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Quenching Curiosity for 20 Years

Every year when back-to-school season returns, I feel a spark of excitement when I see the aisles of bright highlighters and pristine, freshly lined notebooks in stores. I am nostalgic for the sense of potential in a new season of learning.

How fortunate we are to have the Enrichment Program ready to fulfill those nostalgic dreams and give perpetual life to the best aspects of education: discovery, intellectual reach, personal growth and the joy of community.

For 20 years, the Enrichment Program has served as a sort of friendly “front door” to the University of Denver for anyone in the metro area who wished to benefit from the rich knowledge held by the university’s prestigious faculty. In fact, part of the motivation to create the Enrichment Program in 2003 was to build a stronger bridge between DU (and the noteworthy learning that takes place here) and the communities that surround it.

Over that time, the program has more than fulfilled that mission. Through these convenient and thought-provoking courses, you can cultivate an existing interest, explore new intellectual frontiers, and practice new skills that may bring enjoyment for years to come.

The Enrichment Program is one important facet of University College, DU's college of continuing and professional studies. The college serves adult learners in many ways, including the non-credit Enrichment Program and the Osher Lifelong Learning Institute at DU (for adults age “50 or better”). We also deliver for-credit graduate education, including career-focused certificates and top-ranked master’s degree programs, all in formats that work for busy adults. All these offerings are designed to provide DU’s exceptional education in ways that meaningfully augment your quality of life.

This landmark 20th year of the Enrichment Program is a wonderful time to indulge your curiosity and join us in a fascinating course (or five)! We hope you enjoy.

A lot can happen in 20 years.

When the Enrichment Program was launched in 2003, social media was in its infancy, smartphones were relatively rare, the Euro became the currency of the EU, network TV was king and streaming music did not exist. In 2003, the Medicare prescription drug program was launched by President George W. Bush, and the Human Genome Project was completed, profoundly changing the role of genetics in disease diagnosis and management.

Since then, we have experienced the great recession, watched as decades-long laws have been overturned, celebrated a rebirth in the space program, elected the nation’s first Black president, witnessed heart-wrenching mass shootings and lived through a pandemic. Wow.

Meanwhile, the Enrichment Program has grown and adapted to the changing times as well. Initially launched with a handful of on-campus lectures, today’s Enrichment Program offers over 100 short courses and lectures annually covering everything from history to literature to current events. Students of all ages are encouraged to participate on campus, via Zoom or in the community for experiential learning from some of DU’s renowned faculty, industry experts and cultural partners. Enrichment Program students can also learn about the cutting-edge research taking place at the university through the R1: Research With Impact lectures.

Our 20th anniversary gift to you is the Feed Your Curiosity lecture series this August. And we hope you enjoy the new look of this catalog and the treasures contained within including Blues and Rock ‘n’ Roll, Colorado’s Chicano/a/x Movement, Putin and His Wars, Exploring Alaska, and so much more. Twenty years have flown by, and we are excited to see where the next twenty take us. Thank you for being a part of the future and bringing your curiosity along for the ride.

Make every day a learning day,

Michael McGuire
Dean, University College

Lynn Wells
Director, Enrichment Program
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**IN-PERSON**  
**ZOOM**

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**CANCELED**

**Date Change**

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Catering to the Curious | 303-871-2291 | 800-347-2042 | UniversityCollege.DU.edu/Enrichment | 3
FEED YOUR CURIOSITY SERIES

FREE

Our 20th Anniversary Gift to You

Enjoy some or all of these free lectures as we kick off the fall term. Meet some 2023 instructors and learn what they have planned for class. Enjoy a lecture on a new or familiar topic—simply for the love of learning.

- Dates: August 28–31, 2023; all courses held in Mountain Time (MT).
- All live presentations offered via Zoom.
- Registration is required to receive the Zoom link.
- Registration covers all lectures offered on a particular evening.
- The second lecture on August 30 will be 90 minutes.
- Invite a friend or relative to Zoom in with you!
- Register today. Space is limited.

See full courses from all of the Feed Your Curiosity presenters throughout the catalog.
Mon., Aug. 28

**7 pm – Making Powerful Choices: The Art of Aligned Decision-Making**
Decision-making is difficult. We’re either overwhelmed by options, or we just want to get it over with—forgetting that collectively, all our choices ultimately craft our lives. Join life coach Robin Berg for a unique approach that mixes rational thought with trusting your gut, yielding powerful decision-making to align with who you are. Plus, learn how to decide quicker, and break down big decisions.

**8 pm – Understanding Environmental Art**
It’s called environmental art, and it does more than just depict a landscape or include the environment in artistic creations. “Instead, the environment becomes the work of art,” says Bonnie Ferrill Roman, artist and teacher for this course. “Environmental art’s goals include fostering appreciation of the natural world, conveying its impermanence, raising awareness and promoting its conservation.” View environmental artists’ images and learn how their works meet these goals.

Wed., Aug. 30

**7 pm – When Does Collecting Become Hoarding?**
We all collect or save things, right? But what does it take to cross the line and be dubbed a hoarder? And why do some people become hoarders while others stop at just collecting? How common is hoarding? Plus, what’s the main cause of hoarding? Join pop-culture collector Andrew Novick for the answers as he discusses why we save things and when collecting can go too far.

**8–9:30 pm – R1: Everyone Is a Biomechanist: Biomechanics of Human Movement**
When you move, how much motion occurs in your joints? How much effort do you need? What muscles do you use? Join engineering professor Bradley Davidson for an insider’s view of DU’s Human Dynamics Lab and how answers to those questions are being put to use to improve our lives. “Essentially, we marry tools from engineering, physics and computer science with neurophysiology, anatomy and medicine,” Davidson says. He shares all of the mechanics and the latest research behind knee and hip rehabilitation, concussion recovery, shoe design, ski biomechanics, walking after spinal cord injury and more. Plus, learn how scientists are keeping people of all ages physically active through biomechanics.

Tue., Aug. 29

**7 pm – Rocky Mountain Arsenal: From Chemical Wasteland to Urban Wildlife Refuge**
The Rocky Mountain Arsenal was once called the most polluted land in America, but today it’s one of the country’s most-visited urban wildlife refuges. Join John Lanning, a retired chemistry professor, as he shares the history of the arsenal that produced some of the nation’s most toxic chemicals and outlines the science and financial challenges of hazardous waste mitigation used at the arsenal. Lanning also covers arsenal hiking, biking and tour options.

**8 pm – From Tears to Cheers: A Fun and Fascinating Tour of Famous People’s Funerals**
Embark on a fascinating tour of famous people’s funerals with Jamie Sarche, a director of prearranged funeral planning. Examine memorable funerals, from rock stars and political leaders to Hollywood icons and royalty including Aretha Franklin, Luke Perry and Archbishop Desmond Tutu. Come away with a deeper appreciation for how funerals inspire us to celebrate life, honor our heroes and connect us with our own mortality.

Thur., Aug. 31

**7 pm – Culinary Knife Skills for Beginners**
It’s one of the most important tools in the kitchen: a chef’s knife. Here, Chef Eric Robbins teaches you how to slice, dice and julienne like a pro! Learn what to look for in a blade, how to hold your knife and cutting techniques.

Students should have the following: a chef’s knife, cutting board, one onion, two carrots, two bell peppers, two Idaho potatoes, one orange and parsley or cilantro.

**8 pm – Behind the Scenes: A Backstage Look at One of Denver’s Premier Performing Arts Centers**
Fresh off its 20th anniversary, the Robert and Judi Newman Center for the Performing Arts is one of the most innovative venues in Denver. Join Associate Director for Educational Initiatives Luke Wachter for a backstage look at what it takes to put on shows with the likes of Wynton Marsalis, Philip Glass and the Paul Taylor Dance Company. From programming to production and everything in between, discover what goes into running a world-class center.
How to Register for Classes

Register Online
UniversityCollege.DU.edu/Enrichment

Register By Phone
303-871-2291

Please note how classes are listed on the registration site (DU.edu/Elevate/Programs.html#PPE):
• Feed Your Curiosity free lectures are identified by this subject, followed by the date of the lecture.
• In-person classes or Zoom classes are first identified by their subject, then delivery mode and short course name.
• Courses are removed from the registration page once registration closes.

Select the course(s) you would like and add to your cart. When ready, checkout. You may also register by phone Monday–Friday, 8:30 am–4:30 pm MT at 303-871-2291.

Upon registration, you will receive an email with all class details, including classroom location or Zoom links. All in-person classes take place on the University of Denver campus unless otherwise noted.

Course Discounts
Discounts are available to DU faculty, staff, alumni, students and their parents, DU Retirees Association members, and OLLI at DU members. Check with registration staff to see if you qualify.

Disability Services Program (DSP)
DSP provides reasonable accommodations on campus as required by the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act to students with documented disabilities. Accommodations afford students equal opportunity to participate in the university’s programs, courses and activities.

CERTIFICATE OF LIFELONG LEARNING

Current & Global Issues
You’ve taken more courses about current issues than you can count. Isn’t it time you started getting acknowledged for your commitment to staying abreast of what’s happening in the world? Be recognized for your achievements, build your credibility, even enhance your resume with a Certificate of Lifelong Learning from the Enrichment Program at University College, University of Denver.

Criteria
30 hours of participation within a three-year period in Enrichment Program classes pertaining to current issues and events.

Example Course Combination

To receive your certificate, email UCOLSupport@DU.edu and include a list a courses taken. Upon verification, you will receive one certificate.

Alumni Experts
We are proud to acknowledge University of Denver alumni. DU alumni teaching Enrichment Program courses are identified by the alum logo.
In-Person Reminders
All in-person classes can be found in this section and are color-coded in crimson. Any class that includes an outing or field trip will meet in person for all sessions of the course.

Costs Included
The cost of parking is included for any session meeting on the University of Denver campus. Admission tickets to events, exhibits and in-person activities are also accounted for in the class price.

Planning to Come to Campus
Once registered for a lecture or course you will receive a confirmation, as well as additional emails with important information including parking instructions, classroom location and course specifics. PLEASE READ THESE CAREFULLY before heading to campus to avoid delays in accessing the designated parking garage or locating the unlocked door to your building.

Inclement Weather Policy
All classes meeting in-person (on-campus or elsewhere) follow the University of Denver closure schedule. Students will be notified of any changes to the schedule.
COMMUNICATIONS

Journalism: Past, Present, Future
One In-Person Session | $40
Wed., Oct. 4, 2023, 6:30–8:30 pm MT

Journalism’s role in the United States goes back to its very founding—the First Amendment, which was ratified in 1791, declares that Congress “shall make no law ... abridging the freedom of speech, or of the press ....” For more than a century, the essential nature of journalism was largely unchanged: it was ink on paper—words, illustrations, and eventually photographs, published in newspapers and magazines around the country. Then radio arrived in the 1920s, followed three decades later by the television revolution. Following “the news” was no longer solely about reading and looking at static images; now people heard the news, saw it in motion and felt the reverberations in their living rooms. But those changes seem quaint compared to the technological explosion and cultural upheaval of the last four decades, which have fundamentally transformed the practice of journalism and its role in society.

What in the name of Facebook Live has happened? Are we destined to a world of “alternative facts” and news stories produced by ChatGPT? Westword co-founder Patricia Calhoun and 9NEWS investigative reporter Kevin Vaughan have lived those changes—and are living them now. They’re glimpsing the future of journalism every day. Join them at the historic Denver Press Club, which has been supporting journalists and journalism since 1867, for a fascinating look at where the free press—that most American of ideals—stands now, and where it’s going.

Patricia (Patty) Calhoun co-founded the Denver-based digital and print media publication Westword in 1977; she’s been the editor ever since. She’s a regular on the flagship PBS12 program Colorado Inside Out; she played a real journalist in the movie Silver City; she once interviewed President Bill Clinton while she was wearing flip-flops; and she has won numerous awards for her writing.

Kevin Vaughan is an investigative reporter at 9NEWS, the NBC affiliate in Denver. Vaughan says he stumbled into journalism as a sophomore in high school because it was the only class left when it was his turn to register. He has since won many journalism awards. In 2008, he was a finalist for a Pulitzer Prize for a series that examined the implications of Colorado’s worst traffic accident, a 1961 collision of a high-speed passenger train and a school bus.

See Zoom class on ChatGPT and other AI Software on page 26.
Sharing Our Lives, Strengthening Connections: Oral History and the Power of Storytelling

One In-Person Session | $50
Sat., Nov. 18, 2023, 1–4 pm MT

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Stories are universal to the human experience—they can entertain, they can teach lessons and they can preserve histories. Stories also convey beliefs, traditions and identities, from the personal level to the community scale and they reveal the importance of things like race, ethnicity, geography, foodways, religion and language in our everyday lives. Spend an afternoon with Kim Kennedy White, the associate curator of oral history at History Colorado, as she explores stories throughout the museum. Then discover ways we can gather our own stories through oral history.

Kennedy White also examines some of History Colorado’s current museum exhibits to help students better understand the role of stories. How are they presented? How do they complement and highlight artifacts? What do stories reveal about the subjects and the human condition? Then engage in a workshop to learn about oral history, an important form of storytelling that allows us to document, preserve, and share our memories and experiences. Learn about the processes for planning, conducting and sharing oral histories. Topics include identifying narrators, undertaking research, developing questions and conducting interviews. Also, learn tips for recording, digitizing, saving and sharing oral histories.

“These important tools support our efforts to collect family histories, engage in genealogical research and build community connections,” Kennedy White says.

Kim Kennedy White, PhD, is a folklorist, teacher, writer and the John W. Emery Family Associate Curator of Oral History at History Colorado. Her work explores the various intersections of culture, identity and traditional arts through oral, aural and visual storytelling.
MUSIC & PERFORMING ARTS

From Blue to Gold: How the Blues and Rock ‘n’ Roll Changed the World
Four In-Person Sessions | $180
Tue., Sept. 12, 19, 26, Oct. 3, 2023, 6:30–8:30 pm MT

Could two genres of music—the blues and rock ‘n’ roll—change American culture and even the world? “Much of our popular history originated from African-American musical traditions,” says music historian Paul Turelli. “From the Mississippi Delta, an emergence of performers expanded northward to places like Chicago, Detroit and Kansas City.” With the advent of cross-over radio stations, “race records” began to be played in white households, on 45s and 78s, in dance halls, at sock hops, on TV and at Woodstock—sparking a revolution. As the sounds crossed the Atlantic Ocean, what had begun in a humble agricultural region spread rapidly around the globe. The bands that formed jumped on board the British Invasion and joined the rockabilly craze already flourishing in the United States. “From Big Mama Thornton to Elvis Presley, from Muddy Waters and Mississippi Fred McDowell to the Rolling Stones, and from the Allman Brothers and Robert Johnson to Eric Clapton, what was once blue was turning gold,” Turelli says. The music of the 1960s transformed the landscape of a new era and never looked back. This class culminates with a live blues performance with DU Lamont School of Music graduate and award-winning musician Camilla Vaitaitis and her band.

Paul Turelli holds a master’s degree in history and has taught courses on The Beatles, Laurel Canyon, the blues and female songwriters, along with general history, film and literature.

Camilla Vaitaitis is an award-winning pianist, vocalist, guitarist, arranger and composer based in Denver. She’s often featured on Denver’s Jazz radio station, KUVO.

The Beatles: Yesterday and Today
Four In-Person Sessions | $190
Wed., Oct. 25, Nov. 1, 8, 2023, 7–9 pm MT
Symphony Performance, Sat., Nov. 11, 7:30 pm

It’s been 60 years since The Beatles entered the pop charts—and our lives—with She Loves You and I Want to Hold Your Hand, and we’re still talking about them. We’re still feeling their impact on music and culture. And we still miss them. In this class, aided by the detailed knowledge (and guitar chops) of longtime University College music instructor Marc Shulgold, you get to relive the glorious ’60s. Discover videos and rare recordings that trace The Beatles’ incredible musical growth in their early days, as they soaked up blues, jazz, English music hall, classical, new-born rock ‘n’ roll and Eastern music, integrating all that into their own inimitable voice. Discover how they survived Beatlemania and found shelter in the recording studio with George Martin, creating amazing sounds from primitive equipment and using their fertile imaginations (and a few drugs) to create unforgettable music. Shulgold also explores how their legend has continued into the 21st century (two of them are still with us, of course). Finally, hear their music live, re-created faithfully by Jeff Tyzik, his brilliant band and the Colorado Symphony in a concert titled Revolution: The Music of The Beatles in Denver’s spectacular Boettcher Concert Hall. Come away with a greater appreciation for the legacy of one of the world’s greatest bands!

Marc Shulgold is a music journalist, concert lecturer and teacher. After working at the Los Angeles Times for 12 years, Marc became the first—and the last—music and dance writer at the Rocky Mountain News, covering the cultural scene throughout the region for nearly 22 years.
Finding Joy in Jazz
Three In-Person Sessions | $150
Mon., Oct. 2, 9, 2023, 6:30–8:30 pm MT
Newman Center Concert, Sun., Oct. 15, 7:30 pm

You might have heard a jazz musician telling a young protégé to “steal from the best.” It sounds a little like a joke, but that’s exactly what jazz musicians do, and it’s part of the time-honored aural tradition of jazz. So says Donna Wickham, head of the vocal jazz program at the University of Denver’s Lamont School of Music. “If you’ve heard the young jazz phenom Samara Joy sing, it’s clear that she has stolen from the very best,” Wickham says.

In this course, Wickham offers up a lively exploration of Samara Joy’s unique singing style. The class spends time listening to some of the greatest jazz vocalists in history, then tracing their influences right back to Samara Joy. These vocalists include Ella Fitzgerald, Sarah Vaughan, Carmen McRae, Billie Holiday and many others. Wickham addresses key questions about jazz: What makes distinguished jazz singers unique? How do students of jazz learn from the masters and still create a sound that’s authentic to their own experience? And how do jazz singers take an old jazz standard and make it their own? “One of the challenges of jazz composition is honoring the history of the art form without sounding like a copycat,” Wickham says.

There is no required text, but Wickham supplies a specially curated listening list and an annotated bibliography of books that you might enjoy as supplements to your explorations of the music. No prerequisite or experience is required. Just bring your curiosity and love of jazz and great jazz singing. Come away with a refreshed appreciation of jazz and all of its magical and distinctive sound. Please note, registration for this course includes a ticket to Samara Joy’s live performance at the Newman Center for the Performing Arts on the University of Denver campus. No doubt, this is a feast for the ears!

Donna Wickham, head of the vocal jazz program at the Lamont School of Music at the University of Denver, is a jazz composer, arranger, lyricist, vocalist, conductor and pianist in genres that range from early music to rock, jazz and avant-garde. She has worked with Josh Groban, Christopher O’Reilly, the New York Philharmonic, the Aspen Music Festival, Bravo! Vail, the Colorado Music Festival, the Santa Fe Desert Chorale and Santa Fe New Music. She has won numerous awards including the University of Denver’s Career Champion, and was selected as Colorado Community Colleges Online’s Educational Excellence Award winner in 2018, and was selected as Colorado’s top adjunct instructor in 2019.
**ART & ART HISTORY**

**Vance Kirkland: Educator and Painter**

Two In-Person Sessions | $85
Tue., Sept. 19, 2023, 6:30–8:30 pm MT
Kirkland Museum Visit, Sat., Sept. 23, 9:30–11:30 am

Vance Kirkland (1904–1981) is the namesake of the Kirkland Museum of Fine & Decorative Art in Denver, currently celebrating its 20th anniversary. Kirkland was an innovative artist and founder of the University of Denver School of Art in 1929. Join University of Denver alumna and Kirkland Museum Director of Interpretation Maya Wright for an introduction to the many facets of Vance Kirkland, who was also a world traveler, an educator, a painter of galaxies and a staunch champion of modernism in Denver. In this course’s first session Wright covers Kirkland’s teaching and administration of three art schools in Denver, including DU, as well as his career as a painter, in which his style ranged from realism in watercolor to vibrant abstractions in oil paint. For the second session, Kirkland Museum opens early to give you exclusive access to the galleries and a tour including Vance Kirkland’s historic studio and art school building. See examples of Kirkland’s paintings and his preserved studio space where he made his beloved dot paintings. Learn the full story behind the museum’s creation and explore its vast collections of international decorative art and the work of other Colorado artists from the 1870s to the present. Come away with a deeper appreciation and understanding of Kirkland, his work and the museum created in his honor.

*Maya D. Wright is the director of interpretation at Kirkland Museum of Fine & Decorative Art, where she has worked for 18 years. She received her master’s degree in art history from the University of Denver in 2013.*

**WHAT OUR STUDENTS ARE SAYING**

The heart and enthusiasm of the instructors were class highlights.

Each class was well organized—brilliant lectures and engaging dialogue.

I loved learning about a subject that I never had a class in before.
Denver’s Lakeside Amusement Park: History and Treasures

One In-Person Session | $40
Sat., Sept. 9, 2023, 1:30–3:30 pm MT

It’s one of the oldest amusement parks in the United States, and it’s the oldest still running in Colorado: Denver’s Lakeside Amusement Park. Remnants of the original architecture and features from its opening in 1908 still exist, like some of the lamp posts, gazebos and the original carousel featuring over 70 unique creatures to ride. The old-style wooden cyclone roller coaster is one of only a handful of pre-World War II coasters still standing. The art deco additions of the 1930s comprise some of the park’s most striking structures, with neon lighting that emits a historic glow. Display cases of artifacts and early photographs at Lakeside often go unnoticed, but this two-hour tour shares where to find all the treasures of Lakeside. Your guides for this outing, author David Forsyth and artist Andrew Novick, also describe many of the old rides and offbeat attractions no longer there, like the Fun House and Shoot the Chutes, the swimming pool and restaurants. A ride around the lake on the miniature locomotive from the St. Louis World’s Fair of 1904 is a great way to wrap up your visit to Lakeside Amusement Park. Come away with fresh insights into one of Denver’s most cherished landmarks. Oh, and pack a lunch for a nostalgic picnic in a pavilion!

David Forsyth is a historian and the author of Denver’s Lakeside Amusement Park: From the White City Beautiful to a Century of Fun.

Andrew Novick is an artist, filmmaker, creator of experiences and wacky food, and he loves old local malls and restaurants. He has worked with History Colorado Center and Meow Wolf on historical Denver projects.

Creative Photography Through a Colorado Lens

Four In-Person Sessions | $185
Wed., Oct. 11, 18, 25, 2023, 6:30–8:30 pm MT
DAM/CPAC Field Trips, Sat., Oct. 28, 1–3 pm

Colorado’s history of photography is most often associated with the landscape, yet there is so much more to the story. This class by Rupert Jenkins, former director of the Colorado Photographic Arts Center, emphasizes the range of regional practice within the context of national movements. Session one begins with an overview of WWII-era photography, concentrating on the 1951 Aspen Conference on Photography, The Family of Man exhibition at MoMA, and Robert Frank’s book, The Americans. Jenkins then scans six mid-century Denver photographers associated with Aperture editor/photographer Minor White. Session two explores artists whose subject matter includes traditional nature studies, Indigenous rock art, and high plains townships. Artists discussed include Edward Weston and Group f.64, and some of the most influential landscape photographers working in Colorado, including Laura Gilpin, Robert Adams and Linda Connor. Session three examines experimental and street photography by artists including Diane Arbus, Garry Winogrand and Helen Levitt, and locals such as John Suhay, Burnis McCloud, Myron and Nancy Wood, and Juan Espinosa. A look at contemporary artists such as Gary Emrich and Melanie Walker brings us into the current era. The course ends with field trips to the Denver Art Museum and the Colorado Photographic Arts Center.

Rupert Jenkins is a freelance photography curator, editor and nonprofit arts manager with more than 30 years of professional experience. He’s currently researching and writing a book about post-WWII photography in Colorado titled Outside Influence: Photography in Colorado 1945–1995, due in the fall of 2024.
Photographing the Built Spaces of DU: Cameras on Campus

Three In-Person Sessions | $200

Wed., Sept. 20, 27, 2023, 6–9 pm MT
Campus Photo Shoot, Sat., Sept. 23, 9 am–12 pm

CANCELLED

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Architecture and photography have always had a special relationship, beginning with the very first fixed photographic image of rooftops from a window by Nicéphore Niépce in France in 1822. From the early travel images and stereographs of the late 19th century to the mid-20th century modern images of Julius Shulman, to the current explosion of digital photography by just about everyone, buildings and built spaces have long been an inspiring subject for photographers.

The University of Denver campus has been a dynamic and ever-changing built space since the opening of University Hall in 1890. Today it offers excellent opportunities to photograph historic as well as modern interior and exterior spaces. In this class, led by professional photographer Scott Dressel-Martin, explore and photograph some of DU’s most iconic spaces. Locations may include the Marion Gottesfeld Room in the Ritchie Center, the Driscoll Bridge, Hamill Atrium, Evans Chapel, University Hall, the Holocaust Memorial Social Action Site and Dan’s Garden.

In the classroom, Dressel-Martin examines the many ways you can approach architectural photography and how you might reinterpret a view, building or room and its details through the camera. Lens choice, perspective and point of view all come into play as you explore how to compose your images. Discover how lighting and time of day play a major role in rendering the interior and exterior views of three-dimensional spaces into compelling 2D images.

The final class includes a guided group critique where everyone focuses their attention on the creative and technical merits of each student’s work. Then celebrate successes and offer ideas on improvement. Come away with new perspectives on architectural photography and fresh skills for capturing the kind of images you want.

Scott Dressel-Martin is the author of Light Grows the Garden: The Denver Botanic Gardens. He is the official photographer of the Denver Botanic Gardens and he also helps a select group of institutions promote their missions and tell relevant and moving stories. As a photographer and filmmaker, Dressel-Martin has worked around the world. He began his career in photojournalism and has been published internationally.
Introduction to the Art of Hand Papermaking
One In-Person Session | $90
Sat., Oct. 7, 2023, 9 am–12 pm MT

It's likely that you see it and touch it every day. We're talking paper—that ubiquitous tool that's served humans for centuries. But here's the real question for you, especially if you're looking to nurture your inner artist: Can you make paper? We're happy to answer that question for you with a resounding yes! Welcome to a three-hour, hands-on workshop led by Bonnie Ferrill Roman, a prolific artist who's been making paper since 1995. Here she introduces you to the basic science of hand papermaking, including a brief overview of the history of hand papermaking using images of the work of artists using the material in their contemporary practices. Explore different types of papermaking fibers and learn about the different methods of preparing paper pulp. Learn and practice the western style of sheet forming using a mould and deckle. Try different creative techniques to alter your handmade paper surfaces, including laminating sheets together, adding inclusions such as leaves and flower petals, embedding thin flexible materials such as thread or lace into the surface of the paper, creating watermarks, and pulp painting by layering and manipulating pigmented pulps on a base sheet of paper. Leave with sheets of paper you've created and instructions for how to press and dry your paper sheets at home.

Bonnie Ferrill Roman has been making handmade-paper-based sculpture and installation art since 1995. Her work has been shown locally, regionally and nationally, and has been acquired by corporate and private collections. She has taught art at Denver-area universities and currently teaches at St. Mary's Academy.

WHAT OUR STUDENTS ARE SAYING

“The instructor was phenomenal ... his firsthand experience ... his passion ... understanding of the topic ... the way he involved the class ... WOW!”

It was interactive and informative.

Pushed me to try new things that I had not done in a long time.

Bonnie Ferrill Roman has been making handmade-paper-based sculpture and installation art since 1995. Her work has been shown locally, regionally and nationally, and has been acquired by corporate and private collections. She has taught art at Denver-area universities and currently teaches at St. Mary’s Academy.
Fueled by the passion and dreams of our faculty and students, researchers at the University of Denver pursue the research that motivates them to impact the world. Because of this drive, the research community at the University of Denver has pushed boundaries, answered grand challenges and shattered records year over year. They do this not for the money and recognition, but for the public good.

With more than one year of being classified as a Doctoral/Very High Research university (or “R1”) by the Carnegie Classification of Institutions of Higher Education, DU keeps raising the bar. This is an elite status and one that has us in good company. Our faculty and staff are engaged in a deep, vibrant research community with the purpose of placing students in contact with knowledge makers to advance their educational outcomes in extraordinary ways.

DU boasts more than 300 incredible active research faculty. In this set of Enrichment Program sessions, you’ll get to hear from three of the university’s finest. This is just a taste of the mountain of knowledge on our campus. We are excited to share it with you!

Dr. Corinne Lengsfeld serves as the Senior Vice Provost for Research & Graduate Education at the University of Denver. As the chief research officer, she is the primary advocate for the university’s research mission and is charged with understanding, celebrating, leading and enhancing all forms of scholarship to foster professional growth of the faculty, advancing knowledge, enriching the student experience and enhancing university visibility. A deeply respected teacher, researcher, administrator and colleague, Dr. Lengsfeld has been part of the DU community for over 20 years, where she still actively engages in research, with a specialization in interdisciplinary research in meso- and micro-scale fluid systems.

Navigating the Electric Power Grid: A Look Into Its Evolution, Innovation and Future
One In-Person Session | Free
Thur., Sept. 14, 2023, 6:30–8 pm MT

Safety, leisure, work, and now more than ever, education, heavily depend on a power grid that can supply electricity to customers while supporting other critical lifeline systems. But the power grid is becoming increasingly complex to the point that traditional grid control and decision-making methods may fail to address its emerging needs. Some of the complicating factors include the growing proliferation of intermittent renewable generation resources, increased frequency and intensity of natural disasters and weather events due to climate change, a rapidly electrifying transportation sector and cyber vulnerability.

Join engineering Professor Dr. Amin Khodaei as he examines the grid’s historical development, from early structures to today’s intricate, interconnected systems, and delves into the technological milestones that have allowed the grid to meet increasing energy demands. Khodaei also surveys the current state of the grid, discussing the present technical challenges facing the industry, the solutions being implemented, and the cutting-edge technologies transforming the grid, from smart grids and advanced energy storage solutions to artificial intelligence-driven grid management. Finally, this talk explores the future energy landscape and what tomorrow’s electric power grids will look like. You will gain a deep understanding of the electric power grid’s technical evolution and potential future, leaving you inspired to navigate the dynamic world of energy.

Dr. Amin Khodaei is a professor and past chair of the Electrical and Computer Engineering Department at the University of Denver. His research is focused on the climate crisis, the grid of the future and advanced technologies to modernize the grid, including artificial intelligence and quantum computing.
Immigration Enforcement Meets Labor Rights

One In-Person Session | Free
Thur., Oct. 12, 2023, 6:30–8 pm MT

It’s called wage theft and it occurs when workers are denied the full wages and benefits for their work. In the U.S., it may total $50 billion per year, but it gets little attention. In this lecture, migration scholar Rebecca Galemba examines how immigration enforcement impacts labor rights in the U.S., with a focus on wage theft. "Wage theft not only affects individuals, but also translates into economic losses for governments, losses in tax and benefit payments, and punishes law abiding employers," Galemba says. “As more industries adopt more informal arrangements and move away from secure employment with benefits, the plight of the most vulnerable workers highlights more systemic problems impacting growing segments of workers around the world.” Because U.S. wage and hour laws cover all employees who work in the U.S. regardless of legal status, they provide a useful tool for unauthorized workers. But immigrant workers' inability to legally work and live in the U.S., coupled with weak labor rights protections, make it difficult for those workers to assert these limited rights. Galemba explores how stricter border enforcement and interior immigration policing doesn’t stop unauthorized immigrants from working, but instead ensures their silent compliance, which imperils wages and safety conditions for all workers. She ends by covering some parallel global examples.

Rebecca Galemba is an associate professor, anthropologist and migration scholar at the University of Denver’s Josef Korbel School of International Studies. She co-founded the Center for Immigration Policy and Research, a research center dedicated to migration issues in the Rocky Mountain West. She studies globalization, illicit markets, migration, security and labor in Mexico, Central America and the U.S.

Grand Gestures or Love Notes: The Songs of Crickets

One In-Person Session | Free
Wed., Nov. 15, 2023, 6:30–8 pm MT

Animals have evolved a bewildering array of conspicuous traits to attract mates. Flashy dances, neon colors, alluring scents and melodious songs exist in creatures as different as spiders, fish and orangutans. But at first glance, mating traits seem to defy basic principles of natural selection—they are costly to their bearers because they require a lot of energy and can attract deadly predators and parasites. How, then, do these flashy traits arise to start with? And how do animals strike a balance between finding a mate and avoiding attack? In this lecture, DU research scientist Dale Broder highlights new work on how disparate mating and survival pressures have led to varying songs that male crickets use to woo females. Over the past 20 years, researchers have watched and listened as Pacific field crickets in Hawaii first went silent and then later developed new songs that sound like purring cats and cricket drum lines. These new songs seem to protect the crickets from a deadly parasitic fly that eavesdrops on their songs to find hosts for their larvae to feed on. “This is the first time that the evolution of a new animal communication signal has been observed in real time, offering the opportunity to answer questions that otherwise wouldn’t be possible to tackle,” Broder says.

Dale Broder is a research scientist in the Department of Biological Sciences at the University of Denver working in the lab of Associate Professor and Associate Chair Robin Tinghitella. Together they use field and laboratory approaches to understand the evolutionary forces that shape diversity in animal communication. Dale Broder will be presenting this lecture on behalf of Robin Tinghitella.

Register here for all three Research With Impact Lectures

FREE
Nature Study in the Digital Age: Using Simple Tools to Document Wildlife

Four In-Person Sessions | $190
Thur., Oct. 5, 12, 2023, 7–9 pm MT
Field Trips, Sat., Oct. 7, 14, 9 am–1 pm

Amateur nature study is in the throes of a magnificent renaissance right now. Millions of enthusiasts are reconnecting with the natural world, and millions more are connecting for the first time. The birds, insects and wildflowers have always been there of course, but we are appreciating them anew with equipment that almost all of us have access to: our phones, our laptops and inexpensive cameras. But how do we sort among all the apps and websites, the settings and software, and more? In this fun and interactive course, led by naturalist and birding expert Ted Floyd, go over the basics in the classroom, then go outside and create media (photos, videos and sound recordings), and then learn how to share your content with fellow enthusiasts everywhere. With discussions in the classroom and in the field, explore the cultural milieu in which this glorious revolution is unfolding: the impact of the pandemic, the role of social media and the expansion of nature study to previously underrepresented communities. You also examine the fascinating question of how technology itself is affecting how we interpret and engage with the natural world.

The class coincides with a time of spectacular biodiversity in the Front Range metro region. Bird migration will still be clicking at full tilt, many butterflies and other insects will still be active, and late-season wildflowers will be at their peak. Learn their names, obtain brilliant media and go home with digital scrapbooks that you can treasure for the rest of your life. Field trips involve easy walking at parks around Denver and Boulder with good trails and other amenities. Bring your phone (Floyd shares which free apps to download) and a camera if you have one. No experience necessary.

Ted Floyd is the long-time editor of Birding, the flagship publication of the American Birding Association, and the author of many articles and books, including How to Know the Birds (2019) and the Field Guide to Birds of Colorado (3rd printing, 2021). He has taught college courses in ecology, evolution, entomology, conservation biology and other topics.
In the 1960s and 1970s, the national Chicano/a/x Movement advocated for justice and empowerment in land and labor rights, educational reform, and cultural identity and pride. Denver represented a key locale of activism, as youth from long-standing Mexican American and Hispano communities organized against systemic racism and celebrated their rich history in public art and theatre. Join Lucha Martínez de Luna, associate curator of Latino history and culture at History Colorado, and DU history professor Dr. Elizabeth Escobedo as they explore the history of Colorado’s Chicano Movement, El Movimiento, with specific attention to the relationship between art and resistance. Learn the beginnings of the movement, explore who the leaders were, discover the impact of demonstrations, marches and boycotts throughout Colorado, and examine how the organizers kept the movement alive. “Our goal with this class is to immerse students in the urgency, passion and vitality of one of Colorado’s most important social movements,” Martínez de Luna says. While learning about the activists and artists who strived to reclaim their neighborhoods and history, this course centers around a walking tour of Chicano/a/x community murals in the La Alma neighborhood and Denver’s Santa Fe Arts District.

In the 1970s, some leaders said Denver’s future growth was strangled by an amendment—called the Poundstone Amendment—that essentially forbade all future annexations. The result was simple: no annexations, no growth. At least that was how the horror story of Denver’s future went at the time, and for a while it seemed to be so. In the 1980s, Denver began to look to new methods of growth. Among them were adaptive reuse, densification and, especially, infill. No longer able to look outward, Denver looked to its interior instead. In this two-session course, historian Kevin Snow explores the differences in these terms, with local examples of each. Snow and many other development specialists say Denver has turned infill development into a masterful tool for population growth and regional success. Snow also examines the wider city, including the former Stapleton Airport, Lowry and Fitzsimons. This is followed by a walking tour of the National Western Complex, which illustrates the city’s modern playbook and tools for growth. From TODs to P3s, from new urbanism to city building and more, learn how ‘denser’ is allowing Denver to keep the growth going strong. “Now that’s a cure Denver may ride all the way to the bank,” Snow says.

Kevin Snow is a historian and tour guide who has been sharing the stories of Denver and the West with Denver residents and tourists for eighteen years. He is the owner of Treasure Box Tours.
FOOD & BEVERAGE

The Art of Paella
One In-Person Session | $90
Sat., Sept. 23, 2023, 12–2 pm MT

Spain is known across the world for great art, beautiful views, amazing beaches, rich history and, best of all, its food! One of those foods, considered to be one of the best-known Spanish dishes, is paella—a rice dish originally from Valencia. While non-Spaniards commonly view it as Spain’s national dish, Spaniards almost unanimously consider it to be a dish from the Valencian region. Valencians, in turn, regard paella as one of their identifying symbols. During this immersive, hands-on culinary experience, you will be transported to Spain via a professional chef from the cooking school Uncorked Kitchen & Wine Bar—a chef who shares with you all of the secrets to creating tasty and authentic paella. This is a practical course where you learn the foundations of creating the perfect paella while the chef guides you step-by-step in the delicate cooking process, all the while sharing plenty of tips and tricks and answering questions. Learn knife skills, explore flavor building and ultimately sit down to enjoy your delicious creation at the Uncorked Kitchen’s family-style dining room with a mountain view. Each student also receives a recipe packet to use throughout the cooking process, to use for notetaking and to take home for recreating the dish in their own kitchen.

The Art of Fresh Pasta
One In-Person Session | $90
Sat., Oct. 21, 2023, 12–2 pm MT

Pasta is one of Italy’s most beloved culinary exports. And it’s easy to picture a mouth-watering plate topped with your favorite sauce. Now picture making pasta for your friends and family. In this hands-on course, you learn all the secrets to preparing fresh pasta that’s sure to please. Enjoy an immersive lesson with one of Uncorked Kitchen & Wine Bar’s expert chef instructors and get tricks and techniques for making ribbon and filled pastas. Discover the art of making pasta as you knead, roll, form and cut the dough. This class allows you to create pasta dough from scratch, using pasta rollers to get the correct thickness and then cutting the dough into noodles and sheets to use for deliciously stuffed filled pasta. And while the noodles are the star of the show, no good pasta-making class is complete without a great sauce in the picture. Butter, tomato, wine and cheese are all part of the mix! Explore flavor building, connect with your fellow students and then sit down to enjoy your delicious creations at family-style dining tables with mountain views. You also get a recipe packet to use while you’re cooking and to take home for recreating the dish in your own kitchen.

Uncorked Kitchen & Wine Bar in Centennial has several talented chef instructors. Together they make a culinary team with a combined 60-plus years of cooking experience. Each chef brings their own personality and flair to their events, making those events both informative and fun. All chefs have at least two years of experience as an executive chef or similar and at least one year of teaching experience. Every instructor is trained in the Uncorked Kitchen experience and works to guide you on your culinary journey ensuring that you leave satiated in mind and body.
The Art of Pad Thai
One In-Person Session | $90
Sat., Nov. 11, 2023, 12–2 pm MT

Pad thai is typical street fare throughout Thailand—this stir-fried noodle dish is one of the most commonly ordered items at Thai restaurants. In fact, it’s considered the national dish of Thailand. But what exactly is it about pad thai that makes it so delicious? Bold umami flavors along with a variety of textures make pad thai into a comforting meal that appeals to many diners. The key to great pad thai is to have all your components ready before you start cooking because the process moves quickly. In this class, you’re treated to a tour of Southeast Asia to celebrate the cuisine of Thailand. Thai food is known for its balance of sweet, salty, spicy and sour flavors, and the hardest part of these quick-cooking dishes is the balancing of all four. Here’s where you get the professional help of an Uncorked Kitchen & Wine Bar chef who guides you step-by-step through the experience as you taste and cook your way through this exciting cuisine. Learn knife skills, develop a flavor-building flair and finally sit down to enjoy your tasty creation with classmates. Each student also receives a recipe packet to use throughout the cooking process, to use for notetaking and to take home for recreating the dish in their own kitchen.

Old World vs. New World Wines:
Just Tasting, No Testing!
One In-Person Session | $95
Tue., Sept. 26, 2023, 7–9 pm MT

It’s been said that wine is the word win with an e at the end. Who doesn’t like to win? And who doesn’t like a little wine? This class combines both! Join certified sommelier Michelle Brede for a titillating taste-off between the Old World of France versus the New World of California in the wine class you’ve been waiting for! Which one will win? Compare the differences between the cabernets and merlots of Bordeaux against those of Napa, or the chardonnays and pinot noirs of burgundy alongside those of Sonoma and the California coast. Brede, who’s developed a reputation as an obliging instructor, takes great care in guiding you through the experience as you pick a side in this two-hour guided tasting, which takes place at the Uncorked Kitchen & Wine Bar in Centennial. Sip and sample six different wines that fit the theme of the class. Also included: a mini-cheese and charcuterie plate (snack size) to enjoy during your visit, but Brede says to be sure to eat a full meal before heading to class. “My goal is to have you leave the class with a better understanding of the differences in vinification processes, terroir influence on flavor and how different the same grape can taste,” Brede says. What pairs well with this wine class? You!

“*Michelle Brede is a Colorado native who grew up around wine and her dad’s love of big, bold reds. After college, she enrolled in the French Culinary Institute for its classic culinary arts program in New York City. She then completed an intensive sommelier training program and passed the certified sommelier exam.*
Zoom Reminders

All Zoom classes can be found in this section and are color coded in gold.

1. Upon registration, you will receive an email confirming your class choice(s).

2. A Zoom link and password will be sent via email on two occasions: one week, as well as one business day, before the start of class. Please check the link and password immediately to ensure you are ready for class. Office hours are 8:30 am until 4:30 pm MT, Mon.–Fri., so don’t wait until just before your class begins to make sure that you have what you need.

3. Use the same Zoom link and password to join the class each time it meets.

4. You can Zoom into a class using a computer or other device with a camera (for video participation) or call any of the telephone numbers provided in the link on your phone (for audio-only participation).

5. Regular Enrichment Program Zoom offerings are not recorded.

6. For after-hours technical problems with Zoom, please contact the DU IT Help Desk at 303-871-4700.

Inclement Weather Policy

All online classes meeting on Zoom will proceed as scheduled, even in the event of a closure as designated by the University of Denver.
ONE-NIGHT LECTURES

It Was 20 Years Ago Today ...
One Zoom Session | $15
Wed., Sept. 6, 2023, 7–9 pm MT

“It was twenty years ago today Sgt. Pepper taught the band to play ....” And so begins one of the most iconic albums of all time: The Beatles’ *Sgt. Pepper’s Lonely Hearts Club Band*. Celebrate the Enrichment Program’s 20th anniversary with musicologist Paul Turelli as he examines this timeless work of art—from *With a Little Help from My Friends* to *A Day in the Life*. Turelli calls this lecture a celebration of the album, of our enrichment, of life.

Collective Intelligence and Disaster Relief
One Zoom Session | $15
Wed., Sept. 20, 2023, 7–9 pm MT

Turkey is an ancient and contemporary crossroad of cultures, politics, religion and (sadly) earthquake fault lines. Explore this important nation with native daughter Beyhan T. Maybach, PhD, who volunteered in two earthquakes there. How do you get involved in disaster relief? Maybach shares her ideas about the crucial steps of connecting people with resources, helping organizations with humanitarian care, organizing fundraisers, creating auctions and more. “With disaster comes opportunities to be present and love fully,” she says.

In Search of Love (With Eight Legs)
One Zoom Session | $15
Tue., Sept. 12, 2023, 7–9 pm MT

What’s up with all the hairy spiders crawling around southern Colorado? Are they migrating? Where are they coming from? Are they looking for sex? Join tarantula researcher Dallas Haselhuhn as he covers just about everything you could ever want to know about these crawly little creatures! Haselhuhn has worked with bumblebees, trout, pika, mountain goats and, most recently, tarantulas. Now, he’s eager to share what he’s learned with you!

10th Mountain Division:
Colorado’s Military Skiers
One Zoom Session | $15
Wed., Sept. 27, 2023, 7–9 pm MT

They were called soldiers on skis: the U.S. Army’s Mountain Infantry Division from WWII. Why did the military create it? How did they train? Where were they deployed and why? How did the division impact Colorado’s outdoor recreation industry? And why did the U.S. create Colorado’s Camp Hale, the country’s newest national monument? Join military historian David Little for the answers about the 10th Mountain Division today along with Colorado’s continued military mountaineering legacy.

One-Night Lecture Package
Discounted price includes all lectures on pages 23–25.

$150

Paul Turelli  
Dallas Haselhuhn  
Beyhan Maybach  
David Little
The Road to Modern Mapping
One Zoom Session | $15
Mon., Oct. 2, 2023, 7–9 pm MT

How did we live without them—today’s digital, interactive maps? And how did they come to be? Join Joseph Kerski, a professional geographer, as he explores the people (early geographers such as al-Idrisi and Gerardus Mercator), the explorations (from Antarctica to Mars), and technologies (from maps on clay tablet and silk to tools tied to fitness apps, flight trackers and rideshare apps) that have revolutionized mapping. “Through the centuries, maps have evolved to become the planet's language,” Kerski says.

The Surprising History of Money
One Zoom Session | $15
Tue., Oct. 10, 2023, 7–9 pm MT

Money is arguably humanity’s first social invention, yet most people still understand little about it. How did money come to be? How do we measure its value? What are the different types of money? What are its uses? Join currency expert David Worley as he walks you through money’s origins, its evolution in society and its emergence in new forms like cryptocurrency. “By gaining a new understanding of money, our contemporary world becomes more comprehensible and new possibilities emerge,” Worley says.

Dangerous Minerals: What You Should Know
One Zoom Session | $15
Mon., Oct. 16, 2023, 7–9 pm MT

We’re surrounded by minerals and rocks—some of which are considered dangerous because of their toxicity or radioactivity. What are these minerals? How do they form and where do we find them? How did scientists discover the dangers in the first place? How are these minerals used? How are they extracted? How do geologists interact with dangerous rocks and minerals? Join geologist Danielle Olinger, a specialist in mineralogy, petrology and geochemistry, for these answers and more.

A Brief Introduction to Understanding Modern American Conservatism
One Zoom Session | $15
Tue., Oct. 24, 2023, 7–9 pm MT

In 2016, editors of the conservative magazine National Review wrote that Donald Trump “is a … political opportunist who would trash the broad conservative ideological consensus within the GOP.” A year later, Trump began redefining conservatism. This schism within conservatism raises the question of how we are to understand conservatism if self-identifying conservative leaders can’t agree. Join professor of politics Joshua Wilson as he explores this divide from the post-war period to today.
Demystifying Mysteries
One Zoom Session | $15
Wed., Nov. 1, 2023, 7–9 pm MT

Mysteries and crime fiction are among the most popular genres of literature. Many critics say Edgar Allan Poe invented the modern mystery—he published a short story in 1841 called The Murders in the Rue Morgue. Learn about mysteries, the local mystery-writing scene and the ingredients of a whodunnit from authors Sue Hinkin and Lori Lacefield, members of Mystery Writers of America, which grants the Edgar Awards for best mysteries. Plus, try your hand at crafting your own compelling hook into a story.

Culture Change at the Food Bank of the Rockies
One Zoom Session / $15
Mon., Nov. 13, 2023, 7–9 pm MT

Inflation is currently at a 40-year high. This has caused the cost of basic necessities such as housing, transportation, groceries and more to skyrocket, forcing more community neighbors to seek food assistance to stretch their budgets. Join Food Bank of the Rockies Vice President of Programs Cindy Mitchell in a conversation about organizational culture change, changing the model of food banking and innovative programs to effectively leverage the food bank’s 800-plus hunger relief partnerships to meet local community needs.

Revolutionizing Robotics: Embracing Open-Source Humanoid Robots
One Zoom Session | $15
Tue., Nov. 7, 2023, 7–9 pm MT

Robot creation—it’s not just for super-smart scientists anymore. Today, open-source programming and 3D printing are putting serious manufacturing power into the hands of regular folks to create their own robots. Join software engineers Greg Perry and Kevin Watters for the story behind this movement. Explore their projects, such as InMoov, the first open-source 3D printed, life-size robot, and MyRobotLab, an open-source framework for robotics and creative machine control. Come away with a new vision of what lies ahead in robotics.
CURRENT ISSUES

The Dragon Roars Back: The Challenge of China’s Global Ambitions

Four Zoom Sessions | $140
Mon., Nov. 6, 13, 20, 27, Dec. 4, 2023, 6:30–8:30 pm MT

What You Need to Know About ChatGPT and Other Artificial Intelligence Software

Two Zoom Sessions | $70
Thur., Nov. 9, 16, 2023, 6:30–8:30 pm MT

China is unique in modern world history. No other rising power has experienced China’s turbulent history in its relations with neighbors and Western countries. Today, with President Xi Jinping’s political authority unmatched, his sense of mission to restore what he believes is China’s natural position as a great power drives the current course of the nation’s foreign policy. Formerly, China was subordinated to others. Now, China wants others to subordinate—at least on the issues involving what it regards as core national interests. How has China emerged as a global power? What forces have shaped its international behavior in the past, now, and possibly in the future? In this course, Suisheng Zhao, a professor of Chinese politics and foreign policy at the University of Denver, seeks to answer these questions by tracing the trajectory of Chinese ascendance and examining how the transformational leaders of Mao Zedong, Deng Xiaoping and Xi Jinping have shaped the course of China’s quest for security, prosperity and power. The focus is on Xi Jinping’s nationalist ambition to recapture China’s lost global power position and the challenges of China’s rise as a great power to the U.S. and the Post-World War II global order. The suggested reading is Zhao’s most recent book, The Dragon Roars Back: Transformational Leaders and Dynamics of Chinese Foreign Policy.

Suisheng Zhao is a professor and director of the Center for China-U.S. Cooperation at the Josef Korbel School of International Studies at the University of Denver. He’s a founding editor of the Journal of Contemporary China, a member of the Board of Governors of the U.S. Committee of the Council for Security Cooperation in the Asia Pacific and a member of the National Committee on U.S.-China Relations.

How sure are you that the words and photos you’re seeing have been generated by humans? Nowadays the answer isn’t easy. The reason for that is artificial intelligence (AI), which is rushing into our lives at a breakneck speed. AI systems like ChatGPT and Google Bard are revolutionizing content creation and production in ways both good and bad. Students can now tap these tools to write papers when they’re feeling lazy, and activists can create what’s called deep fake content that looks identical to real photographs, paintings, even press releases. As troubling as this sounds, AI programs also offer a wealth of beneficial uses, particularly in the area of image creation. Join award-winning public speaker and DU adjunct professor Dave Taylor in this two-session Zoom course where he offers both a broad overview and thought-provoking demonstrations of AI’s most important and impressive tools. The class also considers the ethics of using software like GPT-4 to write reports for work, letters to friends, complaints to elected officials and much more. Learn about the text and prose capabilities of modern AI, along with its ability to create graphical images, photographs and other styles of artwork. “There’s no question that we are on the cusp of amazing changes because of AI,” says Taylor. “We’re going to see this category evolve rapidly and in unexpected ways, so now’s a great time to educate yourself on what’s coming.”

Dave Taylor is an adjunct professor at the University of Denver who teaches courses in public speaking, digital marketing and media. He has been involved with the online world since the early days of the internet. He also runs AskDaveTaylor.com, a tech help site.
Putin and His Wars

Four Zoom Sessions | $140
Mon., Oct. 2, 9, 16, 23, 2023, 6:30–8:30 pm MT

In 2000, Vladimir Putin succeeded the hapless President Boris Yeltsin who for 10 years had overseen Russia’s rapid economic, political and social decline in the wake of the Soviet Union’s disintegration. Putin wasted no time centralizing control over the commanding heights of Russia’s economy and political system. Back then, most analysts gave Putin the benefit of the doubt. Russia was simply too big to survive without a strong leader. Yet few anticipated just how eager Putin was to amass power to create a murderous autocracy and rebuild Russia’s lost empire. In 2005, he had already pronounced the collapse of the Soviet Union “a major geopolitical disaster.” Fast forward to 2022. Putin invades Ukraine, reclaiming what he says are the rightful territories of Russia, thereby undoing the post-WWII European security structure. Join award-winning political science professor Christoph Stefes as he traces Putin’s rise to power from his early years as a lower-ranking KGB agent in communist East Germany to the Russian presidency. Explore the wars Russia has fought under his watch and examine the true motives behind Putin’s foreign policy. And finally, consider the implications of Putin’s policies, which Stefes says may send us back into the 19th century “where the big powers ruled and the smaller countries had to suffer what these big powers decided.”

Christoph Stefes is a political science professor at the University of Colorado Denver who works in the field of comparative politics. His research has focused on autocratic regimes and democratization, informal institutions and corruption, the politics of energy transitions, and environmental crime. He has won awards for research and teaching.

From the Danube to the Volga: Eastern European Classical Music

Three Zoom Sessions | $105
Thur., Sept. 14, 21, 28, 2023, 6:30–8:30 pm MT

They’re some of the most familiar and beloved classical compositions from Eastern Europe: piano polonaises, Hungarian rhapsodies, Slavonic Dances, The Moldau, 1812 Overture and Scheherazade. In this three-week online course, music historian and longtime Enrichment Program instructor Betsy Schwarm explores these cherished works. What influences came into play for the composers? Were these different from the influences encountered by German, Italian, French and English composers? How does music by Eastern European composers tend to sound different from classical music from those other lands? What challenges did Eastern European composers face that were perhaps unique and found expression in their music? Many of the most famous names come into play here: Chopin, Liszt, Smetana, Dvořák, Rimsky-Korsakov, Tchaikovsky, and they’re only the tip of the iceberg. Schwarm also touches base with Armenia, Ukraine, Romania and the Baltic States. From those regions come Khachaturian’s ballet Spartacus, with its exquisite Adagio love scene, as well as Enescu’s Romanian Rhapsody No. 1 and its turbo-charged finale. Schwarm says that music reading skills are not required, “just open ears and eager curiosity.” Between sessions, watch an online concert independently (on your own schedule), then share your impressions when the class reconvenes. Learning can be a collaborative experience. Please join us for this musical tour from the Danube to the Volga!

Betsy Schwarm has written 10 books on classical music and gives talks for Opera Colorado, Central City Opera and the Colorado Symphony. She has contributed over 200 articles to Encyclopedia Britannica and spent 12 years on the air with KVOD, “The Classical Voice of Denver.”
March of this year marked the 20th anniversary of America’s invasion and occupation of Iraq. The war cost the lives of more than 8,000 Americans and an estimated 250,000 Iraqis. Today, Iraq continues to struggle with a fledgling democracy wracked by endemic corruption, continued sectarianism, opposing armed militias, Iranian interference, and a growing and very frustrated youth population. The invasion cost the U.S. more than $2 trillion. But it also badly damaged the U.S.’s image as leader of the rules-based international order.

Join Ambassador Gary Grappo, DU’s Korbel School of International Studies Distinguished Fellow, for a discussion of the events and actions that led to the U.S.’s decision to invade and subsequently occupy Iraq. This course addresses the intelligence that led the George W. Bush administration’s decision to invade; Iraqi attitudes toward the U.S. at the time; the civil war that began months after U.S. forces overthrew the Saddam Hussein regime; U.S. efforts to blunt the civil war and eventually promote democracy; U.S. failure to address native sectarian issues; the decision to withdraw U.S. forces in late 2011; and the mistakes and oversights of the U.S. leadership and others in both the invasion and occupation. Grappo also tackles several lingering questions related to the invasion: What are the overriding lessons the U.S. learned from the invasion? How did U.S. democracy-building in Iraq differ compared to other countries? What were some of the lesser-known programs the U.S. put into place in Iraq? And what of Iraq today? Is the nation better or worse off and how might we tell? Did the U.S. have expectations for democracy in Iraq following its departure-process? And finally, does the U.S. owe the Iraqi people anything for a decision that changed the course of their nation’s history without their input?

Ambassador Gary Grappo served in the State Department’s Near East Bureau when the U.S. invaded Iraq and was the U.S. Minister Counselor for Political Affairs in the U.S. Embassy in Baghdad through 2009 and 2010.
Alaska: History, Culture, Geography and More
Four Zoom Sessions | $140
Thur., Oct. 5, 12, 19, 26, 2023, 6:30–8:30 pm MT

Alaska, the last frontier. A place of instructive history, stunning beauty and rich culture—home to 11 distinct Native cultures, all with vibrant languages and traditions. It’s no wonder Alaska has become a common tourist destination. Depending on your location in the state, you can fish for halibut, salmon, crab or shrimp; you can be stopped in traffic by a moose; you can stand under the northern lights; you can watch bald eagles soar; and you can scan the ocean for whales as sea lions rest on navigational buoys. In this four-session course, explore the many facets of Alaska with Zach and Lynn Bastoky, two teachers who have lived in and explored many parts of the state for almost 20 years.

The first session covers history, cultures and languages. Learn about the state’s history, from pre-history to statehood to current events. Peruse its many cultures, including Native dances, events like the Iditarod and the many languages spoken throughout the state.

In session two, the Bastokys discuss subsistence and foods of Alaska. Discover the subsistence lifestyles still practiced throughout Alaska along with the traditional foods. One of the most beloved fares there is fry bread, and Zach demonstrates how to make it the way he was taught by a Native Yup’ik coworker.

Session three includes details on geographical landscape, wildlife and Alaska’s natural beauty. Consider the diversity of the Alaskan landscape, from urban to arctic tundra to the temperate rainforest. Learn safety tips for encountering moose, bears and sea mammals.

The course ends with a how-to discussion for traveling to and around Alaska, from cruise ships to cars, float planes, trains and others. Learn general travel guidelines, safety tips and how to access Alaska’s diverse geographical and cultural landscape. “Whether it’s fishing, hunting, sight-seeing or camping, there are many different ways to explore Alaska,” Zach says.

Zach Bastoky holds a master’s degree in education, supervision and administration and began his teaching career in Alaska in 2003 where he mastered the art of village life—living in five different villages. All of the villages are culturally Native with populations of under 800 people. Zach is currently a teacher in Sitka, Alaska.

Lynn Bastoky grew up in Illinois and graduated from Iowa State University. In 2004, she moved to Bethel, a hub town on the Yukon-Kuskokwim Delta and lived there for 15 years. She currently teaches English in Sitka, Alaska. She and Zach met after he moved back to Alaska from Denver. Between the two of them, they have experienced much of what Alaska has to offer. They say what they love most about Alaska is Native dancing, float planes, the tundra, the ocean, endless summer nights, dog-mushing and the northern lights.
NATURE & SCIENCE

Colorado Front Range Environmental Hazards
Four Zoom Sessions | $140
Wed., Oct. 4, 11, 18, 25, 2023, 6:30–8:30 pm MT

The Colorado Front Range faces numerous environmental challenges, from poor air quality and drinking water contamination to exposure to toxic materials. This presentation-discussion course is designed for individuals with an interest in the environment and how environmental issues impact living along the Colorado Front Range. As residents of the Colorado Front Range, some of the environmental challenges we should understand include: continued use of Roundup herbicide, cancer risk from radon infiltration of homes, “forever chemicals” found in metro area drinking water, Denver’s approach to lead in drinking water, the infamous Denver brown cloud air pollution, the impact of failure to meet government air quality standards for ozone in smog, recycling of municipal wastes including plastics, use of Superfund contracts to convert military weapons facilities to urban wildlife refuges and the Suncor refinery. Retired professor of chemistry and class instructor John A. Lanning, PhD, says there are shared responsibilities surrounding the air we breathe, the water we drink, the products we use and the recreation sites we visit along the Colorado Front Range. This course includes some general science but requires no science background, and Lanning provides a foundation for understanding the scientific principles, health impacts and mitigation options for Front Range environmental hazards.

Dr. John A. Lanning is a retired University of Colorado Denver chemistry professor who taught environmental courses to non-science majors and chemistry graduate students. His philosophy is simply stated: “Understanding the science is the best approach to mitigating complex environmental problems.”

NATURE & SCIENCE

Suburbia Burning: Why We Lose So Many Homes to Wildfire and What Can We Do About It
Two Zoom Sessions | $70
Tue., Sept. 12, 19, 2023, 6:30–8:30 pm MT

Wildfires engulf thousands of homes, businesses and other structures annually. How can this happen given all the fire suppression resources in the U.S.? Why do some say disasters like the Camp Fire in Paradise, California and the Marshall Fire in Colorado weren’t anomalies but will likely happen again and again unless there’s drastic change? “We don’t have a wildland fire problem; we have a structural ignition problem,” says Tom Welle, a wildfire expert. Join Welle as he shares the science behind structural ignition, why the fire service won’t be able to change the outcome and how extreme fire conditions don’t have to result in disasters. Day one of the course focuses on fire history, the ecological significance of fire, the science of how wildfire ignites structures and why our fire service is ineffective in structural protection in extreme wildfires. Then on day two, learn the specifics of what to do to increase the odds of saving your home from a wildfire. Explore how to assess structural vulnerabilities and how to fix them with minimal cost. Examine the vulnerable components of homes and how to manage and maintain vegetation to reduce ignition potential.

“Homeowners can make their homes survivable on their own, improving the effectiveness of fire service efforts and giving themselves a safer environment,” Welle says.

Tom Welle is the principal and consultant for Wildfire Preparedness Services LLC, which offers consulting, planning and training on science-based home ignition zone best practices. He is a former fire captain, community risk reduction manager and nationally-known instructor and facilitator with over 40 years of experience in the wildland urban space.
Islam in the United States: Belief and Practice on American Soil
Four Zoom Sessions | $140
Wed., Sept. 6, 13, 20, 27, 2023, 6:30–8:30 pm MT

Here’s a fact that might seem surprising: Although Islam often seems like a new religion in the U.S. to some, Muslims have been in North America since the 1500s. This course, taught by Associate Professor of Islamic Studies Andrea Stanton, starts with an overview of Islam in colonial America. Explore the roles Islam and Muslims played in early American political thought, including debates on whether a Muslim could be elected president, and how Islam impacted early U.S. foreign policy. Advancing to the 19th century, examine Americans’ relationships with Muslims abroad and with enslaved African Muslims in the U.S. Next, look at early 20th century conversion efforts and their political impact. Moving into the mid-20th century, assess the important role played by the Nation of Islam on African American identity and on domestic politics, and discuss the impact of the Cold War on U.S. foreign policy in the Muslim world. Also, consider the increasing role of immigrant Muslims, first from Ottoman lands and then, after 1960s immigration reform, from other parts of the Muslim world. Evaluate the long shadow of the September 11, 2001 terror attacks, the Iraq and Afghanistan wars, and the Obama, Trump and Biden presidencies. End with an examination of how belief and practice in today’s American Muslim communities have been developing with “American” accents.

Andrea Stanton is an associate professor of Islamic Studies and an affiliate faculty member at DU’s Center for Middle East Studies. With a PhD in Middle East history, she is an expert on contemporary Islam and teaches on Islam and politics, the Qur’an, Islam and gender, and Islam in the U.S.

WHAT OUR STUDENTS ARE SAYING

Great professor: extremely knowledgeable and informative, relaxed, approachable, with deep love for the subject matter.

The lecture and interaction of the audience was very positive and uplifting!

Honestly one of the best experiences.
Finding Your Fun: How Play Can Save Your Life and More

Two Zoom Sessions | $75
Thur., Sept. 21, 28, 2023, 6:30–8:30 pm MT

Why should kids have all the fun? Research from Harvard University and other colleges shows that play and its social nature improves our whole-body health and boosts our happiness across our lifespans. In this hands-on workshop jam-packed with fun and play, David Thomas shows you how to identify your adult play style and unlock your inner play person while learning about the play-health connection. The fun starts with a mystery pack you get in the mail, then the course unfolds with several entertaining activities that yield plenty of laughter and silliness. Make puppets, invent holidays, build dioramas from common household objects, visit playful spaces, learn dad jokes, create a travel bucket list of unexpected places, discover your own “fun totem” and go on a scavenger hunt in your own home. “By taking control of your inner playful artist, you learn how to uncover your innate ability to see the world in a completely different way, make new meaning and connect with people through a shared love of the absurd,” Thomas says. “This course is about learning how to enjoy activities designed to increase your creativity and engagement with daily life and how to invent your own fun to share with others.”

David Thomas, PhD, is an expert on fun in the workplace, the architecture of fun and fun in general. He’s authored books on the aesthetics of games, fun at work and playful techniques for higher education classrooms. He is the executive director of online programs at the University of Denver.

Cultivate Courage to Explore What You’ve Always Wanted

Two Zoom Sessions | $70
Sat., Nov. 11, 18, 2023, 1–3 pm MT

At some point in time, whether as a child, a young adult or through some powerful life experience, a seedling of an inspiring idea or dream is often born. It lights you up and you daydream about the possibilities and what it might be like to pursue it. And then, before you know it, life sweeps you up in all its demands and years pass, leaving you still wondering about that seedling. Should you let it go? Or is there still a viable option? This course is for you if you’re wondering about an inspired idea in the back of your mind that you never fully explored. Maybe it’s something you’ve always wanted to do, to have, to see or to experience but you never had the courage, time or resources. You may be wondering if you still even want it after all this time. Join Robin Berg, a life and leadership coach, for an intentional and reflective program to consider various parts of your long-held idea or dream. Gain insights, increased clarity, tools for courage, and potential next steps—whichever way they may lead you. “Sometimes the clarity in and of itself is invaluable,” Berg says. “Just know that this course creates a safe space to explore possibilities through tools, exercises, discussion and reflection.”

Robin Berg, MA, is the owner of Soul Moxie, a life coaching company that works to help clients create a deep sense of internal confidence and fulfillment. For the past 23 years, Berg has served as a soulful leadership coach who loves sharing tools for confident and aligned decision-making.
Planning for Death: Well Prepared, Well Protected, Well Loved

Two Zoom Sessions | $70
Mon., Sept. 11, 18, 2023, 6:30–8:30 pm MT

Aside from birth, death is the only experience each of us will have. Yet society tells us not to talk about this universal journey. “What I’ve discovered is, though our society is steeped in death—school shootings and terrorism, violent movies, TV shows and video games—when it comes to the more mundane end of life, we don’t want to talk about it,” says Jamie Sarche, a director of prearranged funeral planning. “Dying is often a very sad part of life, but an important one nonetheless. By accepting the fact that our lives are finite, we can live more meaningfully, more purposefully.” In this two-session workshop led by Sarche, learn that it’s safe to talk about death and grief. In the first session, Sarche covers the different methods of disposition (“Colorado is way ahead on choices,” Sarche says) and the value of ritual at the time of death. Discover how to plan ahead to give yourself peace of mind and the people who love you a path to walk on when they most need it. In the second session, Sarche focuses on how to support friends and loved ones facing challenges in life stemming from a variety of different types of loss. Both sessions are filled with stories and time to ask lots of questions!

Jamie Sarche is a director of pre-planning at Feldman Mortuary in Denver, where she helps people create end-of-life plans before their actual end of life is upon them. She brings her experience in death care to a broad range of audiences around the country, sharing insights and approaches on how to have difficult conversations.

Dream Analysis Through the Ages: Gods, Indigestion, Freud and Jung

Four Zoom Sessions | $140
Tues., Oct. 3, 10, 17, 24, 2023, 6:30–8:30 pm MT

Throughout history, dreams have been regarded as prophetic, as indicative of the will of God or the Gods, and as instructive for specific courses of action. These spiritual approaches to dreams differ greatly from psychological perspectives of the early 1900s, which held that dreams revealed the workings of our conscious and unconscious lives. Today, clinical psychologists all but dismiss dreams as irrelevant “brain firings.” Why are there so many perspectives? Join Sharon Coggan, retired director of the University of Colorado Denver Religious Studies Program, as she explains the history of dream analysis in religious and psychological traditions around the world. Start with Shamanic, Biblical, Greek and 19th-century concepts of dreams. Shamans used dream imagery to heal and the Greeks believed dreams could diagnose illness. Next, learn why scientists of the late 19th century dismissed dreams as the result of indigestion. From sacred messages to belly rumblings, how did dreams plummet so far in significance? Then, of course, examine Sigmund Freud, who pioneered clinical dream analysis with his book from 1900, The Interpretation of Dreams. Finally, learn about Carl Jung’s work. Whereas Freud believed dreams conveyed sexual impulses, Jung believed dreams were communications from the unconscious. Throughout the course, keep your own dream journal and decide for yourself if your nighttime musings are trying to tell you something!

Sharon L. Coggan, PhD, is retired from the University of Colorado Denver where she served as director of the Religious Studies Program, which she created. Her areas of study include history of religions, Eastern thought, mythic studies and psychology of religion.
Dusting Off the Classics: Shakespeare’s Genres

Four Zoom Sessions | $140
Tue., Nov. 7, 14, 28, Dec. 5, 2023, 6:30–8:30 pm MT

William Shakespeare is the most famous and important writer in the English language. The beautiful language of his works is the most obvious reason for his reputation, but another one is that he sets our expectations for two important genres: comedy and tragedy. After Shakespeare, we assume comedies will have witty word play, absurd misunderstandings and will often end in marriage; tragedies, in contrast, will be full of psychological torment, grand speeches and will end when all the major characters are dead. In his own day, Shakespeare was famous for writing not only these two genres, but another one popular in his time: the history play. The first folio of Shakespeare’s works, meant to establish his reputation as a great author, showcased his plays in these three genres. Not only this, but in his later life, he mingled the comedic and tragic in order to form a new genre, what we now refer to as the romance. This course, taught by DU English professor R.D. Perry, offers a survey of Shakespeare’s major genres, covering representative works in each. Following from the Colorado Shakespeare Festival’s (CSF) productions—though they are not a prerequisite for the class—read Much Ado About Nothing (the comedy), King Lear (the tragedy), and The Winter’s Tale (the romance). Start, though, with a history, a genre CSF is not doing this summer: Richard II.

R.D. Perry is an assistant professor of English and Literary Arts at the University of Denver. He specializes in medieval and early modern literature, as well as the history of philosophy and critical theory.

Bringing Your Book to Life: The New World of Self-Publishing

Two Zoom Sessions | $70
Thur., Nov. 9, 16, 2023, 6:30–8:30 pm MT

In the modern digital age, the publishing industry has undergone a revolution thanks to the rise of print-on-demand self-publishing. Amazon’s self-publishing platform, Kindle Direct Publishing (KDP), is one of the most popular and user-friendly platforms available, making it an ideal choice if you’re looking to self-publish your work—say an autobiography or family history. In this class, author Shawn Bowman shares how to use the Amazon software to format your manuscript, create a cover design and set a price that reflects the value of your work. Bowman also covers the technical aspects of publishing on KDP, including how to upload your book and manage your sales and royalties. Plus, get guidance on how to structure your book and incorporate photographs, family trees and other visual elements to enhance the storytelling experience and the book’s professional look and feel. Then learn about the broader publishing industry and how to navigate it effectively. And finally, explore marketing strategies and how to build an audience for your book, as well as how to engage with readers and promote your work on social media. Come away with all of the tools and knowledge you need to create a book that you can share with your family and the wider world, creating a final product that reflects your unique voice and experiences.

Along with developing curriculum content for the University of Denver’s Enrichment Program, Shawn Bowman is a seasoned author with two nonfiction books published by Andrews McMeel and distributed by Simon and Schuster. Most recently she’s worked with her father-in-law to publish his memoir.
Home Sweet Home: Setting in Fiction and Creative Nonfiction

Two Zoom Sessions | $105
Sat., Oct. 21, 28, 2023, 9 am–12 pm MT

In this craft-focused workshop, creative writing instructor Jennifer Itell looks at ways in which places are portraits—of ourselves, and of our characters. She starts with setting, examining how place and character are intertwined in the works of contemporary writers Lauren Groff and James McBride. Then students explore why setting matters (why it’s more than just a place for your characters to land) and take note of ways that mood can be infused into atmosphere to give a story subtext and depth. Next, consider whether certain stories are determined by place, exploring the notion put forth by Janet Burroway in her book Writing Fiction, that “character itself is a product of place and culture.” Itell explains that in the second half of each session, students move from discussion into generative writing exercises. “We do lots of freewriting, with the aim of developing setting for your own writing, whether fiction or creative nonfiction,” Itell says. Then explore ways to intertwine setting with revelations about character, so that your descriptions are doing double the work. “You can use the exercises to develop new material, or to deepen material that’s already underway,” she says. For inspiration, in addition to the Groff and McBride stories, students read examples by memoirist Tara Westover, mystery writer Louise Penny and poet Richard Hugo.

Jennifer Itell is an avid reader, with a fondness for contemporary fiction and mysteries. Her short stories and essays have appeared in Colorado Review, Witness, Crazyhorse, Ellery Queen Mystery Magazine, The Normal School, Literary Mama, and 5280. She teaches creative writing for DU’s University College.

WHAT OUR STUDENTS ARE SAYING

I liked the positive and warm presence of the instructor.

Personal perspective added depth; good cultural contexts.

Outstanding preparation of materials and a very clear flow to the lectures. Really amazing work.
ART & ART HISTORY

Intro to Watercolor
One Zoom Session | $90
Sat., Nov. 4, 2023, 9 am–12 pm MT

ENRICH 0780 >>

Have you ever wanted to paint with watercolors but didn’t know where to start? Did you pick up some lovely watercolor materials, only to leave them sitting in your drawer? Join artist Judith Cassel-Mamet for this introductory, foundational three-hour workshop designed to help you decide what materials you need to get some color on a page (or understand the materials you may already have on hand!). In this class, you learn about the paints (tubes or pans), papers (hot or cold press) and good brushes for beginning efforts. Try some basic techniques so you can better understand ways to cultivate your unique, playful exploration. Judith shows you ways to create texture, ways to let the water flow and ways to add some pen for definition. There’s also time for “paint along” practice as well as Q & A. Think of this as a “sampler” class to get you started. Leave the class with the confidence to incorporate watercolor sketching into a journal practice or to try your hand at more formal watercolor painting. Cassel-Mamet, who has taught many “simple sketch” classes that combine watercolor and pen, loves to encourage students to relax and play rather than taking an academic or rigid approach.

Travel Journaling 101: The Five-Step Approach
One Zoom Session | $60
Sat., Nov. 11, 2023, 10 am–12 pm MT

ENRICH 0781 >>

Are you getting ready for a trip over the holidays and you’re thinking you want to capture the special moments and memorable sights in a journal? In this workshop, artist Judith Cassel-Mamet shares with you exactly how to start travel journaling! The course features Judith’s five-step approach: materials, activation, capturing moments, anchoring the experience and personalizing the pages. While the emphasis is on working with visual elements, Judith also covers ways to incorporate text into your travel journal. Plus, learn how to work with all that ephemera you collect on a trip (think business cards, menus, maps). In addition, Judith shares ways to do quick sketches that capture a view or meal—no need to be an accomplished artist. And even if you’ve already taken a trip and you’re thinking it would be fun to create a personal journal that goes beyond a photo book—you’re in luck! “This workshop is applicable to that situation as well—to help you remember your time,” Cassel-Mamet says. “Many travelers report that keeping a journal adds to the overall experience by offering a reason to slow down and focus on the magical moments.” Cassel-Mamet adds that she herself has experienced this while leading numerous travel journal trips around the U.S. and Spain. “I’m excited to share the joy and the techniques,” she says.

Watercolor and Travel Journaling Package
Enroll in both courses and save.

ENRICH 0779 >> $140

Judith Cassel-Mamet is a mixed-media artist and instructor who teaches at the Art Students League of Denver, online at Craftsy and The Great Courses. She also leads art journal groups to magical spots in the U.S. and Europe. She’s the author of two books: Joyful Pages: Adventures in Art Journaling and Joyful Pages Playground. She’s the co-creator of a virtual culture and travel journal class called Sketching Spain.
WHAT OUR STUDENTS ARE SAYING

"I loved everything from beginning to end!

The professor worked hard to ensure participation and engagement with the students.

I learned so much and felt included."

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University of Denver
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2211 S. Josephine Street
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