

Summer 2023 Class Catalog



PILLAR Office and Classroom

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

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

PILLAR Office Hours

Monday, Tuesday, Wednesday 10:30am-3:30pm
Thursday 10:30am - 1:00pm
Closed Friday

Director's Letter

Welcome to PILLAR, the Pikes Peak region's only institute for lifelong learning for the past 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

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

PILLAR 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](#)

Important Class Registration Information

- Pre-registration is suggested 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.
 - 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.
 - Most classes, but not all, are at the 2019 pricing of \$25 for PILLAR members and \$40 for Nonmembers.
 - Please check the electronic catalog for the most current class schedule and other class information, as class schedules can change or we have to correct mistakes, therefore the print catalog becomes obsolete as soon as it goes out. If you have any questions, please contact the office.
 - Most classes are videotaped, so if you want to take a class but can't be there, just register and let us know that you want the video link.
 - Class reminder emails go out each Sunday. Make sure you are on the PILLAR email list.
 - Print catalogs are \$3. A mailed print catalog is \$5.
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New Class Discounts

- 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 twenty people per term only.
- 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.)

PILLAR News

Mah Jongg Tuesdays

Tuesday afternoons, 1:00pm - 3:30pm, is Tournament-Style 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.

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

Saturday, August 19 will be the 20th annual PILLAR Palisade Peach Fundraiser!



More details to come in June.

PILLAR Sponsors and Partners



Turning 65 and have questions about Medicare?

Humana.

Call a licensed Humana sales agent today.

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

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May 2023

Wednesday, May 3, 1:30pm - 3:30pm

#3003 Footloose: How to Mobilize and Strengthen Your Feet

Instructor: Erin Eleuterio

Free your feet of socks and shoes! A quarter of all the muscles and motor nerves in our body are dedicated to our feet, so let's take care of them! Strong and mobile feet allow us to stay balanced and walk efficiently, and they can protect against ankle, knee, hip, and lower back pain.

We'll make the feet feel amazing with mobilization and gentle stretching. Then we'll do exercises to strengthen the foot and ankle muscles. Please bring a hand towel and ball for class. A tennis ball, a Pinky ball, or a racquetball is suitable. We'll also discuss ways we can take care of our hard working feet with proper footwear, mobilization, and daily strengthening exercises. **Max: 10**

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

\$25 PILLAR Members / \$40 Nonmembers

Thursday, May 4, 12:00pm - 2:00pm

PILLAR Open House

Come and see your friends and meet PILLAR instructors. Register for classes. Print catalogs will be available for \$3. Refreshments will be served. **FREE**

Wednesday, May 10, 11:00am - 3:00pm

#3006 Taste of PILLAR

A Taste of PILLAR is an introduction of sorts, just a taste of what PILLAR is all about.

11:00am - 11:45am The Royal Gorge War

12:00pm - 12:45pm Lunch

1:00pm - 1:45pm The History of How Mah Jongg Took over the World

2:00pm - 2:45pm Inflation, The Banks and You!!!!

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**The Royal Gorge War**

**Instructor: Julia Hargrove**

General Palmer is known locally for three things: leading union troops during the civil war, founding Colorado Springs, and building the Denver and Rio Grande Railroad. Railroad building could be a dangerous business, both financially and physically. 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.

**The History of How Mah Jongg Took over the World**

**Instructor: Sandy Halby**

Mah Jongg! Ancient Chinese game? Not! Played only by Jewish women? Not! That matching tile game on your phone? Not! Experiencing a resurgence in the US? Absolutely! Come to this Taste of PILLAR session to learn a bit about the history of Mah Jongg and see if you might enjoy this game played across the U.S. today by thousands of people!

## **Inflation, the Banks, and You!!!!**

**Instructor: Jim Poole**

What the heck is going on? Almost two years ago inflation started to tick up and has persisted ever since. Then all of a sudden Silicon Valley Bank had to be rescued followed by three other regional banks all within a two week period. This caused a banking panic reminiscent of 2008 - 2009 and a flight to safety. How are you handling this? What should you do? Is your money safe? When will inflation end? These are just some of the questions that we will address in this timely talk.

**\$25 for both PILLAR Members and Nonmembers, includes lunch.**

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**Thursday, May 11, 9:00am - 3:00 pm (note time)**

### **Senior Lifestyle and Learning Expo**

This will be a fun-filled day in an elegant venue with live entertainment, demonstrations, door prizes, raffles, and drawings for gift baskets. Additionally, there will be designated areas for free health screenings and a variety of educational classes on topics relevant to local Seniors and the aging population. Attendees will be able to meet and interact with a variety of sponsors and exhibitors who specialize in various areas of Senior care including Medicare, home health care, senior living options, hospice care, financial and estate planning, reverse mortgages, adult day care, insurance, health and fitness, medical and nursing services, transportation, and so much more!

**2:00pm - 3:00pm - PILLAR instructor, Sandy Halby, will talk on the *Benefits of Lifelong Learning as You Age* and also give a mini PILLAR class. Bring a friend who has never attended a PILLAR class!**

**Location: The Antlers, A Wyndham Hotel, 4 S. Cascade Ave., Colorado Springs.**

**Parking is in the underground parking garage.**

**FREE**

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**Saturday, May 13, 10:00am - 11:30am (note time and location)**

### **#3009 IGP: Women Can't Do That! - Female Explorers and Adventurers of the 19th and Early 20th Centuries**

**Instructor: Julia Hargrove**

You have probably heard of the male explorers Henry Stanley, who found Dr. Livingston in Africa; Peary, Amundsen, and Shackleton, who explored the Poles; and John Speake and Richard Burton, who searched for the source of the Nile River. It is much less likely that you are familiar with Freya Stark, Nellie Bly, Isabella Bird, or Lady Hester Stanhope. Yes, women could and did do that!

**Location: Inn at Garden Plaza, 2520 International Circle.**

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

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

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**Tuesday, May 16, 10:00am - 11:30am (note time and location)**

### **#3010 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.**



**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 five years.

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

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**Wednesday, May 17, 11:00am - 1:00pm**

**#3012 Buddhism**

**Instructor: Martin Cook (The instructor will present via Zoom.)**

This class will cover the origins, central teachings, and main branches of Buddhism. Beginning with the life of the Founder, Siddhartha Guatama, it will review the founding story of his disillusionment with a life of luxury and decision to leave that life to seek Enlightenment. It will review the insights he received while meditating under the Bodhi tree that caused him to articulate the Four Noble Truths, which is the core of Buddhist teaching. It will then consider the formation of the original Buddhist sangha (community) in the form of Hinayana/Theravada Buddhism. From there, we will explore the spread of Buddhism beyond India and its evolution into the many forms of Mahayana Buddhism, especially Pure Land and Zen. Lastly, we will briefly review the manifestations of Buddhism in the modern United States.

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

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

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**Wednesday, May 17, 1:30pm - 3:30pm**

**#3013 Quantum Computing and Our Global Economy**

**Instructor: Royal Aubrey Davis, LLM, JD**

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

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

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

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**Thursday, May 18, 11:00am - 1:00pm**

**#3014 The History of the AdAmAn Club**

**Instructor: Don Sanborn**

This class will discuss the history of the club and explore how the climb experience has changed from the club's inception in 1922 to more recent climbs. Don will touch on some of the more interesting club members (not that they aren't all interesting!), climbing conditions, and fireworks experiences. He will discuss the club's activities, both on and off of Pikes Peak.

**Don Sanborn, BS** in Agricultural Engineering from CSU. Don is a past President of the AdAmAN Club and the current President of the Pikes Peak Hill Climb Historical Society. He was also a member of the Advocates for the Pikes Peak Summit House. His father and uncle both raced in the Pikes Peak Hill Climb.

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

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**Monday, May 22, 1:00pm - 3:00pm (note time)**

**#3015 Do You Have a Spirit Guide?**

**Instructor: Jeff Danelek**

It is popular within the New Age movement to speak of receiving help in one's spiritual journey from angels and spirit guides, which are generally defined as invisible spiritual entities who are willing and even eager to assist humans in their upward evolution. But are they real? Science, of course, says they are pure hokum at best and dangerous delusions at worst. But is that really all there is to it? In this lecture, we will look at the world of Spirit Guides in an effort to understand just what these beings are, how they help us in our spiritual evolution, and, most important of all, how to hear and communicate with them.

**Jeff Danelek, AA** in Occupational Studies with emphasis in Commercial Art and Illustration from Rocky Mountain College of Art and Design. Jeff is a published author of eight books on various topics such as paranormal and historical subjects, and fiction. He has also been an instructor for Colorado Free University since 2008. Jeff is a Navy veteran and enjoys a variety of hobbies, including art, political history, paleontology, and the paranormal.

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

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**Tuesday, May 23, 11:00am - 1:00pm**

**#3016 Examining the Constitutional Amendments, Part I**

**Instructor: Daryl Kuiper**

We will study the twenty-seven Amendments and their historical context in two sessions. The more controversial Amendments will get more exposure than the others. Open discussion is expected. Bring a copy of the Amendments if you have one.

**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, May 24, 11:00am - 3:00pm (note time)**

**#3017 AARP Smart Driver Safety Course**

**Instructor: Stephen Blucher**

This national classroom refresher curriculum is tailored to the needs of local drivers over the age of fifty. The course provides a review of driving situations, self-assessments, and driver guidance that will update your driving knowledge, sharpen your driving skills, and help you compensate for normal age-related physical changes. The instructor will use video clips and a workbook to remind older drivers how driving in the world today has changed. At the end of the course, participants will receive a certificate of completion to take to their insurance agent for an auto insurance discount.

**Stephen Blucher, BA** in Mass Communications from the University of Miami, Florida. He has worked in Radio News/Public Relations nationwide and as a Civil Air Patrol PAO/search pilot for the Rocky Mountain Region. He is also a hot air balloon pilot with five decades of flight experience. Stephen has been an AARP Driver Safety instructor for over twenty-two consecutive years. He was a recipient of the AARP Chapter and REA Unit Community Service Award for 2020. Stephen is a member of the elite AARP Chapter Advisory

Team, which is dedicated to making chapters throughout the U. S. more viable, effective, and responsive to their community's needs.

**\$20 for AARP Members with an AARP ID card, no exceptions (i.e., forgotten or lost cards)/\$25 for non-AARP Members. Participants will pay the instructor directly at class. Check or exact cash only. Bring your lunch. Please preregister, so we have enough seats.**

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**Thursday May 25, 11:00am - 1:00pm**

**#3018 Examining the Constitutional Amendments, Part II**

**Instructor: Daryl Kuiper**

We will study the twenty-seven Amendments and their historical context in two sessions. The more controversial Amendments will get more exposure than the others. Open discussion is expected. Bring a copy of the Amendments if you have one.

**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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**Tuesday, May 30, 11:00am - 1:00pm**

**#3020 The Three Phases of Niners: The West's Connected Gold Rushes (Teacher in person. Yea!)**

**Instructor: Katherine Sturdevant**

Most folks think of each famous gold rush as a unique event, but all rushes follow common, predictable patterns and are all the more interesting for that! Bringing them back together reminds us how close they were, in time and space and behavior. Indeed, the patterns can make the events more colorful and memorable, teaching us about human habits and social history, larger national fads, and trends. Particular focus on several rushes together is a revealing and entertaining exercise in studying human nature, for good or ill, and even offers a trick for remembering dates.

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

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

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**Wednesday, May 31, 11:00am - 1:00pm**

**#3022 SpaceX: What are Elon's Plans for the Future of Space?**

**Instructor: Jamil Brown**

SpaceX has become a household name; but, what are the plans for the future of the company? The founder and CEO, Elon Musk, has been open about his plans to reach Mars during our lifetime. In pursuit of those plans, he has managed to reduce the cost of space travel and has introduced innovative technologies. This class will look at the future of SpaceX and its role in space exploration.

**Jamil Brown, MBA and MS** in International Relations from Troy University. BS in Economics from Baylor University. He is a national security researcher and practitioner. Jamil previously served as a Fellow for the US Air Force Academy Institute for Future Conflict. In his previous role as an Air Force Academy instructor and Fellow, he was responsible for leading the Dean's future conflict and innovation education support efforts.



In his current role, he continues to coordinate future-conflict research opportunities. Jamil has served as a satellite operator, space operations planner, and USAF Weapons School instructor.

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

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**Wednesday, May 31, 1:30pm - 3:30pm**

**#3023 Native Americans**

**Instructor: Tom Menza**

The history of Native Americans is fascinating! Humans have lived on Earth for six million years. Modern humans that we could recognize today can claim 200,000 years of existence. Humans that evolved out of Africa migrated on foot to the rest of the world. Modern civilization, meaning communities that we know from written histories and archeological evidence, go back 10,000 years.

Over the centuries, humans slowly migrated into the Americas. They traveled in extended family groups of up to a couple hundred people that we called tribes. The tribes were here before the Europeans when they met them at the port. Hollywood wrongly portrayed these people as only hostile and warmongering. Over the years, they served our country in many ways. This includes the code talkers of WWII who transmitted secret messages for the Army in combat zones in the Navajo language that the enemy could not understand. Let's explore the history of Native Americans.

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

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

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**June 2023**

**Thursday, June 1, 10:00am-11:30am (note time)**

**#3024 North End Walk: North Cascade Avenue**

**Tour Leader: Katie Rizzo**

During this walk, we'll explore together the North Cascade 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 NW corner of N. Cascade Ave. and Uintah St.**

**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's worked as an academic advisor for an online college and as a career counselor for the US Army. She has also lived in Japan and Australia.

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

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**Tuesday, June 6, 10:00am - 11:00am (note times)**

**#3025 Inflammation 101: The Fire Within**

**Instructor: Dawn Franz**

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.

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

**Dawn Franz, BS** in Nutritional Science with a minor in Biochemistry from the University of Arizona. She has been a Nutritional Health Coach for Natural Grocers since 2005.

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

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**Wednesday, June 7, 11:00am - 1:00pm**

**#3026 The Human Body in Flight**

**Instructor: Jim Furfari**

Those of us who live in Colorado have first-hand experience with the trials of living at altitude. Add powered flight to the mix, and the body has a whole host of challenges for which it wasn't designed. This session will cover:

- Why Tom Cruise was a good (but not the best) person to pull a lot of G's and what the movie *Top Gun* got wrong.
- Why does the airline captain get the *Buck Rogers'* oxygen mask and you get the yellow Dixie cup with a baggie, rubber band, and crazy straw attached?
- Why you may get dizzy on an airplane, and the pilot (hopefully) doesn't.
- A Vietnam UFO story.
- The man who flew forty minutes without the benefit of an airplane or balloon and the women who beat his record by nearly three hours.

**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.

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

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**Wednesday, June 7, 1:30pm - 3:30pm**

**#3027 You Remember Vaughn Meader, Don't You?**

**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. 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, June 8, 10:00am - 11:30am (note time)**

**#3028 Tour of the Old El Paso County Canal**

**Tour Leader: Horst Richardson**

The El Paso Canal was the irrigation ditch which helped build the city in 1871. General Palmer planned this project to provide water for his Fountain Colony, today's North End. We will explore remnants of this historic twelve-mile long canal at two sites: West of Bristol Elementary School and in Sondermann Park. There will be handouts and commentary along the way. **Please wear good walking shoes and long pants. Bring water and sunscreen. Max: 12**

**Location: Meet in the Bristol Elementary School parking lot. 890 N. Walnut St.**

**Horst Richardson, PhD** in German Language and Literature from the University of Connecticut. He has taught and coached men's soccer at Colorado College. He was the D-11 school board president. He enjoys international travel, hiking, participating in the choral society, and beekeeping.

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

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**Tuesday, June 13, 11:00am - 1:00pm**

**#3030 Argentina's Tango: Its Myriad, Multicultural Roots (*Presenters will be coming to us in the classroom via Zoom.*)**

**Moderator: Aaron Casey**

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

Join us for this fascinating masterclass and then join the trip to Argentina led by Alterra Consulting. We'll visit winelands, experience ranch culture, and, yes, dance the tango! Ask for details.

**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.

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

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**Wednesday, June 14, 11:00am - 1:00pm**

**#3031 How to Avoid Financial Scams**

**Instructor: John Kyle**

Learn the best ways to avoid getting involved in a financial scam from a local banker!

**John Kyle, BS** in Business Finance from Columbia Southern University. John's work has been focused on coaching and connecting businesses and business owners with information, resources and solutions that allow them to achieve and exceeding their business goals. He is also a Certified Risk and Compliance Management Professional (CRMCP). Aside from being a Banking Professional, John is an accomplished Martial Artist. He began his training back in 1982, was a champion kickboxer, owned three successful martial arts schools and earned the rank of 7th Degree Black Belt. John also has volunteered with several organizations including Boys and Girls Clubs of America and Kickbox-A-Thon. John works as a business banker with Academy Bank.

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

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**Wednesday, June 14, 1:30pm - 3:00pm (note time)**

**#3032 Profiting from the Peak: Creating Colorado Springs**

**Instructor: Dr. John Harner**

In the book *Profiting From the Peak: Landscape and Liberty in Colorado Springs*, the instructor charts the historical geography of Colorado Springs through ten thematic chapters. He then will summarize the important dimensions of the city to answer the question, “What shapes Colorado Springs’ place identity?” This lecture highlights the major points and conclusions that distill the characteristics of the place that define this city, including a focus on Old Colorado City. There will be plenty of time to ask questions after the hour presentation.

**John Harner, PhD** in Geography from Arizona State University. John is a Professor in the Department of Geography and Environmental Studies at University of Colorado, Colorado Springs.

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

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**Thursday, June 15, 10:30am - 12:00pm (note time)**

**#3033 Tour of the McAllister House**

**Tour Leader: Eric Metzger**

Join us as the director of the McAllister House leads us on a personal tour of the house and gardens.

**Location: McAllister House, 423 N. Cascade Ave.**

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

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

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**Tuesday, June 20, 11:00am - 1:00pm**

**#3035 Staying Alive Outside: Environmental Causes of Death: Hypo- and Hyperthermia, Drowning, Lightning Strikes, Avalanche, and High Altitude**

**Instructor: Dr. Deborah Johnson**

Did you know that Colorado is in the top ten states with the most lightning fatalities in the US? Or that hypothermia (often mislabeled “freezing to death”) can happen even in the summer months and disproportionately affects people aged sixty-five years or older? Although most of these deaths occur outdoors and are preventable, each year people die in or around their own homes with some of these causes on the death certificates. With knowledge, most of these environmental deaths can be avoided, and we’ll discuss what first aiders should (or shouldn’t) do in these situations.

**Deborah G. Johnson, MD** from CU School of Medicine, Denver and an MS and BS in Chemistry from CU Boulder and 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 twenty-seven years she was employed as a forensic pathologist/Medical Examiner at various locations. She is self-employed as a consultant in her own business, Pikes Peak Forensics, PC, founded 2003. There she served as 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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**Wednesday, June 21, 11:30am - 2:30pm (note times)**

**#3036 Special Event and Lunch: An Audience with Georgia O’Keeffe: Letters, Paintings, and Photographs**

**Presenter: Audrey McGuire (Georgia O’Keeffe is being portrayed by Audrey McGuire.)**

*I am Georgia O’Keeffe. I’ve always known what I wanted. When I was small,  
I played alone for hours and hours. I do things other people don’t do.*

Hear the story of one of America’s most famous artists. Follow her uniquely spirited, artistic journey from the prairies of Wisconsin, to the plains of Texas, to the city of New York, to the desert of New Mexico with a portrayal of Georgia O’Keeffe!

**Audrey McGuire**, originally from New York City, has been a Colorado Springs resident since 1985. Audrey began her career as a teacher in East Harlem, New York, and was an elementary school counselor for Harrison District 2 in Colorado Springs. She retired from that position in 2005. Audrey joined the Colorado Springs Fine Arts Center Docent program in 2006. She embarked upon portraying several artists for students who participated in the Fine Arts Center’s Imagination Celebration. She sought to bring Georgia O’Keeffe to life for the students. Audrey also led Docent tours as Georgia O’Keeffe for the Eloquent Objects: Georgia O’Keeffe exhibit at the Fine Arts Center in 2015 and led a tour for the docents from The Georgia O’Keeffe Museum in Santa Fe, New Mexico. Her presentations include programs for AAUW, Colorado Springs, and a Zoom presentation for The Osher Lifelong Learning Institute (OLLI) at The University of Alabama. Audrey served as Docent President at the Colorado Springs Fine Arts Center 2013-2014. She is currently a member of AAUW (American Association University Women) Colorado Springs Branch and is serving as Co-Chair of the Diversity, Equity, Inclusion committee.

**Schedule:**

|                |                                                                                                       |
|----------------|-------------------------------------------------------------------------------------------------------|
| <b>11:30am</b> | <b>Lunch (An Olive Garden lunch will be served. Please arrive before 11:30 to reserve your seat.)</b> |
| <b>1:00pm</b>  | <b>Portrayal of Georgia O’Keeffe.</b>                                                                 |
| <b>2:00pm</b>  | <b>Q&amp;A</b>                                                                                        |

**\$50 PILLAR Members / \$75 Nonmembers**

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**Thursday, June 22, 11:00am - 1:00pm**

**#3037 Introduction to the Immune System**

**Instructor: Carl Reese**

In this presentation, we will learn the basic parts of the immune system and how it works to defend against a bacteriological infection. We will discuss the parts of the innate immune system that you are born with and how it activates, when necessary, the adaptive immune system. We will discuss the parts of the innate immune system to include macrophages, neutrophils, complement proteins, and the dendritic cells. The parts of the adaptive immune system include the T-Cells, B-Cells and antibodies. This will be based largely on the book *Immune* by Philip Dettmer.

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

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

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**Monday, June 26, 1:00pm - 3:00pm (note time)**

**#3040 What is Spiritual Enlightenment?**

**Instructor: Jeff Danelek**

Spiritual Enlightenment is not some elusive goal achieved only through years of study and meditation, but is a reality that can be experienced in the here and now. Participate in an honest exploration of what it means to achieve enlightenment: what it is, how you find it, and most important of all, how to “sustain” it. This is not a meditation course, but an exploration of methods for achieving a balanced and consistent state of enlightenment. It is culled from the writings of many of today’s best-known spiritual teachers. Class is for novices and old souls alike.

**Jeff Danelek, AA** in Occupational Studies with emphasis in Commercial Art and Illustration from Rocky Mountain College of Art and Design. Jeff is a published author of eight books on various topics such as paranormal and historical subjects, and fiction. He has also been an instructor for Colorado Free University since 2008. Jeff is a Navy veteran and enjoys a variety of hobbies, including art, political history, paleontology, and the paranormal.

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

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**Tuesday, June 27, 11:00am - 1:00pm**

**#3041 Haiti: Past, Present, and Future**

**Instructor: Teresa Henry (The instructor will present via Zoom.)**

This brief overview of Haiti will help you understand the history of Haiti that has led to the incredible challenges the country is facing today. We will look at the misconceptions and the facts of today’s Haiti and look ahead to potential ways forward.

**Teresa Henry, BS** in Ornamental Horticulture from University of Illinois. She also has a TEFL (Teach English as a Foreign Language) Certification. Teresa is a former board member and current volunteer for Locally Haiti. She also teaches ESL for students in Haiti and Haitian immigrants and is an early childhood literacy educator.

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

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**Wednesdays, June 28, July 5, 12, 19, 11:00am - 1:00pm**

**#3042 Beginning Mah Jongg Lessons: Four Weeks of Individual Lessons**

**Instructor: Sandy Halby**

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

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

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

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**Wednesday, June 28, 1:30pm – 3:30pm**

**#3043 Special Event: “How I Wrote My First Book and Survived the Process”**

**Presenter: Durthy Washington**

Join local author and PILLAR instructor Durthy A. Washington as she discusses her recently released book, *Culturally Responsive Reading: Teaching Literature for Social Justice* (Teachers College Press, 2023) which includes examples of some of the courses she taught for PILLAR. Her book (available on Amazon) will also be available for purchase at this special event.

**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.

**FREE ~ Refreshments will be provided.**

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**Thursday, June 29, 9:30am – 10:30am (note time)**

**#3044 Xeriscape Gardens and Low Water Landscapes Tour**

**Tour Leader: Catherine Moravec**

Join us on a tour of the CSU Demonstration Gardens where we will learn about the xeriscape and low water landscapes. Bring walking shoes, water, and a hat. **Max: 12**

**Location: CSU Demonstration Gardens, 2855 Mesa Road.**

**Catherine Moravec**, Water Conservation Lead, Water Resources and Demand Management at the Colorado Springs Utilities.

**FREE for PILLAR Members / \$15 Nonmembers**

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**July 2023**

**Thursday, July 6, 11:00am – 1:00pm**

**#3051 Situational Conundrums of Philosophy in Practice**

**Instructor: Daryl Kuiper**

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

**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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**Mondays, July 10, 17, 24, 31, 1:00pm - 3:00pm (note time)**

**#3055 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 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**

**Tuesday, July 11, 11:00am - 1:00pm**

**#3056 The Greatest Hollywood Romances, Part I**

**Instructor Sandy Halby**

Hepburn and Tracy. Bogie and Bacall. Those are just a couple of “The Greatest Hollywood Romances!” Come to this class to see and hear more about Hollywood history and the romances that had Tinseltown talking!

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

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

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**Wednesday, July 12, 1:30 pm - 3:30pm**

**#3057 The History of Military Balloons**

**Instructor: Tom Menza**

The Chinese balloon that crossed the United States and was shot down over the east coast was not the first balloon used for spying. In 1783, the French Mongolprier brothers built the first balloon lifted by hot air to carry humans. Both the North and South in the American Civil War used hydrogen gas balloons carrying an observer to watch the enemy. Similar balloons used in World War I evolved into blimps, dirigibles, and Zeppelins that bombed London in WWII. In the early 1950s, a military base near Roswell New Mexico used a new substance called mylar for spy balloons carrying small cameras timed to operate when they drifted over Russia. When a civilian from Roswell discovered a downed balloon along the roadside near town, the local news wrote there was nothing like this material on earth. It must be from outer space. To hide their secret program, the military replied, we cannot confirm nor deny. The locals then assumed aliens were at the base. Today, Roswell has an Alien Pub, Alien Café, Alien Inn, and an Alien Museum. Aliens gave Roswell an economy. Join us as we explore the history of military balloons.

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

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

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**Thursday, July 13, 10:00am - 11:30am (note time)**

**#3058 IGP: The History of the Cripple Creek Mining District**

**Instructor: Stephen Antonuccio**

This is an in-depth history of the Cripple Creek Mining District presented by Steven Antonuccio. Steve Antonuccio produced three one-hour documentaries on the history of Cripple Creek for the City of Cripple Creek, which can be viewed on YouTube. His presentation will highlight many of the books written about Cripple Creek history and includes historic video clips and interviews with some of the authors and historians.

**Location: Inn at Garden Plaza, 2520 International Circle.**

**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 twenty years, and was a Library Branch Manager for the Pueblo City County Library District for six years.

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

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**Tuesday, July 18, 11:00am - 1:00pm**

**#3060 The Greatest Hollywood Romances, Part II**

**Instructor Sandy Halby**

Hepburn and Tracy. Bogie and Bacall. Those are just a couple of “The Greatest Hollywood Romances”! Come to this class to see and hear more about Hollywood history and the romances that had Tinseltown talking!

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

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

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**Wednesday, July 19, 1:30pm - 3:30pm**

**#3062 Special Event: Troubadours on Horseback: The History of Singing Cowboys**

**Presenter: Donna Guthrie**

Cowboy songs were written to glorify the life of the cowboy and the Wild West. Gene Autry, Roy Rogers, and Tex Ritter are a few familiar names whose music was part of the era of singing cowboys in Western movies.

“Troubadours on Horseback, The History of Singing Cowboys” is a musical lecture featuring the simple melodies, harmonies, and instrumentation of cowboy songs. Through music, slides, and movie clips, children's author Donna Guthrie celebrates the Western boom that took over Hollywood.

**Donna W. Guthrie, MFA** in Children’s, and Young Adult Writing from University of Vermont. She has been a writer for over thirty-five years, has published twenty-three books for children, sixty-five educational videos for children, three award-winning documentaries, and six podcasts.

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

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**Thursday, July 20, 10:00am - 11:30am (note time)**

**#3063 Tour of the Pauline Chapel**

**Tour Leader: Sarah Woods**

Tour the beautiful Pauline Chapel built by the Penroses with Sarah Woods of El Pomar. Julie Penrose supervised the building of the chapel and Thomas MacLaren was the chosen architect. Her vision for the chapel was Italian Renaissance, and the design for the chapel was based on a 14th century model in the Vatican. The Pauline Memorial Chapel is home to many worldly beauties. The hand-carved backdrop for the main altar is from Spain, as are the ivory and silver crucifix hanging above the altar. The gilded tabernacle and reliquary were fashioned in Mexico. Other unique furnishings include a Bishop’s throne from England and four chapel kneelers that belonged to King Louis XVI. Some of the most valuable acquisitions made by Julie Penrose are the altar pieces flanking the sanctuary. Flemish in origin, the statues of St. John and the Blessed Mother Mary both date back to the early 16th century and have undergone significant restorations. The Pauline Chapel is not normally open to the public as it is a chapel on the National Register of Historic Places and is owned by The Broadmoor Resort.

**Location: Pauline Chapel, 2 Park Ave., Corner of Mesa Ave. and Park Ave., west of the Broadmoor.**

**Sarah Woods, MLIS**, Master of Library Science specializing in Archives & Records Management from Indiana University, Bloomington, Indiana. She was a member of the Society of American Archivists, the American Alliance of Museums, and the American Association for State and Local History. She co-founded the Pikes Peak Archives and 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.

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

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**Tuesday, July 25, 11:00am - 1:00pm**

**#3065 *The Wonderful Wizard Of Oz* as Political Satire (The instructor will present via Zoom.)**

**Instructor: Katherine Sturdevant**

Newspaper editor Lyman Frank Baum first published his *Wonderful Wizard of Oz* in 1900 and followed it with many sequels. As many of his readers probably recognized, the story and characters poked tongue-in-cheek fun at many aspects of society and politics in their day. Baum also sent subliminal reform messages! Over time, average readers (many of whom were children) lost that historical perspective. In the 1960s, when we watched the movie annually, scholars realized Baum's tricks anew. Since then, literary analysts and historians have enjoyed interpreting the Oz stories and characters as a way to understand Baum's day and even ours. We're off!

**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.

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

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**Wednesday, July 26, 12:00pm - 3:00pm (note time)**

**#3067 An Introduction to Artificial Intelligence, Part I**

**Instructor: Paul Garrett (Zoom) and Dr. Henry Gertzman (Classroom)**

What is Artificial Intelligence? How does it work? How is it changing our world? Is it a look into the future? Is it a quest to build machines that can reason, learn, and act intelligently? Has it already begun? What do scientific thinkers and world leaders think about how AI may transform every aspect of our lives? After the classroom lectures, we will have time for student discussions and questions.

*The rapid pace of change in technology, in general, and AI, specifically, make it almost impossible to look ahead. Therefore the topics for each class will reflect what is currently happening at the moment.*

**Paul Garrett, BSFS** in economics, ancient history, and languages from Georgetown University School of Foreign Service. Paul's business experience has been primarily with British multinationals and the UK government while living in nine countries and working in thirty countries, including Russia, East and West Europe, and Latin America. ***Paul will be teaching remotely via ZOOM.***

**Henry Gertzman, PhD** in Nuclear Physics from University of Rochester, and a BS in Physics from MIT 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. ***Henry will be teaching live in the PILLAR classroom.***

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

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**Thursday, July 27, 11:00am - 1:00 pm**  
**#3068 Latin American Space Programs**

**Instructor: Jamil Brown**

Brazil leads Latin America's space exploration ambitions. What does this mean for the rest of Latin America? What is the history of Brazil's space program? This class will examine Brazil's space program and other Latin American space programs.

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

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

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**August 2023**

**Tuesday, August 1, 11:00am - 1:00pm**

**#3070 Lesser-known Facts About Well-known Jazz Musicians, Part I**

**Instructor: Dr. Dick Fairley**

Many of the stories about well-known jazz musicians, including Louis Armstrong, Benny Goodman, Charlie Parker, Miles Davis, and others, are well-known. This presentation will focus on lesser-known stories that shaped the careers and reputations of many well-known jazz musicians. For example, why did Louis Armstrong wear a Star of David necklace throughout his lifetime? How did Benny Goodman become host and bandleader of the nationally broadcast radio show "Let's Dance" in the 1930s (that made his career) when he was not well-known and had no orchestra? How did an incident during a jam session that caused Charlie Parker to be chased off the stage lead to his becoming one of the most influential jazz musicians of all time? These and other lesser-known stories of better-known musicians will be related with ample time for questions and discussions.

**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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**Wednesday, August 2, 9:30am - 11:00am (note time)**

**#3005 Tour of the City Auditorium Project**

**Tour Leader: Linda Weise**

The proposed renovation plan includes a multi-use rehabilitation of the building exterior and a redesign of the interior of the facility, expanding its usable floor area from 40,000 square feet to 90,000 square feet. An addition will be built on the south side, and two new floor levels on the inside will replace the current arena seating. The partial basement will include an orchestra pit, a versatile and multi-faceted event/theater venue, and commercial food and beverage partners. The ground floor will host retail and community partners. The main performance venue will face the preserved proscenium arch and seat about 600 with a flat floor option for up to 730 people.

The revitalized City Auditorium will accommodate a variety of occupants including nonprofit tenant offices, leased nonprofit performance space, commercial rental bookings, food and beverage establishments, workforce development centers, and an incubator space for theater and concert productions. Additional residents in all cultural pillars are slated to include western heritage, wellness, faith community, military, and business

development. Our goal is to preserve the historic nature of the Auditorium while providing Colorado with new spaces and opportunities for diverse, creative arts experiences. **Max: 12**

**Location: 221 E. Kiowa St. There is parking behind the Colorado Springs City Auditorium and to the east of the Auditorium off Wahsatch.**

**Linda Weise** currently serves as the President of the Community Cultural Collective at the Colorado Springs City Auditorium. This newly formed 501(c)3 is committed to reimagining and renovating the City Auditorium in downtown Colorado Springs. [www.CommunityCulturalCollective.org](http://www.CommunityCulturalCollective.org) Linda was the founder of the Colorado Springs Conservatory (CSC) and a former board member of PILLAR.

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

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**Wednesday, August 2, 12:00pm - 3:00pm (note time)**

**#3072 An Introduction to Artificial Intelligence, Part II**

**Instructor: Paul Garrett (Zoom) and Dr. Henry Gertzman (Classroom)**

What is Artificial Intelligence? How does it work? How is it changing our world? Is it a look into the future? Is it a quest to build machines that can reason, learn, and act intelligently? Has it already begun? What do scientific thinkers and world leaders think about how AI may transform every aspect of our lives? After the classroom lectures, we will have time for student discussions and questions.

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**Paul Garrett, BSFS** in economics, ancient history, and languages from Georgetown University School of Foreign Service. Paul's business experience has been primarily with British multinationals and the UK government while living in nine countries and working in thirty countries including Russia, East and West Europe, and Latin America. *Paul will be teaching remotely via ZOOM.*

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

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**Thursday, August 3, 11:00am - 1:00pm**

**#3073 Republic of Korea: Considerations on Nuclear Weapons Development**

**Instructor: Dr. Bill Berry**

Since the end of the Korean War in 1953, the Republic of Korea (ROK) and the United States have been security allies with a Mutual Defense Treaty in place and the stationing of American military forces in the ROK to support this security relationship. The U.S. has extended the American nuclear umbrella (extended deterrence) to the ROK to guard against the increasing nuclear threat from North Korea. As North Korea has developed a significant nuclear weapons arsenal and the capability to launch long range missiles that may be capable of reaching the U.S., questions have arisen in the ROK concerning the credibility of the American deterrent to dissuade North Korea from a possible attack against the ROK.

A significant percentage of the South Korean population has reached the conclusion that the ROK should develop its own nuclear weapons capability as a more credible deterrent against a possible North Korean attack. The United States has strongly supported the continuation of the American nuclear umbrella as more than sufficient to prevent North Korea from any such attack. If the ROK would decide to go forward with a nuclear weapons program, this decision would result in the withdrawal of the ROK from the 1968 Non-Proliferation

Treaty(NPT) which the ROK joined in 1975. Only one other country has withdrawn from the NPT and that is North Korea in 2003. To withdraw from the NPT would result in severe economic and political consequences and could have devastating effects on the security relationship with the United States. This presentation will examine the most important factors involved in this dilemma for both the ROK and U.S. and come to some conclusions as to possible outcomes.

**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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**Tuesday, August 8, 11:00am - 1:00pm**

**#3075 Lesser-known Facts About Well-known Jazz Musicians, Part II**

**Instructor: Dr. Dick Fairley**

Many of the stories about well-known jazz musicians, including Louis Armstrong, Benny Goodman, Charlie Parker, Miles Davis, and others, are well-known. This presentation will focus on lesser-known stories that shaped the careers and reputations of many well-known jazz musicians. For example, why did Louis Armstrong wear a Star of David necklace throughout his lifetime? How did Benny Goodman become host and bandleader of the nationally broadcast radio show “Let’s Dance” in the 1930s (that made his career) when he was not well-known and had no orchestra? How did an incident during a jam session that caused Charlie Parker to be chased off the stage lead to his becoming one of the most influential jazz musicians of all time? These and other lesser-known stories of better-known musicians will be related with ample time for questions and discussions.

**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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**Wednesday, August 9, 12:00pm - 3:00pm (note time)**

**#3077 An Introduction to Artificial Intelligence, Part III**

**Instructor: Paul Garrett (Zoom) and Dr. Henry Gertzman (Classroom)**

What is Artificial Intelligence? How does it work? How is it changing our world? Is it a look into the future? Is it a quest to build machines that can reason, learn, and act intelligently? Has it already begun? What do scientific thinkers and world leaders think about how AI may transform every aspect of our lives? After the classroom lectures, we will have time for student discussions and questions.

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**Henry Gertzman, PhD** in Nuclear Physics from University of Rochester, and a BS in Physics from MIT 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. ***Henry will be teaching live in the PILLAR classroom.***

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

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**Thursday, August 10, 11:00am - 1:00pm**

**#3078 The Law and You**

**Instructor: Daryl Kuiper**

What should you know about potential interaction with the LAW? How should you handle officer confrontations? What are some of the needed changes in our legal system that could affect you? I am not an attorney. These are just everyday legal issues we all need to know. My sources are from the State of Colorado and the ACLU.

**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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**Tuesday, August 15, 11:00am - 1:00pm**

**#3080 Healing the Brain With the Proven Science of Light Therapy**

**Instructor: Melinda Couch**

Low Intensity Light Therapy utilizes light photons from the red and near-infrared portions of the light spectrum to initiate a healing process at a cellular level. When utilized on the brain and nervous system, the light photons reduce neural inflammation, stimulate neurogenesis, neural synapses, and the microglial cells in the brain. All of this leads to the formation of new brain cells and new neural networks and the reduction of amyloid plaque or other waste products. LILT (or Photobiomodulation) has been well researched over the last 50 years with over 5,000 evidence based articles and clinical control trials. It is used more and more all over the world as a safe and effective treatment for Parkinson's, dementia, stroke recovery, depression, and now even long-Covid symptoms.

**Melinda Couch**, Degrees in Psychology and Physical Therapy from Baylor University and University of Texas Health Sciences Center at San Antonio. Melinda has been the owner of the West Side's Peak LiLT, LLC, since 2008 and studies photobiomodulation of the brain. Previously, she owned Peak Performance Physical Therapy for seventeen years. Melinda volunteered for U.S. Figure Skating from 1999 to the present, serving as U.S. Team Physical Therapist at several World Championships as well as the 2014 Winter Olympic Games in Sochi, Russia. In 2018, Melinda received the Thayer Tutt Sportsman Award for volunteer service in the Colorado Springs sports community.

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

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**Wednesday, August 16, 11:00am - 1:00pm**

**#3081 Introduction to Virtual Reality**

**Instructor: Ed Herlik**

Virtual reality or VR is mentioned everywhere you look. But what is it? How does it work? What can you do with it? What gear is required? What does it feel like? We will dive into all that and more.

**Ed Herlik, MA**, National Security Studies from California State University and a BS in Engineering & Political Science from California State University. Ed is a recognized authority in three areas critically related to anything on Near Space, or stratospheric unmanned systems. Ed was commissioned at the Air Force Academy and flew the A-10 Warthog attack jet, among many other military and civilian aircraft. Ed served in Air Force Space Command for the entire time it was assigned to develop unmanned systems that would operate in the stratosphere for at least a month at a time. He remains one of perhaps five experts in the US on both the technology and best uses of such unmanned aerial vehicles. As a civilian, Ed and a partner created Market Info Group, a technology forecasting company.

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

**Wednesday, August 16, 1:30pm - 3:30pm**

**#3082 A Shield of Defense: Early Colorado Women Doctors**

**Instructor: Doris Gardner-McCraw**

This is the story of the women who came to Colorado to practice medicine, to alleviate the suffering of women and children, and to serve those in need. But the story doesn't end there. Between 1870 and 1900, over two hundred women came to Colorado to practice or study medicine. The list is composed of Medical School Graduates, doctors licensed by the state of Colorado, or attending school and applying for a Colorado license. These women were from all walks of life and ages. Their story is one of dedication to not only medicine but also women's suffrage and the welfare of women and children.

**Doris Gardner-McCraw, BA** in Sociology with emphasis on Criminology and Social Work, from Illinois Wesleyan University. She writes non-fiction and poetry under her own name and historical fiction under her pen name, Angela Raines. Doris has also worked as an actor and taught acting. In her spare time, she has taught music, speech and writing workshops. Doris is the author of *Under the Stone*, a short compilation that contains biographies of the medical college licensed women whose final resting place is Evergreen Cemetery, Colorado Springs.

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

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**Thursday, August 17, 11:00am - 1:00pm**

**#3083 Inflation, the Economy, the Fed, the Banks and You!!!**

**Instructor: Dr. Jim Poole**

What the heck is going on? Almost two years ago, inflation started to tick up and its rise has persisted ever since. The Fed has raised rates in an attempt to bring down inflation, but about the only thing that has happened is now we have higher rates and inflation. The banking system seemed fine, and then suddenly Silicon Valley Bank had to be rescued followed by three other regional banks, all within a two-week period. This caused a banking panic reminiscent of 2008 - 2009 and a flight to safety. How are you handling this? What should you do? Is your money safe? When will inflation end? These are just some of the questions that we will address in this timely talk.

**Jim Poole, PhD** in statistics, MS in geology and economics/finance. Dr. Poole spent thirty-five years at various major and regional banks. He worked his way up to a Senior Risk Officer and a Portfolio Manager. He has dealt with bank failures, portfolio sales, and collecting bad loans. He is very proud of the fact that after thirty-five years he never opened a checking account or took out a car loan.

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

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**Saturday, August 19, Time TBD**



**20<sup>th</sup> Annual PILLAR Palisade Peach Fundraiser**



**More information in June.**

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**Tuesday, August 22, 11:00am - 1:00pm**

**#3085 European Space Programs**

Europe, much like the United States and Japan, has invested heavily in space exploration. This class will look at European space agencies, commercial entities, and the future of the partnership between these organizations and the United States space sector.

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

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

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**Wednesday, August 23, 1:30pm - 2:30pm (note time)**

**#3087 The PILLAR Reader's Theatre**

Please join us as our Pillar Reader's Theatre players recreate the Golden Age of Radio. Each Readers Theatre program will both educate and entertain you and features a full-length production of a classic radio broadcast, several entertaining short features, and some fun facts and trivia about radio's Golden Age.

**\$5 PILLAR Members / \$5 Nonmembers**

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