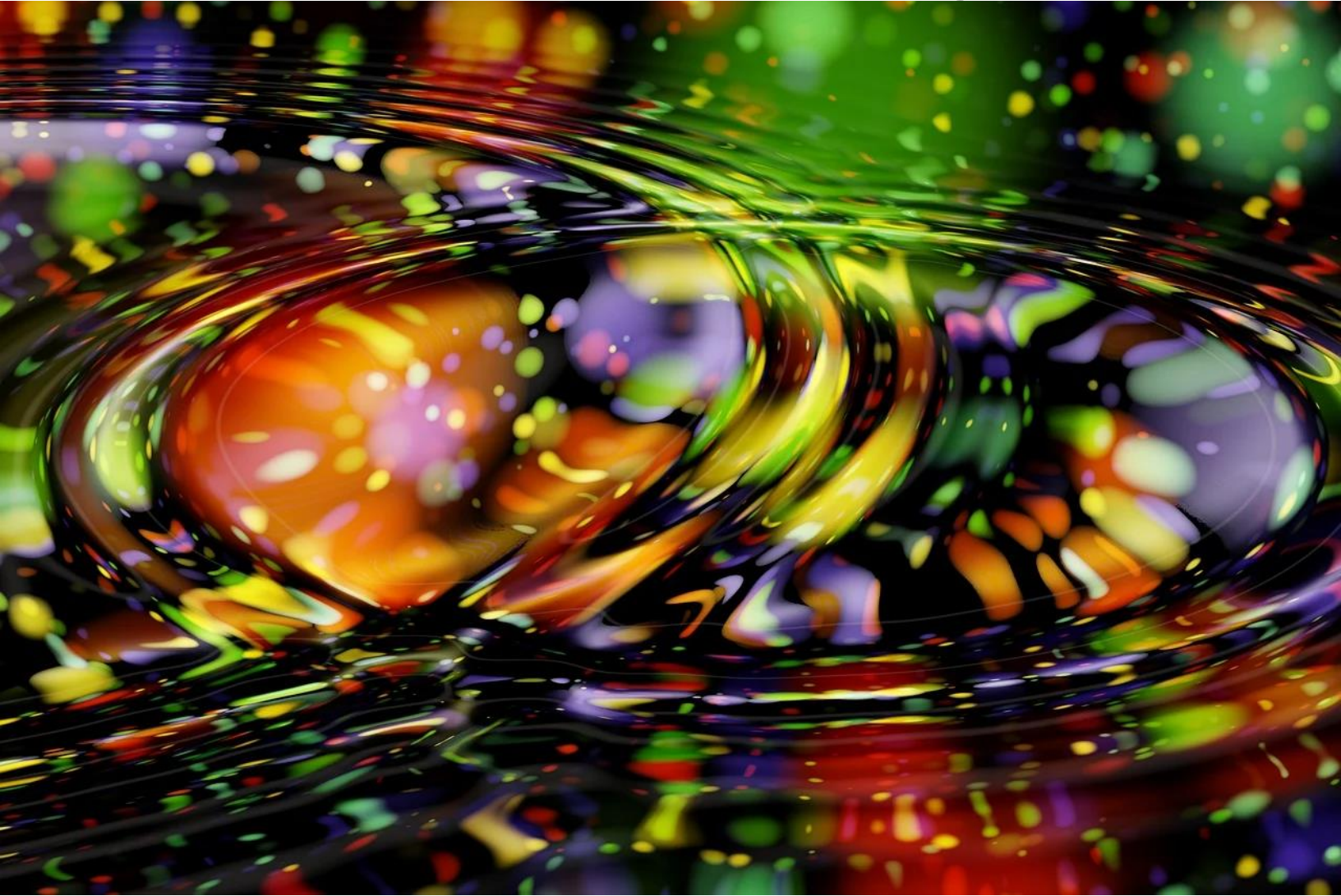


# FALL 2023 Class Catalog



*Cover photo by geralt (Pixabay)*

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

**PILLAR Office Hours**

Monday, Tuesday, Wednesday 10:30am-3:00pm  
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 24 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

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**PILLAR's Mission:** To provide lifelong learning, volunteer, and social opportunities for engaged adults.  
**PILLAR's Vision:** PILLAR Institute for Lifelong Learning seeks to stimulate adult brain health through interactive learning, volunteer, and social opportunities.

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## PILLAR Membership

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

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

[Membership | Pillar Institute](#)

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## Important Class Registration Information

- Pre-registration is required for all classes and tours, as some classes have maximums.
  - Check the times and locations of each class, as some are at different times or locations.
  - Register for classes online yourself at <https://www.PillarInstitute.org/learn>, call the office at 719.633.4991, mail in a registration, or come in when the office is open.
  - Register and pay for five classes at once and receive the sixth class for free. You must register over the phone or in person. This discount does not apply to registering online. (The free class is of the same or lesser value.)
  - Most classes are at the 2019 pricing of \$25 for members and \$40 for nonmembers.
  - Upcoming class emails go out each Sunday. Make sure you are on the PILLAR email list.
  - Please check the website or weekly emails for the most current class schedule and other class information, as class schedules can change and then the print catalog becomes obsolete. Classes are subject to change due to instructor illness or weather.
  - Print catalogs are \$3. A mailed print catalog is \$5.
  - Bring a "New to PILLAR" friend to class and receive a \$5 gift card. They must register in person. You must be present to receive the gift card. First 20 people per term only.
  - Please read the PILLAR class policies on cancellations on the PILLAR website.
  - Check the PILLAR website for a full class catalog, class descriptions, and prices at: <https://www.PillarInstitute.org/>
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## PILLAR Sponsors and Partners



## Mah Jongg Tuesdays

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

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

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## September 2023

Tuesday, September 5, 11:00am - 12:30pm

**#4000 Zoom: America's Colonial Cultures: The Major Groups and Their Most Influential Baggage**

**Instructor: Katherine Sturdevant**

Southwest Spanish, Jamestown English, Massachusetts Puritans, New York Dutch, Pennsylvania Quakers, Africans, and others interacted with indigenous people and planted their cultural norms in "America" to last. They gave character to their settlements that still affects us. Consider how social history informs understanding of America even today and how it can also inform your own family 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 PCC 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 about using historical methods in family history. As a social historian, Kathy emphasizes past people's authentic experiences.

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

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Wednesday, September 6, 11:00am - 12:00pm

**#4001 Americans and the Holocaust Exhibit Private Tour**

**Tour Leader: Shannon Heffner**

Pikes Peak Library District (PPLD) will host the Americans and the Holocaust traveling exhibit from the American Library Association and the U.S. Holocaust Memorial Museum. PPLD is one of only fifty libraries nationwide and the only library in Colorado to host the exhibit. It will be at East Library from Sept. 5 – Oct. 11.

Learn about this period in American history and explore how people in the U.S. reacted to the Holocaust. Your journey will take you through the many factors impacting the decisions and opinions of the government, news media, organizations, and individuals in the 1930s and 1940s, including the Great Depression, isolationism, xenophobia, racism, and antisemitism. **Max: 12**

**Location: East Library, 5550 N. Union Blvd, Colorado Springs, CO 80918. Please arrive early and meet in the front lobby. If there is no parking close to the library, you can park in the overflow parking by the dance studio.**

**Shannon Heffner: MLS and AA** in Library Science, **BA** in Liberal Arts. Shannon is the Adult Librarian at the PPLD East Library.

**PILLAR Members Only Event**

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Wednesday, September 6, 2:00pm - 3:30pm

**PILLAR Open House**

Wine, cheese and crackers, and desserts will be served. Come and see your friends. Register for classes. **FREE – no need to register**

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**Thursday, September 7, 11:00am - 12:30pm**  
**#4003 Affirmative Action and the Supreme Court**  
**Instructors: Judge Richard Hall and Eric Hall, JD**

The Supreme Court decided in June that affirmative action (giving some preference to African-American and Hispanic students in their college applications to help make up for past discrimination) was in itself a form of racial discrimination and, therefore, unconstitutional. What does this mean for future programs that might want to assist minority students or minority citizens generally?

**Eric Hall: JD** in law at Notre Dame. He represents religious institutions and schools in all legal matters with an emphasis on First Amendment Litigation.

**Richard Hall: JD** in Law from the University of California at Berkeley. He was a Judge for forty-six years in the municipal, county, and district courts.  
**\$25 PILLAR Members / \$40 Nonmembers**

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**Monday, September 11, 18, 25, October 2, 1:00pm - 3:00pm**  
**#4005 Beginning Mah Jongg Lessons: Four Weeks of Individual Lessons**  
**Instructor: Sandy Halby**

Learn American Mah Jongg, which is a fun game to play and great for your brain! This series of classes is Beginning Mah Jongg using the National Mah Jongg League card (2023 version) and NMJL rules. We'll start with the very basics and progress to full-on play by the 4th session. **Max: 3**

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

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

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**Tuesday, September 12, 11:00am - 12:30pm**  
**#4006 Buffalo Bill (Part I): Boy on the Plains**  
**Instructor: Dr. Javan Ridge**

This class sets the time frame in Iowa and Kansas before it became a state (the Bleeding Kansas years) up to the Civil War. Bill's family struggled with pro-slavery gangs that stole their stock and burned crops to run them off before the slavery vote. The tragedy of his father's death after a pro-slavery man stabbed him during a speech on abolition resulted in Bill's early employment in various exciting and dangerous trades as he attempted to support his mother and sisters. *This is a three-part course in which a costumed historical reenactor tells of Bill's life from Bill's autobiography.*

**Javan (Jay) Ridge: PhD** in Education Policy from University of Oregon; **MS** in Criminal Justice/Corrections from Troy University; **MA** in Counseling Psychology from University of Northern Colorado; **BA** in Psychology from University of Colorado. Jay has done historical presentations *in character* and with historical items from the period at the Buffalo Bill Museum on Lookout Mountain, in Leadville, in Cripple Creek, and for PILLAR. In Leadville, Jay presented the speech Bill gave at Texas Jack's memorial at Texas Jack's family reunion, a presentation in the Tabor Opera House for the Wild West History Association, and several historical events in the town of Leadville. Jay has also presented talks on mining, mining equipment, and a day in the life of a miner in Cripple Creek and Leadville. Jay has presented sections of Bill's autobiography throughout the summer and for special events.

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

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**Wednesday, September 13, 11:00am - 12:00pm**  
**#4007 Americans and the Holocaust Exhibit Private Tour**

**Tour Leader: Shannon Heffner**

Pikes Peak Library District (PPLD) will host the Americans and the Holocaust traveling exhibit from the American Library Association and the U.S. Holocaust Memorial Museum. PPLD is one of only fifty libraries nationwide and the only library in Colorado to host the exhibit. It will be at East Library from Sept. 5 – Oct. 11.

Learn about this period in American history and explore how people in the U.S. reacted to the Holocaust. Your journey will take you through the many factors impacting the decisions and opinions of the government, news media, organizations, and individuals in the 1930s and 1940s, including the Great Depression, isolationism, xenophobia, racism, and antisemitism. **Max: 12**

**Location: East Library, 5550 N. Union Blvd, Colorado Springs, CO 80918. Please arrive early and meet in the front lobby. If there is no parking close to the library, you can park in the overflow parking by the dance studio.**

**Shannon Heffner: MLS and AA in Library Science, BA in Liberal Arts.** Shannon is the Adult Librarian at the PPLD East Library.

**PILLAR Members Only Event**

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**Wednesday, September 13, 1:00pm - 2:30pm**

**#4008 Voices of Grief**

We will learn about the nonprofit Voices of Grief Center and watch their film documentary *Voices of Grief, Honoring The Sacred Journey*. The documentary film shares a fresh perspective on the many ways we navigate successfully through grief or companion others along their journey.

There is wisdom from contemporary authors, grief experts, and spiritual teachers woven through personal stories of loss to explore the roles of community, compassion and connection in this sacred journey. *Voices of Grief* explores the discouragement in our culture of the normal grief and mourning process while at the same time offering a new perspective on how to honor, transform, and integrate our grief. The film is based on the interplay of teachings from contemporary authors, poets, and spiritual teachers coupled with the stories of our group participants as we companion one another in our group support work. The film is 42 minutes long.

**FREE**

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**Thursday, September 14, 11:00am - 12:30pm**

**#4009 The Eastern Indigenous People and Their Interactions with Pre-Revolutionary Europeans**

**Instructor: Daryl Kuiper**

Let's explore the eastern indigenous peoples of North America and their interactions with pre-revolutionary Europeans, particularly the French and Spanish colonists.

**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.

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

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**Saturday, September 16, 3:00pm - 4:30pm (note time)**

**#4010 IGP: Capture the Moment: Iconic Photographs and Photographers**

**Instructor: Sandy Halby**

The flag raising on Iwo Jima, the Dust Bowl's Migrant Mother, the Beatles' "Abbey Road" album cover, and the *Afghan Girl* on the cover of *National Geographic* are all iconic photos. Let's look back in history

at these and many more famous photos and the stories behind them. We'll also talk about some of the photographers who took those pictures.

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

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

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

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**Tuesday, September 19, 11:00am - 12:30pm**

**#4011 Sharing Travel Experiences**

**Presenter: Norm Renaud**

This is a class to share travel stories. We'll share stories from the survey I sent out earlier this year and show our photos. We will discuss what we enjoyed and where we would go again. We will be entertained, and this class may possibly lead to new connections, new travel plans, and new insights. I can almost hear Willie Nelson now, "On the Road Again."

**Norm Renaud: MS** in Administration with a major in Elementary Education from UCCS. He was a 5<sup>th</sup> grade teacher, a Gifted and Talented teacher, a Principal in District 20, and is now a docent at the Fine Arts Center at Colorado College. His presentations for PILLAR include John Muir, John James Audubon, and The Brooklyn Bridge.

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

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**Wednesday, September 20, 11:00am - 12:30pm**

**#4012 Pat Schroeder: A Woman of the House**

**Instructor: Phil McDonald**

By any standard, Pat Schroeder was an exceptional person. She was: a licensed pilot at age fifteen, a graduate of Harvard Law, the first woman elected to the House of Representatives from Colorado, and an articulate and outspoken advocate for the issues she embraced. This class will explore the life and times of this fascinating Coloradan.

**Phil McDonald: MSE** from Drake University. Phil retired after a thirty-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

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

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**Wednesday, September 20, 1:00pm - 2:30pm**

**#4013 China's Airship: Proof of a New Theater of Battle**

**Instructor: Ed Herlik**

Ed's "Near Space" class a few months ago sold out. He will now present an updated version with no holds-barred. Now he will answer those questions on the really bad stuff he wouldn't answer last time.

China's airship (it wasn't a balloon) drew tremendous attention as it motored across the continental United States. It surprised both civilian and military leaders when it should not have. Our Air Force had a high-priority program to develop such 'Near Space' unmanned aerial vehicles from 2003 - 2005. That work proved so successful that it became an obvious threat to budgets for new orbital systems. Air Force Space Command officers then killed the Near Space program to protect those budgets. America simply stopped; China didn't. This updated talk will briefly overview the environment above 60,000' before detailing the threats posed by lighter-than-air and heavier-than-air systems that can operate there for days or months at

a time. It will end with the current events supporting the conclusion that China's government is likely to use such capabilities against the US and our allies in just over a year.

**Ed Herlik:** MA in National Security Studies from California State University and BS in Engineering and Political Science from the US Air Force Academy. Ed is a recognized authority on "near space" or stratospheric unmanned systems. He is a pilot (both military and civilian aircraft), and served in the Air Force Space Command developing unmanned systems

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

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**Thursday, September 21, 11:00am - 12:30pm**

**#4014 Forensic Pathology 101: Fire Deaths**

**Instructor: Dr. Deborah Johnson**

With the recent Maui fires fresh in mind, many people may be wondering how the recovery effort can possibly identify the remains left behind when such a devastating fire sweeps through. Forensic pathologists routinely make these identifications when fire engulfs a home, business, or vehicle in order to rule out foul play and help firefighters in their investigations for arson. Was the victim alive or already dead when the fire swept through? There's often much more to go on than one might think. But when fire ravages a whole town or neighborhood (as in Boulder County or Lahaina recently) the challenges are multiplied many-fold.

**Deborah G. Johnson:** MD from CU School of Medicine, Denver, Colorado, and an MS and BS in Chemistry from CU Boulder and Texas Tech Lubbock respectively. She had a post-graduate residency in anatomic clinical pathology at UC Health and The Children's Hospital and a forensic pathology fellowship in the 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.

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

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**Tuesday, September 26, 11:00am - 12:30pm**

**#4015 Buffalo Bill (Part 2): A Soldier, and Scout**

**Instructor: Dr. Javan Ridge**

This class tells the tales of Bill as a soldier in the Civil War, his marriage, and his early struggles to support his family after the war. Bill sharpened his skills as a buffalo hunter and trained his horse in a style that resulted in his being awarded the Buffalo Bill moniker. The dime novel author Ned Buntline embellished Bill's oral stories for books that gained Bill great notoriety across the country. Ned convinced Bill to go on stage to act out the stories, and the path to the Wild West Show was underway. *This is a three-part course in which a costumed historical reenactor tells of Bill's life from Bill's autobiography.*

**Javan (Jay) Ridge:** PhD in Education Policy from University of Oregon; MS in Criminal Justice/Corrections from Troy University; MA in Counseling Psychology from University of Northern Colorado; BA in Psychology from University of Colorado. Jay has done historical presentations *in character* and with historical items from the period at the Buffalo Bill Museum on Lookout Mountain, in Leadville, in Cripple Creek, and for PILLAR. In Leadville, Jay presented the speech Bill gave at Texas Jack's memorial for Texas Jack's family reunion, a presentation in the Tabor Opera House for the Wild West History Association, and several historical events in the town of Leadville. Jay has also presented talks on mining, mining equipment, and a day in the life of a miner in Cripple Creek and Leadville. Jay has presented sections of Bill's autobiography throughout the summer and for special events.

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

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**Wednesday, September 27, 11:00am – 12:30pm**

**#4016 Isidor’s Gift and the Holocaust**

**Instructor: Dr. Peter Knepell**

My parents miraculously escaped the Holocaust in 1939. I grew up knowing very little about my family. I recently discovered that my grandfather was the youngest of 13 children born in Sambor, Ukraine. After the war, my family spread all over the world. I have collected their stories - and what stories they have! I will share these remarkable stories of incredible courage, kindness, fortitude, survival, and tragedy.

**Peter Knepell: PhD** in Applied Mathematics at Cornell University and **BS** in Mathematics at the United States Air Force Academy. Peter taught at the United States Air Force Academy for ten years.

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

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**Wednesday, September 27, 2:00pm**

**#4017 PILLAR Annual Membership Meeting**

**RSVPs are required to attend. Limited space is available.**

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**Thursday, September 28, 11:00am - 12:30pm**

**#4018 NATO Expansion: How Will Finland and Sweden Contribute to European Security?**

**Instructor: Dr. Brent Talbot**

Having just returned from Finland and Sweden this summer, Dr Brent Talbot, Professor of Military and Strategic Studies at the US Air Force Academy, will discuss the military contributions of Finland and Sweden to the defense of the North Atlantic Treaty Organization (NATO). Both countries have unique capabilities that strengthen the defense of Europe along the northernmost front against Russian aggression.

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

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

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**October 2023**

**Tuesday, October 3, 11:00am - 12:30pm**

**#4021 Rocky Mountain Women’s Film Festival: “Festival in the Community”**

Film is TBD.

**FREE**

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**Wednesday, October 4, 11:00am - 12:30pm**

**#4022 The Ten Commandments Applied Today**

**Instructor: Jamie Foster**

If everyone in the world followed even a subset of the Ten Commandments, we’d be about as close to a utopia as is possible. We’ll walk through each of the Ten, explain what the commandment actually commands, and look at some real-world applications. You need not be any particular religion or even religious at all.

**Jamie Foster: BA** in Geology from Carleton College in Northfield, Minnesota. Jamie has been a primary and secondary school teacher and has developed and taught several church-related courses. [“God Is Good” (from Genesis and Exodus); “Saint Nicholas Tells His Story;” “In His Own Hand” (a look at the



four times God wrote in His own hand); “Is God Expanding, Too?” (a study on cosmology and creation); “Out of the Ashes,” (stories and characteristics of resurrections); and “This Train is Bound for Glory,” (the chapel car experience).]

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

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**Wednesday, October 4, 1:00pm - 2:30pm**

**#4023 Kennedy and Van Meader**

**Instructor: Julia Hargrove**

Meader was a musician, impersonator, comedian, and actor who was famous during the early 1960’s for spoofing President John Kennedy on the record “The First Family.” In this class, the instructor will refresh your memories about some events that occurred during the Kennedy administration and then play the skit of that event from Meader’s record. Come join us for some history, some nostalgia, and a few laughs!

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

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

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**Thursday, October 5, 11:00am - 12:30pm**

**#4024 North End Walk: North Tejon Avenue**

**Tour Leader: Katie Rizzo**

During this walk, we’ll explore the Tejon Avenue area in the Old North End section of Colorado Springs. We’ll walk past several old homes and discuss a bit of the history and/or architecture of the homes. This walk will be approximately 1.5 miles in length. The instructor will provide handouts on the homes at the start of the walk. Bring your local history knowledge, some water, and your walkin’ shoes! **Max: 12**

**Location: Tour will begin at the northwest corner of Tejon and Columbia. People should park on Columbia or on Tejon north of Columbia.**

**Katie Rizzo: MPA** in Public Administration from the University of Oklahoma. She spent ten years as a middle school teacher, four of those years at an international school in Damascus, Syria. Additionally, she has 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.

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

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**Mondays, October 9, 16, 23, 30, 1:00pm - 3:00pm (note time)**

**#4025 Beginning Bridge - Four Weeks of Individual Lessons**

**Instructor: Bob Somppi**

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 to learn as you go and have fun! **Max: 16**

**Bob Somppi: MS** in technical management from Rensselaer Polytechnic and **BS** 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.

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

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**Tuesday, October 10, 10:00am - 11:00pm**

**#4026 NG: The War on Salt**

**Instructor: Dawn Franz**

We’ve seen the headlines and dietary guidelines urging all Americans to cut down on salt. However,

research now suggests that these claims should be taken with a grain of salt. In fact, for most Americans, more salt is better for our health rather than less. Join this class and discover how adding more salt to your diet can support overall health, including heart health, exercise performance, and healthy weight maintenance. You will receive handouts and a coupon.

**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.

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

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**Wednesday, October 11, 11:00am - 12:30pm**

**#4027 Ballot Issues for November 2023**

**Instructor: Daryl Kuiper**

As of the writing of this class proposal, we do not know all the issues that will be on November's ballot. By October, we should know. But we do know about Proposition HH (property taxes) and the Mobolade request for our city's TABOR money. They will be on the ballot. Come and discuss the issues we will find on the ballot and bring your blue book to class.

**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.

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

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**Wednesday, October 11, 1:00pm - 2:30pm**

**#4028 The Supreme Court Case: 303 Creative**

**Instructors: Judge Richard Hall and Eric Hall, JD**

The Supreme Court decided in June that a Christian web-designer from Colorado could refuse to design a website for a gay couple because she felt that that would require her to act contrary to her religious beliefs, despite Colorado's statute ordering no discrimination against sexual orientation. This follows up the case from Colorado a few years earlier about a baker who wouldn't bake a cake for a gay marriage. What does this mean for future conflicts between LBGTQ rights and religious beliefs?

**Eric Hall: JD** at Notre Dame. He represents religious institutions and schools in all legal matters with an emphasis on First Amendment Litigation.

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

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

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**Thursday, October 12, 11:00am - 12:30pm**

**#4029 Christian Nationalism in America: The History, Meaning and Adherents**

**Instructor: Dr. Lawrence Sargent**

The purpose of this class is to examine the phenomenon of Christian Nationalism, including the characteristics of its adherents, their beliefs, and criticism of the movement.

**Laurence Sargent: PhD** in Special Education from University of Northern Colorado, **MA** in History from East Tennessee State University, and an **MA** in Special Education from the University of California, Sacramento. Laurence has been a teacher, school district administrator, and an adjunct history and special education instructor at several universities. He is the author of two books and multiple journal articles.

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

**Tuesday, October 17, 11:00am - 12:30pm**  
**#4030 Buffalo Bill (Part 3): The Showman**  
**Instructor: Dr. Javan Ridge**

This class tells of Bill as a showman, whose meteoric popularity made him a national and European celebrity with ever-growing wealth. Determined to show the world the splendor and excitement of the Wild West that he so loved, he brought shooting competitions, rodeo-style riding, and roping and trick riders from around the world to his arena. To show the world the true nature of the culture and lifestyle of Native Americans and to show Native Americans the culture and lifestyle of White Americans, he brought entire Native American families to his show. *This is a three-part course in which a costumed historical reenactor tells of Bill's life from Bill's autobiography.*

**Javan (Jay) Ridge: PhD** in Education Policy from University of Oregon; **MS** in Criminal Justice/Corrections from Troy University; **MA** in Counseling Psychology from University of Northern Colorado; **BA** in Psychology from University of Colorado. Jay has done historical presentations *in character* and with historical items from the period at the Buffalo Bill Museum on Lookout Mountain, in Leadville, in Cripple Creek, and for PILLAR. In Leadville, Jay presented the speech Bill gave at Texas Jack's memorial for Texas Jack's family reunion, a presentation in the Tabor Opera House for the Wild West History Association, and several historical events in the town of Leadville. Jay has also presented talks on mining, mining equipment, and a day in the life of a miner in Cripple Creek and Leadville. Jay has presented sections of Bill's autobiography throughout the summer and for special events.  
**\$25 PILLAR Members / \$40 Nonmembers**

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**Tuesday, October 17, 1:00pm - 2:30pm**  
**#4031 Culturally Responsive Reading: What It Is and Why It Matters**  
**Instructor: Durthy Washington**

This course introduces participants to the art of culturally responsive reading: close, critical reading that invites readers to cultivate connections between culture and literature that can enhance their reading experience, expand their worldview, and inspire them to become more informed, compassionate global citizens. To illustrate this process, participants will read and discuss excerpts from several texts by authors such as Toni Morrison, Philip Roth, Celeste Ng, Colson Whitehead, and Ocean Vuong. Note: This course is based on Durthy's book, *Culturally Responsive Reading: Teaching Literature for Social Justice* (Teachers College Press, 2023) available on Amazon.

**Durthy Washington: MA** in English from San Jose State University. A writer and former English professor, Durthy A. Washington has published literary study guides (*Cliffs Notes*) on the works of Toni Morrison, Ralph Ellison, Harriet Jacobs, and Ernest Gaines. Her articles, essays, and book reviews have appeared in publications such as *Academic Exchange Quarterly*, *The Black Scholar*, *The Urban Spectrum*, and *The Bloomsbury Review*. Durthy is the founder of LitUnlocked©, which offers workshops and seminars on the art of culturally responsive reading. She has taught literature and composition at several colleges and universities including UCCS, Colorado College, and the U.S. Air Force Academy. Her classes focus on helping students unlock literature through mindful, culturally responsive reading.  
**\$25 PILLAR Members / \$40 Nonmembers**

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**Wednesday, October 18, 11:00am - 12:30pm**  
**#4032 The Puzzle of Caregiving**  
**Instructor: Kent Mathews**

Why is it so hard to be a family caregiver? Maybe it's because we are trying our best to put together a puzzle without having a guide to help us see the big picture. Imagine trying to put together a 1,000 piece puzzle but without the picture on the box to guide you. This is the challenge facing family caregivers. This presentation will look at the different pieces to caregiving and what is involved in

accessing and using those different pieces. Family members, friends, and neighbors will have a better understanding of all the different pieces needed to lower the stress of caring for a loved one over an extended period.

**Kent Mathews:** MSW from Arizona State University and a **BSED** from Concordia Teachers College. Kent is the Program Director and Lead Case Manager of the Family Caregiver Support Center at the Pikes Peak Area Agency on Aging (PPAAA). At the PPAAA, Kent and his staff assist family caregivers in identifying and using a wide variety of community resources to support them with their caregiving responsibilities. He developed and oversees the Caregiver Respite voucher program which provides respite to family caregivers in El Paso County. Kent provides numerous workshops and seminars on the unique challenges faced by family caregivers. For the past fifteen years, he has served as the Team Leader for the planning and implementation of the annual Caregiver Pampering Day which provides pampering activities, food, and fellowship for one hundred caregivers in the Colorado Springs area. Kent has spent thirty-two years helping family caregivers.

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

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**Wednesday, October 18, 1:00pm - 2:30pm**

**#4033 Hoagy Carmichael and Johnny Mercer: Their Lives and Their Music**

**Instructor: Dr. Dick Fairley**

Hoagy Carmichael was a great composer, among other talents, and Johnny Mercer was a great lyricist, among other talents. They collaborated on nearly three dozen songs, including *Lazybones* and the 1951 Academy Award winner for best song, *In the Cool, Cool, Cool, of the Evening*. Separately, Hoagy Carmichael is best known as the composer of *Stardust*, one of the most recorded songs of the 20th century, with lyrics by Michael Parrish. Separately, Johnny Mercer is perhaps best known among jazz fans for his lyrics to *Midnight Sun*, composed by Lionel Hampton and Sonny Burke. Hoagy and Johnny had interesting lives and great careers writing songs and pursuing other endeavors. In this presentation, I'll cover the highlights of their lives, and you will hear some of their great music.

**Dick Fairley: PhD** in Computer Science and Systems Engineering from UCLA. He worked as an engineer, university professor, consultant, and as a jazz disk jockey at KRCC.

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

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**Thursday, October 19, 1:00pm - 2:30pm**

**#4034 PAL: News is Everywhere: How to Spot the Good, Bad, and Make Believe**

**Instructor: Melanie Werhle**

Are you overwhelmed by all of the conflicting information in the online, print, and broadcast media? Information is everywhere, and it can be hard to keep up with, let alone, ensure the news you are relying on is accurate. In today's post-truth environment, it is difficult to know how or whom to trust and where to get the most up-to-date and accurate information on which to base your decisions. Come and learn how to search for information, how to evaluate the credibility of items, and how to test the accuracy of the information you find.

**Location: Palisades at Broadmoor Park, 4547 Palisades Park View, Colorado Springs, CO 80906.**

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

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

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**Tuesday, October 24, 11:00am - 12:30pm**

**#4035 "Trust Your Words" Writing Workshop, Part I**

**Instructor: Marta Lane**

Join author Marta Lane as she leads writing workshops designed to work towards your writing goals without the fear of harsh critique. This welcoming environment is inspiring and a great way to get your writer's engine started and a way to remove any blocks you're experiencing in getting into your flow. These low-stress, low-stakes workshops allow participants to unwind and write without expectations, rules, or obligations. It's the perfect way to clear the clutter from your mind, focus on your writing, and enjoy the process! No writing experience is necessary. There will be two workshops with two themes per workshop.

**Marta Lane:** Former Director of Craft and Education for the Women's Fiction Writers Association. Marta is also the founder of Tasting Kauai Food Tours and the author of *Tasting Kauai: Restaurants – An Insider's Guide to Eating Well on the Garden Island*. She was a Kauai-based freelance food and travel writer for a decade; and, for more than four years, her columns "Tastes of Kauai" and "On the Farm" ran every week in *MidWeek Kauai* and *The Garden Island* newspaper.

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

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**Tuesday, October 24, 1:00pm - 2:30pm**

**#4036 The LIST Paradigm: A Guide to Culturally Responsive Reading****Instructor: Durthy Washington**

A follow-up to the previous class on *Culturally Responsive Reading*, this course introduces participants to the LIST Paradigm, a culturally responsive guide to mindful, critical reading that helps readers unlock literature with four keys to culture: Language, Identity, Space, and Time. Following a brief presentation on the four components of the LIST Paradigm, participants will have an opportunity to explore it through the close, critical reading of a narrative poem. Note: This course is based on Durthy's book, *Culturally Responsive Reading: Teaching Literature for Social Justice* (Teachers College Press, 2023) available on Amazon.

**Durthy Washington:** MA in English from San Jose State University. A writer and former English professor, Durthy A. Washington has published literary study guides (*Cliffs Notes*) on the works of Toni Morrison, Ralph Ellison, Harriet Jacobs, and Ernest Gaines. Her articles, essays, and book reviews have appeared in publications such as *Academic Exchange Quarterly*, *The Black Scholar*, *The Urban Spectrum*, and *The Bloomsbury Review*. Durthy is the founder of LitUnlocked®, which offers workshops and seminars on the art of culturally responsive reading. She has taught literature and composition at several colleges and universities including UCCS, Colorado College, and the U.S. Air Force Academy. Her classes focus on helping students unlock literature through mindful, culturally responsive reading.

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

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**Wednesday, October 25, 11:00am - 12:30pm**

**#4037 Don't Get Taken By The Undertaker****Instructor: Nita Mathews**

It is important to think about and make end-of-life plans while you are here. The class focus is on making informed plans for your funeral and burial, having discussions with your loved ones, and putting things in place before your death. The benefits are many, but certainly may include substantial financial savings and peace of mind for you and your family. Pastor Nita will cover the advantages of making funeral and burial plans for yourself before death occurs. Having a plan in place gives your loved ones left behind the gift of knowing what to do at the time of your death. With a plan, survivors are able to focus on celebrating your life, instead of having the stress of endless decisions to make in a hurry in order for the celebration to happen. Handouts will be provided to help participants in the class better understand their options and to give helpful ideas. Pastor Nita Mathews is a retired Lutheran minister who has spent the last twenty years of her ministry working in Hospice. She has walked with many families, including her own, through the

difficult time of a loved one's death and funeral planning. She brings to her presentations helpful advice, personal stories and humor.

**Nita Mathews: MDiv** from Pacific Lutheran Theological Seminary. She is currently working with Heartful Caregiving from her home.

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

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**Wednesday, October 25, 1:00pm - 2:30pm**

**#4038 End-of-Life Care and Choices**

**Instructors: Carol Folsom and Kent Mathews**

We do have choices about how our lives end. Many people are unaware of their choices and rely on the medical system to inform them of their choices when the time is right. But what if the medical system disagrees with a potential choice or the timing of when that choice is to be exercised? In this class, the presenters will talk about End of Life Choices including VSED (voluntarily stopping eating and drinking), an Advance Directive Addendum to specify what level of care a person with dementia wants. (which must be filled out while the individual is still competent to make decisions), Medical Aid in Dying and Hospice care. If you desire to make informed decisions regarding your health care at the end of your life, it is important to learn how and when to choose from these two care options so you can properly guide your end of life decision makers regarding your end of life care.

**Carol Folsom: BSW** in Social Work from Colorado State University. Carol has worked thirty years in the medical field as a social worker and IT specialist.

**Kent Mathews: MSW** from Arizona State University and a **BSED** from Concordia Teachers College. Kent is the Program Director and Lead Case Manager of the Family Caregiver Support Center at the Pikes Peak Area Agency on Aging (PPAAA). At the PPAAA, Kent and his staff assist family caregivers in identifying and using a wide variety of community resources to support them with their caregiving responsibilities. He developed and oversees the Caregiver Respite voucher program which provides respite to family caregivers in El Paso County. Kent provides numerous workshops and seminars on the unique challenges faced by family caregivers. For the past fifteen years, he has served as the Team Leader for the planning and implementation of the annual Caregiver Pampering Day which provides pampering activities, food, and fellowship for one hundred caregivers in the Colorado Springs area. Kent has spent thirty-two years helping family caregivers.

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

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**Thursday, October 26, 11:00am - 12:30pm**

**#4039 The Rise of Artificial Intelligence**

**Instructor: Don Rossi**

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

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

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

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**Tuesday, October 31, 11:00am - 12:30pm**  
**#4040 “Trust Your Words” Writing Workshop, Part II**

**Instructor: Marta Lane**

Join author Marta Lane as she leads writing workshops designed to work towards your writing goals without the fear of harsh critiques. The welcoming environment is inspiring and a great way to get your writer’s engine started and a way to remove any blocks you’re experiencing in getting into your flow. The low-stress, low-stakes workshops allow participants to unwind and write without expectations, rules, or obligations. It’s the perfect way to clear the clutter from your mind, focus on your writing, and enjoy the process! No writing experience is necessary. There will be two workshops with two themes per workshop.

**Marta Lane:** Former Director of Craft and Education for the Women’s Fiction Writers Association. Marta is also the founder of Tasting Kauai Food Tours and the author of *Tasting Kauai: Restaurants – An Insider’s Guide to Eating Well on the Garden Island*. She was a Kauai-based freelance food and travel writer for a decade; and for more than four years, her columns “Tastes of Kauai” and “On the Farm” ran every week in *MidWeek Kauai* and *The Garden Island* newspaper.

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

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**November 2023**

**Wednesday, November 1, 11:00am – 12:00pm**

**#4041 Hear Better with Professionally-Fit Hearing Aids or Over-the-Counter (OTC) Hearing Aids**

**Presenter: Dr. Nicole Kovel**

Audiologist Dr. Nicole Kovel will explain how to become an informed consumer to get the hearing care and technology that will work for you. Learn about your options for improving your hearing, hearing care best practices, and the latest research about hearing loss, falls, and dementia.

**Nicole Kovel, PhD** in Audiology from University of Northern Colorado. Dr. Kovel is the owner of ELITE HEARING of Colorado Springs, a private practice Audiology clinic. Nichole is a Board Certified Audiologist as a member of the Audiology Doctors of America, a member of state and national Audiology associates, a member of the American Tinnitus Association and Tinnitus Practitioners of America. Locally, she is a member of the Hearing Loss Association of America as well as the Sertoma Club, who each work to help provide residents of community access to hearing.

**FREE**

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**Wednesday, November 1, 1:00pm -3:00pm (note time)**

**#4042 The James Webb Space Telescope: Recent Discoveries and the History of Using Space Telescopes to Learn about Our Universe**

**Instructor: Henry Gertzman**

For the past twenty-five years, astronomers have placed large astronomical observatories into orbit around the Earth. What have these taught us about our Universe? The most recent launch was the James Webb Space Telescope. What discoveries has it made? How does it differ from the Hubble Space Telescope?

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

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

**Thursdays, November 2, 9, and 16, 11:00am - 12:30pm**

**#4043 Creating a Peaceful Death (a three-part series)**

**Instructor: Sandra Felt**

Rather than freak out at the thought of dying, let's ease into this daunting challenge. As we learn more, we fear less. With accurate information, we can make the choices that best fit our individual needs for safety and comfort. Our attitude makes a world of difference, and a few new skills can help tremendously. Group support and a bit of humor make it even easier. Participants are encouraged to attend all three sessions. *Five Wishes* booklets and other useful handouts will be provided.

**November 2 - How do you want to be treated medically?**

- Choosing a Medical Durable Power of Attorney we trust (wish 1)
- How the medical system works – quality vs. quantity of life (wishes 2 and 3)
- The challenge of calming our fears

**November 9 - What will help you feel safe and comfortable?**

- Training our love circle to provide the care we want and need (wish 4)
- Emphasizing the choices to do it our own way
- The challenges of accepting help and letting go of our need to control

**November 16 -How do you want to be remembered?**

- The legal issues of death – will, trust, 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

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

**\$50 PILLAR Members / \$75 Nonmembers for all three classes (no other discount)**

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**Tuesday, November 7, 11:00am - 12:30pm**

**#4046 Fun with the United States Vice Presidents**

**Instructor: William (Bill) Wright**

Fifty individuals have occupied the slot of United States Vice Presidents: a murderer, a crook, four traitors, two Nobel Peace laureates, and a composer of a 1950s top musical hit. Many of them had very funny insights about serving as Veep. Of the forty-five different men who have served as President, fifteen of them came from the Vice Presidential ranks.

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

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

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**Wednesday, November 8, 10:00am - 11:30pm (note time)**

**#4047 IGP: General William Jackson Palmer and the Royal Gorge War**

**Instructor: Julia Hargrove**

Palmer is known locally for three things: leading Union troops during the Civil War, founding Colorado Springs, and building the Denver and the Rio Grande Railroad. Railroad building could be a dangerous business, both financially and physically. Palmer and his employees faced both dangers during the Royal Gorge War. The management of the Santa Fe Railroad, which was richer and more powerful than Palmer



was, challenged the D&RG for the right of way at Raton Pass and the Royal Gorge. Which railroad won each of the two battles, how did that railroad win, and what did Bat Masterson have to do with any of this?

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

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

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

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**Wednesday, November 8, 1:00pm - 2:30pm**

**#4048 An Update on the War in Ukraine**

**Instructor: Dr. Anthony Tingle**

The Ukraine war is the most important event in Europe this century and will have long lasting ramifications for defense, economics, and the current world order. Dr. Anthony Tingle will discuss how the war started, major events in the first year and a half of the war, and how it ends.

**Anthony Tingle: PhD** in Public Policy from George Mason University and a **BS** from the United States Military Academy, at West Point. Dr. Tingle is currently the Program Director of the Institute for Future Conflict at the United States Air Force Academy where he oversees research on regional conflict and military technology including artificial intelligence and cyber- and biotechnology. Dr. Tingle's research focuses on three core issues: the future of war, the future of US defense priorities, and the future of international security. As a public policy scholar and a retired Army officer, Dr. Tingle is a specialist on warfare in the 21st century, including ballistic missile defense, space combat, autonomous weapons, and hypersonic projectiles. He is an expert on the Ukraine conflict, has consulted with the Ukrainian military, and has visited the country since the start of the war.

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

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**Tuesday, November 14, 11:00am - 12:30pm**

**#4050 Zoom: Garden Park Fossil Discoveries**

**Instructor: Stephen Veatch**

Garden Park in Colorado is famous for its fossils and is popular among scientists and enthusiasts. Part of the Cope and Marsh Bone Wars, also known as the Great Dinosaur Rush (an intense period of scientific rivalry between two prominent paleontologists, Edward Drinker Cope and Othniel Charles Marsh), were fought here. The region's geological history spans millions of years, preserving fossils from various periods, including the Jurassic and Cretaceous eras. The Garden Park fossil discoveries have played a pivotal role in expanding our understanding of dinosaur evolution, behavior, and ecosystem dynamics. Fossilized remains of some of the most iconic dinosaurs have been found here, often in exceptionally well-preserved states. These discoveries have not only contributed to scientific research but have also captivated the public, inspiring a profound appreciation for the Earth's history and the remarkable creatures that once roamed the area.

**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. 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 one hundred 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.

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

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**Wednesday, November 15, 11:00am - 12:30pm**

**#4051 Historical, Political, and Territorial Factors in the Trilateral Relationship Involving the United States, Japan, and South Korea: Prospects for Regional Security Cooperation**

**Instructor: Dr. Bill Berry**

The Republic of Korea (ROK) and Japan are two of the closest and most important allies the United States in East Asia with bilateral security treaties in place. Both of these countries confront significant security challenges from the Democratic People's Republic of Korea (DPRK) and the People's Republic of China. The DPRK's expanding nuclear weapons program and its developing ballistic missile capabilities are a particular concern for both countries. The United States, during both Republican and Democratic administrations, has encouraged the ROK and Japan to join together to present a more formidable security network against these challenges. These U.S. efforts to improve relations between Japan and the ROK have had to confront historical, territorial, and political obstacles. The Japanese occupation of the Korean Peninsula from 1910 to 1945 was particularly brutal. Although this occupation ended more than seventy years ago, the memories of coerced Korean sexual slaves (Comfort Women) and forced labor to support the Japanese war effort are still major issues between the two countries. There has been some recent progress, but both ROK President Yoon Suk Yeol and Japanese Prime Minister Kishida Fumio must confront significant domestic pressures not to make concessions. This presentation will address U.S. efforts to convince its two allies to form a more effective relationship to confront regional security issues and the obstacles that remain to be resolved.

**William Berry: PhD** in International Relations with a focus on East Asian Politics from Cornell University. He was a career Air Force Officer, retiring with the rank of colonel. He served in several East Asian assignments. Dr. Berry also taught at the Air Force Academy, the National War College, and the Asian Pacific Center for Security Studies.

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

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

**#4052 NATO, Russia, and Ukraine: A Delicate Dance Continues**

**Instructor: Dr. Sky Foerster**

On the battlefield, the war in Ukraine has evolved into a brutal war of attrition with little prospect for breakthrough or resolution. On the geopolitical front, the war has become much more global. On the domestic political front, elections reflect increased political polarization surrounding the war. What are the prospects?

**Schuyler Foerster: PhD** in Politics and Strategic Studies from Oxford University and MAs 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. 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.

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

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**Tuesday, November 28, 11:00am - 12:30pm**

**#4060 Human Trafficking: An Introduction**

**Instructor: Kristin Hersh**

Slavery did not end in 1865 with the thirteenth amendment. Back then, ten - twelve million Africans were forced into slavery. Today, over one hundred years later, we have 40.3 million people globally forced into modern-day slavery, aka human trafficking. What is human trafficking? Why do I need to know about it?

What are some of the signs of trafficking? Why is this the fastest growing crime in the world? Come to understand the answer to these questions and many more.

**Kristin Herch: BA** in Elementary Education from Whitworth College, Spokane, Washington, and an **MS** in Special Education from San Francisco State University. Kristen taught for thirty-one years and is now retired. She volunteers with the Human Trafficking Task Force of Southern Colorado and has been making presentations for them for four years as of 2023.

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

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**Wednesday, November 29, 11:00am - 12:30pm**

**#4061 The History of Santa Fe, New Mexico**

**Instructor: Julia Hargrove**

What state capital is the second oldest European-founded city in the U.S.? Which state capital is at the highest elevation? (No, it isn't the Mile-High City.) Which city is the oldest European-founded state capital? If you said that Santa Fe was the answer to all three questions, (as the title of this class would lead you to do) you are correct!

The Spaniard Don Pedro de Peralta founded Santa Fe from 1609-1610. Of course, Native Americans had been living near or at that site long before the Spanish claimed the land. We will trace the history of Santa Fe from the Spanish conquest of the indigenous people, the Pueblo Rebellion, the war for Mexican independence, the Mexican-American War, the Civil War, and the achievement of statehood in 1912. Today, Santa Fe is known for tourism and promoting the arts, so we will enjoy some scenery and culture.

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

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

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**Wednesday, November 29, 1:00pm - 2:30pm**

**#4062 Transformative Caregiving**

**Instructor: Kent Mathews**

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 relationship? Is it better to fight, surrender or embrace the changes being created? Join us as we explore the process of change caregivers that 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 a **BSED** from Concordia Teachers College. Kent is the Program Director and Lead Case Manager of the Family Caregiver Support Center at the Pikes Peak Area Agency on Aging (PPAAA). At the PPAAA, Kent assists family caregivers in identifying and using a wide variety of community resources to support them with their caregiving responsibilities. Kent provides numerous workshops and seminars on the unique challenges faced by family caregivers. For the past fifteen years, he has served as the Team Leader for the planning and implementation of the annual Caregiver Pampering Day, which provides pampering activities, food, and fellowship for one hundred caregivers in the Colorado Springs area. Kent has spent thirty-two years helping family caregivers.

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

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**Thursday, November 30, 11:00am – 12:30pm**

**#4063 Introduction to the Adaptive Immune System**

**Instructor: Carl Reese**

We will discuss how the adaptive immune system deals with a viral infection and briefly discuss why COVID-19 was so deadly. We will also see how the body fights cancer and finish up with an overview of autoimmune diseases.

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

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

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## December 2023

**Friday, December 1, 11:15am - 12:15pm (note time)**

**#4064 Readers Theatre performance: *Christmas Fun and Laughter***

Pillar Readers Theatre presents *Christmas Fun and Laughter*, a charming and hilarious show featuring Fibber McGee and Molly in *Painting a Christmas Tree White* along with a host of entertaining holiday songs and readings you may not have heard before.

**\$10 PILLAR Members / \$10 Nonmembers**

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**Tuesday December 5, 11:00am - 12:30pm**

**#4065 Zoom: West from the Underground Railroad: Early African Americans in Colorado History**

**Instructor: Katherine Sturdevant**

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

**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 PCC 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 about using historical methods in family history. As a social historian, Kathy emphasizes past people's authentic experiences.

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

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**Wednesday, December 6, 11am – 12:30pm**

**Classic Christmas Movies**

**Instructor: Sandy Halby**

Let's wander back thru time and revisit some of our favorite classic holiday movies. We'll talk about the plots, the casts, and some movie trivia. A couple we'll be talking about: *The Bishop's Wife* and *It's a Wonderful Life*. Those movies will get us into the Holiday Spirit for sure!

**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.

**\$10 PILLAR Members / \$10 Nonmembers**

