ENRICHMENT PROGRAM
FALL 2024

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Exploration is a hallmark of a rich and fulfilling life—a fact I’m reminded of when I open a new Enrichment Program catalog. As humans, we’re built to seek out new experiences and insights, and to deepen our own sense of self through these interactions. Adult life sometimes seems to offer dwindling opportunities to “take the road less traveled,” and so I relish this chance to discover anew just how wide and diverse our world is.

The Enrichment Program is designed for the ever-curious, the independent thinkers, the joyful experimenters—people who aren’t content to settle for the norm. Every new Enrichment Program catalog offers a fresh chance to explore, and the more you participate, the more chances for discovery you’ll find.

This fall’s catalog is full of such opportunities. You can venture to the outmost reaches of the solar system with *Race to Space: The Moon, Mars, Saturn and Beyond*. Embrace movement as you *Experience Salsa Through History and Dancing*, or go on a virtual excursion to one of Europe's most storied cultures in *Italian Myths: Art, Food and Crime*.

Deepen your understanding of the beliefs that bring meaning to millions of people’s lives in *The World’s Major Religions*, or learn about how Beethoven changed the musical world in *Beethoven’s Symphonic Vision*. You can even go on a Minecraft-inspired geology expedition and field trip with a young person in your life, in *Digging Deeper Together*.

With the Enrichment Program, it’s possible to explore exotic frontiers without leaving Colorado, and plumb your own capabilities from the comfort of your living room. As we pursue a life of meaning and authenticity, we can be grateful for the program’s broad slate of thoughtful courses for helping us retain that sense of discovery.

Welcome to our community of adventurers! We look forward to a rewarding season of exploration with you.

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In a world full of distractions, it’s easy to overlook the non-credit treasures that universities hold for adults. Here, there exists a remarkable avenue for discovery and connection, calling proud alumni and newcomers alike.

Welcome to the Enrichment Program, housed within the University of Denver, where the doors swing open and invite all curious learners, both former students and those who have never set foot on a college campus. Connect locally or to the world and engage in dynamic lectures and multi-week courses led by esteemed faculty. Explore cutting-edge research and enjoy the facilities at 5,280 feet above sea level. For over 20 years, this program has fostered a spirit of inquiry and exploration, and we hope you will join us to embrace the knowledge and growth it affords.

Discover the world of opportunities this fall on campus or live via Zoom. Participate in interactive discussions on the future of democracy or celebrate *Female Songwriters of a Generation*. Immerse yourself in the timeless tale of *Hamlet*, culminating in a live performance at the Denver Center for the Performing Arts. Study the pivotal role of AI in shaping the future through the lens of *The 4th Industrial Revolution*. Gain insights into groundbreaking methods for monitoring and measuring air quality from a geographic information science professor. Or learn about the transformative research conducted by DU’s Institute for Human-Animal Connection, which is revolutionizing veteran PTSD treatments and harnessing the power of dogs to decrease human stress responses.

Whether delving into uncharted territories or revisiting long-forgotten interests, the Enrichment Program embodies the essence of continual growth and adventure. Seize this opportunity to connect with the resources available to you at the University of Denver, to kindle the flame of curiosity and to embark on a journey of discovery. After all, the pursuit of knowledge knows no age or bounds, and there is no better time to start than this fall.

Make every day a learning day.
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Please Be Our Guest
Join us for Feed Your Curiosity Week! Dive into a range of free lectures as we kick off the fall term. Meet some of our instructors as they share their passion and expertise. Whether you’re interested in a new topic or want to delve deeper into a familiar one, join us for the love of learning.

- Dates: August 26–29, 2024; all sessions in Mountain Time (MT).
- All live presentations will be conducted via Zoom.
- Registration is required to receive the Zoom link and password.
- Each registration includes access to both lectures scheduled for the evening.
- Feel free to invite friends or family to join you on Zoom!
- Register today. Space is limited.

See additional offerings from Feed Your Curiosity presenters throughout the catalog.
Mon., Aug. 26

7 pm - Youthful Classical Genius—and Not Just Mozart!
Before becoming compositional masters, they were teenagers. That fact didn’t stop them from proving they had what it took to become musical masterminds. Mozart, Mendelssohn, Bizet and Shostakovich all stood out as teens. With video samples from concertos, symphonies and a string octet, music historian Betsy Schwarm provides insights into how they came to meet their elders on their own ground, showing that there was room in the classical field for a new generation.

8 pm - The Power of Intergenerational Learning
The demographics are clear: There’s a growing generational divide. And the value in bringing generations together to learn and talk is often overlooked, says social worker and PhD candidate Carson De Fries. But, when you combine the wisdom and experience of older adults with young peoples’ innovative perspectives, you create unique conversations and meaningful reflection. Join De Fries as she shares the importance and benefits of intergenerational relationships and the power of intergenerational learning environments.

Tue., Aug. 27

7 pm - Writing Children’s Books: The Power of the Right Word
All writers care about choosing the best word to convey meaning, emotion and action in their stories. For children’s book writers, there are additional considerations. What types of words will improve the read-aloud experience of a picture book story? Is the vocabulary appropriate for the intended reader or chapter book age? In this session, author and writing coach Denise Vega explores the factors that go into choosing powerful words and how they can improve your children’s story.

8 pm - History of Fashion Footwear
Lace up! It’s time for an enlightening stroll through the history of fashion footwear with fashion consultant and footwear designer Ilene Vivineto Suter. Did you know that the high heel was first worn only by men? Why and when did that change? Why did Queen Elizabeth wear the same shoes her entire life? What are the most expensive brands and why? Plus, explore a brief history of some of the world’s greatest designers along with their successes and failures.

Wed., Aug. 28

7 pm - Expand Your Literary Palate With a Book Tasting
So many tempting books out there! Which ones should you choose? Bibliophile and librarian Bridget Kiely peruses her many shelves to help you as she hosts this carefully curated book tasting. Across four genres and several engaging book pairings, this course covers at least 20 books. Come away with newer titles from across the publishing industry and, with a little luck, at least one new favorite read to devour! Bon appetit!

8 pm - Beyond Oppenheimer: The Story Behind the Manhattan Project
The Manhattan Project changed the world. But who actually lobbied to get the bomb launched? Who were the researchers who built it? What do we know about the facilities where the bomb was built? What were the creative solutions that made the weapon work? And what kind of training did the crews get to deliver the bomb to targets in Japan? Join Stephen Kelly, a former senior engineer at Lockheed Martin, for the revealing answers.

Thur., Aug. 29

7 pm - Travel Journaling: Capturing Your Adventure in Multiple Ways
If you love to travel and you’re always seeking ways to capture your adventures, join artist Judith Cassel-Mamet as she shares ideas for inspiration, from maps to ephemera while teaching you how to record your impressions with pen and paper. “Slowing down to fill a journal page can help you see deeper than just taking pictures,” she says. “I also share several of my journal pages as examples and offer techniques you can use on your next trip.”

8 pm - Getting Hands-On With AI Image Creation
Images created by AI-powered tools are now a regular part of our media—and social media—landscape. “What might surprise you is that you don’t need fancy computers to create your own images,” says tech expert Dave Taylor. In this lively, hands-on session, Taylor demonstrates some of the most popular tools you can use to create custom greeting card images, fanciful visions of famous landmarks, even paintings, pastel drawings and sketches—all customized to reflect your ideas!
How to Register for Classes
Registration opens Monday, July 8, 2024.

Register Online
UniversityCollege.DU.edu/Enrichment

Register By Phone
303-871-2291

Please note how classes are listed on the registration site (DU.edu/Continuing-Education/Catalog/Enrichment):

- **Feed Your Curiosity** free lectures are identified by this subject, followed by the date of the lecture.
- **R1** free lectures are identified by this subject, followed by their topic.
- 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, check out. 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 confirmation of your enrollment. 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

- **Four-Session Course** (8 hours)
- **One-Night Lecture** (2 hours)
- **Four-Session Course** (8 hours)
- **Two-Session Course** (4 hours)

To receive your certificate, email UCOLSupport@DU.edu and include a list of 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.
The College Affordability Dilemma
One In-Person Session / $25
Tue., Oct. 1, 2024, 7–9 pm MT

Can anybody afford college? The answer is yes! Sure, public college annual sticker prices are north of $30,000 and private colleges are above $80,000. But in this session, John Gudvangen, a 36-year veteran of enrollment and financial aid at DU and other colleges, explains why those higher prices are affordable after financial aid. Learn the crucial, behind-the-scenes workings of how schools and the government balance access and opportunity with net tuition revenue and costs.

Inauguration Day Wardrobes: Simplicity and Splendor
One In-Person Session / $25
Tue., Oct. 8, 2024, 7–9 pm MT

The presidential oath of office is succinct, but inauguration day ceremonies are filled with pomp and symbolism. Former fashion columnist Catherine Underhill Fitzpatrick presents an intriguing exploration of inaugural wardrobes, showing how—and why—the inaugural wardrobes of first families from the Washingtons to the Bidens speak volumes about America’s presidents and first ladies, the times in which they lived and the nation they represent.

Understanding Mass Violence: Perpetrators, Victims and Recovery
One In-Person Session / $25
Tue., Nov. 12, 2024, 7–9 pm MT

It’s in headlines far too often: mass violence. What’s going on in the perpetrator’s mind? What do we know about victims’ trauma and recovery? Here, clinical psychologist John Nicoletti, who was on-scene at the Columbine school shooting and responded to the Aurora theater shooting, offers answers and explains the thread that runs through the attackers, trauma and recovery. Come away with the latest findings on how people become assailants, the medical and psychological footprint of traumatic events and the factors necessary for recovery.
America and the Middle East: Elusive Dreams and Harsh Realities
Two In-Person Sessions / $95
Thur., Sept. 12, 19, 2024, 6:30–8:30 pm MT

The United States is once again deeply involved in Middle East events and problems, despite several American administrations’ efforts to pivot elsewhere. The region has demanded the attention of every U.S. president since Harry Truman. Today, American diplomats and military forces are deeply engaged with the complexities of the region. Why does this area consistently attract U.S. attention? What is the significance of the region to American interests in the current era? What historical actions and policies have shaped the challenges the U.S. encounters there now? Additionally, what aspects distinguish the present situation from the past? Join former U.S. Ambassador to the Middle East Gary Grappo as he explores the evolution of U.S. policy in the Middle East from 1945 to the present. His journey will cover events such as the overthrow of Iran’s democratically-elected prime minister, extensive efforts to settle the Arab-Israeli and Israeli-Palestinian conflicts through numerous wars, both successful and failed peace negotiations, the war on terror, the invasion and occupation of Iraq, attempts to improve relations with Iran followed by pressures on its leadership, and the current crises in Iran, Gaza and Sudan. What is the future of this region that seems stuck in a morass of authoritarian states, stunted economic growth, declining demand for its only abundant natural resource, and continued instability? Can the U.S. do much to alter the trajectory?

Gary Grappo is a distinguished fellow at the Center for Middle East Studies at the Josef Korbel School of International Studies with nearly 40 years of diplomatic and public policy experience. At the U.S. State Department, he served in Jerusalem, Baghdad, Jordan, Oman and Saudi Arabia and is a former U.S. Ambassador to the Middle East.

Understanding the Ins and Outs of Migration Politics
Three In-Person Sessions / $145
Tue., Sept. 10, 17, 24, 2024, 7–9 pm MT

Migration may be the hottest political topic of 2024 in the U.S. and quite possibly the world. And with it comes important questions: What is the history of labor migration? What is the economic impact of migration in the U.S.? What does the general public believe about immigrants and immigration? What are the consequences of anti-immigrant policies? In this timely course, political science professor Jesse Acevedo answers these questions and more while exploring today’s political economy of migration with an emphasis on understanding current political affairs in the U.S. Acevedo explains that political economy is a field that helps scholars understand how economic interests interact with political institutions to explain both political and economic outcomes. “The material for this course is designed to challenge the common misperceptions about migration that pervade American political discourse,” he says. The first lecture focuses on the relationship between migration and economic outcomes. In lecture two, Acevedo covers public opinion of immigration in the U.S. and in Europe. And the final class examines why comprehensive immigration reform is so difficult. Come away with a deeper grasp of the many facets of migration.

Jesse Acevedo is an assistant professor in the Department of Political Science at the University of Denver. His research focuses on political economy, democratization and international migration. His current research is on the political consequences of emigration and remittances on political attitudes and behaviors in Central America.
HISTORY & EXPLORATION

The Japanese American Experience in Colorado
Four In-Person Sessions / $180
Wed., Oct. 9, 16, 23, 30, 2024, 6:30–8:30 pm MT

What has life been like in Colorado for Japanese Americans? This class gets right to the heart of that query, one that not only covers the full range of experiences of Japanese people in the state, but also offers both a larger, international framework and unique interaction with objects related to their history here. Join journalist Gil Asakawa and anthropology professor Bonnie Clark for the complete story from the 19th century to present day. The first class explores the history of Colorado’s Asian population, which includes the anti-Chinese race riot of 1880 in Denver and the arrival of Japanese immigrants. Class two examines the removal and incarceration of Japanese Americans during World War II, with a focus on the Colorado confinement center Amache. During class three, participants get an unparalleled first-hand experience by engaging with archaeological objects collected from Amache. The fourth class brings you to the present with an eye on how the Japanese settled in Denver and created a thriving community. The course ends with a poignant reflection on the place of the Japanese community within the larger Asian American Pacific Islander community, including the recent troubling increase in anti-Asian hate crimes. And finally, consider the 2024 addition of Amache to the National Park System.

Gil Asakawa is a journalist, blogger, author and cultural communication consultant. He wrote Being Japanese American, a history of Japanese in the U.S. In 2023, he was recognized by the Emperor of Japan for his work building bridges between Japan and the U.S.

Dr. Bonnie Clark is a professor of anthropology at the University of Denver who leads the DU Amache Project, dedicated to researching, preserving and interpreting the site of Amache, Colorado, where over 10,000 Japanese Americans were incarcerated during World War II.

Colorado Railroad Museum and Locomotive Walking Tour
One In-Person Session / $35
Sat., Oct. 5, 2024, 1–2:30 pm MT

The history books are clear: Locomotives had a massive impact on Colorado’s birth and growth. Fortunately, much of that rich railroad heritage has been captured by the Colorado Railroad Museum in Golden. It’s “All aboard” with the museum staff for an illuminating tour! Start with a short history of the museum and its co-founders Robert Richardson and Cornelius Hauck along with a few humorous tales about how they built the museum. Next, examine the rails between the depot and library to be transported to the past as you learn the role locomotives played in Colorado’s earliest days. Then explore locomotives, some of which go as far back as 1880, and the stories that follow them. The museum staff boasts that the institution is more than just rolling stock in a rail yard museum; it’s a vault holding memories, technology and experiences. Finally, at the roundhouse, discover the museum’s three most famous locomotives: D&RGW No. 491, D&RGW No. 346 and D&RGS No. 20. If weather permits, take a turn pushing the Armstrong turntable built in 1900. Following the tour, take a ride on one of the trains, which is included with your tour. Get on track for some fun!

The Colorado Railroad Museum’s mission is to preserve a tangible record of Colorado’s dynamic railroad era and its pioneering, narrow gauge mountain railroads. The museum’s docents, who are passionate about sharing their knowledge and time with the community, are well versed in the human stories that help the museum connect to these great iron horses of the past.
Italian Myths: Art, Food and Crime
Three In-Person Sessions / $145
Mon., Oct. 7, 14, 21, 2024, 6:30–8:30 pm MT

In this series of lively discussions, history professor and author Carol Helstosky offers up the history of three distinct markers of Italian identity: food, art and crime. In the first class, Helstosky puts the focus on the history of food and food habits in Italy, from unification to the present day. Examine origin myths of popular foods like polenta and pizza (Did returning WWII soldiers really make pizza popular in the U.S.? Have pizza chains ruined pizza?). And, does it make sense to refer to Italian food as cuisine? Plus, explore Italians’ culinary creativity when, in the late 1800s to early 1900s, Italy’s economy tanked and citizens resorted to some interesting nourishment. In the second class, Helstosky examines the complex history of the market for art and antiquities in 19th and early-20th century Italy, a time of exploding consumer interest in all things Italian. “We seek to better understand public confusion—and sometimes disappointment—over the price, availability and authenticity of works of art and objects from the past,” Helstosky says. She’ll take an unorthodox approach to art forgery, focusing not on art forgery per se, but on the major forgery scandals that shifted the Italian art market in response to constant demand for Italian objects. And finally, in the third class, she traces the history of organized crime in Italy, focusing on the Sicilian Cosa Nostra, often referred to as the Sicilian Mafia, and the Neapolitan Camorra, one of the oldest and largest criminal organizations in Italy. “Myths and legends about these two criminal organizations tell us much about the history of crime, the vagaries of Italian identity and the consequences of globalization,” she says. Come away with a richer understanding of one of Europe’s most colorful and captivating countries.

Carol Helstosky teaches courses in modern European cultural, political and military history at the University of Denver. She is the author of Italian Forgers: the Art Market and the Weight of the Past in Modern Italy (2024); Pizza: A Global History (2008); Food Culture in the Mediterranean (2009); and Garlic and Oil: Food and Politics in Modern Italy (2004). She is editor of The Routledge History of Food (2015) and has authored numerous articles and book chapters on the history of food and culture in modern Italy.
Female Songwriters of a Generation: From Joni Mitchell to Taylor Swift

Four In-Person Sessions / $180
Wed., Sept. 4, 11, 18, 25, 2024, 6:30–8:30 pm MT

Music fans are a lucky lot—especially those who appreciate female songwriters. We’ve been flooded with talent. In this class, music historian Paul Turelli takes you on a tour of that talent—exploring the well-known and rediscovering the often overlooked as he examines all of their vast influence and artistic genius from biographical, historical and political viewpoints.

“I explore the liberating perspective their music, lyrics and poetry bring to us all,” Turelli says. He begins with the giants such as Joni Mitchell, Carole King, Carly Simon, Nina Simone and Dolly Parton. Next, he surveys the writing genius of Christine McVie and Stevie Nicks along with the explosive scene in Laurel Canyon. Greats like Madonna, Chrissie Hynde and Annie Lennox follow. Turelli then turns to today’s music scene, which he says is “undergoing a female songwriting revolution” with the likes of Beyoncé, Taylor Swift and Billie Eilish who’ve totaled over 175 million albums sold. Consider this line from Swift: “You said it was a great love, one for the ages, but if the story’s over, why am I still writing pages?”

Students are encouraged to bring their perspectives on the songwriters and their songs, their messages and their genres. “Music evokes memory, personal growth, opinion and emotion,” Turelli says. “These women are worthy of this examination.”

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

Piano Concertos: Two Centuries of Musical Thrills

Four In-Person Sessions / $205
Wed., Oct. 23, 30, Nov. 6, 2024, 7–9 pm MT
Symphony Performance, Sat., Nov. 9, 7:30 pm

Sure, a big symphony brings chills, but what’s more exciting than watching a pianist storm through the climax of one of those mighty Russian concertos? Those late-19th century keyboard monsters define dazzling virtuosity in their big moments, and make us swoon with those dreamy, moonstruck slow movements. That genre is best represented by Rachmaninoff’s beloved Second Concerto—which serves as the exciting concert finale for this fast-moving course that follows the colorful history of the piano concerto.

Popular DU instructor Marc Shulgold begins with Bach and his experimental works for harpsichord (singular and plural), then moves to the man who would define the genre: Mozart. Discover how one of Bach’s sons planted the seed for the boy to write keyboard concertos as a homework assignment when the Mozart family visited London. Next, explore all the big guys: Beethoven, Chopin, Schumann, Mendelssohn, Liszt, Brahms, Grieg, Tchaikovsky, Saint-Saëns and on to the 20th century with Bartók, Shostakovich, Prokofiev, Gershwin, Ravel, Britten, Copland and beyond. Watch videos of some of the greatest pianists past and present, compare performers and then cast votes on your favorites. At last, it’s time for Rachmaninoff, whose revered Second is played live in concert by Simon Trpčeski with the Colorado Symphony—plus the Symphony No. 7 by Mahler.

Marc Shulgold has long been a regular at the Enrichment Program, teaching courses on various subjects in classical music, inviting guests such as Marin Alsop, Pinchas Zukerman, Jeffrey Kahane and others. He served as music and dance writer at the Rocky Mountain News for 22 years, before that working at the Los Angeles Times.
LITERATURE & WRITING

Dusting off the Classics: 
Shakespeare's Hamlet  
Five In-Person Sessions / $215  
Wed., Sept. 4, 11, 18, 25, 2024, 6:30–8:30 pm MT  
DCPA Performance, Sat., Sept. 21, 7 pm

For over 400 years, Shakespeare's Hamlet has captivated and confounded actors and directors, scholars and critics, and of course audiences around the globe, confronting them all—and confronting us still today—with agonizing questions about what it means to be—or not to be—human. Are we “noble in reason [and] infinite in faculties,” as Hamlet muses aloud in his oft-quoted “what a piece of work is a man” speech, or (as he continues) are we “this quintessence of dust?” And how can we coexist with the excruciating contradictions of the world around us? Or with the suffering of those who love us for better or for worse? Or with the ghosts that insistently inhabit our minds and spirits? Or ultimately, as he wonders in the play’s most famous soliloquy, how can we live with our very selves—“to be or not to be?” Join Dr. Richard Sacks, who spent four decades at Columbia University teaching its core great books course, in a deep dive into these and other difficult questions through a four-session close reading of the unimaginably dazzling language and unbearably tragic visions of this astonishing text. Please note: Between the third and final sessions, students attend the fall 2024 production of Hamlet at the Denver Center for the Performing Arts.

Richard Sacks taught literature, mythology and linguistics at Columbia University for 40 years. He also regularly participated in Columbia’s well-known Core Curriculum, teaching its great books course and giving lectures to faculty on the challenges of teaching texts by authors ranging from Homer to Shakespeare to Virginia Woolf.

“My! What Big Teeth You Have!” 
The Hidden Histories of Fairy Tales  
Four In-Person Sessions / $180  
Mon., Oct. 28, Nov. 4, 11, 18, 2024, 6:30–8:30 pm MT

Did you know that Beauty and The Beast was written to convince young women to accept arranged marriages? Or that Little Red Riding Hood was intended to warn women not to sleep with men out of wedlock? In fact, most original fairy tales were written for adult women and included dark, even gruesome themes that were meant to scare people into accepting social mores. Join April Chapman-Ludwig, teaching associate professor in DU’s Writing Program, as she strips away the Disney whitewash and dives into the historical and cultural meanings of several original folk tales. In each class, Chapman-Ludwig begins by sharing the “origin story” of a popular fairy tale. For example, Cinderella has its roots in Chinese foot binding. Sleeping Beauty is woken by a child rather than a prince’s kiss. Chapman-Ludwig looks at the intended morals of these stories and adaptations to each across time. What do the changes reveal about society and the author’s own life? Join class discussions about why these stories still resonate today, which adaptations seem antiquated, and which hit too close to home. Chapman-Ludwig covers Beauty and The Beast, Snow White, Sleeping Beauty, Cinderella and Little Red Riding Hood. Come away with eyes wide open—the better to see you with, my dear!

April Chapman-Ludwig has taught in the Writing Program at DU for over 16 years. Her writing and research focus on visual rhetoric, 18th-century women’s literature, the history of fairy tales, documentary film, transfer student persistence and the social sciences.
All art lovers know art is powerful. Here’s a course that demonstrates that power in surprising ways. Consider these questions: Did art play a role in one of the world’s worst atrocities? If so, how? And could art help heal the horrific wounds from that atrocity? Join longtime educator and Holocaust researcher Primus Russell as he paints an illuminating picture of art both before and after the Holocaust.

First, explore the role of art in Nazi Germany that led to the Holocaust, and how Nazi poster art, film, symbols and labeling art as degenerate fostered dangerous stereotypes of Jews and German citizens. “In this part of the course, I like to have students spend time closely examining the Nazi art and how the Nazis used it,” Russell says.

After examining the logic behind Nazi ideology and the structured governance of Nazi Germany, Russell shifts his focus to the art created by victims and survivors. In this segment, students explore how art served as a record of victims’ experiences, a means of healing and a way to interpret the artists’ intentions. They also examine the provenance of art and books that have been recovered in modern times. Please note, this course allows plenty of time for group discussions, questions and answers, and virtual gallery tours.

Primus Russell has taught art in public schools for over 30 years. He says that learning about Alfred Kantor, a Nazi death camp prisoner, led to years of study and two trips to Israel for research on the Holocaust. He adds that teaching Holocaust art is his life’s passion.
WHAT OUR STUDENTS ARE SAYING

"The enthusiasm for the topic by the lecturer & the participants was greatly appreciated.

The in-person setting with others in attendance was a treat.

Both instructors were inspiringly articulate.

It was a relaxed friendly presentation."

PSYCHOLOGY & SOCIOLOGY

The Dark “Soul” of Fashion Footwear

Three In-Person Sessions / $145
Thur., Oct. 10, 17, 24, 2024, 6:30–8:30 pm MT

Welcome to the dark “soul” of fashion footwear! Who knew the shoe industry could be filled with intrigue, scandal and even murder? In this course, fashion consultant and footwear designer Ilene Vivinetto Suter walks you through harrowing tales and dark closets. First, consider the scandalous and greedy road of the ruby slippers. On a summer night in 2005, it only took 42 seconds for a thief to steal the iconic ruby shoes from the Judy Garland Museum in Grand Rapids, Minnesota. From the casting of Garland as Dorothy in 1938 to the 2024 death-bed confession of the mobster who stole the slippers as his “last score,” these iconic shoes have an 86-year history that hasn’t always been bright and shiny. Oh, and did you know that there are five pairs of ruby slippers? From the Yellow Brick Road, step foot into the Gucci Empire and learn about its rise, fall and rebirth following the murder of Maurizio Gucci in 1995. Who did it and why? Was “black magic” involved? And how did the brand maintain its relevance and grow into a multi-billion-dollar fashion giant today? And finally, enter the life of Gabrielle “Coco” Chanel. Was she a Nazi spy? Dressed to kill? Lace up! There’s a lot to unpack here!

With 30 years in the fashion and footwear industry as a buyer, designer and stylist, Ilene Vivinetto Suter has a vast knowledge of footwear, designers and the passion that we have with our shoes! She owned Scarpaletto shoes in Denver for 27 years and now works as a retail and fashion consultant.
Imagine if you could persuade family, friends and even acquaintances to consider your perspective in an election year. What if you could change their minds? Persuasion is both an art and a science; more importantly, it can be learned. Join Denver Post columnist and communications specialist Krista Kafer as she unveils the secrets of how to converse with others on religion, science, public policy, even 2024 politics and presidential candidates. Gain an understanding of the psychology behind persuasion and influence. See how stories and humor persuade better than facts. Practice pivoting to gain common ground. Learn how to spot the difference between facts, spin and deceit. Discover how advertisers and other influencers get you to buy their products and adopt their ideas. What can we learn from them? Get the scoop on tricky concepts like psychological reactance, confirmation bias, motivated reasoning and cognitive dissonance. See how trust impacts influence. Kafer pulls from communication masters of past and present: Jonathan Haidt’s moral reasoning; Robert Cialdini’s six principles of persuasion; Vance Packard’s compelling needs; Robert Reich’s cultural parables; and Aristotle’s insights on the art of persuasion. Feeling persuaded?

Krista Kafer is a weekly Denver Post columnist and adjunct instructor of communications and political science, including at DU’s Department of Political Science. She has over 20 years of experience in public policy, public speaking, broadcasting and persuasive writing.

The world of journalism is changing, and changing fast. It’s a fact that award-winning journalist Marianne Goodland knows better than most—she’s been working in the field for 26 years. Join Goodland as she offers a behind-the-scenes look at that most American of ideals, the free press: where it’s been, where it is now, where it’s going and why it’s changing—all with an emphasis on the ethical challenges facing journalism. In the first hour, Goodland delves into what you as a reader and consumer of news should expect from the rapidly evolving landscape of journalism, including how to tell who’s behaving according to the ethical standards of the profession. Then consider these key questions: What are the standards for journalists? Why should you be looking for those standards in what you read? And what does accountability look like for today’s journalists? Then in the second hour, Goodland explores how journalists of today go about completing their jobs, how they choose what they write and why that should matter to you as a reader.

Marianne Goodland is the chief legislative reporter for Colorado Politics, the Colorado Springs Gazette and The Denver Gazette. She’s also the dean of the Colorado state capitol press corps and president of the board of the Denver Press Club. She’s been covering politics since 1998 and has won numerous awards.
MEET OUR INSTRUCTORS

Instructors at the Enrichment Program are esteemed experts in their respective fields. They include full- and part-time university professors, industry experts and retired professionals selected for their deep expertise and enthusiasm for their subjects. Many hold advanced degrees, ensuring a high level of academic depth. These instructors design engaging and informative classes tailored for adult learners seeking to advance their education or explore new interests.
Getting to Know the High Line Canal: An Explorative Walking Tour

One In-Person Session / $35
Sat., Oct. 19, 2024, 1–3 pm MT

At 71 miles, the High Line Canal is one of the longest urban trails in the country, twisting through the most populated area of Colorado while crossing a diverse mosaic of communities and nature. In this 2-hour, low-impact walking tour led by Sam Wilber, programs coordinator for the High Line Canal Conservancy, you get to explore a section of the trail to learn about the canal’s history, connect with nature and get some exercise. Starting at the Mamie D. Eisenhower Park in Denver, Wilber shares the historic use of the canal for irrigation and its transition into a cherished green space. Next, discover newly planted trees that are a part of the conservancy’s ongoing tree-planting program. As you view the trees, Wilber discusses how the conservancy chooses which species to plant and how it cares for the new saplings.

Then enjoy beautiful public art, a cottonwood carving by local artist Chainsaw Mama. Learn about the art initiatives on the canal and what new exciting art pieces are coming soon. And finally, focus on the nature of the canal and its critical role as an urban wildlife corridor. Keep your ears and eyes open for migrating birds and other wildlife and explore the conservancy’s work in community science initiatives that study wildlife.

Sam Wilber is the programs coordinator for the High Line Canal Conservancy where she offers fun and meaningful program opportunities to explore, care for, and learn about nature. Her background is in volunteerism, environmental education and zoology with over 10 years of experience working for conservation organizations.

Denver Air and Water Pollution: Sources, Hazards, Trends and Mitigation

Four In-Person Sessions / $145
Tues., Sept. 10, 17, 24, 2024, 6:30–8:30 pm MT
CAMP Air Monitoring Station Visit,
Sat., Sept. 28, 10–11 am

Over the past 50 years, the Denver metro area has earned a reputation as one of the worst places in the country for air pollution, but one of the cleanest cities for water quality. What’s going on here? Why the discrepancy? What elements are at play? What’s being done to improve air quality? And is that enough? Plus, what’s proving to be a new threat to our drinking water?

This course, taught by retired chemistry professor Dr. John Lanning, is aimed at those who are interested in the environment and the hazardous impacts of pollution. Content includes air and water pollution sources and how they influence human health and the environment, including: radon infiltration of homes, impact of Weld County fracking on Denver air quality, consequences of not meeting the Environmental Protection Agency’s air quality standards, the infamous Denver brown cloud winter pollution, summer ozone-smog pollution, lead contamination of drinking water in older homes, the recent discovery of forever chemicals in drinking water and nutrient loading of Cherry Creek.

Lanning, who believes that the best pollution mitigation options come from science, says this course also includes a tour of an air monitoring station maintained by the Colorado Department of Health and Environment. Come away with a clearer view of Denver’s air and water issues.

Dr. John A. Lanning is a retired CU 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.”
Design Your Own Sustainable Landscape

Three In-Person Sessions / $180
Sat., Sept. 28, Oct. 5, 2024, 9 am–12 pm MT
Denver Botanic Gardens Tour, Sat., Oct. 5, 1:30–3:30 pm

Are you ready to say goodbye to your high-maintenance lawn? Would you like to transform your outdoor space into a unique environment that works symbiotically with nature? Join Jill Livingston, landscape architect and Master Gardener, in this two-day workshop where you learn the fundamental steps of transforming your landscape into an inviting outdoor “room” for humans and pollinators alike. First, Jill teaches you how to “read the site,” thinking about your existing space in an entirely different way. Discover fun and creative methods for starting the design process using your home’s plot/base plan to begin building layers of your garden design. Look at sun exposure, circulation, views from inside and outside your home, usage and other important factors to help create your perfect landscape design. On day two, Jill discusses the many exciting plant possibilities that are friendly to our environment and are low-maintenance. Learn ways of working with nature, instead of against it, by using plants that thrive in our high-plains, arid environment. Finish day two with an instructor-guided field trip to the Denver Botanic Gardens where you get to see, feel and smell some of the plants that you were introduced to in the classroom. Come away with ideas for your own sustainable garden design and a solid understanding of how to bring it to fruition!

Jill Livingston, landscape architect and Master Gardener, owns The Green Fuse, a landscape design/build and garden maintenance company in Denver. She enjoys sharing her lifelong plant enthusiasm and passion for experiential design.

Science, the Nature of Reality, and Science in our Daily Lives

Four In-Person Sessions / $180
Mon., Sept. 30, Oct. 7, 14, 21, 2024, 6:30–8:30 pm MT

What is science? What does it have to say about reality? How is knowledge gained through science? How do scientists pass on that knowledge to make our lives better? And what role does science play in our daily lives, from the nutrition in our breakfast, to the weather forecast we plan with, to the GPS we use to navigate, to the measure of time we set our lives by?

Join meteorologist Bill Parker, chemist John Lanning, and astronomer Paul Hemenway in a journey through experiments, observations, data collection and analysis, and the ultimate approach to objective reality that leads to the science underlying our daily lives. First, Hemenway looks at the nature of science as a human endeavor. Second, Lanning addresses the role of science in our daily lives and why we ignore it to our peril. Third, Parker explores the relation of science and science education to weather forecasting, and why the human element will always be critical. Finally, Hemenway returns with the example of how modern cosmology leads us to ever closer approximations to the objective reality that is the universe we live in.

William (Bill) Parker served in the USAF Air Weather Service, retiring as a colonel in 1995. He then served in the National Weather Service, the last 21 years of which he was Wyoming area manager and meteorologist in charge.

John Lanning is a retired chemistry professor from the University of Colorado Denver where he taught analytical and environmental chemistry and conducted atmospheric environmental research.

Paul Hemenway was a member of the Hubble Space Telescope Astrometry Science Team, and the European HIPPARCOS mission. He has contributed to DU’s Department of Physics and Astronomy.
The Other Migration: Birds on the Move in Autumn

Four In-Person Sessions / $200
Thur., Oct. 31, Nov. 7, 2024, 7–9 pm MT
Bird-Watching Field Trips, Sat., Nov. 2, 9, 9 am–1 pm

Complex, dynamic and fascinating. Three words professional birders have used to describe the fall migration of birds. The spring dispersal is better known. But the southbound passage of birds, particularly in Colorado, is a spectacular mix of all three of those words and more. Take, for example, the sheer span of the fall migration. Amazingly, some “fall” migrants appear in Colorado around the time of the summer solstice, and others are still wrapping up their travels as late as the winter solstice! Join Colorado birding expert Ted Floyd for two lectures and two field sessions covering the broad horizon of fall migration. Begin with an overview of which birds migrate and when. Get to know the different species and how migration strategies differ between young and adult birds. Explore the general phenomenon of migration and get answers to the questions you’ve asked since childhood: Why do birds migrate in the first place? How do they know where to go? And what adaptations allow them to fly hundreds or even thousands of miles in a relatively short time? As Floyd answers those and other questions, he shares a primer on evolutionary biology to help you better understand the relationships among the birds seen on field trips.

In addition to appreciating the science behind bird migration, you also get to see the practical tools and new resources the pros use: digital recorders and cameras, smartphones, apps, and software such as eBird and iNaturalist. Plus, see how they’re used on the field trips—within a 90-minute drive of campus—as you experience direct contact with up to 100 bird species. Record your sightings and upload your data to global databases scientists use to monitor and protect bird populations. Come away with a fresh understanding of one of nature’s most remarkable and mind-boggling annual rituals.

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 the Field Guide to Birds of Colorado (3rd printing, 2021) and How to Know the Birds (2019). He has taught college courses in ecology, evolution, entomology, conservation biology and other topics.
HEALTH & LIFESTYLE

Experience Salsa Through History and Dancing
One In-Person Session / $45
Wed., Nov. 13, 2024, 6:30–8:30 pm MT

When it comes to the world of dance, it’s hard to find anything more vibrant and vivacious than the moves of Latin America. “The region has an incredibly rich dance culture that’s been heavily influenced by its history,” says Jennifer Vestal, a professional ballroom dancer. In this course, Vestal explores the history of dance in Cuba and how the country’s history and music trends have influenced the salsa we know today. Plus, she lets you try the dance out for yourself!

Part one of the course is a 60-minute introduction to salsa and how Cuba’s history influenced the dance. Not only learn about how salsa has evolved on a macro scale throughout history, but also gain an appreciation of how salsa is passed on through families.

In part two, you’re invited to participate in a 45-minute dance lesson to learn the basics of salsa. Key items to know about this class: It’s aimed at all ability levels, it’s very beginner friendly, you can take breaks as needed, your shoes should be comfortable and stay on your feet securely, and you don’t need a partner but your partner is welcome to register, too!

Dance Your Way to Healthier Aging
One In-Person Session / $45
Wed., Nov. 20, 2024, 6:30–8:30 pm MT

We know exercise is good for us, but new research is showing that physical activities that also double as play, such as ballroom dancing, can have extra benefits compared to traditional exercise as we age. Jennifer Vestal, a professional ballroom dancer, knows that research is true because she’s seen it with her own eyes. “I believe that people of any age can reap the many benefits of ballroom dancing,” she says.

Join Vestal as she spends the first part of this class—60 minutes—delving into the current research on dance and healthy aging. Discover the important role dance can play not only in helping our physical bodies, but also in preventing the onset of cognitive decline.

Then in part two, enjoy a 45-minute dance lesson! Learn the basic steps to the tango and dance with a classmate. Vestal says this is a beginner friendly class aimed at all ability levels, and you’re welcome to take breaks as needed. “You’ll be surprised how quickly you’ll be able to pick up some new moves and see the many benefits of dance,” Vestal says. Please note: You don’t need to register with a partner to join this class. And please wear comfortable shoes that stay securely on your feet.

Jennifer Vestal has over 15 years of experience teaching ballroom dancing. Once a serious national competitor, she has shifted her focus to teaching through her project Anyone Can Dance. She has worked with dance teams at many universities and was most recently the coach for the ballroom dance team at Princeton University. She aims to bring the many benefits of dance to those who wish to learn and believe that dance can positively influence life.

Dance Package
Register for both dance classes and save $10!

$80
Research With Impact Lectures

It is an honor to be living in this time of dynamic world change and hold the position of the chief research officer at the University of Denver, where I have a front-row view of the transformation happening in research. This is due partly to high-impact forces such as climate change, politics and artificial intelligence, to name a few. Just like the discovery of the atom or the Industrial Revolution, we are witnessing a time that everyone will look back on and be blown away by the amount of innovation and change brought about by researchers.

Fueled by the passion and dreams of our faculty, students, and staff, researchers at DU pursue the research and scholarship that motivates them to impact the world. They do this not for the money and recognition, but for the public good. 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. They do this for the students.

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 incredible 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.

The Air We Breathe: Understanding Air Quality Monitoring and Mitigation

One In-Person Session / FREE
Thur., Sept. 19, 2024, 6:30–8 pm MT

Air quality has never been more important, so much so that it has prompted profound concern among scientists, health professionals and environmental organizations all around the world. In this lecture, Dr. Jing Li, a professor of geospatial science at the University of Denver, delves into key aspects of air quality, why it demands our attention, how it can be more effectively monitored and measured, and how science can ultimately improve respiratory health among vulnerable populations. Li begins by exploring air quality monitoring and what the latest data is telling scientists. She then explores the evolution of monitoring techniques, from traditional methods to cutting-edge sensor technologies, including the emergence of mobile sensor devices. She also probes how the integration of air quality data from sensors is creating high-resolution, personalized and real-time air quality information. Next, Li covers case studies that show practical applications of low-cost sensor data collection, personalized air quality exposure assessments and the potential of AI-powered modeling. Attendees are encouraged to engage in in-class activities and discussions, and address potential difficulties in applying data-driven solutions to air quality management. Come away with a better understanding of the complexities of air quality and the innovative strategies to safeguard human health and the environment.

Dr. Jing Li is an associate professor of geospatial science at the University of Denver. Her research focuses on developing novel artificial intelligence methods to address fundamental challenges in big-data driven applications within the geospatial community. Her research has been supported by federal geospatial agencies and leading information technology companies like Microsoft and Amazon.

See Denver Air and Water Pollution class on page 18.
Understanding the Dynamics of Race and Gender Biases

One In-Person Session / FREE
Thur., Oct. 10, 2024, 6:30–8 pm MT

Acknowledging the presence and impact of race and gender biases is crucial. Delving deeper into the origins and mechanisms behind these biases may offer insights into how we perceive and interact with others and lead to positive changes in our attitudes and behaviors.

In this lecture, psychology professor Dr. Paige Lloyd explores how research is helping us better understand race and gender biases. She presents new research on stereotypes, false beliefs and interpersonal insensitivity along with how we see others and behave toward marginalized group members, especially Black individuals, people experiencing poverty and women. For each area of research she presents, Dr. Lloyd examines the work within the arenas of healthcare and criminal justice and considers the impact of biases on treatment of marginalized communities. For example, Dr. Lloyd provides evidence that women are sometimes stereotyped as emotional and dramatic. She says this may cause medical practitioners to not trust women’s assessment of their own pain, thus promoting discrimination in pain treatment. In another line of research, she explores racial biases in the use of force and identifies processes that may be behind this discriminatory practice. “We’re uncovering findings that have implications for how we relate to each other and offer insights for the development of interventions to reduce disparities in healthcare and justice systems,” Dr. Lloyd says.

Dr. Paige Lloyd is an assistant professor in the University of Denver’s Psychology Department. Her research investigates the determinants and consequences of person perception, with an emphasis on implications for social inequality and discrimination. Lloyd also facilitates student-led research that examines inequality in healthcare, criminal justice and education.

Impactful Relationships: Understanding the Human-Animal Connection

One In-Person Session / FREE
Wed., Nov. 13, 2024, 6:30–8 pm MT

While approximately two thirds of U.S. households include pets, much remains unknown about how our interactions with other animals shape human health and well-being. DU’s Institute for Human-Animal Connection (IHAC) promotes understanding how these interactions affect humans, animals and the environment we share. As the only academic center focused on this topic that’s part of a school of social work, IHAC is a leader in understanding complex issues of interconnected health. In this lecture, Dr. Kevin Morris, IHAC’s executive director, offers an overview of the institute’s research on human health and well-being using examples from the institute’s portfolios focused on youth development, trauma, and animals and communities. These studies use innovative designs and methods to probe many topics, including how incorporating animals into clinical interventions within youth residential care improves outcomes, how pairing service dogs with military veterans with PTSD decreases symptoms, how participating in prison-based dog training programs impacts outcomes for those incarcerated, how dogs affect human stress responses, how increasing access to veterinary care in under-resourced communities improves individual and community health, and how families and animals in these same communities are impacted by animal law enforcement. The point: Our relationships with other animals and the environment are some of the most impactful, yet underappreciated, ones we all have every day.

Dr. Kevin Morris is the American Humane endowed chair and a research professor within the Graduate School of Social Work at the University of Denver. His research focuses on understanding how human-animal interactions affect individual and community health and welfare within a framework of equity for humans and other species.
FOOD & BEVERAGE

**Sushi 101**
One In-Person Session / **$95**
Sat., Sept. 21, 2024, 12–2 pm MT

ENRICH 0911 >>

How do you roll? After this class, your rolling of California rolls and inside-out salmon and avocado rolls will be impeccable! This is where you learn the art of sushi making, where you master the craft of creating traditional Japanese sushi with a modern twist, and where you discover the delicate balance of flavors and the precise techniques to craft the perfect sushi roll. Join experienced chefs who lead you on an immersive experience of sushi craftsmanship, a class that’s designed for beginners and sushi enthusiasts who are looking to refine their skills. Discover the secrets of preparing the perfect sushi rice, selecting the freshest ingredients and understanding the nuances of flavor combinations. It's a fun and educational experience that takes your taste buds on an unforgettable and tasty adventure! By the end of the class, enjoy the confidence to recreate sushi favorites at home where you can impress friends and family with your new-found skills. At the end of class, connect with your fellow students and sit down to enjoy your delicious rolls at family-style dining tables with gorgeous mountain views. And note, you can take home the recipe packet you’ll use in class to recreate dishes in your own kitchen. Meshiagare!

**Talk About Tacos**
One In-Person Session / **$95**
Sat., Oct. 19, 2024, 12–2 pm MT

ENRICH 0910 >>

Imagine you’ve just sat down in a Mexican restaurant. On the table: house-made corn tortillas, shredded chicken tacos and a bowl of fresh pico de gallo. Yes, it’s easy to picture delicious Mexican fare, but can you picture making it for your friends and family? After this class, you can answer yes! In this hands-on course, you dive into the traditional techniques of creating Mexican cuisine while learning the secrets to preparing authentic blue corn masa tortillas, flavorful tacos and yummy pico de gallo—all from scratch. Roll up your sleeves when mixing, pressing and cooking tortillas that serve as the foundation for mouth-watering tacos. By the end of this class, you’re not only enjoying the tacos you’ve created, but you’re also taking home the skills, knowledge and confidence to host your very own taco night, impressing friends and family with authentic homemade tacos! So slap on your apron and join us for a delicious journey through the heart of Mexican cuisine! At the end of your class, connect with your fellow students and sit down to enjoy your delicious creations at family-style dining tables with gorgeous mountain views. And please note, you also get a recipe packet to use while you’re making your tacos, which you’ll take home and use to recreate dishes in your own kitchen. Buen provecho!

**Culinary Package**
Enroll in Sushi, Taco and Pasta courses and save **$35**!

[ENRICH 0908] $250

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 of our 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 Fresh Pasta
One In-Person Session / $95
Sat., Nov. 16, 2024, 12–2 pm MT

Pasta! It’s one of Italy’s most beloved culinary exports. And in this class, you explore the art of creating fresh pasta dough, rolled pasta (linguine with marinara) and filled pasta (butternut squash with brown butter sage sauce). Is your mouth watering yet? You start with a hands-on lesson from a certified chef instructor who shares professional tricks and techniques for making ribbon and filled pasta from scratch as you knead, roll, form and cut the dough. Next, learn to use pasta rollers to get the correct thickness and then cut the dough into noodles and sheets to use for delicious stuffed filled pasta. While the noodles are the star of this show, they’re not complete without a savory sauce where butter, tomato, wine and cheese all play supporting roles. Then, after exploring flavor building, you connect with your peers and sit down to enjoy your delicious creations at family-style dining tables that offer up spectacular views of Colorado’s Front Range. And finally, take your fresh linguine and marinara home to share with family and friends. Please note that each participant receives a recipe packet to use throughout the class to take notes on and to take home for recreating the dish in your own kitchen. Buon appetito!
Ageless Wisdom: Sharing Wonder Across Generations
This class encourages you to share your childhood memories with a younger learner, creating an opportunity for you to experience the joy of discovery together. Bring your own childhood stories of rock collecting or cave exploration and get ready to delight in your young partner’s curiosity. Encourage your enthusiastic learner to share their excitement about Minecraft and its virtual connections to actual rocks and minerals. Bridge the generational divide and embark on a fun afternoon experience of mutual learning. Registration covers one adult and one child. If your group is larger, please call us at 303-871-3610 to discuss options.

Digging Deeper Together: Minecraft-Inspired Geology Expedition, Scavenger Hunt and Field Trip
One In-Person Session / $30 (Registration covers one adult and one child.) 
Sun., Nov. 10, 2024, 2–4 pm MT

Learning about geology has never been more fun! In this intergenerational experience you and a younger learner enjoy a hands-on expedition, a guided tour and a scavenger hunt inside the Mines Museum of Earth Science on the Colorado School of Mines campus. First, your instructor will introduce some of the physical rocks and minerals that inspired the video game Minecraft, which has captivated players for years. In Minecraft, players encounter virtual geological features like mountains, caves, minerals and fossils reflecting real-world geology, and build creations of their own design using blocks inspired by real-life materials. During your expedition, you'll encounter singular samples of materials from the game, including igneous rocks such as granite and obsidian, precious minerals like gold and emerald, and many more. Decide what real rocks and minerals might represent fictional materials from the game, like “glowstone” and “redstone.” Learn geological concepts to identify the most popular Minecraft-inspired materials, then test your skills for the chance to win prizes that rock. Following the activity, tour the museum and hunt for more Minecraft-inspired specimens. Throughout these activities, feel free to share your experiences with rocks and minerals, be it a childhood collection, an ancestor’s mining experience, or the story of an object made from gold, connecting a shared passion for the mysteries lying below our feet!

Mines Museum of Earth Science houses over 40,000 objects including rocks, minerals, fossils, gemstones and mining artifacts. Enjoy the Miss Colorado crown, two moon rocks and crystals from across Colorado. The museum is committed to fostering an appreciation of the Earth, energy and the environment through exploration, engagement and enlightenment.
The World's Major Religions
Four In-Person Sessions / $180
Tue., Oct. 1, 8, 15, 22, 2024, 6:30–8:30 pm MT

You've likely heard the statement that all religions basically teach the same thing. Well, it's simply not true. This claim usually comes from people who only know their own religion and understand little about the others. “Scholars who study the world’s major religions know differently,” says retired associate professor Sharon L. Coggan. “Sure, there are similarities, but there are also important differences, ranging from each religion’s concept of God and teachings for how to live, and even what happens to us after we die.” Join Coggan as she delves into the many differences in the world’s religions. Explore “soteriological,” meaning “salvific” religions—those that say we are in desperate need of being saved from some condition or fate, versus other religions that teach there is nothing we need to be saved from. Some religions are founded by a specific individual such as Jesus or Muhammad, others are considered “ancestral,” whose origins are lost in time. Compare religions that are other-worldly, or this-worldly, and don’t posit a transcendental place where we go when we die. “These are just a few of the differences among religions,” Coggan says. “My goal in this class is to help you come away with a deeper understanding of world religions and their many captivating facets.”

Sharon L. Coggan, PhD, now retired, was an associate professor, clinical teaching track at the University of Colorado Denver where she created and directed the Religious Studies Program. Her areas of study include history of religions, psychology of religion and Jungian thought.

What Our Students Are Saying

“The class was totally fascinating. I learned a lot about something I did not know anything about.”

“My favorite thing about the course was the sense of community that was built.”

“I thoroughly enjoyed learning about a meaningful, local research project in real time.”

“I liked how manageable the audience size was, which spurred more interaction from the attendees.”
MEET OUR STUDENTS

At the Enrichment Program, students of all ages and backgrounds unite to enrich their lives through inclusive education and sharing of ideas. They appreciate the wide selection of classes that spark personal growth, exploration and meaningful connections with fellow learners. Drawing from a wealth of life experiences, students actively engage with expert instructors and peers, fostering a culture of lifelong learning and intellectual curiosity. Many return each term for fresh and varied learning opportunities.
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. Please 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.
Interactive Tribute: Connecting With the Vietnam Veterans Memorial
One Zoom Session / $15
Tue., Sept. 10, 2024, 7–9 pm MT

In 1982 the Vietnam Veterans Memorial, *The Wall*, was dedicated to recognize service members. Tim Tetz, with the Vietnam Veterans Memorial Fund (VVMF), shares the story behind the memorial, the compromises, the creativity, the design and the nation’s expectations. He also addresses VVMF’s mobile and interactive efforts such as *The Wall That Heals*, *The Wall of Faces* and the *In Memory Honor Roll*. And finally, Tetz examines how *The Wall* has helped shift American attitudes toward Vietnam veterans.

Gender and the Federal Judiciary
One Zoom Session / $15
Tue., Sept. 17, 2024, 7–9 pm MT

The increased number of women receiving judicial appointments has been on full public display in many high-profile federal proceedings, including cases involving former President Trump and Hunter Biden. In this lecture, Courtenay W. Daum, political science professor, examines the changing demographics of the federal judiciary, explores the benefits of a more diverse federal judiciary, and analyzes how the gender and race of women judges have taken on political meaning in today’s polarized environment.

Inside the TV Show *Who Do You Think You Are?*
One Zoom Session / $15
Mon., Sept. 23, 2024, 7–9 pm MT

Here’s a behind-the-scenes tour of *Who Do You Think You Are?* from Ann Little, a CSU history professor who served as the show’s on-air talent and historical consultant. Celebrities such as Tom Bergeron, Jean Smart and Zachary Levi unraveled their family histories on this TV show, which earned an 89% audience approval rating. Join Little as she serves up celebrity revelations, how producers created episodes, famed shooting locations, how she conducted research and more.

Souls in Peril: Ghosts, Demons and the Afterlife in Medieval Thought
One Zoom Session / $15
Thur., Oct. 17, 2024, 7–9 pm MT

As Halloween approaches, thoughts often turn to apparitions, specters, evil spirits and all things that go bump in the night. Where were these images first conjured, and how did they become part of the contemporary imagination? Join medieval history expert Scott G. Bruce on a journey through the eerie corridors of premodern Europe’s Christian imagination. His spellbinding talk delves into the chilling realms where sinful souls meet their fate in the afterlife.
Climate Change and Its Allergy-Related Impacts on Human Health

One Zoom Session / $15
Thur., Oct. 24, 2024, 7–9 pm MT

The earth’s rising temperature is changing weather patterns, and now there’s growing evidence that global warming is contributing to respiratory allergies. Experts say climate change is affecting pollen, mold, poison ivy and air pollution, which in turn, increases the risk and severity of allergies and asthma. Join Dr. Anna Meyer, an allergy physician at Colorado Allergy and Asthma Centers, for all the details on the impact of climate change on allergic diseases.

After Meat: Shifting to a Better World

One Zoom Session / $15
Thur., Nov. 7, 2024, 7–9 pm MT

Should we quit eating animals? For Karthik Sekar, author of After Meat, the answer goes far beyond a resounding yes. “Animal agriculture is outdated, inefficient and cruel,” Sekar says. “In the long run, plant- and microbial-based food will be tastier, healthier, cheaper and more diverse and interesting than conventional animal-based products.” Join Sekar to learn what a world looks like after meat, and why replacing animal agriculture will benefit humanity, animal kind and Earth.

Hanging With Bats!

One Zoom Session / $15
Mon., Oct. 28, 2024, 7–9 pm MT

Looking for a chat about bats? You’re in the right cave! This is where Cara Rogers, biologist and bat specialist, shines her flashlight on all things bats. Discover everything from bats’ social behaviors (they often make lifelong friends with each other, plus learn which sex is more social) to their complex vocal patterns and their precarious future as humans continue to build into wild spaces. Come hang out and soar into the stirring world of bats!

Inked Through Time: Tracing the History of Tattoos

One Zoom Session / $15
Wed., Nov. 20, 2024, 7–9 pm MT

Tattoos are everywhere! One-third of Americans now have at least one permanent mark inked on their skin. While this may seem like a recent phenomenon, cultures across the globe have tattooed for thousands of years. Archaeologist Aaron Deter-Wolf, an expert on the history of tattooing, studies tattooing practices from archaeological cultures across the globe. Join him as he explores 5,000 years of tattoo history, from ancient tattooed mummies to 21st-century practices.
CURRENT ISSUES

2024: The Year of (the End of) Democracy
Four Zoom Sessions / $150
Wed., Oct. 9, 16, 23, 30, 2024, 6:30–8:30 pm MT

As U.S.-based think tank Center for American Progress observes, "In 2024, more than 2 billion voters across 50 countries will head to the polls in a record-breaking number of elections around the world." After almost two decades of democratic decline, Christoph Stefes, a political science professor, says 2024 marks "a crucial year" for the future of democracy. Will the downward trend be reversed or might even the oldest democracy give way to an illiberal, if not undemocratic form of government? Join Stefes as he explores possible answers and the future of democracy. Begin with an overview of political developments around the world since the end of the Cold War. Next, reflect on the 1990s which were, according to political scientist Francis Fukuyama, years of hope and the victory of liberalism and democracy. Then learn how this illusion was quickly shattered with the return of autocratic rule in the 2000s. Also, analyze the causes of democratic decline in some of the countries where 2024 elections will shape new paths. Consider some of the most populous countries, such as the United States and India, as well as some of the lesser-known ones, such as Hungary and Georgia. And finally, investigate why democracy might be worth fighting for, and how that battle can be won.

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.

Basic Computer Troubleshooting and Upgrading vs. Replacing a Computer
One Zoom Session / $35
Mon., Nov. 4, 2024, 6:30–8:30 pm MT

Three-quarters of computer problems can be solved by taking this class, which explains the basics of the most common issues. Know when you can save cash by fixing versus replacing your computer. “We go through terminology and common issues with computers, printers, the internet and phones and how to fix them,” says Scott Henke, a high-tech expert who’s been repairing computers for decades. Join Henke as he walks you through key computer parts that affect performance and function in a way that makes the complicated easy to understand. Learn all about software issues, updating, removing malware and other simple maintenance tasks. “When you learn what we cover in this class it saves you from asking your neighbor over for simple issues or spending hundreds of dollars calling for a repair person,” Henke says. “For some, upgrading can be cost effective and extend the life of your computer by installing a faster hard drive.” Henke calls his classes “fast-paced and fun,” but also “very easy to follow.” He also emails you handouts ahead of the class and offers free post-class support via email.

Scott Henke is the owner of Onsite Consulting, an award-winning company that’s been helping people with their tech issues since 1982. Henke has been teaching classes since 1994, bringing humor and insight to the complex. He’s featured frequently on Denver’s Fox31 television station and the consumer-focused Haystack Help Radio 560 KLZ.
CURRENT ISSUES

How to Detect and Avoid Internet Scams and Identity Theft
One Zoom Session / $35
Mon., Nov. 11, 2024, 6:30–8:30 pm MT

Americans lost $12.5 billion to all kinds of internet scams in 2023. What’s more, the FBI’s Internet Crime Complaint Center receives an average of more than 4,000 complaints per day. You can easily avoid most scams with the right information. Join high-tech expert Scott Henke as he walks you through what you need to know in easy-to-understand language. “You will get helpful information in layman’s terms that can greatly reduce life-altering identity theft and financial loss from happening to you and your family” Henke says. The average loss is $1,400 per person and in hindsight easily avoidable. First, hear about the different kinds of tricks these con artists employ and how you can be scammed from a website, spyware, virus, an email or phone call from someone pretending to be a loved one. Then examine specific steps such as locking down your online accounts, securing your home Wi-Fi, protecting your computer and phone, and recognizing attempts to steal your personal information. “I work to make my classes highly informative and practical,” Henke says. “Plus, I email you the class handouts ahead of time so you can take notes on the syllabus as we go.”

Using Google to Make Your Life and Travel Easier
One Zoom Session / $35
Mon., Nov. 18, 2024, 6:30–8:30 pm MT

Use Google to make your life and travel a lot easier from your computer or phone. In this Zoom session, Scott Henke, a high-tech expert who’s been helping customers with their tech needs for 42 years, shows you some surprising capabilities of the famed search engine—capabilities that can add lots of efficiency and convenience to your daily life. “Google is far more than a massive search engine,” Henke says. “If you only master one website, make it Google because it’s quite possible to get 90% of your internet life done starting from this one site.” Henke starts the class with a thorough overview to highlight special features like Google Photos (an automatic photo organizer), Google Calendar (a scheduler), Google Drive (cloud storage), Google Lens (search what you see), unlimited clip art, YouTube videos and much more. Then, learn fun ways to plan and organize your vacations on Google Maps. Henke adds that having a Gmail address helps in using Google features, and recommends you get one regardless if you use Gmail. “This is a fast-paced and fun session,” Henke says. “Also, please know that I email handouts ahead of time, which you can use for note-taking during the class.”

Computer Package
Enroll in Troubleshooting, Internet Scams and Google classes and save $10.
ENRICH 0901 >> $95

Scott Henke is the owner of Onsite Consulting, an award-winning company that’s been helping people with their tech issues since 1982. Henke says his company helps an average of two people a day recover from hackers and identity theft. Henke has been teaching classes since 1994, bringing humor and insight to the complex.
CURRENT ISSUES

The Power of 21st-Century Libraries
Two Zoom Sessions / $75
Thur., Nov. 7, 14, 2024, 6:30–8:30 pm MT

Ukrainian Libraries in Wartime

Great librarians build communities. Brave librarians defend communities. In this lecture, professor Ulia Gosart uses the case of Ukrainian public libraries to highlight the significance of libraries in wartime. Focusing on the functions and services of Ukrainian libraries during the war, and cases of targeted destruction of libraries, Gosart explores the impact of today’s libraries by stressing the importance of librarians’ work. “During war, librarians not only serve their patrons, they experience events alongside them,” Gosart says. “This vested interest in, and knowledge of, their patrons and communities allow Ukrainian libraries to tailor services and provide moral support during war. The heroic work of Ukrainian libraries also reveals the potential of public libraries in defending the state.”

Libraries of Today and Tomorrow

When you hear the word *library*, do you picture a quiet book repository with a librarian issuing shushes? Spoiler alert: Things are different now. In this lecture, librarian Bridget Kiely guides you through a range of library services so you can take full advantage of your local (or not so local) libraries. Explore how libraries now offer spaces and programming that foster neighborhood community hubs. Similarly, discover crisis intervention and libraries’ roles in disaster preparedness, social work and support for people experiencing homelessness. For those curious about what libraries are circulating, from books to objects, examine techniques libraries employ to ensure access to a wide range of materials and resources. And discover current hot topics in libraries including privacy, digital literacy and intellectual freedom.

Ulia Gosart, PhD, was born in the former Soviet Union, and earned her BA in librarianship from Kiev National University of Culture and Arts. Her scholarly work is related to her advocacy and human rights work. She teaches at San José State University.

Bridget Kiely has worked in libraries for nearly 20 years, with experience in museum, academic, and public libraries. She focuses on public outreach and has presented at venues from comic conventions to nationwide library conferences to high schools.
The 4th Industrial Revolution: The Technology That’s Reshaping Tomorrow’s World

Four Zoom Sessions / $150
Thur., Oct. 3, 10, 17, 24, 2024, 6:30–8:30 pm MT

This course, originally introduced in 2022, has been comprehensively updated to reflect the rapid advancements in the Fourth Industrial Revolution, where cutting-edge technologies are dramatically transforming our everyday lives and the broader future. Topics covered include generative artificial intelligence, innovative energy solutions, robotic process automation, the metaverse, smart(er) devices, drones, edge computing and extended reality. Professor Michael Myers leads the course, bringing a passion for understanding and leveraging transformational technologies to educate students on these evolving environments. In class one, review the concept of the Fourth Industrial Revolution, detailing its significance and the merging of digital, biological and physical innovations. Class two examines generative AI, new energy solutions and robotic process automation. In class three, discover the ecosystems evolving from the metaverse, smart devices, drones, edge computing and extended reality. Myers wraps up with a forward-looking perspective of how technology may shape the future while touching on ethics, the role of entrepreneurship in the tech space, and how business and culture can leverage technologies for future opportunities.

Michael Myers is the academic director for the full-time MBA program and associate professor for the Marketing Department at the University of Denver’s Daniels College of Business. He has 18 years of experience in digital marketing and has been consulting for the past 12 years—creating value for clients such as Intuit, Tory Burch and Sony.

In Motion, in Mind: Tai Chi Fusion of Movement, History and Philosophy

Two Zoom Sessions / $75
Tuc., Nov. 12, 19, 2024, 6:30–8:30 pm MT

Okay, take a couple of deep relaxing breaths. Now let these words float gently into your thoughts: mindfulness, inner peace, tranquility, relaxation. Still here? Haven’t fallen asleep? Good. You’re already getting a sense of tai chi, the ancient martial art that approaches exercise with slow, flowing movements designed to boost your strength, flexibility and balance—all essential elements for maintaining mobility and vitality as we grow older. “Unlike high-impact exercises that can strain joints and muscles, tai chi offers a low-impact alternative that gently works the entire body, improving circulation, enhancing range of motion and reducing the risk of falls,” says Dr. Zibin Guo, a tai chi chuan master. In this online class, Guo introduces tai chi’s movements plus its history and philosophy. We know, for example, that tai chi originated in China, and it traces its roots to Taoist and Confucian principles, emphasizing the cultivation of qi (life energy) and the balance of yin and yang forces. Guo explains that while tai chi originally developed as a method of self-defense, it gradually evolved into a gentle, flowing sequence of movements now practiced the world over. “Tai chi practitioners learn to move with grace and fluidity, with deliberate movements that cultivate peacefulness and serenity,” Guo says.

Dr. Zibin Guo is a professor in medical anthropology at the University of Tennessee Chattanooga and a tai chi chuan master. He specializes in applied medical anthropology and applies traditional healing to promote wellbeing. Dr. Guo and his team have conducted 107 tai chi workshops for 1,480 Veterans Affairs’ healthcare providers.
Mapping the Future
Two Zoom Sessions / $75
Mon., Sept. 9, 16, 2024, 6:30–8:30 pm MT

ENRICH 0933 >>

What makes a map good or bad? Haven’t all the maps been made? Is it still important to be able to read a printed map in our digital age? Why are maps relevant to 21st-century decision making, from issues surrounding land use, climate, energy, water, natural hazards and human health? How did modern mapping tools evolve so that we can retrieve maps on our phones, in our cars, and on our computers anytime and anywhere? Join Joseph Kerski, geographer and TED Talk speaker, as he tackles these questions and much more in this engaging course that’s all about what he calls the whys of where. In session one, Kerski explores the history of maps. “Maps have been made for thousands of years, beginning with the Babylonian clay tablets and Chinese maps on silk, through the Middle Ages on wood blocks and in the 20th century on copper plates and film,” Kerski says. Then in session two, discover how—in our own digital age—we achieved our impressive feats in mapping. And finally, enjoy a fascinating look to the future and the frontiers of mapping, including maps of the human brain, of ocean chemistry, and of the surface and subsurface of Mars. Find your true north here!

Joseph Kerski is a geographer with a focus on using geographic information systems in education. He’s past president of the National Council for Geographic Education and has given two TED Talks on geography. He holds three degrees in geography.

See Art Map class on page 38.

Race to Space: The Moon, Mars, Saturn and Beyond
Three Zoom Sessions / $115
Mon., Nov. 11, 18, 25, 2024, 6:30–8:30 pm MT

ENRICH 0934 >>

This year could be a milestone year for the future of space exploration. We’re making headway in sending humans back to the moon. We’re building a spacecraft that will serve in the initial steps to take humans to Mars. Our exploration of the solar system’s outer planets is continuing with the planned launch of a lander to Saturn’s moon, Titan. And the James Webb Space Telescope images continue to astound us all. Exciting times! Join Stephen Kelly, former senior engineer at aerospace giant Lockheed Martin, as he explores these projects and their connections to Colorado. Discover how space exploration costs for low Earth orbit (LEO) have been reduced, how SpaceX has become a leader in the field, and how a Colorado-based company is revolutionizing the transport of materials and people into space. Next, learn what’s in store for moon exploration, including what human habitation might look like. Then examine Mars—what we’ve learned about it and the ambitious plans for taking humans to the planet for exploration and habitation. After Mars, we consider the outer solar system including Saturn’s large moon, Titan, why it’s become the focus of exploration and more on our planned landing there. And finally, learn the role Colorado’s Ball Corporation played in helping to build the James Webb Space Telescope. Plus, get the latest specifics of the telescope’s astonishing successes.

Stephen Kelly is a former senior engineer at Lockheed Martin who lectures frequently on space exploration at Wings Over the Rockies Air & Space Museum. He is also the past president of the board of directors for the Colorado Aviation Historical Society.
ART & ART HISTORY

All the Presidents’ Movies: A Playfully Serious Examination
Four Zoom Sessions / $150
Wed., Oct. 9, 16, 23, 30, 2024, 6:30–8:30 pm MT

As the wise and missed journalist Molly Ivins once stated, “The thing about democracy, beloveds, is that it is not a spectator sport.” Yet, that’s precisely what you engage in during this four-week course: some entertaining, even wise spectatorship as cultural critic Lisa Kennedy helms this class about electoral politics onscreen. Sure, U.S. presidents have had their favorite films—The Godfather, High Noon, Patton, Birth of a Nation, Glory among them—and shown them in the White House. But this Kennedy-guided red, white and blue journey flags American feature films and their depiction of the fury and folly, vision and division, hope and reality of good ol’ American-style electoral politics. Among them: A Face in the Crowd and Primary Colors, Dave and The American President, Spielberg’s Lincoln (with a nod to John Ford’s Young Mister Lincoln) and, of course, the conspiracy-soaked drama of All the President’s Men, The Manchurian Candidate and The Contender. Plus, take a time-machine jaunt back to high school with Election and Napoleon Dynamite. Be prepared for a playfully serious examination of how Hollywood—itself an amalgam of the jaded and optimistic, the authentic and the hypocritical—has depicted U.S. electoral politics. So, let’s take a brief break from the 2024 elections to ... watch movies about elections!

Lisa Kennedy has written for the New York Times, the Denver Post, Variety, American Theatre and has served on juries for the American Film Institute’s best movies of the year. She is a member of the National Society of Film Critics and the African American Film Critics Association.

Ten Films You Should Have Seen
Two Zoom Sessions / $75
Thur., Nov. 14, 21, 2024, 6:30–8:30 pm MT

There are thousands of films released every year, so yes, it’s entirely possible that you might have missed a few of the greats! But here’s something you do not want to miss: Film critic and life-long movie aficionado Dave Taylor shares 10 of his favorite films from the history of cinema in this lively and entertaining course. Before viewing and discussing an extended clip or two from each featured film in class, Taylor provides a summary and explanation of why it’s worth your time to watch (or rewatch). Each film selected also represents an important cinematic or dramatic concept, including what it means to be human, the hero’s journey, selfish versus selfless actions, our modern disillusionment and distrust of politics, female and minority representation in cinema, and how people learn to accept and embrace technological advancements.

Films on our list include: Singin’ in the Rain, 2001: A Space Odyssey, The Candidate, Seven Samurai, The Sting, Hidden Figures, Dr. Strangelove or How I Learned to Stop Worrying and Love the Bomb, Le Samourai and Rear Window. Taylor says he plans to talk about other movies as he proceeds in the course. He also requests that you bring your own top 10 list to share with your fellow classmates. Anyone smell popcorn?

Dave Taylor has been watching films for as long as he can remember, with a particular enthusiasm for science fiction, mysteries, dramas and cheesy creature features. He teaches marketing and film related courses at the University of Denver and his film reviews have been widely published, including on his own PlanetDave.com site.

See Inauguration Day Wardrobes lecture on page 8.
ART & ART HISTORY

Simple Sketch: Kitchen Inspiration!
One Zoom Session / $95
Sat., Nov. 2, 2024, 9 am–12 pm MT

Grab your mug and a few art supplies, and let’s have tea together! In this fun and relaxed Zoom workshop, artist Judith Cassel-Mamet shares her Simple Sketch approach that’s ideal for those interested in sketching from observation. No matter your experience, this class plays with contour lines, shading and color to enhance the experience of capturing various items. “This approach does not depend on perfection. Instead, we include joy as part of the sketching process,” Cassel-Mamet says. “I start by inviting you to open a kitchen drawer to find a tool. Then we practice rendering the object with easy and accessible lines.” Next, you add shading to give your sketch a 3D feel. After that, watercolors are applied with basic painting techniques. Finally, the class is invited to pull out a mug, fill it with tea or coffee and capture the serene and calming moment of having tea with a friend. “We delight in the mixing of pen and watercolor for quick sketches,” she says. “And the material list is simple, so you don’t have to spend a fortune on items that are only used once.” The course uses the basics: watercolor, paper, pens and pencils. Plus, there’s lots of time for Q&A and sharing your work in a non-competitive space.

Creating an Art Map: Narratives in Pen and Watercolor
One Zoom Session / $95
Sat., Nov. 9, 2024, 9 am–12 pm MT

Maps have always told stories behind the geographic directions. And maps have a point of view (think flat Earth); they can be used to paint a nostalgic picture and they can be used to organize thoughts. Plus, we can embellish them and sketch them in a way that anchors a memory, adds to a diary or stands alone as a unique image. In this class, artist Judith Cassel-Mamet considers the stories that traditional maps tell, then explores ways to create your own. Starting with a pencil sketch involving simple lines, students go from global to granular—working from a bird’s eye view to pathways that inspire. Additional offerings include mixed-media techniques for illustrating memorable journeys with pen, watercolor and colored pencils. Students also learn about map elements including compass roses, neat lines and legends, so they can create their own unique art maps. Feel free to imagine your home, neighborhood, dreams, adventures or other narratives to illustrate your map. “This approach is perfect for everyone. Adventurous explorers and dreamers alike find that making art maps can enhance the experience as you create your personal narrative,” Cassel-Mamet says. The material list is limited so students may explore this technique before making larger investments. Also, no experience in sketching is necessary.

Sketching and Art Map Package
Enroll in both courses and save $20.

Judith Cassel-Mamet is a mixed-media artist and instructor who has taught for DU for more than a decade. In addition to leading workshops independently, Judith teaches 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. For examples of Judith’s work and teaching approach, see www.jcmamet.net.
LITERATURE & WRITING

Intro to Children’s Literature: Tots, Teens and Everything in Between
One Zoom Session / $55
Sat., Sept. 7, 2024, 9 am–12 pm MT

When people hear “children’s books” they often think of picture books. But author Denise Vega shows you how the world of children’s literature encompasses a wide range of ages, stages and forms. From board books and picture books to leveled readers and young adult books—as well as magazines for those same audiences—children’s literature has something for everyone whether reader, writer or both. With Vega’s expert guidance and examples from published children’s books and magazines, learn about the categories and what makes them different from each other. Also study the rise of graphic stories, the difference between graphic stories and illustrated books, and how nonfiction and educational content fit into the mix. For those interested in writing for children, explore what writers need to consider when writing for these audiences, the different storytelling approaches you can use, the variety of topics you can share through your stories, vocabulary restrictions (or not!), and the writer’s tools at your disposal. Attendees have an opportunity to try their hand at writing something of their choice, such as the opening of a story, a nonfiction article, a poem or a short dialogue exchange. And if time permits, and if you choose, you can share your creative works. Come away with a fresh overview of children’s lit!

Writing Children’s Picture Books: Learn the Craft
Four Zoom Sessions / $150
Mon., Oct. 7, 14, 21, 28, 2024, 6:30–8:30 pm MT

How many times have you read a children’s picture book and thought, “This is so short and simple! How hard could it be to write one?” That’s exactly what award-winning children’s book author Denise Vega thought—until she tried. Now she knows the answer to that naive question: very hard. Join Vega as she explores the art and craft of writing a good picture book as you develop an understanding of what makes a children’s picture book unique among other books for children. Learn how to critically evaluate existing picture books and understand why they work. Explore character development, story structure, language, rhythm, and the relationship between words and pictures, which usually means fewer words from the writer! Then, under Vega’s guidance, generate ideas for your own story and begin writing and revising as you give and receive light feedback in a supportive setting. Vega leads entertaining discussions about some of her favorite children’s books and authors and provides handouts and worksheets to guide you in your process. Feel free to have your favorite children’s picture books on hand to use with in-class exercises (preferably books that have been published in the last three years.) By the end of class, you have the beginning of—or perhaps even a completed—story and skills to critically evaluate your own future work.

Children’s Literature Package
Enroll in both courses and save $20.

Award-winning author Denise Vega has written and published a range of content for kids, including If Your Monster Won’t Go to Bed, illustrated by Zachariah Ohora, Adela’s Mariachi Band, illustrated by Erika Medina (August 2024), middle grade and young adult books, as well as stories, nonfiction, poems and activities for children’s magazines.

ENRICH 0923 >>

ENRICH 0924 >>
Whose Story Is It? Exploring Point of View
One Zoom Session / $55
Sat., Oct. 26, 2024, 9 am–12 pm MT

One important choice to make when writing a new story is deciding what point of view to use. Through what lens should the story be told? From what distance? You might decide on a third-person narration (employing “he,” “she,” or “they”) or a first-person narrator (employing “I”). Your point of view affects the overall voice of your work and determines what your narrative boundaries are.

Sometimes, the right point of view comes naturally when you sit down to start a story. Other times, finding the right point of view is a matter of trying different ones, seeing what each allows, then choosing the one that fits best with what you hope to accomplish.

In this session, writer Jennifer Itell examines third person and the ranges available within it, from close to omniscient; first person, including first-person plural, direct address, and peripheral narrators; and second person, when “you” becomes a character. She also covers the relationship between point of view and psychic distance, a term coined by writer John Gardner to refer to the distance from which a story is being told. And along the way, Itell allows time for some freewriting exercises, to give you a chance to experiment with point of view in your own work.

Jennifer Itell is an avid reader, with a fondness for contemporary fiction and mysteries. Her short stories and essays have been published in Colorado Review, Witness, Crazyhorse, Ellery Queen Mystery Magazine, The Normal School, Literary Mama, and 5280.

Credit: CC by-sa 3.0
See literature classes on page 13.

Beethoven’s Symphonic Vision: An Evolution Story
Three Zoom Sessions / $115
Thur., Sept. 12, 19, 26, 2024, 6:30–8:30 pm MT

Beethoven did not invent the symphony. Both Mozart and Haydn had gotten there before him. However, Beethoven was the first to prove that a symphony could be far more than just instrumentalists on the stage and many dots on the page. A symphony could express the composer’s view of the world: triumph, tragedy and all the emotions in between. Culmination of that notion came with his Symphony No. 9, premiering in Vienna on May 7, 1824, and containing so famously the Ode to Joy. Two hundred years on, music historian Betsy Schwarm offers a three-week online course exploring Beethoven’s symphonic vision, not just for the Symphony No. 9, but also for the evolutionary process that his 25-year journey brought to that which we think of as a “symphony.” How did he move onward from the symphonies of Mozart and Haydn? How did he anticipate the grand works that would come with later generations? In what new directions did other composers take Beethoven’s ideas? Schwarm examines these ideas, comparing one master’s works to those of another. The course includes one optional online concert outside of class in which Schwarm allows students to share impressions. How did Beethoven change the musical world and how does he still make a difference today? Find out here!

Classical radio host, music professor, pre-performance speaker and author of ten books, Betsy Schwarm takes a user-friendly approach to her classes. No music reading required, just an active interest in how listeners can get the most from listening opportunities.

Credit: CC by-sa 3.0
See literature classes on page 13.
WHAT OUR STUDENTS ARE SAYING

"New information was very interesting & thought provoking."

There was thorough prep by an excellent leader with abundant real world experience.

"I liked the Zoom format. The length of the class was good. (And yet the two hours flew by; it was all so interesting!)"

"The instructor offered good ideas in a non-judgmental way. He took time with each student."

"It was creative and engaging. It was also focused yet relaxed; not intimidating."

"The lecture was inclusive, diverse, friendly and informative. The author interaction and indigenous representation added to the experience."
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Osher Lifelong Learning Institute at the University of Denver  
*For those age “50 or better” looking to pursue new concepts in a relaxed atmosphere*

OLLI at DU creates spaces that promote dialog with plenty of opportunity for social interaction. OLLI at DU offers both in-person and online courses on an array of topics, as well as informative webinars. Most classes meet weekly either in the morning or afternoon for four-, six-, or eight-week periods. For more information see UniversityCollege.DU.edu/OLLI.
Thanks to Our Partner Organizations
The Enrichment Program extends a heartfelt thank you to the following organizations for their outstanding support this term.

- Anyone Can Dance
- Colorado Department of Public Health & Environment
- Colorado Railroad Museum
- Colorado Symphony
- Denver Center for the Performing Arts
- Denver Botanic Gardens
- Denver Press Club
- High Line Canal Conservancy
- Kirkland Museum of Fine & Decorative Arts
- Mines Museum of Earth Science
- Onsite Consulting
- Uncorked Kitchen & Wine Bar
- Vietnam Veterans Memorial Fund

Thanks to the Entire Enrichment Program Team

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- All of our terrific volunteer Zoom co-hosts